

FREE



Galston, Glenorie & Hills Rural COMMUNITY NEWS

June
2020

The Original Community Magazine since 1971.

THE GALSTON CLUB A NEW AND REJUVENATED SPACE



The lifting of restrictions has come as a great relief to the hospitality industry and The Galston Club is looking forward to hopefully welcoming back patrons from the 1st of June.

The Galston Club has not been idle over the past few months. While its doors may have been closed to members and their guests, activity behind these doors has been constructive and productive. Upon their return, members and their guests will see a fresh and rejuvenated space. A professional team has been renovating the gaming room and current staff have used their collective energies to repaint the inside of the club. While it may not be in the capacity

of their regular employment, the management of the Galston Club are proud that they have managed to maintain their staff over this period. With each lifting of restrictions, The Galston Club has been readily adapting. The dining room is operating successfully with 1 hour time slots from 11.30am to 9pm daily and, while bookings are essential, patrons have been understanding and accommodating.

If all goes well, from the 1st of June, up to 50 patrons at a time will enjoy a sparkling and renovated space to meet with friends, enjoying a beverage or savoring a meal.



Matt Kean MP

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June Rent Review: “She’ll be right mate!”

Is not the motto for prudent property management!

We manage a diverse range of property, from cosy studio apartments in Baulkham Hills, family homes in Pennant Hills to sprawling acreage estates in Maroota and everything in between, and they all require vastly different levels of management. You could be forgiven for thinking that the smaller the property is, the easier it is to manage. But it's not just the size of a property that indicates the size of challenges we face as property managers, it's the overall condition of the property that has a greater impact on the workload we expect.

About 30 years ago that Meg and I first moved to the area and rented in Dural. With a nudge and a wink we, were approved to rent a cute little old rundown timber shack on acres and we loved it (we kept the oven on and the door open for heat!) But If that cute “rundown” shack was still standing today, it could be a property managers nightmare, because continuing legislative changes have turned many of these older rentals into a management minefield.

And the days of “She’ll be right mate” being the common response to a tenants complaint when the old shack is falling down around them are long gone. Because one wrong move can have the owner requiring the services of an expensive barrister if prudent steps are not taken by the

property manager to protect the tenant from harm, and the landlord from litigation. A good property manager should be more than just a rent collector, they should be a wealth of simple and affordable advice to ensure both landlords and tenants are protected as a property ages. My Mum always used to say “a stitch in time saves nine”. As a kid I had no idea what she was talking about, but it's a great saying in relation to property management.

This year, changes to the standard ingoing inspection report have put even more focus on the requirement for property managers to have a thorough understanding of construction, electrical safety and foreseeable hazards. Plus Covid-19 laws in relation to rentals continue to evolve. In one day I can be reading updated legislation, helping tenants dealing with domestic violence, attending Tribunal, trying to work out why a sewer is blocked, helping change a light bulb, and being threatened for chasing late rent.

Property management isn't just an addition to the sales division; it's a profession, and one from which we get a lot of joy.

Neil Clark
Principal- Mode



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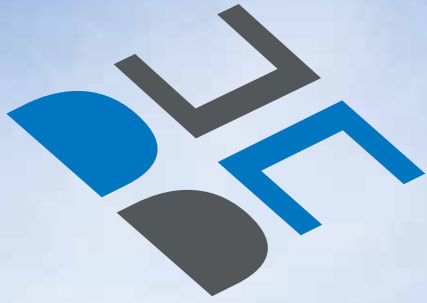


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SALVOS

By Katy Joscelyne

The Salvos stores at Dural and Glenorie have just re-opened to the public.

Behind the scenes, the relaxed regulations over the last couple of weeks have allowed volunteers to return to sort, price and display the many treasures and useful items that are so much in demand.

The clothing racks have been carefully checked to make sure that the garments displayed reflect our high quality standards and seasonal demand. Sandals and slip-ons have been replaced with the stack of lovely warm winter boots and shoes that we have been storing out the back for the cooler months. The toy area has been thoroughly cleaned and sorted, and we have removed books that have been on the shelves past their

expiry date of a couple of months.

All departments and sections in the store have been updated to make sure their items are clean and useful.

Staff and volunteers are adhering to Social Distancing rules, and now that we have re-opened, we will, respectfully, be asking all our shoppers to be mindful of distancing themselves from other customers. We may need to limit the number of people in our stores at any one time, as other establishments are doing, so please understand that, if there is a wait- time for you to enter, we have your interests at heart.

We all want to be safe, happy and healthy, and, by respecting each other, we can do it!

We look forward to seeing you back in our stores soon.

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BEROWRA WATERS FERRY UPGRADE

The Berowra Waters ferry delivers an essential service to the local community and visitors. The ferry provides safe passage over Berowra Creek to over 23,000 vehicles and almost 4000 pedestrians each month.

Transport for NSW will upgrade the ferry ramps at Berowra Waters to ensure a safe, reliable ferry service. This will improve the lifespan of the ferry service for another 10 years, with ongoing maintenance.

Work on the upgrade will start on Monday 1 June 2020. This work will take six weeks and will require the ferry to temporarily close. Work hours will be between 9am and 5pm from Monday to Friday and between 8am and 1pm on Saturday.

While the ferry will be closed, Bay Road and Berowra Waters Road will remain open to all road users.

Upgrades to the ferry ramps at Berowra Waters will be undertaken between Monday 1 June and Monday 13 July. The ferry will be closed during this time and patience and understanding by the community are called upon while this important work is carried out.

Upgrade includes

- upgrade the eastern and western ferry ramps at Berowra Waters – the new ramps will be built over the existing structures
- install underwater barriers around the new ramps to reduce wear and tear from tides and sediment
- resurface the roads approaching the new ferry ramps.

While the ferry is closed the suggested detour for motorists is

via Galston Gorge. There won't be any planned maintenance along the detour during the ferry closure.

Pedestrian and cyclist access across Berowra Creek

During this period of maintenance a water taxi service will be provided for pedestrians and cyclists to enable key access from one side to the other. Covid19 restrictions will be adhered to.

This water taxi service will be free, and will run:

- between 6am and 10am and between 3pm and 7pm on weekdays
- between 8am and 6pm on Saturdays
- between 8am and 4pm on Sundays and public holidays.

If you have particular special needs or circumstances in relation to the ferry crossing during the closure, please contact the project team on **1800 861 855** or refer to our website for more detail rms.work/berowraferry





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TAKEAWAY LOCAL AT GLENORIE BAKERY



Chrysanthemum grower Vince Fusca, Glenorie Bakery owner Rob Pirina and succulent grower Carlo Grasso make the best of the COVID-19 situation.

With the restrictions of COVID-19 taking their toll, some innovative thinking was required to keep one business going and offer a helping hand to others. Fifteen families in the Hills district decided to pool resources to offer their products to customers at Glenorie Bakery. Whether it's flowers or fresh vegetables, honey, passata, chutneys, jams or good

old fashioned sourdough - as well as great coffee - there's something to appeal to all tastes at Glenorie Bakery.

Bakery owner, Rob Pirina was determined to keep all his staff on board during the COVID-19 crisis. By getting together with other local families to provide a variety of products, the face of the Bakery has changed but now it finds it has so much

more to offer the takeaway traveller.

One local producer is Carlo Grasso who runs a succulent nursery in Glenorie. With the arrival of COVID-19 and with his family in need of protection from the virus, Carlo was forced to close his nursery. Rob had space for his succulents and his customers did the rest. Carlo can keep his family safe but still has a market for his plants. "It helps everybody", he said happily.

Paula Bandera, who sells her flowers at Flemington, has been growing roses for 30 years. She said: "It's good to sell something that's grown in Glenorie so locals can buy local".

Vince Fusca - another Glenorie resident - produces eye-catching chrysanthemums which have also found a home at the Bakery. Visitors are quick to take home armfuls of these colourful blooms with their takeaway coffees and baked goods.





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GLENORIE CONSIDERS PLANS TO REOPEN

The recent government announcement that Clubs could re-open from June 1st, with a maximum of 50 people in the venue we imagine has excited you. However, after careful deliberation,

The Board and management at Glenorie RSL have made the decision to not re-open our doors at this stage.

This decision was not an easy one to make and many scenarios and factors were taken into consideration.

Whilst our doors have been closed, we at the Club, have been very busy undertaking small reno's, maintenance, some exciting landscaping and rebranding. We are looking forward to sharing this with you when we see you all again.

In March when initially shut-down due to Covid-19, in order to mitigate the losses of having zero income, we negotiated

with our contracted suppliers, and were successful in having many of our monthly service agreements put on hold until we re-opened. During this time, we have also received Jobkeeper payments for some of our staff members. These factors have alleviated some of the financial pressures on our RSL.

The re-opening guidelines, have seemed to change almost daily. However, what we do understand from the most recent guidelines, is that in order to comply, more employees will be required to keep everyone safe, and that will be an increased cost. Additionally, if we were to re-open at this point, all the service agreements will be activated once again at 100% and operational costs would resume to normal. However, our ability to earn an income to cover these costs will be reduced substantially, as we

are only allowed to have 50 people in the venue at any time. Financially, this would not be a wise decision.

As far as all our loyal members are concerned, we want to be fair to everyone, however having to limit entry to a certain number will create situations that would be very difficult for both members and club staff. For example; there are 48 people already in the club and a group of eight arrive for a dinner reservation they have made for 6.30pm. Who do you ask to leave? A decision would have to be made on who enters or who leaves in order to accommodate the pre-arranged reservation of eight whilst still remaining within the maximum capacity of 50 people. As we are not exclusively a restaurant it is not possible to limit entry to a timed reservation basis.

The decision to remain closed was not taken lightly, but given the information at hand to date, we believe it is in the best interest of our members and staff in regards to safety, fairness and financial sustainability.

As new information filters through, things may change. Keep watch on our Facebook and Instagram accounts for regular updates of what's happening and a date for when the doors will open wide to our Members. We miss you and look forward to seeing you all again soon, hopefully not in the too distant future.



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THE GREATER COMMUNITY

By Andy Pellizzer,
President of Glenorie RSL Sub-Branch

The Glenorie RSL Sub-Branch President, Mr Andy Pellizzer and members wish to thank everyone for the way they embraced this year's restricted ANZAC Day. We were looking forward to our usual Dawn Service and Afternoon Parade, however national restrictions regarding social gatherings and isolations meant these had to be abandoned.

Special thanks to Reverend Dougal Mitchie and the technical team for facilitating the technical ANZAC Day Service which can be viewed on line via the link on the Community News Facebook page.

The technical team did a fantastic job filming, editing and then producing the final version in the space of 3 days. A tremendous effort that has been appreciated by many. The Sub-Branch members who featured - Mark Bluett, Steve Inwood, Steve Pringle and Graham Bruce did us proud.

Thank you to all the community members who stood in their driveways, yards or balconies to observe the bugle calls and Ode of Remembrance. The turnout was staggering. Thank you to the residents who attended the 6:00am raising of the National Flags and brief wreath laying at the Glenorie Cenotaph. I also would like to thank Reverend



Bill Rosier for providing brief services at the Galston Memorial and the entrance to Rowland Village. Many thanks to Graham Bruce, who co-ordinated the day and also provided the bugle calls. Social isolation and distancing certainly impacted the numbers attending however, as a community, you stepped up to the occasion.

Finally, many thanks to Zoe Cooke, the Hornsby Council Landscape Architect Project Manager - Parks, Trees Recreation who oversaw the renovation of the Glenorie Cenotaph to include two flagpoles in time for ANZAC Day. A tremendous effort by her and her team.

HORNSBY LOCALISED

Calling all businesses! Hornsby Shire Council has launched an exciting new initiative that will help connect you with customers and clients, while strengthening the local economy. Hornsby Localised is a free online platform that allows you to advertise your products and services, but it offers far more than a simple directory. It also helps you to engage with other businesses, while getting access to a range of local events and professional development opportunities for you and your staff.

"COVID-19 has had a significant impact on our local economy and we are determined to do everything possible to help it recover stronger than ever," Hornsby Shire Mayor Philip Ruddock said. "Local businesses often don't know what is out there to help them, sometimes just around the corner. One of the great advantages of Localised is that it will help to remove the barriers between businesses, allowing them to connect with each other to the benefit of us all."



If you have a business you can sign up to Hornsby Localised for free, then create a profile to advertise your services or upcoming events. You can also get recommendations, introductions and quotes from local suppliers, and access a regional calendar of business networking and professional development opportunities. "The more businesses that join up, the stronger this will become as a fundamental tool in improving our local economy," Mayor Ruddock said. "Make sure you sign up today."

Register your business details and connect with other businesses today at:
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AGRA MEETING

Arcadia Galston Residents Association met via Zoom in May to keep everyone informed on some of the activities that Hornsby Shire Council has been planning in the area. Courtesy of Council the Zoom was able to held with 38 in attendance and with several discussions and a presentation on the Galston Main Street planning.

Main Street Improvements can be summarised as road widening, vegetation improvements, more accessible and safer parking and amenities for the Galston Village and main street area. The concepts were well received with some proactive discussion around preferences and community considerations. Council has taken the discussion points on board from those who participated and AGRA Executive will also be following up in writing to Council with the discussion summary.

Some of the main items discussed included:

MAIN STREET

- Safe parking options
- Reversing on entry not exiting
- Provision of toilets that are publicly accessible and visible
- Disability access and other accessible needs
- RMS considerations (as Galston Road is an RMS road)
- Willingness from the landowners to work with Council on the plan
- Directional signage to amenity
- Council will be progressing with comments and it is anticipated that the program will be in the 2022/2023 Operations Plan

ROUNDABOUT

- Softer landscaping
- Irrigation needed to avoid roundabout issue at top of gorge
- Council will be progressing with construction in coming weeks.
- Council have been successful in getting some state government funding to help with this project.

FAGAN PARK ENTRY PARKING ON ROAD

- There was a common position that parking on Arcadia Road outside Fagan Park is a safety hazard

COBAH ROAD

- Safety concerns due to lack of footpaths and speeding drivers

- AGRA has discussed speeding issue with the Police
- Dangerous tree sightings (including Old Northern Road)

FAGAN PARK PARKING INSIDE

- All residents have access to purchase a resident pass
- Not widely known
- Council advised it is on their website and can be purchased for 12 months at any time during the year

INFECTIOUS WEEDS

- Due to time AGRA will organise a specialist to speak at the next meeting

RABBITS

- For small properties, Council has a limited number of cage traps available for residents to borrow free of charge.
- Captured rabbits can be taken to local vets for euthanasia. Once wild rabbits are removed from an area, ongoing monitoring for re-invasion is necessary.
- Coordinating trapping and monitoring with your neighbours is essential. To request a trap submit a service request or phone Council on 9847 6666.

FOXES

- We all need to do our bit to reduce the population - REPORT to Feral Scan on site

- Don't leave pet food outside overnight and never feed foxes
- Use enclosed compost bins
- Keep domestic animals secure at night
- Remove fallen fruit around fruit trees
- Keep garbage bins covered
- Block entry points to drains
- Close off access to underneath buildings
- Use fox-proof enclosures for poultry
- Reduce weeds that provide food and shelter, such as african olive and blackberries
- Don't feed native wildlife as they will become more vulnerable to predators

RURAL LANDS STUDY

- Rural Lands Review was originally set down for a Councillor briefing March 18th. Unfortunately the item was postponed until online briefings resumed. That has now happened and Councillors are working through a back log agenda using zoom meetings. The good news is that the Consultants were ready to make draft recommendations.

AGRA's next meeting with be the Annual General Meeting and will be held on **28th July, 7pm** and location to be advised. To keep up to date information will be posted on the website www.agra2159.com.au

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BOOKINGS AND ARTWORK

DEADLINE - JUNE 20

DELIVERIES COMMENCES

FROM JUNE 30

These plans are the first draft and is out for comment.

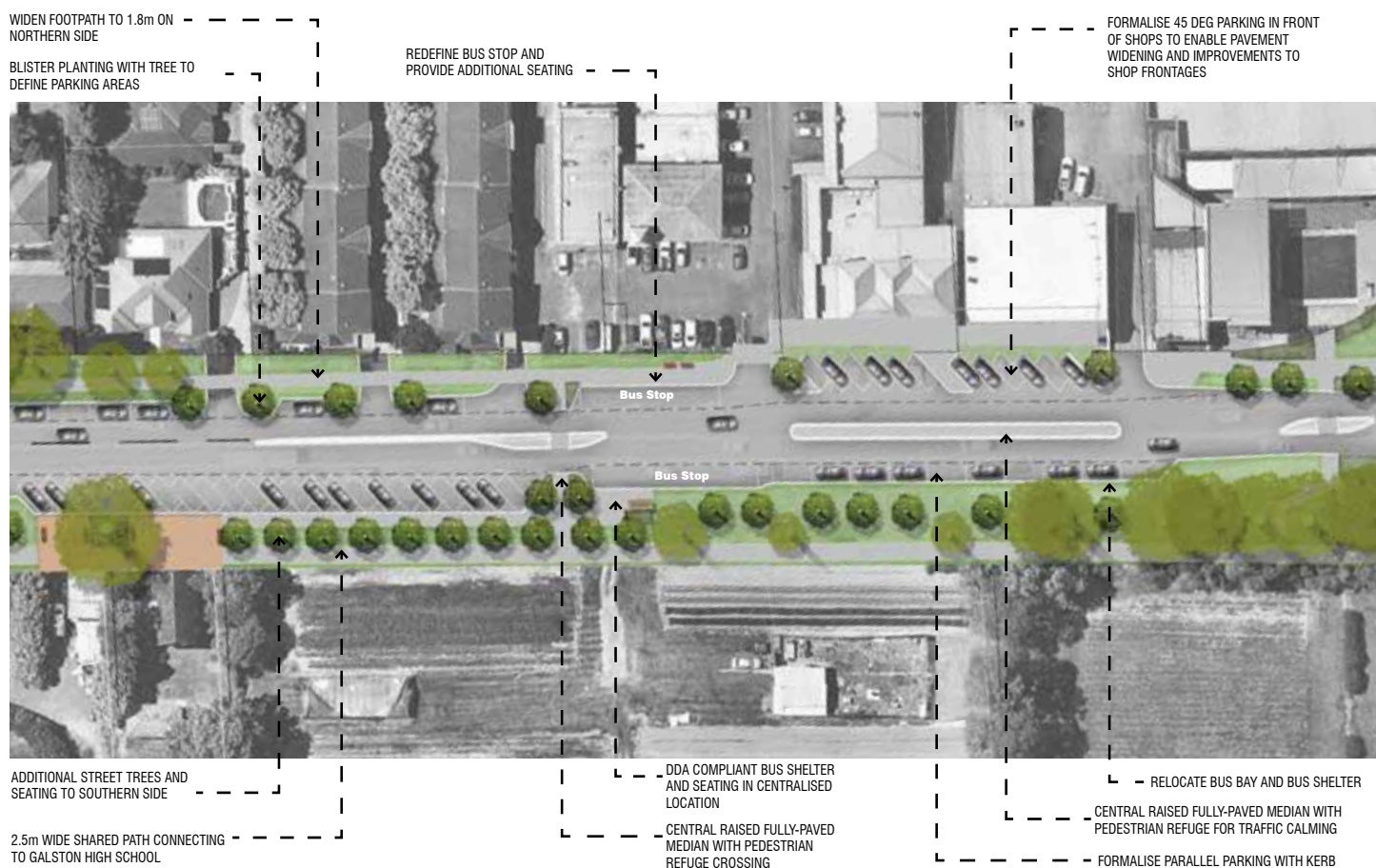
Concept Design



Key comments from Community Engagement:

SLOW TRAFFIC • INCREASED TREE PLANTING • SAFER PARKING • BETTER PEDESTRIAN EXPERIENCE • RURAL CHARACTER

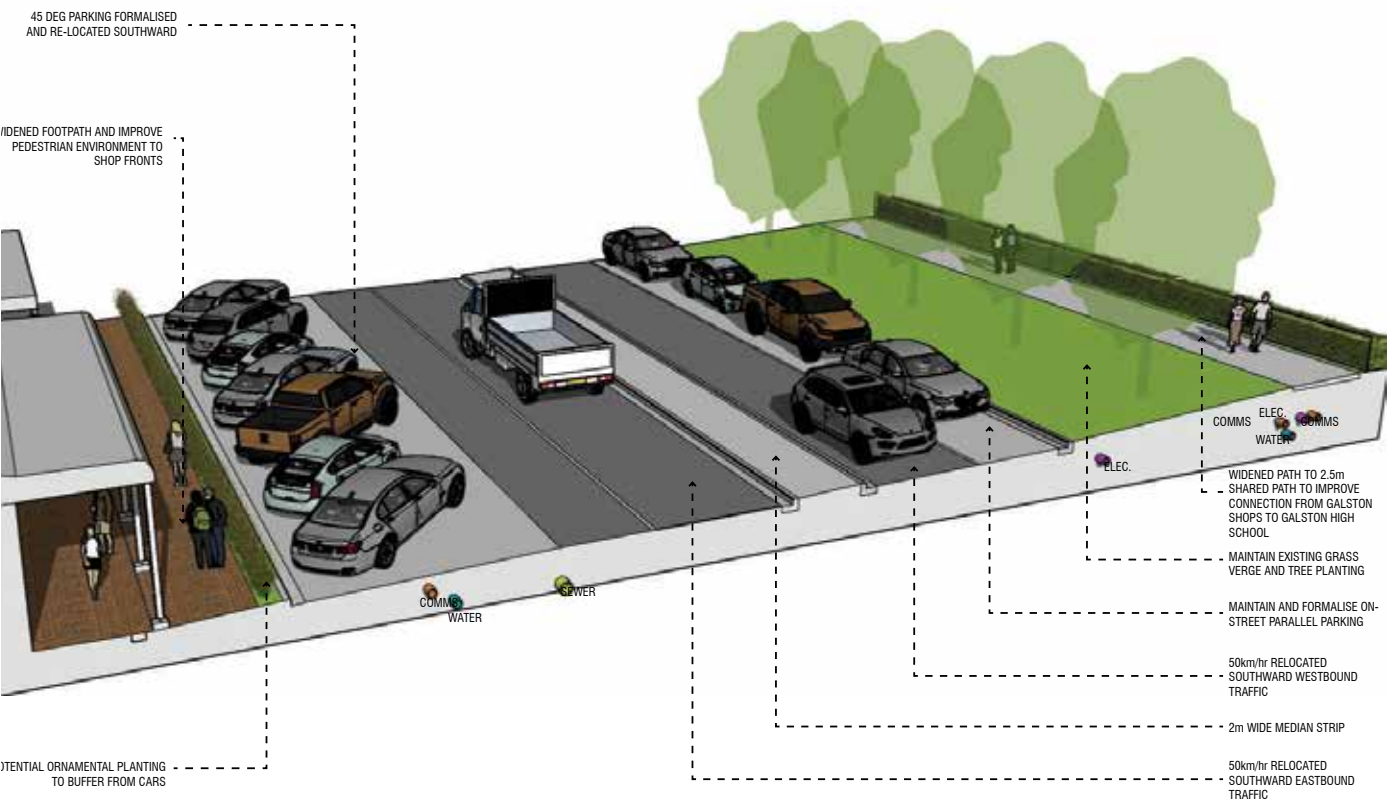
Refined Concept Design (Close-Up)



Drawing Not to Scale

Galston Main Street

Axonometric



Sections Existing & Proposed



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HORNSBY COUNCIL SUPPORTS NATIONAL UNITY CAMPAIGN

By Nick Cook

Hornsby Shire Council has added its support to a campaign by the Chinese Australian Forum, calling for national unity during the COVID-19 pandemic.

It is a direct response to incidents of racial abuse and violence that have been aimed at Australians of Asian background.

Council is not aware of any incidents of discrimination within the shire, but nonetheless recognises the importance of this campaign.

"It is an unfortunately common feature in this type of situation, where some people feel the need for a scapegoat," Hornsby Shire Mayor Philip Ruddock said.

"There was a very similar scenario when HIV first appeared in the 1980s, when gay men were targeted by homophobic violence and discrimination.

"Hornsby Shire Council does not tolerate any such behaviour and we are pleased to note that the vast majority of our community has similar feelings about it.

"More than one third of our population are born overseas and we are proud to live in a community that reflects Australia's tremendous diversity of cultures and religions."

The Chinese Australian Forum has written an open letter urging all Australians to work together to reject racism.

Hornsby Shire Council has been asked to add its name to the letter and agreed without hesitation.

"As we confront the COVID-19 pandemic, national unity is critical to our resilience and recovery," the letter states.

"It is essential that the distrust, disenfranchisement and vilification of Australians of any racial background is not tolerated under any circumstances.

"This is a time for all Australians to come together."

DURAL ANGLICAN ANNUAL FOOD DRIVE SYDNEY FAMILIES NEED YOUR HELP



This year because of COVID-19 we are unable to run our normal food drive and collect items from you.

Family budgets are stretched during the winter months and food is often where the 'cuts' are made.

This year the demand for food parcels has more than doubled and because normal food donations haven't taken place charities are continually running out of food.

Therefore we are asking this year, if you would bring the food to us at St. Judes, 965 Old Northern Road Dural (corner of Old Northern and Galston Roads) from now until 21st June. Food can be left on the verandah (Old Northern Rd entrance). We are asking for non-perishable items; pasta, rice, soup, tinned fish, baked beans, breakfast cereals, long life milk, toiletries, nappies, etc. Galston IGA and Dural IGA (opp. Church) also have collection bins.

We know from the success of previous years, we live in a very caring, generous community. We hope that this year you may be able to help again those who find themselves in difficult circumstances.

Thank you.

Reverend Dougal Michie
Senior Minister
Dural Anglican Churches

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\$150k

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www.hdfe.com.au

NEWS FROM THE FRIENDS OF FAGAN PARK

As I write this month's newsletter, there is a glimmer of hope of being able to restart our volunteering activities at Fagan Park in the not too distant future. We have not been able to carry out any activities for a couple of months or more, and like most other organisations and businesses, restarting will present its challenges. We have to remain vigilant and maintain our 'social distancing' to ensure there is no community spreading of the virus.

A little more Fagan Park history. One of the features in the hallway of Netherby Homestead is a British Ericsson wooden box telephone. These phones were introduced in the 1920's and many continued in use right into the 1950's, until automatic telephone exchanges came into being requiring phones with rotary dials. We know that the

The Fagan Park Ericsson telephone



Fagan's phone number was Dural 6. Our telephone was donated in 2009, and required some refurbishment and replacement parts, obtainable from enthusiasts. It uses a

magneto cranked by a handle to alert the exchange operator that you wish to make a call, with connection made manually by the operator. Our phone is set up to interwork with a black Bakelite phone of the 40's and 50's, also fitted with a magneto, located in another room. They are powered by 3 volt dry-cell batteries, the large original style being no longer available. The microphone is a carbon type, in which granules of carbon vibrated by your voice cause a varying current to be transmitted down the wire, and the receiver is a coil and diaphragm type. We encourage kids to use the phones to hold a conversation as a contrast to the highly sophisticated phones of today. Up until the advent of automatic exchanges, operator

connected calls were usually limited to 3 minutes duration, and the operator would butt in and ask if you wished to extend, and you would be charged an additional amount. If there were other calls pending, you would be told to conclude your conversation, because frequently there was only one telephone line between adjacent towns or exchanges, which had to be shared by everyone. Now is a good time to consider volunteering with the Friends of Fagan Park. Last month I outlined some of the diverse activities we are engaged in, and our welcome remains open at all times to newcomers. If you would like to contact us, call Ian 0419 435 475, or Vern 0405 703 413. We have resumed our volunteering activities from Tuesday 19 May. We will welcome visitors subject to observing social isolation rules.



STAGE ONE OPENING JULY–AUGUST 2020 RESIDENTIAL APARTMENTS AVAILABLE FOR LEASE

With limited residential apartments available for lease, secure your new 'home' in The Village Glenorie by registering your interest to occupy these brand new spacious apartments available from July 2020. Stage One of The Village Glenorie is nearing completion with current and new retailers opening soon. Stage Two retail leasing opportunities available now with areas from 65m2.



Phone Alicia Ghilardi From Azure Property Agents on 0422 365 858 or visit: www.azurepropertyagents.com.au

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WOOD HEATING, GAS HEATING & ELECTRIC HEATING

With the weather becoming much more cooler these days as we head into the winter season, any of these options can offer the warmth and experience that people are looking for in a fireplace experience.

Our homes are at the centre of our world. It's where we start our day, come together with family and rest our weary heads at the end of the day. That's why it's important to ensure that your home is equipped with high-quality and affordable indoor heating to be comfortable year-round.

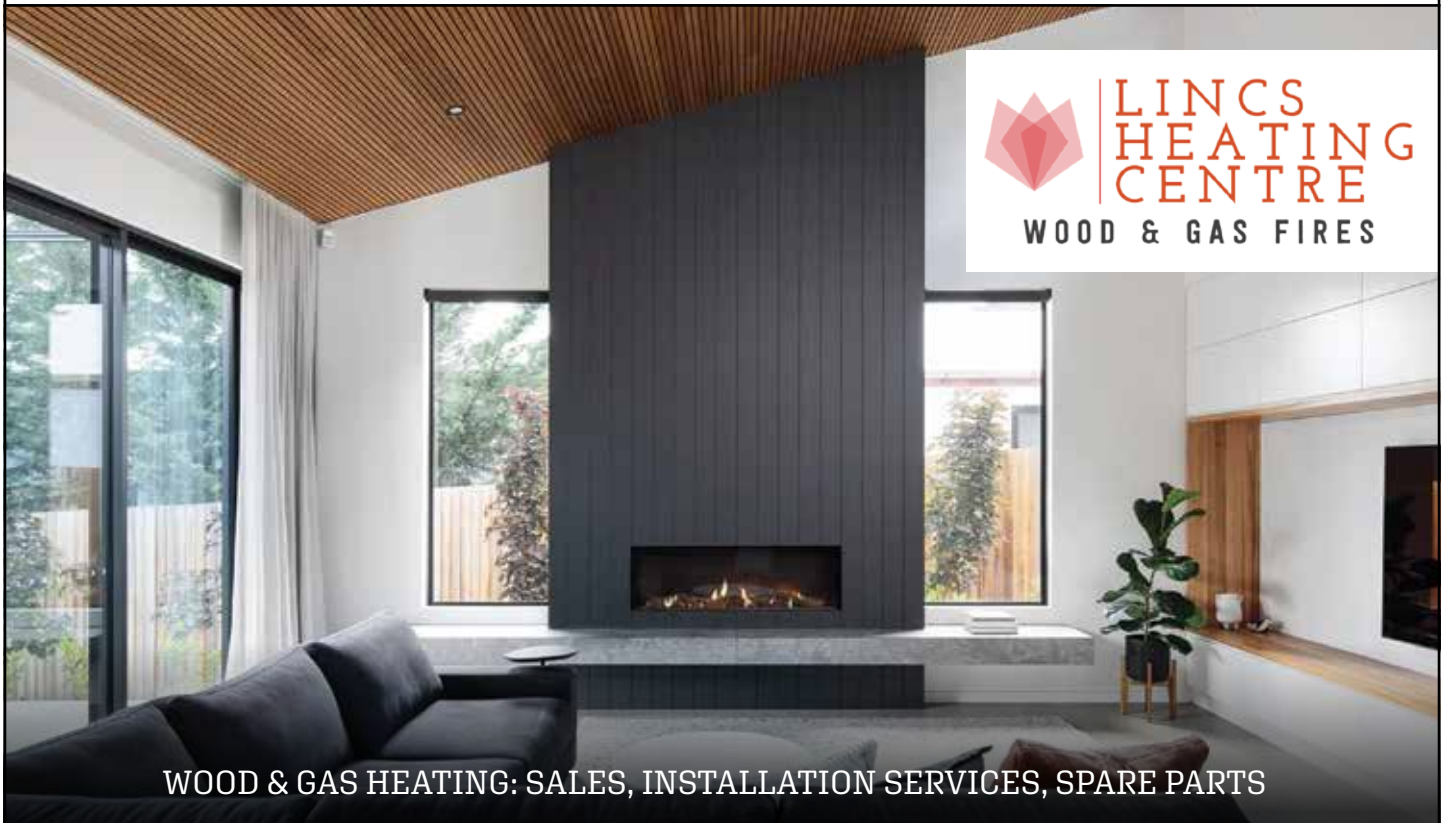
At Lincs Heating Centre, expert installers will give you personalised advice to find the right fireplace for your home. Next, our fully qualified and licensed plumbers can install it for you in a flash. We will consult with you when choosing the right heater whether its gas, wood or electric.

Lincs Heating Centre was one of the first BBQ and heating stores in Sydney. For more than 50 years, the team has proudly assisted countless people to find the right wood fireplace or gas/electric heaters for their home.

With every heating or fireplace purchase made with Lincs Heating Centre, we guarantee professionalism, expert advice and support every step of the way.



Our wide range of fireplaces and wood, gas and electric heaters available for purchase in our store cater to all budgets. We stock everything from the budget wood, gas and electric heaters to the high-end luxury heating and fireplace options.



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CWA NEWS

“Her partner did not believe in medical treatment. He forced her to wash her hands until they were red raw.”

This is just one example of how COVID-19 has added a whole new dimension to domestic violence. Perpetrators are using the pandemic as a form of physical and psychological abuse to threaten and coerce their partners.

Support agencies are bracing for a 30 percent increase in demand; if perpetrators feel powerless due to circumstances they cannot control, they will commonly seek further ways to control their partner. As victims are trapped at home with their abusers, an already volatile situation is turned into a pressure cooker due to coronavirus restrictions, with caseworkers seeing a recent surge in domestic and family violence cases.

Most women seeking help face financial hardship as well as physical and psychological abuse. They are especially vulnerable during this period of social distancing and

isolation. Hornsby Ku-ring-gai Women's Shelter's (HKWS) dedicated staff are on hand, delivering comprehensive case management programs to women in need on a daily basis, assisting them to get their lives back on track, whilst adhering to rigorous policies and procedures that put the physical safety and mental health of clients and staff first.

Last year, HKWS housed 58 clients but was forced to turn away 105 women because of a lack of resources. They also anticipate numbers to increase by 30 percent on last year as a direct result of COVID-19.

HKWS encourages you to send a message to the women they work with each day, that they are seen, are valued and are important.

\$20 - Buy her a meal

\$40 - Invest in her individualised case management

\$69 - Ensure she has a bed and meal

\$109 - Give her a full day and night of care and support

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



We at CWA of NSW Galston, believe that even though this is a confronting matter, you may think you can't do anything about while stuck in the confines of your own home, we all really can make a difference. Perpetrators must feel like they can't hide behind closed doors, that the wider community is still looking out for their victims.

Even if you can't donate much, or at all, for that matter, there are ways in which you can support people at risk of abuse in your community.

For more information visit <https://www.facebook.com/CWAGalston/>, we will be posting more on this over the coming weeks.

WARRAH

In almost a blink of an eye, the crops and weeds have all slowed right down here at Warrah Farm. Harvesting will also slow down until the explosion of growth in spring. Winter can be thought of as a time for soil's healing. That does not mean we aren't still growing things. The pace is just very different. At the moment we have cabbage, kale, leeks, carrots, radish, chives and broccoli in the ground. Our Nursery Skills Program allows our Warrah Society participants to witness the full growth cycle all the way from seeds to their plates.

The farm is once again seeing more activity from Warrah Specialist School students. They help maintain the citrus trees, and now we have delicious oranges, lemons and grapefruit available for sale in the Farm Shop thanks

to their help. They also have helped stir and spread biodynamic soil preparation (BD500), and gather cow manure from our resident cows to make a Cow Pat Pit (CPP). This will be collected after three to five months and will help to boost the farm's vitality and fertility. The teachers at the school have created a wonderful story to help the kids understand and learn what they are doing, and why.



Soils can become depleted or “farmed” out. The presence of life in the soil seems to disappear, and it acts only as a medium to anchor seeds and crops. When Biodynamic principles and methods (like the CPP and BD500) are applied, there is a return of soil health and life, and the vitality of living systems return.

Our team has been delighted to see that during the lockdown, customers turned their attention to growing their own food. We sold more than two season's worth of seeds and seedlings in April alone! The massive interest in backyard veggies has prompted us to put together a series of blog posts utilising the vast experience of our farm team. These posts will lead into a hands-on course for customers on backyard veggie growing. Subscribe to our newsletter at warrahhfarmshop.com.au to stay up to date on news about the course.

ARCADIAN QUILTERS



Within weeks after the drought and the bushfires we saw new beginnings, pockets of soft green on what appeared to be burnt out bush land, parched, cracked, dusty paddocks also showed shy green pick casting those wonderful green shades across the landscape.

Now it's OUR turn to show that we are “still here too” !!!

We're venturing out of our houses, into the workplace again, into

parks, sports venues, shops and soon into our community venues where all those happy contacts are made with our friends.

We Arcadian Quilters too will have something to show for our isolation time spent at home.

We have been sewing bright, cheerful squares, combining similar shades of reds, blues, yellows and greens, this month we are adding the beautiful violet shades to our collection.

My companion, Big Ted gave his nod of approval to choose

colours in this warm welcome sunshine today and I agree, these colours look great outside !

These patchwork blocks (squares) will soon be combined and mixed to make our Charity Quilts at our next workshop get together.

Like everyone else we eagerly await the “OK” to meet at close quarters, after all quilting IS all about sharing!!!

Our contact for further enquires is Carole on 9894 7749 and we are also on Facebook.



from the Mayor's Desk

The restrictions caused by COVID-19 are starting to ease, meaning we are now on the long journey back to normal life. Thank you to everybody who is taking this threat so seriously and helping all of us as we confront it together. This is a team effort and I am very proud to be part of such a strong community. Together we have proved that we are able to confront any challenge and I am confident we will emerge from this stronger than ever.

It is crucially important, though, that we do not become complacent. As areas begin to reopen, such as playgrounds and skate parks, all people need to remember that a threat still exists, and they must continue to exercise caution. If you feel at all unwell, please stay home.

Make sure you wash your hands thoroughly both before and after use. When in these areas, make sure you observe the guidelines for public gatherings and social distancing, and keep at least 1.5 metres between yourself and other people. If there are too many people in a space for effective social distancing, it is your responsibility to leave.

Philip Ruddock
Mayor
Hornsby Shire Council

What's on



friday night vibes

Music from local artists live in your lounge room

TUNE INTO OUR FACEBOOK LIVE STREAM

FRIDAY EVENINGS, 5PM–6PM

Groove and unwind with an incredible selection of local artists performing from their homes

For more information visit hornsby.nsw.gov.au/fridaynightvibes

Waste and Recycling Tips



From what to do with your soft plastics and what goes in your yellow bin through to composting tips – check out all our latest waste and recycling videos on Council's YouTube channel. For more information visit hornsby.nsw.gov.au/waste

Library Online



Our physical libraries may be closed but you can still access many resources and events online.

LIBRARY APP

Search the catalogue and manage your loans.

BUBS N BOOKS

Every Tuesday, 10am

Full of songs and rhymes for your bub.

STORYTIME ONLINE

Every Thursday, 10am

For more information visit hornsby.nsw.gov.au/library or like our Library Facebook page

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



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

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

Getting a little over listening to the news and reading the paper? Or would you just like to relax in a chair and listen to something interesting? Then maybe you should start listening to a Podcast.

Podcasting is a free service that allows internet users to listen to audio files. Unlike radio, where you have to listen to a particular

broadcast, a Podcast can be downloaded and listened to at any time, making it very convenient. You will first need to make sure that you have the Podcast App. With an Apple device it should be automatically downloaded onto your device.

Lots of Radio shows are being turned into Podcasts. For example, "Conversations" with Richard Fidler, where he interviews a variety of guests, are now Podcasts. Another fun recommendation would be "No Such Thing As A Fish" which is a podcast from the QI offices where the writers of the hit BBC show come up with the best things they've found out



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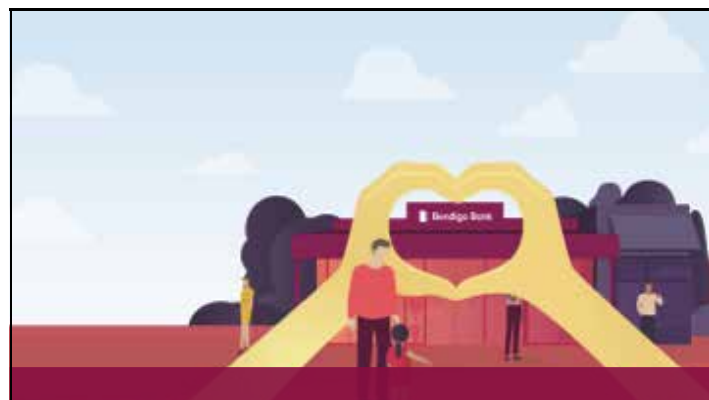
Listen on
Apple Podcasts

that week. If you are into crime solving podcasts, there are also plenty of podcasts that discuss how crimes are solved. Some of you may have heard of the controversial 'Teacher's Pet'.

Our Editor's recommendation, 'The Moth', a presentation of thousands of true stories sounds very interesting. If you enjoy comedy 'The Guilty Feminist' is another podcast that may suit you.

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: **0418 296 217** or email: info@debbiedoesit.com.au





We're here for you

Bendigo Bank has committed itself to the care and wellbeing of Australian communities for over 160 years. Now, more than ever, we're here to help see you through COVID-19.

Talk to us about how we can help.

Call us on 9653 2227 or search Bendigo Bank Galston.



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HOME COOKED MEALS FROZEN FOR YOUR CONVENIENCE

Jim and Riva Dale, owners of Geranium Cottage, together with their chef, Paul are creating fresh, home-cooked meals for the convenience of the residents in our community.

Geranium Cottage owners and staff pride themselves on using the freshest ingredients to create home-cooked cottage style meals. Regulars to their cafe can still enjoy the meals which have traditionally been offered in their cafe but are now prepared, packed and frozen for convenience. Along with their favourites some new winter warmer meals, such as slow-cooked brisket, stews and a variety of soups have been added to the menu. These meals, made daily, can be picked up or home-delivered. Because the meals are frozen, customers are tending to stock up so that they have an ongoing supply of wholesome and nourishing food. In particular, elderly customers and carers of those unable to shop are appreciating this readily available supply of delicious frozen meals.



As with all cafes and restaurants, Geranium Cottage had to reinvent their business overnight. Their new model has been so well received that they plan to continue the frozen meal service, along with regular table service, once the Covid-19 restrictions have been lifted.

GERANIUM COTTAGE TAKEAWAY FROZEN MEAL MENU

NEW Hot Chips available	\$5
Soup of the Day	\$6
Traditional Bangers & Mash (GF)	\$9.50
<i>Grilled Beef sausages with mashed potato, seasonal vegetables & gravy.</i>	
Chef's Fabulous Beef Lasagna	\$10.00
<i>Beef in a Bolognese sauce with pasta.</i>	
Chilli Con Carne with Basmati Rice (GF, DF)	\$9.90
<i>Beef & Beans in a rich sauce with a dash of chilli. Served with rice.</i>	
Curried Chicken (GF, DF)	\$10.00
<i>Chunky pieces of chicken in a delicious mild curry & coconut sauce with rice.</i>	
Braised Beef Brisket (GF, DF)	\$12.00
<i>Tender Beef with chargrilled vegetables, baked potatoes & gravy.</i>	
Slow Cooked Beef (GF)	\$12.00
<i>Beef slow cooked in a rich red wine sauce with mashed potatoes & seasonal vegetables.</i>	
Fettuccine Bosciola	\$9.00
<i>Fettuccine with a white wine, ham, mushrooms, cream sauce topped with parmesan.</i>	
Cottage Pie (GF)	\$10.00
<i>Beef, onions, carrots, celery, cooked in a rich gravy topped with mashed potato.</i>	
Chicken & Mushroom Casserole (GF)	\$10.00
<i>Chicken & Mushroom slow cooked in a tarragon & white wine sauce with Basmati rice.</i>	
Roast Vegetarian Quiche (V)	\$8.50
<i>Roasted Vegetables, eggs, cream & pastry.</i>	
Ham & Spinach Quiche	\$8.50
<i>Ham, spinach, eggs, cream & pastry.</i>	

Crumbed Salmon Fish Cakes \$12.00
Red Salmon fish cakes, with mash & steamed vegetables.

Roast Pork Belly (GF, DF) \$15.00
Roast pork belly, roast potatoes, vegetables & gravy.

DESSERT

Sticky Date Pudding \$7.50
Traditional date cake with Butterscotch sauce. Serve hot.

Apple Crumble \$7.50
Poached apple & cinnamon with a golden-brown crumble. Serve hot.

Chocoate Sponge \$7.50
Chocolate sponge with chocolate sauce, best served hot!

Meringues with cream (GF) \$7.50
2 Crunchy meringues with cream.

Lemon Tart \$7.50
Vesty and Creamy.

Scones \$7.00
2 of our famous scones with Jam & Thick Cream

ALCOHOL

BEER - Hahn Light \$5, Boags Premium \$6, VB \$6 (per bottle)

White - Sav Blanc or Chardonnay \$27 ea.

Red - Cab Merlot or Shiraz \$27 ea.

Sparkling - Henkell Trocken 200 ml \$10 ea.

POP IN FOR TAKEAWAY COFFEE

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HILLS COMMUNITY AID INVITES LOCAL MEN TO PARTICIPATE IN THE 2020 GOOD MEN PROJECT

By Philippa Fraser

The Good Men Project is a project that was started by Hills Community Aid in 2018 as a response to feedback from men that they wanted things to change in society, and that they wanted an opportunity to be part of that change.

The Good Men Project was created to give men a chance to be positive role models to other men and boys by speaking up to promote respectful relationships and to challenge unhelpful gender stereotypes.

We would like to invite men to participate in an interview via phone, video call or online survey (<https://www.surveymonkey.com/r/K8S9529>), as well as to provide a photograph. Quotes from the interviews will then be used as part of a display in the local area along with the photographs. Please see #thegoodmenproject19 on Facebook for more information.

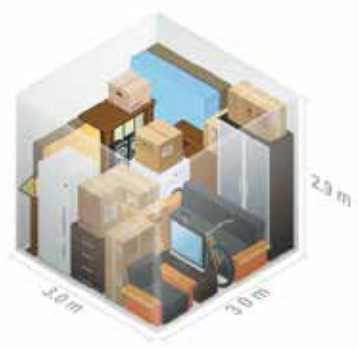
If you or someone you know would like to be part of the 2020 Good Men Project, or if your organisation would like to promote the Good Men Project, we would love to hear from you! Please contact Hills Community Aid's Safer Communities Worker on 0415 337 638 or email safecommunities@hca.org.au.

MOVING BACK TO THE FAMILY HOME DURING COVID 19

Covid 19 has affected many people in different ways across the country. In particular the younger generation has been hardest hit, with many finding themselves without work and limited income to pay rent or mortgages. This has forced many of this affected demographic to move back to the family home to help them get through this period of financial stress. Many empty nesters are now reaccommodating not only their own children but also their partners and in some cases the kids as well. This creates a space problem, not only for everyone in the home, but also their bulk personal items. Self-storage has seen demand increase for this very situation. With no lock in contracts and a variety of storage unit sizes available it helps facilitate a fast, efficient and affordable downsize, albeit

temporary, lessening the burden on the family home. If you or any of your family members are considering a temporary downsize call Hills Self Storage in Galston, Castle Hill, Rouse Hill or Kings Park and speak to one of their expert staff who can talk you through their storage with free move in options.

PH: 8850 0770 or visit their website at hillselfstorage.com.au



GOOD MEN Project




A project that gives men the chance to speak up, challenge gender stereotypes and promote change.



Hills Community Aid would like to have conversations with local men about their views on relationships, respect and gender stereotypes in order to challenge negative messages about masculinity.

We believe that good men can help create change in society by being positive role models to other men and boys, and by promoting equal and respectful relationships.

The project will consist of a collection of photos and quotes from interviews with men who participate. These photos and quotes will be uploaded to the Hills Community Aid Facebook and Instagram, as well as being published* in the local area.

To participate, please contact:
safecommunities@hca.org.au or 0415 337 638

Follow the Good Men Project on   Hills Community Aid

* Please note that the Good Men Project will either be published via local print media or displayed in a public venue (eg. a local shopping centre), subject to COVID-19 social restrictions.



"We need to champion a fairer, gentler notion of manhood, shifting our focus from being 'real men' to being and raising 'good men'."

Darren Saunders

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TURRELLS FLOOR AND WALL TILING

By Neil Turrell



Ceramic floor tile can take a lot of abuse and still last throughout the life of the home. Compared with other types of flooring, ceramic tile stands up to heavy traffic and abrasion so kids, pets and lots of visitors are no problem. There is no shrinking or expanding as there is with wood products, which keeps the chemical structure of the ceramic intact for the long term, contributing to its durable nature.

Easy to Maintain

Ceramic tile needs sweeping and mopping only every now and then to keep it clean. With hardwood floors, periodic waxing or even refinishing

is necessary, but tile doesn't have that kind of upkeep requirement, which reduces long-term maintenance costs. Also, if a tile comes loose, cracks or chips, it's easy to replace that one tile without upsetting the others around it, so this saves on replacement costs.

Inexpensive

Ceramic tiles are some of the most affordable floor products on the market, coming in at around the cost of vinyl for the more economical choices. There are different sizes of tile, too; opting for 18-inch tile could save over 12-inch tile when it comes to installation if you don't mind making more cuts. Also related to

installation, grout and adhesive are very cheap when compared. Ceramic tile comes in a variety of sizes and colors, making it an attractive purchase for homeowners. The benefits do not end there, though: Ceramic tile floors are some of the most cost-effective options on the market today. There are more than a few economic advantages to choosing ceramic tile over alternatives like wood, laminate, carpet, vinyl or natural stones like granite.

Durability

With carpet padding and wood underlayment. If you're a do-it-yourself type of person, it is relatively easy to install ceramic tile by yourself, saving you the cost of having someone come out to lay it for you.

Other Benefits

Ceramic tile stays cool and acts as insulation, which can help reduce energy costs in warm geographic areas. It does not absorb odors so there is no need for professional cleaning like there is with carpet. Likewise, it doesn't generally develop mould, which further cuts down on cleaning bills. Furthermore, the resale value of homes with ceramic tile floors is greater—when compared with homes with vinyl or carpet—because of the product's durability and high-end appearance.

Tiles come in thousands of variations so there is bound to be a look out there to suit your tastes. Easy to keep clean. This is true even more so with larger tiles. For the ultimate in easy maintenance take a look at some glass tiles. Tiles are (mostly) waterproof. If you break a tile, you only have to replace 1 tile. Tiles can be quieter than, say, laminate flooring which carries sound from room to room. Tile flooring is one of the most popular options in floor coverings today there is something for just about every taste. Along with beauty, there are a number of reasons why the tile floor is both practical and popular.

One of the main benefits associated with a tile floor is the ease of maintenance. With both vinyl or ceramic flooring, the tiles require no special cleaning solutions, tend to be stain resistant, and make it much easier to keep clean. Spills can be wiped up with no problem. Routine cleaning can be accomplished with mild cleansing solution and a sponge mop. In terms of care, a tile floor saves a lot of time on cleaning.

Turrell Building

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WHAT I HAVE NOTICED

SINCE COVID-19

Teachers are waaay under paid.

LAUREN

Less traffic on roads. Seeing more kids on pushbikes.

LOUISE

That our telecommunications systems cannot handle the work load when parents and children are required to be online all at the same time.

LAUREN C

The clear skies. Our days in particular have been beautiful. We've experienced some of the most vivid sunrises and sunsets, and the evening skies have been clear and beautiful too with super bright moons.

LOUISE T

How happy and friendly everyone is. The community has slowed down, everyone is patient with each other.

ERICA

It's been lovely seeing the increased level of compassion in the community, people going that extra mile to help out others and seeing families together outdoors.

TRACY

My garden seems happier, there is more wildlife, my fruit and veggies have been growing in abundance and everything seems greener with the flowers brighter in colour with more of them. When out walking people seems happier, not as rushed and happy to have a chat. And the same as Louise the clear beautiful skies, day and night.

CHRISTY

The ridiculous amount of dog poo left on our paths parks and grass by lazy people who won't pick it up.

ANGE

Mel and Em agrees with Ange saying, yes and KFC etc rubbish that people throw out their car windows that I have to either pick up and walk past when I walk the streets. What bit inside peoples brains tell them that this is ok?

Lots of people are taking their dogs out and about for walks which is fantastic but the amount of dog poop on the footpaths is disgusting! Not hard to bring a bag with you to collect it. Also I worry that these dogs will soon be deserted back into the backyard once work resumes and develop separation anxieties or boredom barking. Really hoping it won't be the case but either way, pick up your poo !!

EM

How wonderful our community is.

STEFANIE

I feel very blessed to live in Galston with all our wonderful open spaces. We are very lucky. It is wonderful to be able to walk through Fagan park and be able to nod and say hello to locals that you have got to know over the years. I have always been able to do this but maybe I have noticed it even more now. Thank you to all of you who nod back.

DEBORAH

I have loved seeing so many families of all shapes and sizes walking and riding bikes, enjoying the outdoors together without having to rush. I really hope we can continue a pace of life that allows us to "stop and smell the roses" after the Covid-19 threat subsides.

ANNA

Great to see life starting to get back to normal...! Kids are walking to school, people are at work, the shops are open, and the playgrounds will be from this weekend.

MATTHEW

Lots of people out and about for walks. Also seeing kids playing outdoors, riding bikes and scooters in the streets.

MARY

Even though I am described as an extrovert I think I am enjoying my metamorphous into becoming an introvert.

MARY O

Everyone is much more friendly. Waves and nods and hellos from and to all!

LIBBY

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

 **9653 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**



Goodies Bakery

348 Galston Road, Galston
Mon - Fri: 7:00 AM - 5:30 PM
Sat: 7:00 AM - 1:30 PM

 **9653 2214**



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, takeaways and dine in
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**



WHERE IN OUR WORLD IS THIS?

A visual quiz to see how observant you are, take the challenge to see how many places you can identify and then check the answers on p. 61



1



2



3



4



5



6



7



8



9



10



11



12



13

Show and Tell

I asked readers to share with us some of the creative projects which they have enjoyed doing during our period of isolation.

If you would like to share something for next month please email editorial@galstoncommunity.com.au

Robyn says, Not quite finished works, but I finally started to use my shed space for it's actual intention!

A 'masculine' teapot, I'm trying to make for my partner who's a tea drinker and I couldn't imagine giving him a dainty English teapot.



My creation..
"Stepping out" .
Reflecting on today's normal after lifting of some restrictions..
Daring to go so slowly

Ulla



My project is something I have been wanting to do ever since we moved the old fridge onto the verandah to use as our party fridge. The fridge is over 30 years old so I am very grateful that it still performs well when needed but it was so white. Because I wanted it to disappear a little I decided to paint it black. I then came up with the idea of painting it with chalk board paint so that we could put fun messages on it when we have parties...(remember those days...haha!). A good clean, treated rust spots, then painted with 3 coats of blackboard paint...

Mary



I made a vegie garden 4.8m x 1.5m and a herb garden 2.4m x 1.5m. Planted broccoli, brussel sprouts, mixed lettuce, cauliflower, chives, parsley, basil, coriander, dill, onions and mint in the containers in the foreground as mint can become invasive.

Peter - Pure Water Solutions



With the design, construction and installation help of Bjorn Hansen, protection screens have been installed at Glenorie and District Medical Centre. 'Hotdoc' who are "Creators of the innovative SMART Recalls software and Australia's most trusted online appointment service for General Practices were so impressed by the initiative that on their FaceBook page the screens were featured as 'tip of the month' for protecting the staff, the patients and the community. Contributed by Glenorie and District Medical Centre

Bjorn's corona garden. Still in progress. All walkways are in the name of Corona. Corona square. Isolation lane. Curvet way. Quarantine walkway etc.. Such an enjoyable and satisfying task.



UPBEATS

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

Please send contributions to editorial@galstoncommunity.com.au

Remarks about Heidi's story

It's hard not to be moved in reading Heidi Edwards' interview story.

Thank you so much Heidi for sharing your story. **Scott**

Loved your front page interview- I remember when this happened and have often thought of Heidi when I drive along Old Northern Road and look up at overhanging branches. I was so happy to read her positive story - such an inspiration! **Georgia**

Heidi Edwards is an inspiring example of finding something positive to live for. Although she said there is no choice but to go forward, many would not have done so with such strength and determination. **Cathy**

"When it became obvious that my son was going to have plenty of spare time on his hands due to the Coronavirus restrictions, he threw me a challenge, saying 'Mum, there's a hand sanitiser shortage. How can we help?' We threw around a few ideas and landed on making our own sanitiser for the community. I knew nothing about making hand sanitiser, but thankfully he did. So we're now fully licensed, enjoying working together, making use of our spare time to produce something that everyone needs right now".

Contributed by **Judy Nicolson**

Farewell

Farewell to Vy and Aaron Poon from Galston Village Pharmacy. Vy and Aaron have worked and lived in Galston for the past 14 years looking after the health needs of the community. They have decided to move to WA to be closer to family. We wish them all the best in their next chapter of life.

LOVE from ALL YOUR WORK MATES



Beautiful People

What a beautiful place we live in. The other day I was in the supermarket and I asked the man behind the counter when was he expecting toilet paper to come back. His response was to come early, say 7am and I may be lucky. I shared with him, that as I live on my own and being a male one roll lasts me about a month. I thanked him, paid for my goods and went to the chemist next door. When I came out of the chemist a voice said, "are you looking for toilet paper?" It was the lady who had heard my conversation with the assistant in the supermarket. She said that she would go to the next suburb and get some toilet paper as she was in need of it also. "What is your address?" she asked. Ten minutes after arriving home there was a knock on the front door and there was the lady with a pack of toilet paper. I don't know who she is. I thanked her and she refused to take payment for the pack.

What beautiful people there are in this world. I want to thank this lady as she has given me a gift of more than just the toilet paper.

Contributed by **Paul van Tilburg**

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Thanks

During this time of social distancing we're grateful we live in Glenorie with beautiful surroundings, fresh air and thoughtful neighbours who've offered us help should we need it. The staff at the Glenorie District Medical Centre are doing a great job and we appreciate the continued level of care given at this difficult time. We're also thankful for all the local businesses that are providing takeaway food. Geranium Cottage is one such place and we're loving their range of frozen meals. We hope they decide to continue them once the cafe re-opens. **Kerstin and Dave**

Joke

A man goes to the Doctor, worried about his wife's temper.

The doctor asks, "What's the problem?"

The man says, "Doctor, I don't know what to do. Every day my wife seems to lose her temper for no reason. It scares me."

The doctor says, "I have a cure for that. When it seems that your wife is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until she either leaves the room or calms down."

Two weeks later, the man comes back to the doctor looking fresh and reborn.

The man says, "Doctor, that was a brilliant idea! Every time my wife started losing it, I swished with water. I swished and swished, and she calmed right down! How does a glass of water do that?"

The doctor says, "The water itself does nothing. It's keeping your mouth shut that does the trick."

Two Visitors from up north

The other morning I was looking at my old plastic table on which I sprinkle wild bird seed. There were the usual guests, Brown Wing Pigeons, Brown Doves, Rainbow Lorikeets, and a couple of King Parrots and also something white. The bird was pure white and behaved like a pigeon. Its head, neck and shoulders were pure white, the rest dark plumage. Its mate was in the tree and came down to join him (or her) for a morning feed. Having had pigeons when I was young, I knew that it was not a domesticated pigeon.



Over the years, I have been to many bird shows, but I have never seen such a specimen. So I looked it up in my favourite bird book, 'The Complete Book of Australian Birds' by Reader's Digest. The visiting birds, which I was seeing were The Banded Pigeon all the way from Arnhem Land. These pigeons are very rare and need our protection. I asked myself, "what are they doing here", as it is such a mystery. I am not the only one who has observed these rare birds locally. I only hope that many more will have the treat to be able to see this rare bird from up north.

Contributed by Paul van Tilburg

Encouragement

I received an email last night titled "One Word Photo Essays" and was so impressed by the photos displayed and their one word explanations.

They included words like love, hope, companionship, determination, confusion, loneliness, curiosity, tenacity and contentment.

So here's a picture I have liked, that I title "Encouragement".

At this time of "Still Covid 19", though restrictions are easing and we have been given some "permission to mingle", we continue to need to be supportive and encouraging of others whenever and wherever we can.

Contributed by Christine Stockman



Isolation Graduation

Anyone who has ever completed a university degree knows how much you look forward to Graduation Day. The years of hard slog and tedious assignments are finally over - a day that marks the close of a chapter in your life. Like almost everything else, COVID-19 forced the cancellation of my daughter's April graduation ceremony. As a family, we consoled ourselves with the fact that many thousands of people were experiencing catastrophic hardship and we should be thankful that it was a minor hiccup in our lives.

I still felt we should somehow acknowledge her achievement in a special (isolation) way. I remembered my father still had his cap and gown that he had graduated in 60 years ago - spotless and perfectly preserved. It would make a lovely surprise for my daughter to wear for some photos. So on the 3rd of May, the first weekend that two people were allowed to visit, my daughter "graduated" in our garden. She wore the vintage cap and gown held a home printed, framed Bachelor Degree and carried a bouquet of flowers her grandparents had bought her.

The photos were lovely and we even had a few photos in masks to remember this extraordinary time! The weather was glorious that day which enabled us to have a socially distanced lunch on the lawn with my parents.

We all agreed, her Isolation Graduation was so much more meaningful than we ever could have imagined.

Contributed by Y.S Arcadia



10-16KM BEGINNERS MTB/GRAVEL BIKE RIDE

HOOOF, HIKE OR BIKE AT SCHEYVILLE NATIONAL PARK !

By Susanna Mills

For years I've travelled straight through the middle of this national park, not realising what I was missing. By the number of horse boxes visible from Scheyville Road, it looked like the equestrians were probably onto a good thing here so recently, after yet another transit through the park, my mind was made up and I returned equipped with my hard tail mountain bike. I wasn't disappointed!

I began at the busy intersection of Scheyville and Pittown Dural Roads and rode the bumpy Powerline Trail. At the crest of the first big hill I spied some singletrack to the right which sashayed through forest populated by feral deer. En route I pulled off the track

and gave way to some friendly women astride their horses and then pedalled my trusty steed out into a freshly mowed area bordering Pitt Town Dural Road. A few metres down Bursaria fire trail, another sneaky singletrack caught my eye off to the right which took me down to the muddy hike a bike crossing over lovely Longneck Creek.

All too soon, singletrack morphed into hardpack firetrail, which gently ascended to the Avondale Road gate and parks perimeter fence. There are a couple of fun mounds and roll downs here for mtb riders to practise their skills on. There are another two (muddy) singletrack options to explore which take you back down to Longneck Creek and Bursaria firetrail. History buffs may consider riding up through the gate onto Avondale Road, following road signs to the historic Pitt Town Cemetery off Old Stock Route Road.

Wanting to avoid the mud, I wrangled my bike up the technical climb alongside Avondale Road and onto the Schofield Road firetrail which is an enjoyable, flat 3km cruise, with expansive views across the valley to Dormitory Hill (the heritage half of the park which performed various functions in the past as an Ag School, WW2 Migrant Camp & Vietnam military training centre). This dirt road descends past the

intersection of Old Pittown and Scheyville Roads, following Longneck Creek. From here one can cross Scheyville Road to Long Tan Place, the Water Tower trail and grassy heritage trail networks. Or stay with the horses and explore further trail options; those to the left all climb back up to Schofield Road trail, those to the right meander back to the horsebox parking at the end of the Racecourse Trail. Scheyville NP actually extends all the way to Longneck Lagoon, but the park's five current trail areas are not properly linked. But it is still worth exploring due to the easy, gentle terrain, local history and unique natural features. With high density housing developments closing in all around, it is reassuring to know that there is a local National Park facilitating a diversity of recreational activities and thereby community access and appreciation of this historic natural asset both now, and into the future.

FACTBOX

- This is one of a very few natural areas left in Greater Sydney where equestrians can enjoy sanctioned riding. Bicyclists must share these trails and it is critical that you give right of way! Always be considerate and cultivate trail user allies wherever you engage with the bush. PS: Avoid spooking horses and
- never wear any flouro clothing here. Call out in advance to alert both horse and rider to your presence.
- Don't ride here after wet weather. Apart from being an unpleasant mud fest, your activity impacts the terrain of existing trails.
- There are no navigational trail markers for equestrians, cyclists or walkers- only along the educational trails. Until there are, may Scheyville NP be a place of many happy returns until a personalised trail map is firmly embedded inside your head!
- Highly recommend this NP for hardtail XC bikes and Gravel bike riding. Leave dual sus. and e-bikes at home. Add distance along the beautiful Midson Road, and Reedy/ Mitchell Park/ Pebbly Hill Roads circuit.



Longneck_creek



Avondale_trail

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Empty Greens

Dural Country Club is still unable to open their greens for social or competition bowls.

However, both our Women's and Men's Bowling Club members can now enjoy one hour roll ups with fellow players...often followed by a drink and meal at Fedele's Restaurant or coffee and cake at the Cafe.

If you'd like to escape the isolation and join our welcoming Club, free bowling lessons are available by calling 0421 315 074 or 0411 375 580 and you'll be bowls ready by the time restrictions are lifted!



Coffee & cake at the Cafe

PET NEWS

DO YOU KNOW WHAT TO DO WHEN YOU FIND AN **INJURED ECHIDNA**?



We all want to help where we can, but we might not always know what's best.

If injured always call your local wildlife organisation Sydney Wildlife rescue 94134300 open 24/7. They will give you the best advice for that animal.

If not injured and it has entered your yard please lock up any domestic pets and leave it alone. The Echidna will leave. Try to resist going back out to check on it. When disturbed the Echidna will roll up into a ball or dig down in the ground to protect

its self. Never try to dig it out using a shovel. If you remove the Echidna you may unknowingly have just made an orphan of its baby. If you can, leave it alone and keep your pets in overnight it will be gone in the morning.

A little about our fascinating Echidnas.

Did you know

- They have been known to mate from May through to September
- You cannot tell the sex of an Echidna
- They don't have teats, they have milk ducts special glands that secrete milk,
- They lay eggs and next to platypus they are the only known egg laying land mammal
- After about 10 days the egg hatches

- A baby Echidna is called a Puggle
- The Puggle, will drink up to 40% of its body weight in one sitting.
- The mother Echidna will leave her Puggle for up to 5 days and go off looking for food.
- They are shy yet inquisitive.
- Their spines are actually long, tough, hollow hair follicles
- They have a much lower body temp than other mammal's and can die from heat stress.
- When the temperature drops too low, they go in to torpor or hibernation.
- They love to eat termites, ant's, worms, larvae and invertebrates.

FROM ROADSIDE RESCUE TO RELEASE: THE TALE OF 'PHOEBE' THE SWAMP WALLABY

By Georgia Cameron

Phoebe the Swamp Wallaby weighed less than a kilogram when she was left on the roadside at Galston Gorge after her mother was hit and killed by a vehicle last October.

Sydney Wildlife volunteer carer Jane Sleep received the call for a joey sitting beside its dead mother on the road, but despite her best efforts she couldn't locate it in the peak hour traffic. In desperation, she phoned the local vets and was relieved to learn that a good samaritan had taken little Phoebe to a nearby clinic at Asquith where she was subsequently released into Jane's care.

Fast forward six months and Jane is now preparing Phoebe for a soft release from her five-acre property in Galston adjoining Still Creek and the Berowra Valley National Park.

Caring for animals is in Jane's DNA, so it comes as no surprise she's dedicated the last 10 years as a volunteer for Sydney Wildlife.

"Animals were always following me or finding me," Jane said.

"I had a black Labrador named Walter who started bringing home animals or when we were out, he would just lie down next to an injured bird or animal or pick it up and bring it to me. Possums, mice, birds, all sorts of things, but never hurting them, always bringing them to me," she said.

That was the hint Jane needed to complete a two-day basic training course with Sydney Wildlife. Whilst her faithful retriever dog Walter is no longer with her, she's been caring for sick, injured and orphaned wildlife ever since.

Jane's move with husband John from suburban Turrumurra to acreage at Galston was quite deliberate in order to expand her operation. She completed specialised courses with Sydney Wildlife and found her passion in Macropods – giving numerous Wallabies and Kangaroos from Sydney's northwest a second chance at life.

"Galston George, Cattai Ridge, Glenorie, Crosslands and Fiddletown roads are known black spots where drivers need to slow down and be on the lookout for wildlife particularly at dawn and dusk," Jane said.

"Accidents happen, but please be respectful if you hit an animal," she said.

"Stop and call us at Sydney Wildlife on 9413 4300. You're not going to be in trouble. Just do the right thing."

If people feel capable and are not in danger, Jane encourages them to take wildlife to their local vet – it's a free service.

"But a frightened animal is a frightened animal and they may bite or scratch or kick," Jane said.

"And a small percentage of bats could carry disease and some snakes are venomous, so leave those to the professionals," she said.

Over the past decade Jane's made strong friendships with like-minded people in the organisation which is completely funded by donations and fundraising efforts.

While Jane concedes caring for a mob of six 'roos all at once was an absolute nightmare, she believes there is a role for everyone at Sydney Wildlife – from collecting and dropping off greenery for carers, to transporting animals, working the 24/7 rescue and advice phone line or fundraising.

"You can do as much as you like or little as you like – there's no pressure," Jane said.

"I know a lovely couple in their eighties who just do birds. Others just do possums. You find your niche," she said.

That said, having a broken night's sleep feeding furless marsupials known as 'pinkies' every 3 to 4 hours, or being woken by a call out in the middle of the night takes a special person like Jane.

Since March, her focus has been on releasing Phoebe who now weighs about 10 kilograms. She lets Jane know when she wants outside time by communicating with a Skippy-like "tch, tch, tch" or banging on the door of her pen.

Phoebe has graduated from supervised walks around the property to spending a day outside. Now she's staying out at night and returning home in the morning for a feed and giant nap – just like a teenager!

It will be a bitter-sweet moment for Jane when Phoebe, the adorable joey she's raised for the last six months, hops out of the pen, across the paddock and into the bush for the last time – a space where she'll be safe and can't get runover like her mother.



Jane with Phoebe



Phoebe

But Jane knows she's given her a second chance at life and while she's confident Phoebe will 'wild-up' like the countless others she's rescued, rehabilitated and released over the last ten years. She hopes that Phoebe will come back down the driveway or appear on the grass with a joey of her own sometime in the future.

For more information on Sydney Wildlife's Rescue & Care Courses or to donate visit:

<http://www.sydneywildlife.org.au/>

<https://www.facebook.com/sydneywildlife.smws/>

To contact Sydney Wildlife's 24/7 Rescue & Advice line call: (02) 9413 4300



Jane's mob



BUDGERIGAR SOCIETY OF NSW INC.

Hills Branch – Ray Galbraith

With the continued lockdown of all sporting and community clubs and associations, the budgerigar society members have had more time available to breed that champion bird and undertake the domestic duties of maintaining a clean and healthy aviary. At present, the breeding season is well underway, with breeders endeavouring to put all that planning and research into practice, in respect of the individual varieties of budgerigars that a particular breeder may breed. NB. photographs of nests of blue and green series Recessive Pies.

Again this month the branch has lost a valued member in Ron Roarty, Ron joined the Hills Branch some twenty years ago, after having been as member of the Budgerigar Improvement Society for near thirty years. The breeding of the Grey Wing and the Dominate Pied varieties,

were Ron's main choice of budgerigar variety. Ron has had Grey Wing Budgerigars represent New South Wales at National level and was a regular Hills Branch representative at State level.

Ron was a well respected person within the hobby, along with his working life within welfare organisations and on a personal basis. Always willing to pass on his knowledge and assist fellow members to know and understand the budgerigar, whether it be as a pet or breeding at exhibition standard. Being regularly seen around the show circuit, good for a chat and a stir; Ron will be sadly missed.

Know the Variety:

- **Grey Wing,**
Solid even colour, Wings grey, Mild grey tail, Black eye with white iris.
- **Dominate Pied,**
As per Normals with patches of Yellow or White.

Budgie Facts:

- The shells of budgie eggs are covered with tiny pores, which enable oxygen and carbon dioxide to pass through.
- Female budgies gain weight during the breeding season and that extra weight comes from enhanced bone density, caused by the retention of calcium.

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 restrictions in respect of Corona Virus have been lifted.

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



RESULTS SPEAK VOLUMES, CLIENT TESTIMONIALS SPEAK LOUDER.

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We just wanted to thank you for your recent efforts in selling our house.
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– Catrina & David, Halls Road Arcadia

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HILLS-HORNSBY RURAL KOALA PROJECT

Hills-Hornsby Rural Koala Project is a network which seeks to work with the community to encourage the health, protection and population increase of Koalas in the Hills and Hornsby areas.

Prior to the bush fires of 2002, koalas were present in our area, particularly so in Canoelands, Wisemans Ferry and Maroota. Further back in the past they were also in Glenorie, Arcadia, Middle Dural and throughout Hornsby Shire.

When the 2002 fires came through Glenorie and surrounds, they devastated the habitat and koalas were not reported in our area for many years.

Since 2015 Glenorie Environment Centre has been

conducting local koala searches and encouraging locals to report any signs or sightings of koalas. In the last two years, residents have reported a handful of sightings, supported by photographic and sound recording evidence.

In response, Hills-Hornsby Rural Koala Project was established. This brought together a large number of community organisations as well as individual community members, researchers from Western Sydney University and our local Sydney Wildlife carer. Currently a project by Western Sydney University is working on vegetation mapping in our area to identify potential koala hot spots.

We share the goal of monitoring and protecting our koalas and their habitat, so that their numbers may increase. Part of this plan is to further engage the community to help in reducing some of the major risks' koalas face- road accidents, dog attacks and habitat loss. Bush fire remains a major threat which is also high on our agenda.

We seek to provide information and engage with community members via social media and community events. We ask for the community's assistance in monitoring the population and ensuring their protection.

To follow our work and see updates about upcoming events

please follow our Facebook page at 'Hills - Hornsby Rural Koala Project'. Alternatively, for more information text or phone Lilly Schwartz on 0424 844 740.



A koala spotted in glenorie last year by residents

SURELY NOT MY CAT

Pet cats are wreaking havoc. New analysis from the CSIRO compiles the results of 66 different studies on pet cats to gauge the impact of Australia's pet cat population on the country's wildlife.

The results are staggering. On average, each roaming pet cat kills 186 reptiles, birds and mammals per year, most of them native to Australia. Collectively, that's 4,440 to 8,100 animals per square kilometre per year for the area inhabited by pet cats.

Feral cats kill more than 3 billion animals a year. Pet cats kill 30-50 times more animals per km2 around cities than feral cats do in the bush.

Cats have played a leading role in most of Australia's 34

mammal extinctions since 1788, and are a big reason populations of at least 123 other threatened native species are dropping.

Many owners believe their animals don't hunt because they never come across evidence of killed animals. But studies that used cat video tracking collars or scat analysis (checking what's in the cat's poo) have established many pet cats kill animals without bringing them home.

In Mandurah, WA, the disturbance and hunting of just one pet cat and one stray cat caused the total breeding failure of a colony of more than 100 pairs of fairy terns.

Most of us want to see native wildlife around towns and cities.

But such a vision is being compromised by this extraordinary level of predation, especially as the human population grows and our cities expand.

Many native animals don't have high reproductive rates so they cannot survive this level of predation. The stakes are especially high for threatened wildlife in urban areas.

Pet cats living near areas with nature also hunt more, reducing the value of places that should be safe havens for wildlife.

Lock up your pet, it's a killing machine.



This is an extract from an online article in The Conversation. If you would like to read more follow this link:

<https://theconversation.com/one-cat-one-year-110-native-animals-lock-up-your-pet-its-a-killing-machine-138412>



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THE DHARUG AND LOWER HAWKESBURY HISTORICAL SOCIETY

A SHORT HISTORY OF FEASTING

With the relaxation of the lockdown laws I'm sure many of us are looking forward to seeing family and friends for the first time in a while. Even though we will still be social distancing, it may be a time when home dining will be having a revival. This led my mind to muse on the continuously evolving nature of what and how we eat.

Looking at a 1960 copy of The Commonsense Cookery Book compiled by The Public School Cookery Teacher's Association of New South Wales, it is astonishing to see how much our diets have changed. In the publication, there are no fewer than five recipes for brains. Now, I do remember eating brains in the 1980s at a restaurant, and recently saw them on a menu at a French Restaurant. But I would never consider preparing them at home. But, in 1960, brains were used in recipes such as a sandwich filling (brain and nut sandwiches), brain cakes and fricasseed brains (in the "Convalescent's and Children's Cookery Chapter") as well as scalloped brains and brains and bacon.

These days we usually eat breakfast, lunch and dinner with a light snack in between. Western lunch or dinner are often served as entrée, main course, dessert format especially if dining out. Multi-course degustation meals have become popular at fine dining restaurants. But was this always so? Let's take a look at a potted history of Western dining.

The Italian city states of the fifteenth century are credited with the move away from medieval banquets of meat to more delicate meals of pasta, mushrooms, garlic

and truffles. Rather than ripping meat of the roasted carcass eating utensils were introduced.

France was introduced to this new Italian style of eating when Catherine de Medici (1519-1589) married the Duc d'Orleans (1519-1559) who was to become Henri II of France and in 1553 brought fifty Florentine chefs, waiters and household advisers with her to France.

The first of the great chefs of France to be recognised was Francois Pierre de La Varenne (1615-1678) who published a highly influential book: Le Cuisine Francois (The French Cuisine) in 1651. La Varenne emphasised the use of mushrooms and butter to enhance the flavour of a meal and natural meat juices, vinegar and lemon as sauces. La Varenne worked as a chef in several noble households of France and was greatly admired by King Louis XIV (1638-1715).

The French continued to develop their expertise in the culinary arts. However, when the French Revolution (1789) took place thousands of chefs who worked for the aristocracy were out of work. With a burgeoning middle class, a perfect environment for a restaurant industry was created. It is estimated that in 1789 there were 100 restaurants in Paris, and that by 1804 there were between 500 and 600.

The 1800s saw a decline in French cuisine and many of the best chefs went to Britain, thereby popularising French cuisine abroad. Instrumental in introducing the concept of French haute cuisine to England, Europe and America were chefs Alexis Soyer (1810-1858) and Georges Auguste Escoffier (1846-1935) and Swiss-born hotelier Cesar Ritz (1850-1918).

In 1860, Felix Urbain-Dubois (1818-1901) introduced the Russian table service to France. The Russian service of food mirrors more what we would recognise today: dividing the meal into a series of courses – each course being presented only when the previous course had been consumed and the plates removed. Until then, all the courses were put on the table at the same time.

Australia was not immune to the domination of French cuisine. The first licensed hotel in Australia established in 1796 at Parramatta was staffed by a French chef who was shipped to Australia with the First Fleet and was renowned for its excellent food.

The cuisine enjoyed in Australia today draws on our multi-cultural diversity and simplicity of flavours and ingredients, as well as reflecting our lifestyles and climate. There is a considerable difference in what we eat and the way we eat today compared with that slim Commonsense Cookery Book of nearly 60 years ago. The Commonsense Cookery Book celebrated its centenary of publication in 2014. I wonder how many recipes for brains it contains?

Recipe for Brain Cakes – because I know you are all wanting to try them.

Ingredients:

2 sets of brains
1 oz butter
1 oz flour
1 gill milk
A little grated nutmeg
A small piece of onion
Sage leaf
1 level teaspoon salt
A pinch cayenne pepper
Egg glazing
Breadcrumbs

Method:

1. Wash brains and remove skin
2. Put them into a saucepan with the onion, sage leaf and a little salt
3. Cover with cold water
4. Bring slowly to simmering point and cook slowly for 6 minutes
5. Drain off the water and allow the brains to cool
6. Cut brains into ½ inch pieces
7. Add flour, cook 1 or 2 minutes without browning
8. Add the milk all at once, stir until it boils and thickens
9. Stir in the salt, cayenne, grated nutmeg and chopped brains
10. Turn out on a plate to cool
11. When cold form the brain mixture into small round



shapes in a little flour, pepper and salt

12. Dip them in the egg binding and then in the breadcrumbs making them firm with a knife
13. Wet fry a few minutes
14. Drain on white paper
15. Serve on a paper doily on a hot plate, garnish with small sprigs of parsley

References:

The Macquarie Dictionary of Cooking, General Editor Judy Jones, The Macquarie Library, 1983.

Wikipedia

The Commonsense Cookery Book, compiled by The Public School Cookery Teachers' Association of New South Wales, Angus & Robertson, 1960

EDITOR'S COMMENTS

What a great interest piece, contributed by Fiona McDonald, Treasurer of The Dharug and Lower Hawkesbury Historical Society

I remember The Commonsense Cookery book as one of the few recipe books in our family home. I doubt my mother ever referred to it and, because she was not an inspired cook, I do remember using this book as an opportunity to introduce variety into our diets. I particularly remember cooking the Rock Cakes. As a consequence of my Mother's lack of interest in cooking, and armed with The Commonsense Cookery book, I did develop a love of cooking. I'm not sure that I ever made brains but I do remember eating them and can still conjure up the taste and texture of brains.....I actually enjoy them and on the rare occasion I have seen them on a menu I will always order them, harking back to a simpler time.



Politics

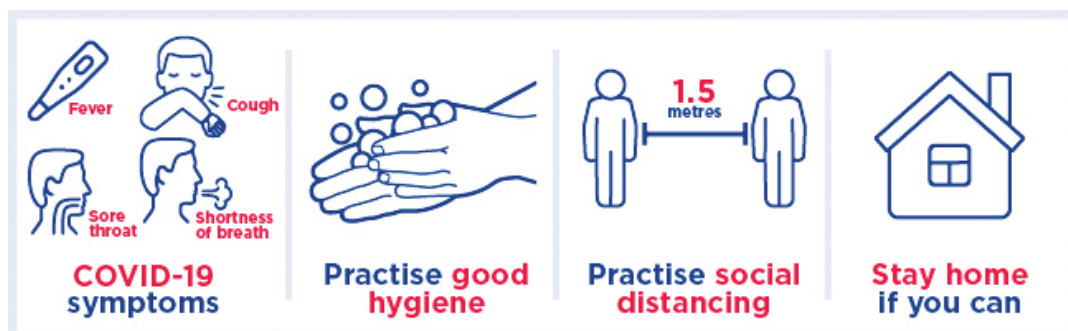


COVID-19 HORNSBY UPDATE

MATT KEAN MP, MEMBER FOR HORNSBY & MINSTER FOR ENERGY AND ENVIRONMENT

We can certainly say that 2020 is testing us as a community and a country. I know many have been hit hard, but I have been proud to see Hornsby coming together during this crisis. We have seen businesses go above and beyond for their customers, neighbours doing shopping for vulnerable members of the community and a wonderful show of homemade displays on ANZAC day. We truly are so lucky to live in such an amazing community.

The NSW Government understands our state is doing it tough and we have announced a number of initiatives to help our community and local business. I have outlined just some of these below but full details and



information can be found online at nsw.gov.au/covid19 or you can contact Service NSW which is open 24 hours a day 7 days a week on **13 11 88**.

If you are worried you might have symptoms, do not wait, get tested. You can contact your GP, ring Healthdirect on **1800 022 222** or attend the Hornsby Hospital

COVID Clinic between **10am and 8pm**. In an Australian first, we have released a heat map which can show you by postcode how many local active COVID-19 cases there are, as well as how many have recovered and how many tests have been completed. You can access the heat map online also at nsw.gov.au/covid19. If you

are unable to go online perhaps a friend or family member can assist.

As your State MP I am here to help the community in any way I can. My office is open for phone calls on **9476 3411** or via email on hornsby@parliament.nsw.gov.au. Please reach out if you need assistance.

NSW State Government COVID-19 Assistance:

- A 6 month moratorium on evictions for people impacted by rental distress due to COVID-19 and landlords must negotiate rent relief agreements with tenants in financial distress due to the COVID-19 pandemic.
- School students to begin returning to face to face learning from **May 11th**. NSW Schools delivered hand sanitizer, additional cleaning supplies and extra staff to help with cleaning.
- Households struggling to pay their energy bills during COVID-19 now have access to additional financial support with a \$30 million boost to the Government's emergency support Energy Accounts Payment Assistance (EAPA) Scheme.
- A total of 34 fee-free TAFE NSW short courses are available online to assist anyone across the State who wants to upskill.
- Parents in NSW will not have to pay preschool fees for up to six months
- Support for our frontline healthworkers with free hospital parking and accomodation as part of a \$100 million package
- Up to 200,000 licence holders operating across the trades and construction sectors will not have to pay up to \$50 million worth of licence fees.
- Doctors can prescribe medicines via email or fax to make it easier to access medication
- With increased testing COVID-19 pathology results can come via text message within 24 hours.
- Grants of up to \$5,000 available for Creative Kids providers to provide online courses for students
- People who cough or spit on health workers, police, pharmacists, paramedics or other public officials during the COVID-19 health crisis, now risk a \$5,000 on-the-spot fine.
- NSW Institute of Sport is providing a free online program for families called High Performance at Home
- Police and domestic violence frontline services remain at the ready to support victims and their families



COVID-19 RESPIRATORY CLINIC OPENS IN CASTLE HILL

By Julian Leeser

A GP-led Respiratory Clinic has opened in Castle Hill for Berowra electorate residents to access if they need testing for Covid-19. The clinic is already taking bookings for tests and can be accessed by anyone living in the Berowra electorate.

"The opening of the clinic is well timed. The NSW Chief Medical Officer announced on the 18th May that the Hills Local Government area is now a particular focus for testing," said Julian Leeser MP.

"This means that if you have any symptoms at all and live in the

Hills area, you should book an appointment immediately and get tested."

Patients will be able to receive an assessment, testing, and diagnosis when presenting moderate respiratory symptoms such as a fever, sore throat, coughing, tiredness or shortness of breath.

Appointments are required for assessment and treatment at the clinic, with online bookings as the preferred method of securing an appointment. Patients do not require a referral, or to provide payment as these services are free of charge. Appointments can be made by visiting castlehillmedicalcentre.com.au or calling 9634 5000.

Built from scratch and located within the Castle Mall shopping centre, this newly established clinic is one of 100 being opened across the country as part of the Federal Government's response to the COVID-19 pandemic.



The clinic will offer testing for COVID-19, and results will be provided to patients through phone, SMS, or other forms of communication. Patients will then be referred to their GP for ongoing treatment.

Castle Hill Respiratory Clinic is located at Level 1, Castle Mall, 4-16 Terminus Street, Castle Hill

and is open between the hours of 8.00am to 5.00pm, Monday to Friday.

For more information, visit wentwest.com.au/covid-19 to learn about WentWest's (WSPHN) COVID-19 response and details on all GP-led Respiratory Clinics in Western Sydney.



RURAL ROUND UP

By Councilor Warren Waddell

As most residents are aware, our rural communities are accessed by a number of unique and interesting options. Although the approach through Dural is conventional road access, the approaches through the scenic Galston Gorge and the river crossings at Wisemans Ferry and Berowra are pretty special.

The Berowra Waters Ferry service carries an average of 23,000 vehicles each month, as well as 4000 pedestrians and cyclists. That's why it is important to note that from 1 June Transport NSW will undertake six weeks of essential ramp improvements.

The closure will have a particular impact on waterside businesses, so keep in mind that those

businesses will still need your support. River crossings will be provided for limited pedestrians and cyclists at peak times. A water taxi will operate from 6am-10am and 3pm-7pm on weekdays, 8am-6pm on Saturdays and 8am-4pm on Sundays and public holidays. There may be further changes, so call 1800 861 855 for more details.

This past month demonstrated further the changing times we live in, with most community organisations resorting to online hosting to keep up with local issues. Glenorie Progress Association and the Memorial Fence Committee were successful in their engagement with residents and members. Improvements to

Wal Buckingham Park, local road improvements, environmental concerns and local planning matters featured high on the agenda.

Arcadia Galston Residents Association also hosted a successful meeting, with presentations made on the Galston Village Public Domain draft plan (as per P14) and work proposed at the Middle Dural Road roundabout. Public Domain considerations included safe crossings, angle parking, toilet locations, traffic management, play equipment, the engagement with private property and landscape proposals.



Other items considered were the overall Fagan Park plan of management. Issues were raised in relation to parking problems, user permits, weed management and dog walking. Hornsby Shire Council management looks forward to working with the community in its planning for the future.

As always I am available on 0499 004 861 or WWaddell@hornsby.nsw.gov.au.

Music & Arts

GALSTON CONCERTS: AN I. T. HIGH TEA?

The Galston Concerts will offer an I. T. High Tea while waiting on further health advice to allow future concerts in the 2020 concert series.

A new project to help fill the void of postponed concerts, the I. T. High Tea will offer the Galston audience the chance to enjoy their own at-home afternoon tea shared with music 'beamed' from the church.

Meanwhile the Galston audience are enjoying monthly e-bulletins which include links to on-line performances by musicians from the series and other music news.

These included a late-May cameo video from Jack Theakston, Galston's Young Musician of the Year for 2020.

Jack is a full scholarship cello student in the Rising

Stars program at the Sydney Conservatorium. He is also multi-skilled as both pianist and organist, a frequent visitor to Galston Uniting's historic pipe organ.

The concerts team hope to decide mid-June whether the next performance in Galston Uniting Church can proceed as scheduled on **Sunday 26 July**.

If circumstances allow there are hopes that concerts postponed from earlier in the year can be re-scheduled once-a-month later in the year.

Those wanting to join the concerts database to enjoy these on-line interim musical pleasures should contact Robert 'High Tea' Harris and Dorit Herskovits, co-directors of the series, on **0428 248 348**.



Jack Theakston



Robert Harris



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PACIFIC HILLS CHRISTIAN SCHOOL DRIVE THROUGH WITH A DIFFERENCE!

By Craig Hingston

It is not every day that you see your teachers dressed as a kangaroo, a clown, or wearing a tutu and an afro wig. However, this was the sight that welcomed parents and students from Pacific Hills Christian School during the COVID-19 season of self-isolation and at-home learning. The Middle School staff decided to turn what could have been an ordinary event – picking up home learning packs – into a fun activity to raise everyone's spirits. The teachers, dressed in their most colourful and crazy costumes, danced along to music while handing out the packs to the passing convoy of cars.

"It was so good to see all our kids' smiling faces. We had so many 'thank yous' from parents and even tears from a couple of mums! Some beautiful parents dropped



off chocolates and Krispy Kreme donuts. We had so much fun. We're so blessed to be a part of such a wonderful community full of care and joy", said teacher Amity O'Connor.

One parent told them, "I was moved greatly by the loving care and attention to the resources packs which I delighted in collecting. So

well organised, so generous and so much fun!"

Other parents said...

"How cool is it when your teacher dresses up as a kangaroo to hand you your remote learning pack!"

"We love our school community and our awesome teachers so much. Thankyou Year 5 teachers - you rock!"

"We are new to the school and were so happy to see the lengths that you go to! The Fredro Frog and paper aeroplanes made my son really smile. Thankyou."

"It was excellent, I got emotional as I was so touched by these efforts."

"We're missing you and praying for you all."

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A smooth transition from the Primary to Secondary years can provide a critical link between student wellbeing and ongoing learning. Northholm Grammar's Primary Years Program ensures that students can work in pursuit of their own individual excellence, in an environment that sustains academic rigour and supports individual needs through a personalised learning approach.

Mrs. Erin Werner, Primary Curriculum Co-ordinator explains, "Northholm's Kindergarten to Year 12 curriculum facilitates a fluid transition between the Primary and Secondary years. Year 5 students begin to prepare for

21st century learning skills that are student-centred and driven across a vast range of subject areas. Students engage with learning that fosters higher order thinking skills to develop deep content knowledge and understanding."

This approach takes into consideration the holistic nature of individual student learning and implements the most effective practices that will assist students to develop into autonomous, responsible, independent and engaged learners.

In Years 5 and 6, teachers focus on creating opportunities for students that will stimulate their natural curiosity and willingness to learn. During this last stage of the Primary years, there is a deeper emphasis on academics and independence, as well as on the social and emotional pastoral aspects that begin to

emerge in the early adolescent years. This focus ensures students are known as individuals as they progress into high school.

Year 5 Teacher and Acting Primary Wellbeing Co-ordinator, Mr. Matthew Garrett states, "We do specific work with Year 5 that continues in Year 6, so that our students come into high school prepared with a greater sense of belonging within their peer group, an engaged approach to learning and a strong sense of personal identity. This is achieved by authentic and relevant classroom learning, instilling



crucial organisational skills and a rich pastoral care system that fosters character development and positive peer relationships."

At Northholm, our students approach the transition into Year 7 with confidence and a deep sense of preparedness. This transitional journey very much begins at the start of Year 5.

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GALSTON HIGH SCHOOL FANTASTIC RESPONSE TO LEARNING FROM HOME

By Luke Cosgrove

COVID-19 has meant that teachers and students have had to quickly adapt to new ways of learning. Galston High School has always taken a technology-driven approach to learning, investing in innovative programs, hardware and online resources to make its students 21st century learners. As education has temporarily moved to learning from home, Galston High School students have shown just how capable they are: utilising the many online resources the school provides, students have logged some truly impressive statistics.

Education Perfect, an online resource for English, Maths, Science, HSIE and PD/H/PE in Years 7-10, has been especially well received by students since its introduction this year at Galston High School. During recent learning at home, students have logged 3,809 hours online with 8,322 logins during which they have completed 1,007 activities and completed a staggering 638,999 questions!

It's not just the numbers that tell the story of the rapid uptake and engagement of students. Ella Moussa of Year 7 commented "I thought this was amazing and really helpful to learn

online, anytime, anywhere." Michelle Huang, also of Year 7, commented "I like [learning online] because it feels like a normal class except I'm reading it myself. It provides good quality information with what I just learnt."

Not to be outdone by the juniors, the senior students have been working consistently on Edrolo, a platform that provides video and quiz based content for HSC subjects. So far, Year 11 and 12 Galston High school students have viewed 36,466 videos and quizzes.

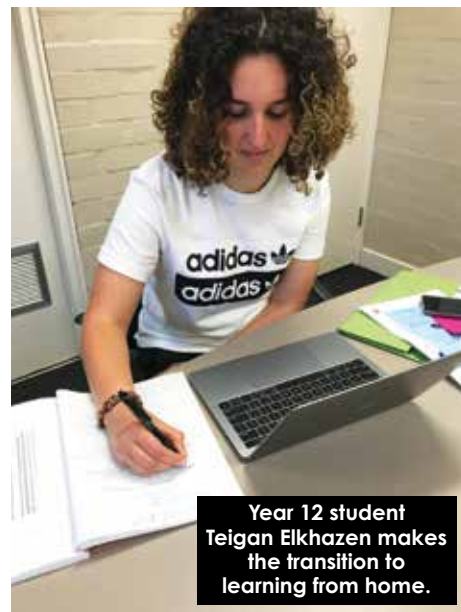
Edmodo, the school's platform for distributing learning and communicating, has been equally busy with 3,791 notes and 6,077 replies posted by the teachers of Galston High School, keeping students up-to-date, informed and connected throughout the current disruptions to face-to-face teaching.

Also new to Galston High School's digital resources this year is Grammarly, an online spelling and grammar checker used to help students polish their writing. To date, students have checked a whopping 7,258,828 words using the resource and reviewed more than 39,111 alerts.

"Our investment in digital learning has been especially valuable during these unprecedented times," said Ms Jillian Tourlas, principal. "We provide these online tools to all our students as a part of our regular teaching and learning at Galston High School. It has been wonderful to see the commitment of our students, and support of our parents, during learning from home."

"We are now transitioning back to regular face-to-face teaching, in line with the state and federal

government's plan. It's great to see students back in the classroom," she added.



Year 12 student Teigan Elkhazen makes the transition to learning from home.



Year 9 student Yen Huang has used learning from home as inspiration for her Photography and Digital Media elective subject, creating this striking image representing the experience of isolation.

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ARCADIA PUBLIC SCHOOL KEEPING OUR KIDS LEARNING AND ON THE GO

By Hazel Postill

Arcadia Public School was fortunate to have squeezed in a successful fundraiser before the COVID-19 restrictions came into effect. Our Comedy for a Cause fundraiser at the Glenorie RSL earlier this year was a real hoot and raised over \$1,100! A great effort by our P&C! Arcadia P&C is hugely thankful to Glenorie RSL for their generosity with regards to the event.

Meanwhile, the students, teachers and parents at Arcadia have adapted to remote learning at lightning speed, with the set-up of virtual classrooms using Google Classroom, the use of daily class meetings via Zoom, and the discovery of PE with Joe on YouTube! While the initial transition was rather sudden, with minimal preparation time, everyone in the Arcadian community worked hard and collaborated as usual and got on with the job.

The kids also discovered an array of fabulous free online educational live streaming experiences such as those provided by The Australian Reptile Park and local Aboriginal artist Buddy from Buddy Loves Art.

The NSW Department of Education have also been providing interesting Live Education sessions. We have used our Facebook page to share sessions, such as the 'Olympic-sized Workout' with Bronte Campbell, 'Art is About Responding to the World' with Ben Quilty and 'Cooking Class at Home' with Matt, Manu and Gary.

Arcadia Public School acknowledges the great efforts made by our parents during these challenging times. Many families are struggling with job loss, financial stress, placing mortgages on hold, continuing essential worker roles, and juggling the demands of working from home while



guiding our students through remote learning across multiple grades. Many of our parents are essential service workers including specialist nurses, grocery store managers, and teachers, while many of our parents have been tackling the tough role of both working from home and guiding remote learning. Equally we are hearing

that parents are expressing an extended appreciation for our teachers as we all look forward to a return to regular school life in the not too distant future.

If you would like more information about Arcadia Public School please phone our friendly office staff on 9653-1207 or visit www.arcadiaschool.com.au

GARDEN NEWS

STILL CREEK LANDCARE RELAX ON YOUR PATCH



By Nick Chartorisky

Locally, Mother Nature is finally giving us a breather from her drought, fierce unrelenting heat, bushfire stress and devastating storms.

Globally, nature has given us more in the form of a pandemic that's resulted in an increased social isolation.

Feel relaxed yet? Well, we think we have a cure for the stress, anxiety and helplessness we've all experienced.

Empower yourself in the places you can make a difference, in your own back yard.

Take this time to address the things that are within your control. If it's bushfire hazards on your property, a garden that's suffered from the weather, or you want more native birds and creatures in your garden,

now is the time to dream, plan and act.

Imagine it, you've come up with an idea, put a plan together and now it's actually happening. Won't that take the edge off the stress?

Whatever you dream up that involves the land, Landcare is here to assist. You'd be astonished with the information and help we can provide. If we don't have an solution to your problem, there is an army of Landcarers around Australia that probably will.

So start now, think about what you'd like to change, create or encourage in your patch. After you've dreamt up your stress busting project give us a call and see what we can do to help make your dream come true.



Landcare would love it if you decided to join us, or one of the Bushcare groups in the area. For Landcare, talk to Nick on 9653 2056 or email

StillCreekLandcare@iinet or go to www.stillcreeklandcare.com.au or Facebook. For Bushcare, talk to Council on 9847 6362.

BROMELIAD SOCIETY OF AUSTRALIA

MEET BOB AND PATRICIA SHARPLEY

While the Bromeliad Society of Australia meetings are on hold, we thought we would introduce you to some of the Society's most passionate members.

Bob and Pat Sharpley's love of bromeliads started when their son bought his first house, from an older couple approx 10 years ago. The overgrown garden had a delapidated shade house and while Bob was helping get the house in order, Pat decided to rescue some plants. At the time they didn't even know what they were but there were lots and they had an attractive red inner colouring. They brought the bromeliads home and put them in their garden where they grew profusely and Bob recalls even whipper snipping the broms (not recommended) to keep them in order.

At some stage someone told them these were bromeliads and shortly after Pat saw an ad for a bromeliad sale. Pat went to the sale and bought a car load. Pat also collected flyers for the next BSA show and meeting. They went along to their first meeting where they were encouraged to join the BSA committee and served as very active members until 2019.

Bob has a magnificent set up, with shade houses along his perimeter fences, fitted with fans, thermometers, watering and misting systems. There is nothing too good for the precious broms.

These days Bob does most of the daily bromeliad work (and has extremely high standards) and Pat is the purchasing officer! What does Bob collect or is passionate about, "anything with colour, it must have colour". And their shade houses are a delight to the senses, with beautiful vibrant colours. Bob states he has learned from 'trial and error' or 'school of hard knocks', to see what works for his broms in his particular environment, which is exactly how we all learn.



After several trials, Bob uses the ANL (Australian Native Landscape) orchid and bromeliad mix. He doesn't fertilise his neos and doesn't change the position of any brom without reason. When cleaning up a brom, he first checks if it's looking good, and if it isn't growing well, he then moves it. Bob often judges if the plant is in right position on how well the pup looks and he feels it is a matter of getting to know the different positions in your yard and your brom species. Some bromeliads need light to colour up (eg red) but some need more shade.

Another tip is to take care when choosing and installing watering systems as different brands have varying spray patterns and spray distances. Bob primarily chooses (German) fittings, hoses, hose reels, nozzles which are more expensive but last longer. Bob has found using brass hose fittings is not always the best, as brass gets hot in sun and can melt the hose plastic.

The best misting systems have piping with an inner white layer that protects from UV, so the piping doesn't split after a few years in the sun.

So when the BSA meetings commence again come along and talk to Bob or Pat, if you have Neo related problems

or questions, that is what being a member is all about - sharing the joys and pitfalls of bromeliads.

For further information please contact Ian Hook, President - mobile 0408 202 269 or email - ianhook1@bigpond.com





GALSTON GARDEN CLUB



Thousands of clubs of different interests have been impacted by the Covid-10 pandemic, and the Galston District Garden Club is no different, having to postpone yet another monthly meeting. While most of us have found solutions for other parts of our lives in isolation (home office work, online shopping and Zoom catch-ups with friends and family), there's just no real substitute for a ramble around a members garden, except for a pictorial tour on our Facebook page.

John, our snake catcher, posted a photo and video of a snake he removed from his roof to a more appropriate home in a tree. We have had a post to say it is cropping season for chokes and a reminder that caterpillars are munching on Clivias.

A post on the 17th April from Pam seems to sum up this time of year. "Who else is enjoying

these superb days of glorious sunshine and cooler temps when we can potter in the garden ALL day? With the recent rains and an unusually cool March, the gardens love it and the need for irrigation has not been needed. This is the time though when gardens start to 'go off'. The roses have finished their autumn flush and are looking a little scruffy, Dahlias are almost finished, pin oak leaves are making a real mess and many of the Salvias have passed their peak. Thank goodness for the fabulous Tibouchinas injecting a shot of dazzling colour. The winter Salvias are getting ready to take over soon and the Camellias will be stealing the show. Isn't that what makes gardening so interesting and exciting; the continual changes, the challenge of creating a better garden from lessons learnt by the many mistakes we've made

along the way? There's always something to look forward to... some other ideas forming in our heads"

We have been asked not to travel far from our homes, but a drive around Kenthurst, Dural and Galston looking at the spectacular autumn colours, you could be forgiven if you thought you were in the Blue Mountains. Bright red Claret Ash, orange and red Liquidambers, Maples, Nyssa, Crepe Myrtles with their smooth cream trunks. Splashes of purple Tibouchinas. When restrictions are lifted keep these dates in mind:

The Bundanoon Garden Ramble, on the weekend **24th and 25th October** at **9.30am to 4.30pm**.

Tulip Tops Garden, Sutton, Bywong is open **12th September to 11th October 2020, 9.00am to 5.00pm daily**

You do not need proof of a green thumb, or some kind of external validation to be a gardener.

Gardening is a lifelong learning process; you never know everything—it's so complex and detailed. However, if you love it, and care for your plants, if you are engaged, then you are a gardener. Gardening is really just about showing care. We all kill things, we all have disasters and successes, that is part of the process. Come and visit our club when we are permitted to meet again. The Galston District Garden Club usually 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.



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A CLOSER LOOK AT THE LORD'S PRAYER

Pr. Alex and Dee Valich - Glenorie Community Church

In last month's article we focussed on God's set of most powerful words in the Bible that, when accepted and believed will enable us to build a relationship with Jesus Christ - a relationship that will support and sustain us through both uncertain and joyful times- in this life and into eternity.

This month I'd like to talk to you about a king- not an earthly king, but a good and righteous king whose kingdom reign surpasses any earthly kingdom the world has ever known. His Name is Jesus Christ and He is supreme ruler over His eternal spiritual Kingdom. Why am I speaking to you about Jesus Christ as king? Let me explain. One very important key in understanding God's set of very powerful words that help us each day, is understanding the power of prayer.

Have you ever thought about the first few verses of what is commonly known as "The Lord's Prayer"? In the bible book of Luke, chapter 11:1-13, Jesus' disciples asked Him how they should pray and He replied, "When you pray, say-

'Our Father who is in heaven, hallowed (Holy) be Your Name. Your kingdom come; Your Will be done on earth as it is in heaven.' (V1-3)

The next few verses explain how to pray for our daily needs



as well as how to build our relationship with a Holy God. Then the last verse says,

"For Yours is the kingdom, the power and the glory, forever Amen."

For many many years, I repeated that prayer by rote, without really "hearing" about God as a loving king over His kingdom.

1. "Our Father in heaven" = we need to recognise that we are addressing a Holy God of perfect

love who sees each of us (who believe in His Son Jesus Christ) - as HIS CHILDREN. Wow!

2. "Hallowed (Holy) is Your Name." = Before we ask God for anything, we need to focus on who HE IS, with a grateful heart: to "seek first His kingdom and His righteousness and all these things (that God knows we need) will be added unto us."

(Matthew 6:33)

3. "Your kingdom come, Your Will be done on earth as it is in

Heaven." = As we focus on Jesus first, then pray about all our needs, His peace fills us with comfort and strength, despite the circumstances of life.

Surely Jesus is a king worth knowing!

*God bless,
Pr. Alex and Dee Valich*

***See us online at:
www.glenoriecommunitychurch.com.au - on Youtube or our FB page.

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GALSTON SEVENTH-DAY ADVENTIST CHURCH

By Arthur Hudson

Last week we got an addition to our family—Ollie a 9wk old red and white Border Collie. Mostly an innocent puppy but with a touch of mischievousness.

He is oblivious to Corona virus and its attendant fears and uncertainties. Sometimes dashing about the place like a mad galoot, sometimes sleeping in a corner on the floor off his warm, available mat.

The world can be to some an uncertain and anxiety-provoking place. But like our puppy we as

Christians have a peace that “passes all understanding.” Peace from a faith that is not an imprudent, misplaced trust in someone—but a proven, track-record experience of life through the pleasures and calamities of human existence. I don’t have a knowledge of exactly how this crisis will play out—and even when this one ends—there will be more. But I know the final chapter of this old world, and I have no fear. I’d like that to be your experience too.



CHRISTS MINISTRY OF CARING

(a message by the late Rev Ed. Long)

The earthly life of Jesus Christ is a remarkable example to us of how our lives should be day by day. There are those who make more of His example than they do of His death for us. On the other hand we may perhaps tend to overlook the wonderful work he did as he moved around the land of Israel.

In our reading today (Luke 4:14-21) we have His declaration of His mission to the world and also four remarkable pictures of human life and it’s areas of greatest need. Christ said He came to those who faced spiritual poverty, those who were slaves

to sin, those who were blind to the things of God and those who had been buffeted by life itself. In each case He showed that His was to be an active ministry, to preach, proclaim, and open eyes, and to help those who needed help.

We ourselves may feel totally inadequate to do anything like what He did. But just as His was a caring ministry, helping all who were in need, so we have opportunities to help those in somewhat similar circumstances. Men and women still respond to friendship. Many are glad for a listening ear or a word of

encouragement. We need to show that we care.

The words in v.18 ‘to release the oppressed’ are translated in the KJV as to ‘heal the broken hearted’! What can break a heart today? Shame can do it. Sorrow can do it. So can disillusionment and disappointment. Are there any people around us, people who we meet day by day, who have been deeply wounded by these emotions? This could be an opportunity for us to be a friend to them and in some small way let them see that because of what Christ has done for us we want to help them too.

It might take our time when we want to do something else. It may mean extra phone calls or letters or cards. But we may not know till we reach Heaven itself just what our actions, our thoughts, our prayers meant to that person at that time. How much we do really care? Can the caring ministry of Christ be seen in us—today and every day?

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NEWS FROM ST BENEDICT'S

St Benedict's online

The internet and social media kept many of us in touch during the Covid19 shutdown. Our new parish secretary, Paula, has been posting regularly on our Facebook page and the weekly Parish Bulletin was available each week from our website www.bbcatholic.org.au/arcadia.

Some parishioners also joined in weekly Zoom meetings. These were held every Sunday morning and became a great way of catching up and praying that the whole world would get through these tough times.

The doors start opening

In mid-May came the welcome news from our local bishop Most Rev Anthony Randazzo that we could start easing the

restrictions. Attendance at each service was to be limited to 10 persons, which meant booking in advance, but it was a beginning. Restrictions on numbers at funerals and weddings were eased slightly, too.

Welcome Bishop Randazzo

Anthony Randazzo was appointed the fourth Bishop of the Broken Bay Diocese in November 2019. Although Bishop Anthony was born in Sydney, he grew up on the Queensland Gold Coast. Since being ordained as a priest in 1991 he has served in many leadership roles in Australia and internationally. Bishop Anthony says he is honoured and humbled by his appointment

and is looking forward to serving the more than 200,000 Catholics across Sydney's North Shore, Northern Beaches and the NSW Central Coast.



And that raffle:

Everyone has been asking about the results of the raffle that was to be held in conjunction with our cancelled fete in May. Congratulations to the winners: 1st prize John Volpato, 2nd prize Sylvia Donaghue, 3rd prize Joe Gatt, 4th prize Robin Barbara. We all wanted to win the 2nd prize, the calf! Lucky Sylvia! Oh well, there's always next year.

Parish activities and services

Please check our website for happenings and information 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 INTRODUCING THE PRODUCTION TEAM



As we indicated last month, church continues to operate at GUC, just not in the way we have always known it!

During the COVID-19 lockdown, church in the form of live-streamed worship, has come to us on our computers or other devices via Facebook. Our first faltering steps into this domain, has seen the production quality improve exponentially over the last three months, so that we are now able to receive a good quality, meaningful worship experience. God has blessed us

greatly with the people to enable us to do this and for this we thank Him and all involved in the production team.

Our two worship leaders, and initiators of the online experience, are Rev Geoff Smith and student minister, Fil Kamotu. Each has put in a tremendous effort to bring this to us, not just for the production itself but also for the preparation of worship, preparing a sermon and leading the hymns either solo or as a duet. Now you've got to be game to do that and broadcast it!

Our production quality has been significantly enhanced with the knowledge and skills of Rev. Tara Curlewis and Mr. Peter Smart, who were able to improve our signal strength, set up better cameras and combine other inputs such as remotely recorded prayers, bible readings and children's stories.

We need to thank Mr. Ken Leeson for his contributions on the organ, which has been a great addition to the live-streamed service, adding additional depth to the music

and making an experience more reminiscent of our usual services. So, thanks Ken.

Other contributors who have made the whole thing work by sound mixing and operating the Powerpoint are Jill and Paul Udy, Emily and Sophie Smart and Nicole Kamotu. We also thank David Stockman for the photos he has provided for incorporation in the Sunday morning production.

To everyone who has let us enjoy a time of worship remotely while we have been unable to join together in church during this COVID-19 lockdown, we give our most sincere thanks.

You can find our livestreaming of Sunday morning worship 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





GLENORIE RURAL FIRE THE EARTH HEALS – THE COMMUNITY COMBINES

By David and Heather Seacy

You cannot help but notice the improving bush-health with the rain of the last few months. Looking to the west, the cleaner air enables sights of the Blue Mountains which are sharper than ever, proving that post-bushfires, Nature continues its long-established cycles of healing and regeneration.

However, you may have noted a few hazy days during the month of May. With the cooler, more favourable conditions, our RFS volunteers are conducting a series of hazard reduction (HR) burns across the region. We are all too aware that bushfire is an intrinsic part of the Australian environment. Through well planned and structured HRs, these preventive procedures may enable us to avoid, or at least minimise, the effect of naturally occurring bushfires and their devastating impact on life and property.

HRs are used to strategically reduce fuel loads, such as leaves and timber debris already dead on the ground, and not the trees and their canopies. We go to great lengths to ensure we keep control of this strategy.



Congratulations to our three newest recruits who recently passed their Bush Firefighting assessment after much training and practice. Several more recruits are continuing their training and persevering through the strict health restrictions that are closely followed to maintain the health and safety of all involved.

This cooler time of year is the best time to prepare your property for the coming fire season. Check the category of fire zone for your property, as some areas are listed as being at greater risk than others. Knowing the rating for your property can enable you to take further precautions if you are in a higher risk category. Fire categories mean there are by-laws and statutes by which you can lawfully modify your property to prevent or mitigate the impact of a bushfire on your domiciliary.

Listed here are three website URLs which you can use to look up the bushfire prone land map of your property and community. Once you are aware of your category status, you can look up what preventions you can do to mitigate, or reduce, the risks.

The NSW RFS site can identify if your address is bushfire prone, and has information available on the same page as to what you can do to prepare...

<https://www.rfs.nsw.gov.au/plan-and-prepare/building-in-a-bush-fire-area/planning-for-bush-fire-protection/bush-fire-prone-land/check-bfpl>

The Hills & Hornsby Council mapping sites do the same job as each other but are council specific so use the site relevant to you. However, on either site, be sure to tick the box that says Bushfire Prone Land in the LAYERS legend to the left of the map and type your address in the search bar just below the map to bring up your property and it will

indicate what Category, if any, is affecting your residence...

<https://mapping.thehills.nsw.gov.au/IntraMaps97/>

<https://map.hornsby.nsw.gov.au/intramaps97/default.htm?project=HornsbyPublic&module=HLEP%202013>

All in our community have a part to play by understanding our local area and its needs and risks. If you have any further questions, or are just unsure where to start, come and talk with us at Glenorie Fire Brigade and we will be happy to assist you.



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GALSTON RURAL FIRE BRIGADE NEWS

By Kara Dubois

Winter Home and Fireplace Safety

The arrival of the winter means an increased risk of preventable house fires. As the weather cools down, people plug in their heaters, pull out the electric blankets, and light up their fireplaces – all of which pose potential fire risks. There are some simple checklist items you should tick off each winter to make sure you're keeping warm safely.

In our region of Sydney, fireplace maintenance is particularly important. If you have a fireplace in your home make sure its properly ventilated, the chimney or flue is clean, and always place a screen in front of it when in use. A common issue you may encounter when first using the fireplace after the warmer months is smoke filling up the roof cavity or the living area in the house. This may be due to a build-up of deposits within the chimney, restricting airflow and creating a potential fire risk. Depending on usage, it is preferable to inspect and clean your fireplace every 1 to 2 years.

Go through this checklist to be fire safe during the colder months:

- Have an adequate number of suitable smoke alarms installed throughout the house.
- Test smoke alarms and change the battery at least once every 12 months.
- A fire extinguisher and fire blanket kept in the kitchen near the exit.
- All items one metre away from heaters.
- Ensure power points aren't overloaded.
- Household appliances switched off at power point when not in use.
- Electric blanket stored safely – roll don't fold.
- Electric blankets checked for damage or frayed cords before placing on the bed.
- Lint filter cleaned before each use.
- Have a written home escape plan in case of fire (with two ways out of each room) and practice it regularly.

Hazard Reductions

Galston RFB, the NSW National Parks and Wildlife Service together with other local RFS brigades recently took part in a 760ha hazard reduction burn in the Layburys Creek area of Marramarra National Park, between Canoelands Rd, Canoelands and Singleton Rd, Singleton's Mill.

While hazard reduction burning is planned to minimise the 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.

Here are some tips to stay safe during hazard reduction burning:

- Keep doors and windows closed to prevent smoke from entering your home.
- Remove washing from clotheslines.



- Ensure pets have a protected area.
- If you're driving through a smoky area, slow down, keep your windows up and turn your headlights on.
- Don't call Triple Zero just to report that it's smoky. Save Triple Zero for emergencies.

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.

Old Dave

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

» About 5 years

What is your role there?

» Currently DC (Deputy Captain)

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

» Supervisor - Commercial Air Conditioning



What made you join the RFS?

» I had wanted to for a while, but after moving into the area I saw the need in a Rural Area to provide fire protection and support to the community.

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

» Yes, most definitely.

What makes the RFS family unique?

» We are all here doing the same things, giving up our time to help others out and/or making sure we're prepared to do the same. Still, we all have a laugh and joke around. No one is looked down upon for doing less than someone else. We are definitely a family and we support each other when needed. We also tell our family to go and spend time with their first family.

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

» Getting my nickname... Being the youngest of three Dave's at the Station, true Aussie humour comes out and I end up with being called Old Dave. This was cemented when my helmet stickers arrived, not with my surname, but "OLD DAVE".

How is being in the RFS rewarding?

» Knowing that when situations get tough, we all support each other and give 110% effort whilst keeping an eye out for each other. We don't always win (at first), but nor do we give up.

BRIGADE CONTACT DETAILS:

Duty mobile: 0491 119 152

Email: info@galstonrfs.org.au



ARCADIA RURAL FIRE BRIGADE

By Peta Gormly



Whilst following strict procedures in response to Covid-19, brigades around the district have been undertaking essential hazard reduction preparation work to ensure these prescribed burns can be done within ideal weather perimeters. In May many crews from NSW RFS Hills and Hornsby districts, and NSW National Parks and Wildlife Services (NSW NPWS), participated in the Laybury's hazard reduction in Canoelands, north of Glenorie. This was a large burn, 761 ha, that was completed successfully over a number of days.

Hazard reduction burns are just one of many ways to reduce the flammable fuel content. With favourable weather, many agencies including NSW

RFS, FRNSW and NSW NPWS, have taken the opportunity to conduct these prescribed burns. On the NSW RFS website there is information regarding these burns and how to stay safe, especially if you are affected by smoke.

This includes:

- Keep doors and windows closed to prevent smoke entering homes
- Keep outdoor furniture under cover to prevent ember burns
- Retract pool covers to prevent ember damage
- Remove washing from clotheslines
- Ensure pets have a protected area

- Vehicles must slow down, keep windows up, turn headlights on
- Sightseers must keep away from burns for their own safety
- If you have asthma or a lung condition, reduce outdoor activities if smoke levels are high and if shortness of breath or coughing develops, take your reliever medicine or seek medical advice

During the favourable weather residents may also take the opportunity to conduct pile burns. It is important that these piles adhere to the requirements on size and type of vegetation being burnt, location of the pile, the time frame in which the pile can be burnt and have access to a reliable source of water at

all times. Do not use your pile burns as an opportunity to burn green matter or building materials. As we are currently outside of the bushfire danger period residents will only require a council permit, however, are still required to alert their local Fire Control Centre 24 hours in advance, alongside neighbours. Be mindful that smoke can be seen kilometres away and could prompt a triple zero (000) call from elsewhere. The brigade is required to investigate these calls. If the property owner has done the correct thing in obtaining a council permit, conducting a burn that is considered safe, has notified their Fire Control Centre and neighbours, it is a great help to the crew when they arrive.

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“We have the confidence to recruit because we believe the economy’s set to rebound in the coming months, particularly in our key markets in ag and mining,” said Aussie Pump’s Operations manager Hamish Lorenz. “We need good people, particularly in customer service and sales, to support our distributor network and grow the business,” he said.

Australian Pump Industries started from a simple beginning and now exports

products all over the world. Their winning philosophy to provide gear that works better, is safer, faster and smarter than those imported is proving true.

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The company gives comprehensive product and sales training, so can take recruits looking for a career change into sales and customer support.

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Brad Farrugia explains how Aussie’s advanced Smart Pumps, for chemical transfer, are supporting farmers increase productivity following recent good rainfalls.

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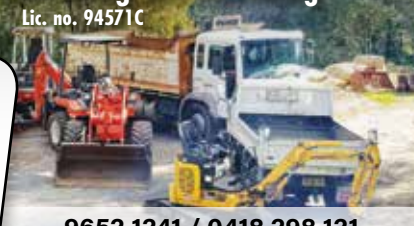
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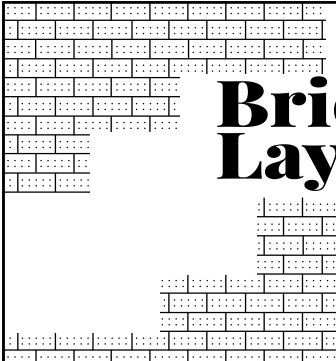


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Rainfall

Rainfall recorded period
15/04/2020 to
15/05/2020 is

17mm

Crossword

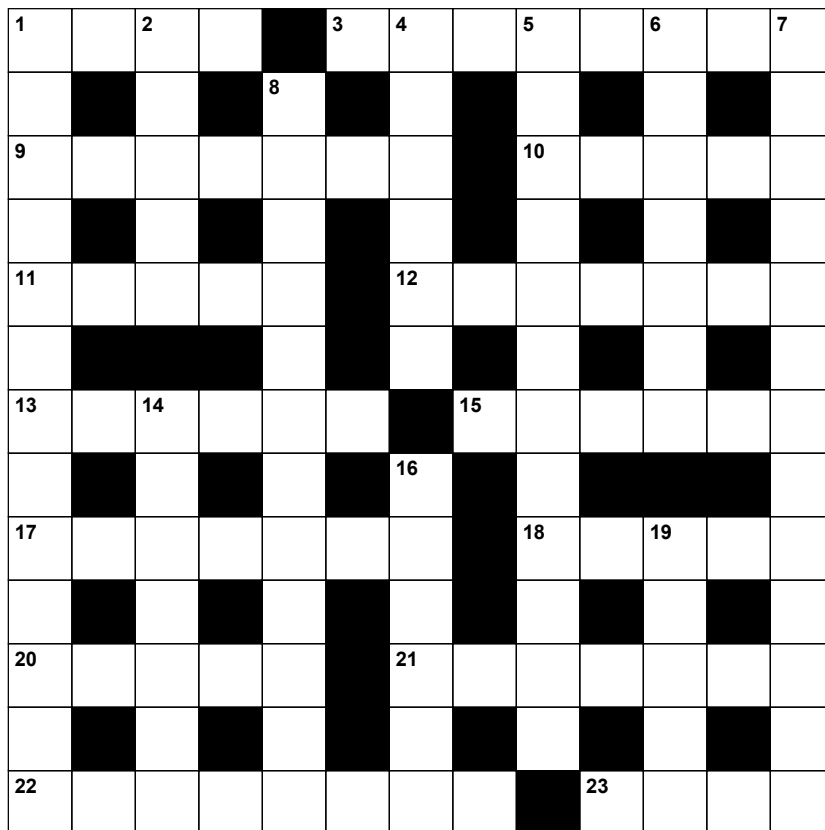
PUZZLE

ACROSS

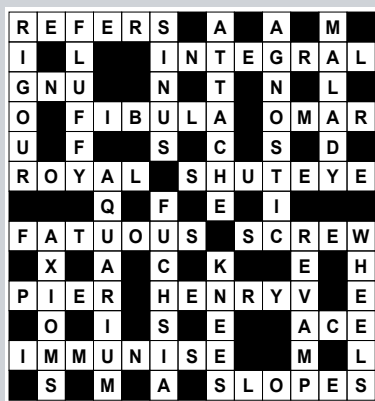
1. US state (4)
3. Verifying (8)
9. Pause in a line of verse (7)
10. Quantitative relation between two amounts (5)
11. Memos (5)
12. Leather pouch (7)
13. Impart knowledge (6)
15. On time (6)
17. Not ethically right (7)
18. Strength (5)
20. Character in the musical Oliver! (5)
21. Overturned (7)
22. Diminished (8)
23. Repudiate (4)

DOWN

1. Unqualified (13)
2. Prevent (5)
4. Husky (6)
5. Mapmaker (12)
6. Time between events (7)
7. Amiably (4-9)
8. Short tale told to children (7,5)
14. Acute food shortages (7)
16. Proviso in a contract (6)
19. Chunk (5)



ANSWERS FROM MAY ISSUE



9	6	1	4	8	3	2	7	5
7	2	4	9	5	6	3	1	8
3	5	8	7	2	1	4	9	6
2	4	9	6	3	5	1	8	7
5	7	3	1	4	8	9	6	2
1	8	6	2	7	9	5	3	4
8	9	5	3	6	2	7	4	1
4	1	2	8	9	7	6	5	3
6	3	7	5	1	4	8	2	9

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ANSWERS FROM PAGE 30

1. Arcadia Letter Box
2. Behind Fagan Park
3. Behind Galston Shops
4. Entrance to Glenorie RSL
5. Galston Community Centre
6. Galston RSL
7. Glenorie RSL
8. Old Northern Rd Middle Dural
9. Galston Community Centre 2
10. Geranium Cottage Middle Dural
11. Landscape Supplies Glenorie
12. Trigg Station Glenorie
13. Playground Glenorie Village

SUDOKU

Rating: ★ ★ ★ ★ ☆

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

6					3			
						3	8	
	3		5	4			2	7
7		6		8	4			2
1				6				9
9			1	2		6		5
3	7			5	8		1	
	6	4						
			4					3

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COMMUNITY CONTACTS



Avicultural Society of NSW Inc.

Welcomes persons interested in Avicultural (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 9872 464 or 0408 617 686.

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 APEXO 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.

Arctadian 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. 9899 3179

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 7.30-10pm. 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. Inquiries 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 995 507 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 Probosc Club

We meet on the third Thursday of each month at 10am at the Galston Club 21-25 Arcadia Road, Galston. Probosc is a mixed club for retired and semi retired people who enjoy friendship, good speakers and occasional outings. Visitors are always welcome. For further information Contact Tiina on 0428 888 411.

Dural-Glenorie Scouts

Joys (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 0402 478 496. 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 Brownings. 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 0403 076 175. 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 9894 1189.

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@dhpnc.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 Budgetiger 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

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Hills Farmers' and Gourmet Food Mkt

2nd Saturday of the month, 8am-12pm, Castle Hill Showground. www.hawkesburyharvest.com.au

Hills Shire Garden Club

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

Hills RSL Sub Branch

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

Hornsby Ku-ring-gai Four Wheel Drive Club

is a family orientated club that meets on the second Tuesday of the month at 8.00pm at Hornsby Heights Community Centre, Galston Road, Hornsby Heights. www.hk4wd.com.au

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

Probosc 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 9653 1365.

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 9.30a.m. every Sunday morning. You are most welcome to join us. Phone. 9654 1627 or 8851 7428.

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 erf86029@bigpond.net.au or phone 0412 320 328 or visit our website <http://dural.rugby.net.com.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. gccc.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 visit the website www.galstonncc.nsw.netball.com.au

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 Muscos 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

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 agmsulations@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 0430 883 385 or email registrar@hillspumasfc.com.au

Kenthurst Netball Club

Registrations. Contact Sally Coppini 0407 942 986 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 DAVID SIMPSON	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.



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VIRTUAL OPEN HOMES: HOW TO GET YOUR HOUSE READY FOR SALE

As social distancing becomes the new norm (for now), buyers have more time than ever to view properties from the comfort of their homes. Many real estate agents have already made virtual house tours part of their marketing strategy, but during the coronavirus pandemic, it's become a must-have.

"Virtual home tours allow potential buyers to 'walk through' the property using FaceTime or via detailed 360-degree views of every room and outdoor areas," explains Carolyn Wheatley for Belle Property. "It is a fantastic selling tool that expats have long favoured, and now, it's being embraced by many local home buyers."

So, whether buyers are requesting a private viewing of your property, or jumping online for a virtual open home, there are several things sellers should be doing in and around their properties to present them at their best.

DECLUTTER AND MINIMISE: the more spacious a home appears, the greater its appeal, which is why Carolyn recommends decluttering the entire house before having it filmed and photographed.

"You want potential buyers to be able to imagine themselves in the property, so unlike photography, where you can tuck things away out of sight, when you create a virtual

tour the camera literally picks up everything in the room. So, clean up and remove any items from the room you don't want to have seen," says Carolyn.

If your home is still furnished, make sure you arrange your furniture so that rooms don't seem crowded and that the 'walk through' is smooth. Rearrange or remove items that may look out of place, such as pet-related items, bins, appliances, and any personal items, including framed photographs and fridge magnets.

DEEP CLEAN: depending on the technology used in creating the virtual tour, one of the features buyers love is having access to 360-degree views of each room of the house. Buyers can pan up, down and sideways. And even if the technology used for your virtual open home doesn't allow for that, still photography and video are also known to pick up the smallest of detail.

With that in mind, whether you hire professional cleaners or choose to do it yourself, every aspect of the home needs to be cleaned thoroughly – dust, vacuum, wash floors and benches, scrub walls, windows and tiles.

LIGHT-UP YOUR INTERIORS: when preparing your home to be filmed, remember well-lit home presents better. Make sure all



light fixtures are working and draw back the curtains. If any areas in the house are not lit well, look to add extra lighting in the way of lamps into that space.

GARDENS AND ENTERTAINING AREAS: sellers pay a lot of attention to the interiors of their home, but Carolyn says beautifully maintained gardens, entries and outdoor spaces add a lot of value to a property. With many virtual tours beginning at the front of the house, the curbside appeal is just as important online as it is in person.

People are more online now than they have ever been before, take advantage of this time and get your house ready for virtual home tours. And if you're choosing to hold out until the spring selling period, now is the time to tackle a few home projects so that you can be ready for when people can start doing more walkthroughs again. For more information on virtual open homes or anything Real Estate related – contact Carolyn Wheatley, Belle Property today – 0407 120 483 or Carolyn.wheatley@belleproperty.com



Carolyn Wheatley, Your Local Sales Consultant

5 BUYERS, 5 CONTRACTS, 5 SALES!

Matching serious, motivated buyers with sellers in any real estate market can be challenging, but this is a skill that Carolyn Wheatley consistently excels at.

Market conditions are out of anyone's control, but consistently qualifying buyers, knowing their requirements and matching them to properties is within Carolyn's control.

During the successful sale of 43 Tecoma Drive Glenorie, Carolyn had 5 contract requests and to her credit she worked with these 5 buyers to determine what their requirements were and we are proud to say Belle Property and Carolyn has now sourced 5 properties and successfully sold a property to each of them!

Carolyn knows how to seek out the genuine buyers and work effectively and efficiently with them, Carolyn prides herself on her ability to build a solid and honest relationship with the prospective seller.

Carolyn Wheatley's passion to match her buyers and sellers quickly have resulted with off market sales.

Call Carolyn today on 0407 120 483 or email her on carolyn.wheatley@belleproperty.com