

FREE

Galston, Glenorie & Hills Rural COMMUNITY NEWS

Celebrating Wattle Day the 1st of September

September
2020

The Original Community Magazine since 1971.

LIGHTNING DOES STRIKE TWICE

Arcadia resident Christine Lawrence passed away earlier this year when she was struck by the second of two lightning strikes on January 6, at her property in Arcadia.

It was a strong shock to her widowed husband, John Alden. "The raw emotion of the shock when it happened was so extreme, I didn't know what was going on," Mr Alden said.

This week, he watched the pine trees where he found his wife's body get lopped down by local arborist service provider, McArdle Tree services.

More than six months after the accident, Mr Alden said it felt like a 'relief,' knowing there would be no further accidents associated with the trees.

On the day of the accident, the couple's attention was caught by a 'huge white flash' outside a window. Immediately they saw smoke coming from one pine tree 15 metres away from their home. Upon going outside



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cover story continues...

to investigate, they could see that the tree was on fire. Mr Alden heard another loud bang as he was retrieving a bucket of water from the opposite end of the house.

"I couldn't find her when I came back to where we were standing, and I got panicked when I called out her name again," Mr Alden said. He soon found her near the pine tree.

"It was the hardest thing finding her body," he said.

He called 000 and began CPR.

Paramedics took over Mr Alden's resuscitation efforts when they arrived and transported her to Westmead Hospital's intensive care unit. Soon after she was taken to the burns unit at the North Shore Hospital where she passed away.



McArdle Tree Services manager and arborist, Robert McArdle, received a call for a quote from Mr Alden about having branches removed from the pine tree and learnt how his wife passed.

"We decided to do the job for him as a charitable event...I know if I was in the same situation I would like as much help as possible," he said. "It is the right thing to do by removing the tree."

Christine was driven to make her natural surroundings healthier. She was a bush-care regeneration volunteer and nursed injured birds through the wildlife rescue organisation WIRES.

"She was a very good mother, and our children grew up to be very caring people because of her," Mr Alden said. "Some of the birds she cared for would occasionally fly back just to see her."

"Now I'm being resilient and accepting of the situation. I'm not alone, I have three lovely kids and seven grandchildren. They've also been through a lot, and I want to be here for them."

John and Christine shared 43 years together.

John's thanks

"I very much appreciate the extraordinary kindness and generosity of Rob McArdle, his team at McArdle Tree Services, and the Kz and Mel Sahey from Sydney Wide Cranes for yesterday's removal of the two trees which



died following the lightning strike. This has been an enormous relief to me. Despite the tragedy earlier in the year, acts of empathy and consideration like Rob's and Kz and Mel's remind me that it is a wonderful thing to live in such a supportive and caring community. Thank you! "

Rob's thoughts

"Undertaking this job has really hit home about how quickly a loved one can be taken from us, as a local business it is the least we can do as an act of kindness. A huge Thankyou to Sydney Wide Cranes for donating their time and Crane to help make the day run smoothly." -Robert McArdle



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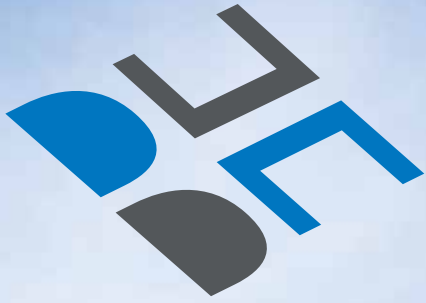


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GLENORIE PROGRESS ASSOCIATION

The GPA held its AGM in August with Di Coxon-Ellis returned as President. Thank you to Di and all of the team at the GPA for its tireless work in the interests of the Glenorie Community.

Ray Whiteman Heritage Fence progress

Thanks to the Hornsby Shire Council Parks, Trees & Recreation Branch planning for the Ray Whiteman Heritage Fence is progressing well. A draft landscape plan that incorporates the whole park with additional car parking has been developed. Subject to some amendments/improvements, the plan should be endorsed by stakeholders and progress to become a plan we can all stand behind as a project and focus on community funding. You can see full details on our website at <https://www.glenorieprogress.org/> including the full landscape plan. Thank you to Warren Waddell and the Hornsby Shire Council Team for the great work thus far.

No community consultation at Hornsby Shire in relation to Biodiversity Map

At the August Council meeting, the most impactful option was selected by the Greens Councillor and supported with the casting vote by the Liberal Mayor in relation “to update the Hornsby Local Environmental Plan 2013 (HLEP 2013) Terrestrial Biodiversity Map. The impact was that the application of vegetation mapping would affect approximately 12,150 properties in the shire as opposed to the current 1,750

or one of the other options of 4,100 properties.

The Terrestrial Biodiversity Map is a complex matter but depending on how it is applied it could result in significant ‘green tape’ for Glenorie and all HSC residents. The Council has now chosen the most impactful application, thanks to the casting vote of the Mayor.

The Mayor is to be commended on the various environmental programs he has commenced, particularly addressing the tree canopy issue in suburbs. The GPA is disappointed and does not agree with the approach to this matter.

The GPA is entirely neutral when it comes to politics (not bipartisan, multi-partisan) and is made up of members with diverse voting preferences. The GPA was unanimous in agreeing that a decision of this significance should have been taken to the community for consultation. We now fear it is too late to do anything about this move by the HSC that will affect so many residents.

Further, the GPA wishes to stress the difference between a semi-rural community like Glenorie versus a dense suburb like, for instance, Pennant Hills. Green tape that could mean that for the most minor alteration on your own property such as extending a shed could trigger the application of some form or environmental assessment. This is not practical in a community like Glenorie. It sounds expensive and burdensome.



The minutes from the meeting reflect that some councillors were urging community consultation.

An amendment was moved by councillor hutchence, seconded by councillor browne, THAT:

1. A Discussion Paper be prepared outlining the three options to update the Terrestrial Biodiversity Map within the Hornsby Local Environmental Plan (LEP) 2013 as discussed in Director’s Report No. PL5/20.
2. The Discussion Paper include details about the advantages and disadvantages, mapping criteria, planning implications and number of properties and land impacted by each option.
3. Council undertake community consultation to seek public comment on the options outlined in the Discussion Paper.
4. A report be presented to Council on the outcomes of the community consultation process to assist Council in its consideration of the Planning Proposal to update the Terrestrial Biodiversity Map within the LEP.

A summary of the options is presented here:

Map	Significant Communities (plus ‘Bushland Protection’ from HSLEP 1994)	Buffer	No. of properties affected (approx.)	Base Vegetation Map
Current LEP Map	National, State and Regional	Nil	1,750	Smith and Smith 2008
Option 1 (using existing rationale and maintain the same thresholds)	National, State and Regional	Nil	4,100	ELA 2017
Option 2 (update and expand the threshold to map all communities)	National State, Regional, local and common species	10m	12,150	ELA 2017
Option 3 (update to map all communities but distinguish to lessen implications for local and common species)	National State, Regional local and common species	10m	12,150 (8,050 DCP implications) (4,100 Complying Development, LEP and DCP implications)	ELA 2017

This is an important issue and could affect HSC residents of Glenorie for decades to come. The summary is that the most impactful option to apply “Bushland Protection” has been selected for your property. This selection has been made without your consultation.

The GPA will be communicating to council that it would like this matter put to the

community for consultation, but we fear the decision has been made and it may be too late, and unfortunately our community may be impacted by it.

You can review the reference material for yourself in the council board papers here: http://businesspapers.hornsby.nsw.gov.au/Open/2020/08/GM_12082020_AGN_WEB.htm

Thank you to councillors Warren Waddell and Michael Hutchence who work so hard for our community and keep us informed of matters affecting us.

You can join the GPA at <https://www.glenorieprogress.org/> and add your voice to important issues that affect Glenorie. Next meeting location to be advised on the website (RSL or Zoom).



END OF AN ERA FOR ICONIC GALSTON VILLAGE BUSINESS

To: The Valued Clients and Friends of Compass Travel & Cruising Galston

"Au Revoir".....for Now

After almost 35 years in Galston Village, we are sad to announce that we need to make some changes!

Covid 19 has impacted our entire society and many industries, but none have been so badly impacted as the Travel Industry! Travel agents were the first into this mess. Early signs of this pandemic emerged way back in February and, sadly, travel agents will be last out of this unprecedented event, taking years for any income recovery to take effect. This will be long after the borders open and travel bans are lifted. The damage done by Covid19 to the travel industry is irreversible. Unfortunately, we have had to make a tough business decision,

which is to vacate our beloved Galston bricks and mortar office as the daily outgoing costs of operating our business with no income potential at all (in fact we are operating in a negative income situation) make it unsustainable to make ends meet.

We are extremely proud to say that, at the start of this pandemic, we were able to help many of our clients actually get home before the close of international borders. We worked around the clock to assist those already away and those to about depart our shores. It was those times that really proved the incredible worth of the travel agent, and never more worthy of our catchline "Without a Travel Agent You are on Your Own" The good news is - It's not Goodbye! Award-winning Compass Travel & Cruising have moved their operations to work remotely from our homes



for the foreseeable future. There is still much work to be done with the chasing of refunds from suppliers and starting to plan ways for our loyal clients to use those Future Travel Credits when the time is right! Our phones **02 9653 2028** and emails **holiday@compasstravel.com.au** remain the same. We remain members of Travellers Choice (currently Australia's number 1 industry agency group) AFTA and ATAS accredited.

Our current staff Lynn and Jean are working by phone and email **Monday to Friday 10am -2pm** but are missing the friendly faces of our clients who always called in for a chat when in the village - travelling or not!

To all the loyal clients and many friends of Compass for the past 35 years we say thank you. Without you and those of you who have referred us to family and friends, this small family run business would not have achieved the success and industry accolades that it has had over the years. So Bye Bye from our bricks n mortar and hello from our new online office! If you would like to subscribe to our e-newsletter, drop us a line, and we will add you in. Until we can meet face to face again - Keep safe, take care and keep dreaming of your next adventure which starts right here with us at Compass Travel & Cruising!





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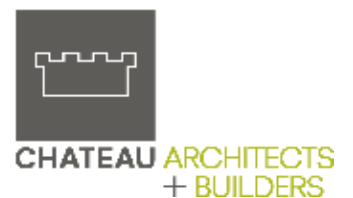


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To my Dearest Clients,

It is with great sadness, that I, Tina Cali, have had to close Tina's Trims & Things hair salon due to ill health. I would like to thank all my clients for your ongoing support for the past 20 years and allowing me to style your amazing hair. I have had the pleasure of sharing many family memories as I style your hair for weddings, your children's hair for their formals and to maintain the Glenorie community glamorous hairdos. Not only

was I able to provide such glamour, but also organise holidays and travel plans that will forever be a part of memories, working as a home-based travel consultant. After 40 years of hairdressing, it is time to close the salon doors, but my front door will always be open for anyone wanting a cuppa and chat.

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SALVOS

By Katy Joscelyne

After a relatively mild Winter, with only one light frost recorded in Glenorie, we have launched into Spring with a profusion of freesias growing wild along the roadside, and gardens bursting with daisies, daffodils, lavender and blossom.

Our Dural store has undergone a big make-over to help us with social distancing requests, and to make you feel more welcome. You will now find our huge range of donated DVDs, previously located in a narrow aisle opposite china and bric a brac, displayed on a rack in the fresh air near our entrance.

You will also be able to browse popular items in a series of white cubes near the cash register. Our focus here until the middle of September will be the 0-5 Age group, with a display of books, toys and clothes chosen specifically for babies, toddlers and pre-schoolers.

We have a number of little-known sections which may interest our shoppers. These may, previously,

have gone “under the radar”, and include:

- **Music books and tutors:** the most popular are books for learning the piano, flute, recorder, guitar and band instruments. Look for these in the narrow white shelf unit under the Pets and Nature books towards the back of the store.
- **Dictionaries:** large, small, children’s, students, crosswords: we receive them all!
- **LP records:** yes! These are now highly collectable, so keep your eye open for them!
- **Dog bedding:** we place usable, but sub-standard blankets and towels in a barrel for you to recycle with your dog or cat. Bargains galore! Cut a large blanket into four and use one quarter at a time wrapped around an old pillow for your pet to snuggle into on cold nights.

On **Wednesday 30 September**, come and enjoy our **STOREWIDE HALF PRICE DAY**.

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We look forward to welcoming you at the Dural Salvos Family Store!

PATCHWORK IN THE PARK

Here we are, in the park AGAIN and this time we Acadian Quilters are holding our AGM!!

Maybe this is a first for a local group?

It was a simple and successful meeting, our President reviewed the past year and we, as a group, seem to have achieved quite a lot considering the present conditions.

Meeting in the park has kept us in touch with each other, kept our charity work moving along well and as always is enjoyable, sharing a ‘cuppa’ and a catch-up with friends.

As you can see, one of our bright, cheery quilts (almost complete) will soon be keeping someone warm on these chilly evenings.

We meet on the **first and third Wednesdays of the month** at 10.30am in Heritage Park, consider joining us, call in to say HELLO, bring your own morning tea we may not get back to our old venue for some time yet??

For more information please contact Carole on **9894 7749**.

Continue to stay safe and well ... and keep that big smile handy!!



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HOME CARE COORDINATOR AT GALSTON RSL LIFECARE HONOURED ON AGED CARE EMPLOYEE DAY

By Linda Baracioli

Local aged care superhero Kathy White, Home Care Coordinator for RSL LifeCare in Galston, has won a Leading Age Services Australia Excellence in Age Services Award for NSW/ACT.

Claiming the Rising Star Award on Aged Care Employee Day, Kathy's four years at RSL LifeCare have proven her dedication and commitment to improving the lives of older Australians.

Joining aged care after a 15-year career in office administration and management, she put her efficiency and organisational skills into play to become a highly valuable member of the team.

Undertaking additional training, she quickly moved from Community Carer in 2016, to Home Care Coordinator one year later.

She now manages a team of 19 staff who deliver outstanding care to enrich the lives of more than 130 clients from Galston and

surrounding communities, many of whom consider their carers part of the family.

"We are more than just carers, we are great friends as well," says Kathy.

Passionate about providing excellent care whether it be in the community, in a retirement village, or in residential care, Kathy goes the extra mile to understand her client's individual circumstances and provide them with a range of choices best suited to them.

"I am very conscious of what the customer really wants and needs. I ask, how can I best support them?"

One of the most special moments of Kathy's time at RSL LifeCare occurred not long ago, when she and a client's daughter went to visit the client.

Holding both Kathy's hand and her daughter's hand, the client passed away peacefully saying "I love you".

Aged Care Employee Day is a national day to honour and celebrate aged care superheroes



like Kathy, who dedicate themselves to care for older Australians.

National winners in the five categories of LASA Excellence in Age Services Awards will be announced later in the year.



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NEWS FROM THE FRIENDS OF FAGAN PARK

It's hard to believe it is September already, and Spring upon us. Despite the restrictions in our social lives for the past 5-6 months, the year seems to be shooting by even more quickly than ever!

After some representations, Council finally stirred from its slumber and prepared a Covid-19 safety plan for us volunteers, and we were finally permitted to return to duties on August 4th. However, we have a stringent set of conditions, as I am sure you can imagine, one being that we cannot open any of the museum buildings for the foreseeable future. Council are rightly concerned that all of us are in the age susceptible category! Another condition is that if we engage with members of the public on Tuesdays, we are required to sign them in and out and record contact details. However, it is a great relief to be able to get back to picking up from where we left off.

During our shutdown, a few of us put our heads together

to visualise what the body and cabin of the International truck might look like. A plan of sorts emerged, and we turned it into a cutting list for the timber required, totalling in excess of 50 pieces of various sizes and timbers. This has been given to our timber supplier for costing at this stage. We do have a colour scheme for the truck. Engine and gearbox are grey, International red for the chassis and related items, black for the scuttle, mudguards (we have to make these yet), running boards and associated panels, and deep green for bonnet and radiator shroud. Trying to find the right green had eluded us until the other day when our panel beater/spray painter member turned up with the radiator shroud, which he had extensively repaired, all painted in just the right green. He has concocted this colour himself from Deep Brunswick Green and British Racing Green.

I feature this month the restored Waddell sulky. It had been

offered to us during a clean-up at Galston High School about 2014, where it had been poorly stored for a number of years. It was on the property at the time of its acquisition by the Education Department, and its restoration was undertaken by students in the early days of the high school. When we received it, the paint was falling off and it was in a generally

dilapidated state. We undertook its restoration and were even able to get the same sign writer who had done it for the school to do it again. It came up very well, and we are proud to have saved this item of local significance.

If you would like to contact us, call Ian 0419 435 475, or Vern 0405 703 413.



The restored Waddell sulky on display on ANZAC Day 2016.

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CINNAMON BOUTIQUE IS BACK



We have just reopened cinnamon on the 10th August after much demand for the elegant ladies of Dural, Galston and surrounding areas.

Meet Mandy, the new owner of the business and Carlene, who worked with the previous Cinnamon for 7 years.

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THE UB ARTSHACK JOURNEY CONTINUES

It has been 4 fantastic years, and we like to thank the community in Glenorie and beyond for your support. The demolition and renovation of the shopping centre is in full swing, and we have decided to move on.

The UB Artshack started in an empty little rustic shed on Cairns Road ... the potential was endless, and we took great pride in decorating and displaying our art amongst pre-loved goods, antiques and jewellery. Soon we had turned the old shed into a charming, eclectic oasis.

Soon after, an opportunity presented to move the Art Shack to a busier area within the Glenorie Shopping Village. The new popup gallery became extremely popular, but our stay was only temporarily. The centre was earmarked for demolition to make room for a new and modern shopping centre.

The community spirit has been fantastic. We have been fortunate to meet so many



The New Art Shack

lovely people, not only to view our art but also to pop in for a cuppa and chats. We will miss that community connection and the network of support in the centre.

But we will continue to be just around the corner and will continue to take great pride in serving the community by inviting you to our art and photography online.

We will also still be available to chat in person by appointments. If you need advice with home designs, we bring our art to you.

We will continue to create our well-known fusion art - a collaboration of photography and paint. Integrating and embracing our Danish culture in our art as well as in our home with "hygge". We will continue to produce our creations based on a passion for what we do separately and together.

See you just around the corner



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MAKE SAFETY YOUR NUMBER #1 PRIORITY

Accidents happen; we all know that. What is less known, and tragic, is that each year more elderly people are hospitalised as the result of a fall than due to a stroke, dementia or disease.

Falls can happen to anyone, regardless of a person's age, fitness, health or mobility.

The good news is that simple, preventative measures and adjustments that anyone can do will substantially reduce the risk and improve your safety to avoid a fall.

The first thing you should do is to have a look around your home.

- Check every room and thoroughfare in your home and outdoor spaces
- Use a night light to help when getting out of bed in the dark,
- Remove clutter, rugs and any old furniture that has become unsteady or wobbly

Think about your lifestyle, too. Did you love gardening in your 50s? Can you manage your garden in your 70s and 80s? Can you limit the amount of weeding, mowing or pruning you do? Can you find a tradesperson to do the jobs that require climbing ladders?

Try to have safer habits, too. So, wear shoes with good grip. Slow down and take a bit more time and care when moving, especially getting out of bed; use supports (like a walking stick or hand rail); get your vision tested regularly and ask your doctor about any side effects of medications (drowsiness, dizziness, blood pressure drops) Of course, prevention is the best way to avoid a nasty fall and stay safe. By following these simple,



common sense measures you can make a real difference; keeping you on your feet and giving you confidence and peace of mind.

Sue Buckle is a Registered Nurse and Director of Just Better Care Hills District.

02 9484 8788
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PUSH-CUSH FOR DADS

Push-Cush was a clever invention by a north shore Sydney woman several decades ago. A simple idea to promote circulation of the lower limbs. It has two chambers into which you blow air, movement of air provides resistance which in turn promotes circulation. The Push-Cush is inexpensive and comes with direction on how to use it. This can be used while seated on a chair, on a bed, in a car, in an aeroplane or any where convenient and comfortable. I know of many caring health professionals who are eager to recommend this for



their clients. Easy to carry, convenient to use and inexpensive to buy! I could not think of a better idea for our fathers who have limited options for exercise and movement during this pandemic.

For those who are looking for a substantial alternative, a Pedal Exerciser is an item to explore. Its portable, easy to use and can be used anywhere. They come in a choice of colours with a digital display.

A Seat Walker (also known as a Rollator) is the most essential item for a person who is

beginning to experience some challenges with mobility, stability and balance. The frame provides the balance and stability, the wheels make the movement easy and the seat guarantees that you have one if you need. It's heartening to know that our Dads these days don't have to compromise on their choices unlike their parents. You can get a walker to suit your budget, taste, style, functionality and always remember to get one that is fitted specifically for you. You can find this and many other helpful ideas for Father's Day at www.comfortdiscovered.com

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VALE BILL WHITNELL

Eulogy by Trish Whitnell



Dad was born on 2nd October 1948 in Subiaco, WA on his mother's 21st birthday. His brother Greg was around 12 months old. I don't know a lot about his early years, as he didn't talk about it much. Thanks to my mum

and aunty and their great memories, I do know the following.

The two boys went to boarding school at St. Michael's in Adelaide where they fed the children porridge every single day for breakfast. Dad didn't like the porridge, so Grandma told the school he was allergic to it. For some years later Dad believed that he was allergic to porridge!

When the Grandma moved with the two boys to Adelaide they met Mrs. Phillips. She took them in and they became family to her. Legacy also helped them out a great deal.

Dad was accepted into the Adelaide Conservatorium of Music as a drummer, but left at 16 1/2 to join the Navy. He got into drumming thanks to his stepdad Max, who thought it would keep him off the streets.

Dad married my mum, Margaret Davidson in Port Fairy Victoria on 18th November 1967 at just 19 years of age.

Dad met his father Frank for the first time in 1968. He only ever had one photo taken with him.

I was born in 1968 and Les came along 5 years later in 1973.

One of my fondest memories is from Christmas Day 1974. We were having lunch at a friend's place when the news of Cyclone Tracy came on the TV. Dad and his friend were both in the Navy and had to report to their ship immediately. We went home so dad could pack. For some reason, that I still don't know to this day, dad had to shave off his beard. Being only young, I had never seen him without it. I was devastated. Dad shaved it off and put it into an empty Vegemite jar for me to keep.

Some of my fondest memories growing up were related to HMAS Melbourne.

Many a time we waved her goodbye and welcomed her home from Garden Island. I often had the latest technical gadgets before any one else at school, as dad would bring presents home from his overseas trips. We spent Christmas parties on board and I was christened on board the Melbourne in November 1973. I even had the chance to sail through Sydney heads on board the Melbourne. I remember trying to eat lunch with mum blocking my ear on one side, with dad on the other as the jets were so loud doing touch and go's. Les was christened at HMAS Nirimba in August 1973. Navy ships and submarines were a normal part of our lives.

Dad married Sandra Black on the 5th January, 1980. They lived together at Glenorie right up until his death. They have been married for 40 years. As you know, dad had a long career in the Navy. I don't think anyone would know how many times he sailed overseas for his country. He spent over 40 years in the Navy and it was his life. He was proud to be a member of The Australian Defence Force.

DURAL COUNTRY CLUB BOWLS SISTER ACT!



The Contenders!

The Final of Dural Country Club's Pairs Championship was keenly contested on Tuesday 11th August between sisters Marelle Saunders and Leone Lesslie battling it out for the title with Terri Hezlett and Kath Sach. It was 'neck and neck' until the final few ends when Marelle and Leone's expertise and experience prevailed resulting in a comfortable win for the two sisters!

Following a few months of silence, it's refreshing to once again hear the happy banter of our bowlers back in business on the greens!

If you'd like to join them, call 0421315074 or 0411375580 for free bowling lessons and you'll soon be one of our group!



September being Prostate Awareness month, take this opportunity to get a PSA check from your GP

PSA TESTING

WHAT IS THE DIFFERENCE BETWEEN A WALNUT AND THE PROSTATE GLAND? THEY ARE OF SIMILAR SIZE

1. In Australia prostate cancer is the most common cancer in men.
2. Approx. 3,500 Australian men die of prostate cancer each year.
3. More men die of prostate cancer than women with breast cancer.

Men over the age of 50 or 40 with a family history of prostate cancer should

Talk to their doctor about testing for prostate cancer as part of their annual check up.

For further information:

Prostate Cancer Foundation of Australia
pcfa.org.au

Dural & District Prostate Cancer Support Group
Phone: Denis 9629-2645 or Maurice 9654-2138

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LOOK YOUR BEST

Proprietors of Round Corner Dural's North & Co Menswear, Mario and Carol Grixti have been in the fashion industry for over 40 years. Throughout this tenure of experience the pair have learnt the ins-and-outs of the ever changing fashion industry.

As a result, they are experts in their trade; with speciality skills in tailoring, styling and fitting garments to bodies of all shapes and sizes to ensure you leave their store feeling your most confident.

North & Co Menswear is a menswear boutique, carrying clothing pieces imported from all over the world. Each year, the pair travel to various trade events throughout the country to hand select the pieces you see in the store, specifically for the clientele of Dural.

The store carries a full range of men's apparel from casual to formal including shoes, ties and accessories. Bridal party and formal wear are a speciality of North & Co offering top to toe packages for as low as \$299.

No matter what the occasion Mario and Carol will be able to fit you in an outfit that will have you looking your best for any event.

North & Co. Menswear
8 Kenthurst Road, Round Corner Dural
Ph 02 8919 4662
E northandcomenswear@gmail.com
www.northcomenswear.com.au

CWA NEWS

As the pandemic situation continues to evolve, it is with great disappointment that we announce all CWA Galston meetings have been cancelled for the foreseeable future.

Though unable to meet and plan face to face as we usually would, we have not been sitting idle. Head over to our Facebook page www.facebook.com/CWAGalston for a host of COVID-19 resources to get you through this tough spot. From resume templates and face masks to nourishing winter comfort foods, we've got you covered.

The second wave of COVID-19 has been a challenge for us all, and with more and more people losing their jobs, CWA Galston is offering a free downloadable resume template, and for those locals without access to a PC or printer complimentary resume editing and preparation is available as well.

We have also joined the efforts of the amazing ladies at Hills District CWA Handicraft who are selling hand sewn washable, reusable face masks for just \$5, available in adults and childrens sizes.



In continuing our campaign against domestic violence, this year's CWA Awareness Week, held from 6 to 13 September 2020, is shining the spotlight on the issue in the hope that it will encourage more people to speak up and speak out about the crisis.

Increasing awareness of the problem and looking at ways to address the many issues stemming from domestic violence is in even sharper focus this year, given the COVID-19 pandemic. CWA of NSW is partnering with White Ribbon and Domestic Violence NSW on the campaign, supporting the lobbying efforts of both groups and the assistance they offer to victims and their families.

For more details on any of our COVID-19 initiatives please contact Jann 0439 222 217 or Val 02 9653 1774.
www.facebook.com/CWAGalston
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TIPS TO COPE WITH LONELINESS AND SOCIAL ISOLATION IN A TIME OF SOCIAL DISTANCING

By Debbie Henderson, Clinical Psychologist at Glenorie District Medical Centre

Loneliness is a distressing feeling we experience when we don't have the social relationships or interaction that we would like. Prior to the COVID-19 pandemic, we know that one in four Australians were lonely. It is expected that this number is probably higher now. People who are lonely have significantly worse physical and mental health than those who have good relationships.

Included below are some tips to help if you are feeling lonely or isolated during the pandemic.

1. Get in touch with someone you haven't spoken to for some time. Most people enjoy contact from long lost friends or relatives - it makes them feel special that others are thinking of them. Organise to have a coffee over a video chat if you can't see them face to face
2. Enhance the quality of your existing social interactions, by putting away your phone and turning off the television so that you can give others your full attention
3. Get outside to exercise - go for a walk everyday if you can
4. Say hello to people you see while out exercising or at the supermarket
5. Support others in your community, workplace, family or church who might be feeling lonely or isolated. Drop a letter or child's drawing in someone's letterbox. Offer to go to the shops for someone who can't get out. Put a teddy bear or drawing in your window. Helping others helps us to feel more connected.
6. Limit exposure to media or social media to once or twice a day, as this can just make us feel worse or more anxious at present.
7. Look for online groups related to a hobby you might have enjoyed in the past.

While some feelings of loneliness and anxiety are normal, if these continue for more than about two weeks talk to your GP.

For more information on loneliness and social isolation during the pandemic see this handout from the Australian Psychological Society.

<https://www.psychology.org.au/getmedia/2612f989-0299-4b54-9ebe-b38977b87e7f/20APS-IS-COVID-19-Loneliness-P1.pdf>

Debbie Henderson
Clinical Psychologist
Glenorie District Medical Centre
920 Old Northern Road Glenorie
Ph 02 9652 1663

CLINICAL PSYCHOLOGIST at Glenorie District Medical Centre

We welcome Debbie at Glenorie District Medical Centre



Debbie is a friendly, caring clinical psychologist who has almost 20 years experience working with children, adolescents and adults. She uses CBT, IPT, ACT and Schema Therapy and to help her clients reach their goals.

Debbie is able to treat mood disorders (Major Depression, Adjustment Disorder), anxiety disorders including phobias and social anxiety, trauma, eating disorders, and behavioural issues including ADHD and anger management.

She is able to complete psychological assessments using the WISC, WIAT, WAIS, ADI-R and Conners.

Deb's previous experience includes working in private practice in the Hills District, in high schools with adolescents with mental health and developmental issues (including ASD and ADHD), an eating disorders clinic, and a psychiatric ward of a major Sydney hospital.

Debbie is a member of the Australian Psychological Society. She is a clinically endorsed psychologist with Medicare, and is qualified to treat Workcover and MTA claims. She holds a Honours Degree in Psychology, a Masters in Clinical Psychology and a Masters in Organisational Psychology.

When not working, Deb loves going on adventures with her family and doing anything outside.



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Latest News



from the Mayor's Desk

We recently scored a major win that we are very proud of, when the NSW Government banned senior housing developments in rural areas. Hornsby Shire Council has been campaigning for exactly this result for a number of years and we are delighted by this decision, as are many of our residents. For a long time we have been arguing that senior housing developments are simply not appropriate in rural areas for a number of reasons. Most significantly, they are not consistent with the character of the area and they are not well serviced by necessary infrastructure.

Council's role in this favourable outcome was important. The decision was made in response to a report by the Greater Sydney Commission into the cumulative impact of senior housing development in the rural areas of Hornsby Shire and The Hills. The staff of both councils deserve special thanks for the excellent work they did getting us to this point. We are by no means opposed to senior housing developments in general and we strongly support their construction under the correct circumstances. They should be built to service our increasingly aging population, but rural areas are not the right place to put them.

Philip Ruddock AO
Mayor
Hornsby Shire Council

What's on

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Have Your Say



The following documents are currently on public exhibition until Friday 4 September:

- The draft Hornsby Local Housing Strategy 2020
- The draft Hornsby Seniors Housing Demand and Supply Review 2020

Make sure you have your say – for more information visit:
hornsby.nsw.gov.au/haveyoursay

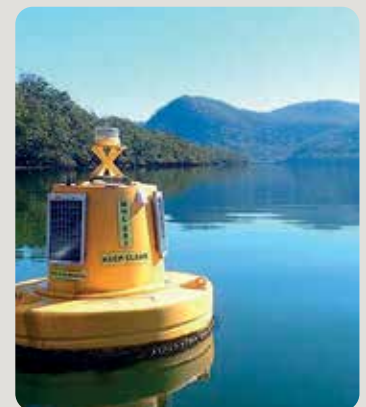
Catchment Remediation Rate Expenditure Review Panel

Are you passionate about improving our local environment?

Hornsby Shire Council is currently calling for up to three (3) nominations for community members to join our Catchments Remediation Rate Expenditure Review Panel.

Nominations close Monday 7 September.

For more information, visit:
hornsby.nsw.gov.au/catchment





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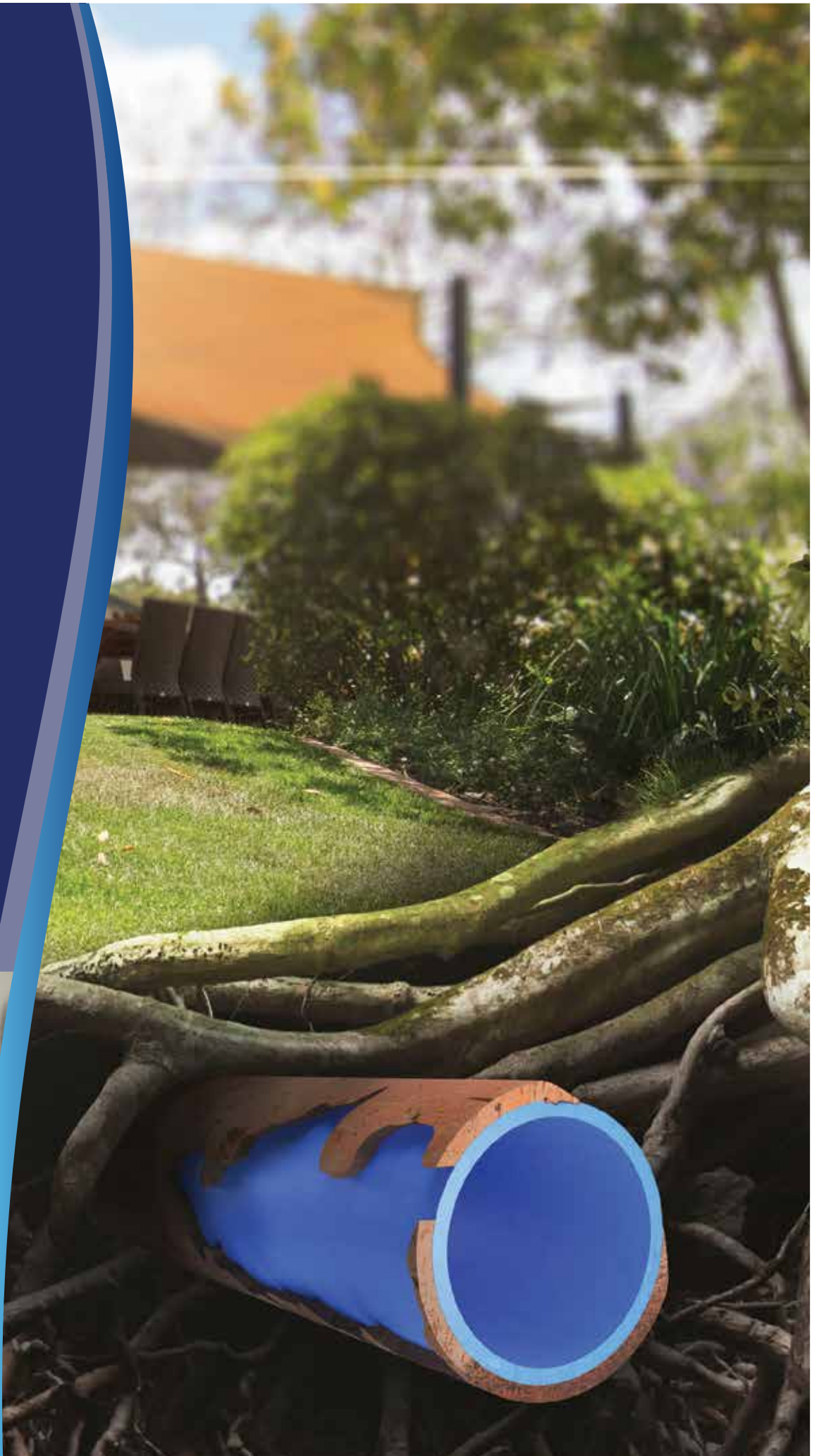
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WARRAH

The winter has been productive for our farmers. They took the extra time available, as the crops grow slowly, to clean up the summer growth, fix fences and gates, organise the shed and plan for the coming season. The good soaking rains before Spring have been more than enough to give a boost to the first planting of warm season crops, which will go in the ground very soon. Once the last frost is gone, the nursery will be full of basil, cucumber, zucchini, and tomatoes and more, we look forward to a change in the rhythm and colour of the farm.

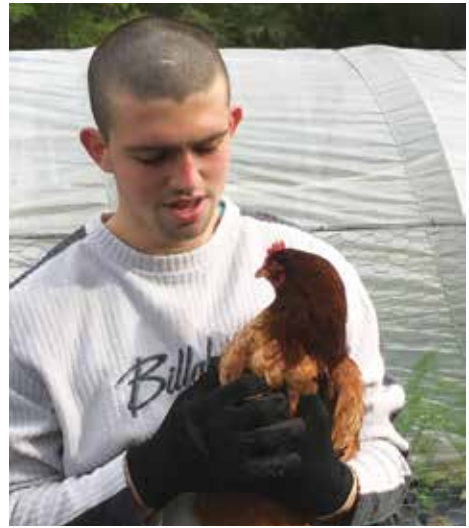
Also in the Spring, we will stir and spread the biodynamic preparation 500. We do this important process to return life and integrity to the soil, as we rely on the soil so much. By using the preparations to enhance soil life, we ensure a healthy and happy farm. This is an exciting time of year for the farm, as we are coming out of the Winter slumber and the soil begins to warm, we are able to grow a much wider variety of crops and flowers, and also make more compost than in winter time.

Right now, we are harvesting silverbeet, coriander, broccoli, fennel, grapefruit, kale, leeks, oranges, parsley, radish, rocket, and salad mix.

The last of the citrus will be picked soon, and the Winter crops will make way for all

the salad and fruiting vegetables of Summer. The cool and comfortable working days will become longer and hotter, and the frantic pace of growing will greet our farmers again. Summer is a grower's favourite time of year - filled with produce, creation, teamwork and lessons for next season.

It is already impossible to imagine the space outside the Farm Shop without the presence of our beautiful flock of hens. They have settled very well into the home built for them last year by Warrah Terry (pictured) and other participants in the TAFE life skills program. They provide so much joy to customers, participants and staff alike.



GALSTON VIEW CLUB

The Galston View Club raises money to support The Smith Family Learning for life program will hold its next Luncheon/Meeting on **Wednesday 23rd September 2020** at The Galston Club, 21-25 Arcadia Road, Galston...11am....Bookings are essential...**9614 1512**.... Visitors are most welcome.

SYDNEY HILLS DISTRICT BRANCH OF THE ASSOCIATION OF INDEPENDENT RETIREES

The Committee has been working to bring ZOOM MEETINGS to our members. To stay connected and encourage new members, during the current Corona virus and Financial Crisis.

Our Guest Speaker will be Graham Sims, his topic will be on "The Life of Bea Miles".

Our next Monthly Meeting will be held on **Friday 4th September, 2020**.

Meeting will commence at 10.45am. Members and Visitors will be provided with an interesting ZOOM MEETING! Mal Steel: airsydneyhills@gmail.com



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HOW TO PREPARE FOR STORM SEASON AND FLOODING PIPES

Pipe issues are often revealed when there are heavy rains. With recent wet weather across some regions, Nuflow North West Sydney have had a high volume of sewer and stormwater issues. The heavy rain places pressure on piping infrastructure, exposing blockages or in extreme instances causing pipes to shift.

Dane Hutchens from Nuflow Northwest Sydney says 'the issues generally occur because pipes are damaged with cracks. This is usually from tree roots which travel to find water in the dryer seasons. When the heavy rains happen, stormwater and dirt run into the lines through cracks and this additional water and debris overrides the capacity of the drain'.

To prevent unexpected issues, the best course of action for homeowners is to make sure that their plumbing system is checked and working properly prior to any rainy season.

Additional preparation actions homeowners can take includes:

- Check downpipes, ensuring they are properly connected
- Clear your roof and gutters of any leaves and other debris
- Clear debris from your garden to make sure nothing can be swept into external drains
- Test and ensure drains are flowing well (a good indicator that drains may be blocked is if showers, baths and sinks fill quickly but water recedes slowly).

Most importantly, get a pipe inspection to identify if any pipes are already blocked or if there are any breaks that may attract tree roots.

Taking a proactive approach to reducing the chances of your property becoming flooded during storm season will save you a lot of disruption and money.



Plumber Josh (L) and Owner Dane Hutchens (R) from Nuflow North West Sydney

Nuflow North West Sydney offers CCTV inspections and reports. If your pipes are damaged, they can also offer pipe relining is a repair option that doesn't require excavation.



FOR MORE DETAILED INFORMATION CONTACT NUFLOW NORTHWEST SYDNEY ON

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BALMORAL HOMES BRINGING HAMPTON STYLE



The current aesthetic for homes is one inspired by ‘The Hampton Style’ a look and feel which is relaxed and timeless. One, which offers a tasteful framework for you to incorporate your touches of individuality. Hampton Style of building and decorating exudes tranquillity and sophistication and bathes your space in natural light. Open plan floor designs offer airy light-filled interiors which encourage a laid-back luxury lifestyle. Often used in these styles of homes are timber features and accents which add an organic softness, which mellow moods and enhance communal living. High on the checklist of Hampton Style homes are well-considered and creatively designed floor plans which incorporate alfresco entertainment areas. These spaces are considered fundamental for our modern way of living. While every space in a home is

designed to be functional, it is the joinery details which help develop the style. Pronounced details on range hoods and island bench corner posts, benchtops with detailed edging and the use of small elegant mouldings in hallway panelling. The colour palettes of both the exteriors and interiors are often subdued and minimal. Generally, the focus is on neutral shades of whites, creams, linen tones and greys which provide the foundation for this look. Often used in conjunction with these neutral colours are white trims and highlights of shades of blue. External facades bring in multiple finishes such as weatherboard, render and painted brickwork including elements of timber trims and posts. These additions to the

final look add interest and cater to individual tastes and styles. Hampton Style evokes light, style, comfort and ease of living.

9651 6290
Unit 13, 276-278 New Line Road Dural
NSW 2158
www.balmoralhomes.com.au

TOP FIVE TIPS TO PREP YOUR HOME FOR A SPRING SALE

Spring is the most popular time of the year for real estate, and while that means you’ll typically have plenty of buyers vying for your home, it also means there’s plenty of competition from other sellers on the market. To make sure your home stands out from the crowd, get ahead of the competition, and follow our guide to prepping your property for a spring sale.

1 Finish repairs or home projects
If you have started any home reno projects, now is the time to finish them. According to realestate.com.au you’ll likely find a buyer more quickly and have a smoother sale process if you finish any repairs before you put your home on the market.

“Use the months prior to spring to critically look at your home before putting it on the market. Does it need any minor or major repairs, and if so, make sure they’re something you can start and complete quickly before the Spring period,” said Carolyn Wheatley, Belle Property’s local agent.

2 Consider a paint job
A fresh coat of paint is a simple way to add a new look to your home and it also works wonders covering dirty walls. Make sure you repair any damage, holes, cracks, etc. before you get started though. “Think about the colour you use when you’re touching up walls. You want your home to appeal to as many people as possible,

especially in the highly competitive spring sale market, so it’s safer to opt for neutral tones,” says Carolyn.

3 Check your floors and windows
Windows are especially important in a spring sale because you want to take advantage of the natural light as much as possible. Make sure your windows have had a good solid clean and again, if there are any cracks or repairs that need to be fixed, make sure you take these on well before your sale date.

“If you have damaged flooring, this is another thing that falls into the repairs and renos category. Get them fixed early in the piece because buyers will notice if they’re worn or scratched and it may impact your sale price,” says Carolyn

4 Spring clean and declutter
There is a reason for the name – and a spring sale is the perfect motivation. A good clean and declutter of your home is the most important step in preparing your home for sale.

“Cleaning and decluttering are so important in the sale process because you want your potential buyers to imagine themselves in the space. It also helps to showcase the actual size of your property if a lot of the clutter is gone.”



5 Styling for spring sale
The final piece of the Spring sale puzzle is styling your home for sale. While this step doesn’t come until your home is about to hit the market, it’s important to be aware of what it involves and why it’s important.

According to OpenAgent, while styling doesn’t necessarily guarantee a higher price point, on average you can expect to see a 7.5 to 12.5 per cent increase on your final sale result.

“The majority of sellers use some degree of professional styling these days, so it’s a really important consideration if you want your home to compete in a busy market,” says Carolyn.

“Styling can range in cost depending on how many rooms you style and whether you use full or partial styling so the best thing to do is speak to your agent about your sales approach and whether styling is recommended.”

For more information, please don’t hesitate to call.

Belle Property | 0407 120 483
carolyn.wheatley@belleproperty.com



DESIGNING YOUR OUTDOOR LIVING AREA

With the weather warming up, it's nice to spend more time outside, so I thought this month I would offer some tips when designing your garden and outdoor living. The best living spaces are those that flow from the inside to the out, which will help make the most of 'al fresco' living. With the climate in Sydney being warm and mild, building a shaded deck can be just as good -and a lot cheaper- than extending your living room.

Using particular plants and other landscape features will not only brighten the atmosphere of your home but can also shelter your outdoor area from harsh winds, or help channel cooling breezes into the house. To create shading, use evergreen plants, particularly on west-facing walls. Another great tip is to use deciduous plants, and vine-covered pergolas on the north side of your homes, as they will provide shade in summer and also let in the winter sun when it cools down again.

To save on excessive water use in the garden, I suggest incorporating native plants to suit Australia's dry conditions. Not only



will they be low maintenance, but will also attract native birds. Using ground covers like mulch will help keep moisture in the soil and also looks great. As we live in a bushfire-prone area, plant fire-resistant species around the house.

Always plan your outdoor renovations, like you would with indoor changes. Consider where the best place to locate rainwater tanks and wastewater systems. Planning will allow you to incorporate them into your garden design rather than having them look like an 'add-on.' Leave space for an outdoor washing line so you can use the sun to dry your clothes. Also, when planting trees, place

them strategically, to offer shade where you need it and also to prevent their roots from damaging walls or footings.

Don't just pave full areas; incorporate plants as well as this will prevent pooling of water and drainage problems. When paving, use permeable pavers that allow rain to filter through to the soil underneath.

Enjoy the warmer days and nights that are about to be upon us!

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Bangor Road

I have been a resident of Bangor Road, Middle Dural for around 33 years. We moved from Castle Hill with 2 young sons and after a few years our third son completed our family. Our sons had a great life growing up on 5 acres with plenty of room to kick a ball around, ride bikes, climb trees and just having fun. They also had to pitch in with work so ride-on mowing, chopping firewood, etc was a regular activity for them.

There are other long-term residents in Bangor Road and they would have their own interesting stories of living here. We have had a turn around of new residents come into Bangor Rd over time and hope they enjoy their life here.

One home that sold many years ago had become a 'Gentleman's Retreat' but that business did not seem to operate for too long. Another very recent event was a home being used for the filming of a TV series called Deadly Women.

Bangor Road was built well over 50 years ago and had only one entrance but then the land behind the farms along Old Northern Rd was divided into 5 acre lots it became a loop road. Camilleri's piggery operated for many years about 200 metres from Old Northern Road.

Living in this rural area comes with bush fires that came very close many years ago and wild storms with trees falling on the road and water gushing down to find its way into the creek.

I, as many others, have had encounters with the wildlife such as goannas, snakes, possums and on a few occasions a large wallaby,



interesting birds and of course spiders but it is all part of living in a semi-rural area and being grateful of where we live.

I have been very fortunate to call Bangor Road my home for all these years.

The Aboriginal meaning for Bangor is Koala.

contributed by Glenda Palmer

Garemyn Road

Garemyn Road started as a lane in the 1880s between the orchards owned by the Bests on the south and the Garemyns on the north. At the end of the lane a track continued past brick kilns and across the creek to reach Cranston's Rd. These kilns produced the bricks for the oldest house in the street which is now still well kept in its original state. Another remaining older house was built at the corner of Old Northern Rd by Charles Garemyn in the 1930s. It still has the original packing shed and well.

The lane was quite curvy until about 60 years ago when it was straightened and joined to Cranston's Rd.

Two creeks cross the road and there is one dam which is spring fed and never dries up. Helicopters used this to save homes on Cranston's Rd during bushfires in the early 90s.

contributed by Cate Garemyn





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UPBEATS

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

Please send contributions to editorial@galstoncommunity.com.au

Marshalling Art

I was excited and flattered when late last year, I was approached by the Galston Club to conduct a ladies painting night (Paint & Wine Dec14). The evening was designed to be a fun night and to raise money for ovarian cancer research (Pink MeetsTeal). Even though I'd been conducting art lessons from my tiny studio in Galston for several years, I'd never undertaken anything on this scale. The night was a huge success, all places filled and I for one had a fantastic time. I chose a detail of a Van Gogh sunflower painting as the subject. I was incredibly proud of all participants and the wonderful job they did, especially, knowing that most had never really painted before.

The event turned out so well that I was invited to do it once again. So on July 25th we once again picked up our paints and brushes while

money raised went to WIRES. This time, the subject of the painting was a portrait of a rainbow lorikeet. The evening was as much of a blast as the last one, and I got a huge buzz (yet again) on seeing how pleased everyone was with what they'd accomplished.

I'd like to thank the Galston Club for giving me the opportunity to share my passion. As well as thank all participants for their humour, hard work and hidden talents. Fingers crossed we can do it all again.

Contributed by **Laura Marshall from MARSHALLARTS**



Wattle

On the August 'Upbeats pages there was a beautiful picture of a red Waratah with the words saying " Spring is revealing itself with wildflowers starting to bloom".

Wattle (or Acacia) is the Floral Emblem of Australia and the 1st of September has officially been National Wattle Day since 1992. Wattle day has, however, been celebrated since 1910.

It is interesting to note there are nearly 1000 species of Acacia in Australia.

To me, Wattle has always been a beautiful, bright sign (or harbinger) that Spring is coming, even though it can be seen as early as June. I recall a special time for me was planting a Wattle Tree with a group of children at Middle Dural Public School on the 1st of September

in 2006. The children had that tree near their bus-bay area for many years. Another particular thought of Wattle is that it can suddenly spring up naturally, and has done this near the back fence of my parent's garden.

I hope this tree will be sufficiently mature to flower next year.

September is the start of Springtime. For many 'Spring' gives hope. After the Covid winter we have had this year, I pray you have time outside to see the new leaves on trees and flowers blooming and can 'sense hope in the air'.

contributed by **Christine Stockman**



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David the Quiet Achiever

Before I come to David, I would like to place Galston in context. We are fortunate to live in such a superb environment which has been greatly enhanced by the Hornsby council. At the Galston Reserve we now have a renovated toilet block, a newly covered barbecue area complete with tables, a kids playground, a skate park and a renovated swimming pool complete with a learn to swim pool. This against the background of the Hills Hawks football/soccer ground next door. There is path around the Reserve oval put to great use by children learning to ride bikes and or scooters. For those that know, one can convalesce following surgery or exercise in a safe environment.

I go to the reserve almost every day to exercise my dog and at the same time collect rubbish. There are plenty of available bins, but regularly people throw their rubbish on the ground, and whether it is KFC or McDonalds they leave their finished food strewn on the tables and the ground below. I understand that this rubbish is imported to Galston from Dural. However, I was taken aback when the last lot had a McDonalds ticket from Waitara. How kind of them to leave their rubbish in our park? Many who live in Galston would have seen a man walking the streets with a couple of carry bags. David is his name and he deserves our thanks and respect. He picks up rubbish in all weathers and keeps our streets clean; a job few would do. Maybe when you see him, you could give him a toot on the horn and or a wave in recognition. The only area that David can not get to is the Gorge. Traffic has increased markedly as areas north of us have expanded. The amount of rubbish has increased and is a disgrace. Short of closing the Gorge once a month for clean up I do not know what else can be done. Council would no doubt welcome ideas.

contributed by **Ian Kerr, Galston**

REBECCA & CHRISTOPHER'S Wedding

On Saturday, 22 August 2020, we were delighted to celebrate the love of our beautiful daughter, Rebecca and her fiancé, Christopher Aquilina, at their wedding. It was a perfect day, and the bride's infectious smile warmed everyone on what was the coldest day of the year so far.

We are so happy to officially welcome Christopher into our family. We wish them both a lifetime of love, laughter, good health and happiness.

contributed by **Lisa & Michael Waddell**



Just call me WENDY

The strangest thing happens to me, and it happens frequently. My name is Mary, and if people ever call me something else, it is always Wendy. This accidental name change was such a regular occurrence that I was interested to know the origins and meaning of the name which I am so often labelled. It appears that the name Wendy originated in the late 19th century Europe when it was used by Scottish playwright Sir James Matthew Barrie in his famous fantasy novel "Peter Pan."

What makes this particularly spooky is that I am a distant relative of James Barry. I know, wild isn't it. Now when I am called Wendy, I believe that I need to stop, reflect and prepare for messages to be received. I have to make some sense of it.

The meaning of Wendy is so lovely that I am happy to carry such a charming description with me.

A salute to all the Wendys, by default it seems I am one of you.

Wendy

always helpful to someone in need
her eyes sparkle like diamonds
she strives to attain perfection
her love for her family reaches the heavens
Wendy is creative and hardworking
she is admired for her outgoing personality
she likes being free and adventurous
she is always involved in important activities



TreeHouse

Recently, while clearing a spot on our property, a space which has always been neglected, I reflected on a time when this spot was a hectic place of creativity and activity.

The large Camphor Laurel at the front of our property was once a bustling place of amusement for my children and my neighbour's children. Every afternoon, weekend and school holidays from the time the eldest children were about nine years old, the tree became their destination for constructive play. Over three years the children designed (well hardly designed, more evolved) and constructed a fabulous treehouse, which eventually achieved three levels. I'm not sure if it was of sound construction however, I can say with confidence that no injuries were incurred over this period. The eldest boys took the lead, and apart from the help with the supply of old timbers, tin, nails and tools, they continued



their work without guidance from adults. It was great entertainment for the smaller children who helped where possible even if it was just to offer, drinks, encouragement or to fetch tools and equipment.

This treehouse inspired and directed the future careers of the boys. Who knows whether it was their latent talent and interests, but this tree house produced an engineer, a builder, a surveyor and a property developer. Today the construction is in ruins and while I think I should rally the troops to dismantle the dilapidated remains, in a way it is a testimony to their endurance, aptitude, application and diligence.

Supporting children to 'free-range' provides space for creativity to develop and allows them to tap into their inspired selves. My encouragement to parents is to let a spark grow because what emerges can be surprising and life-shaping.

contributed by **Mary (editor)**

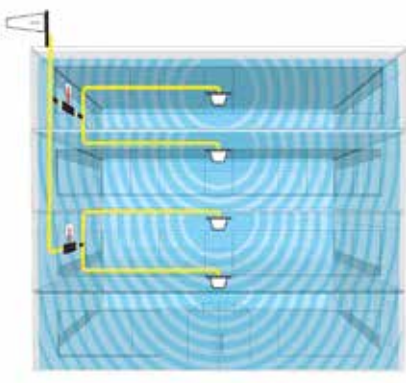
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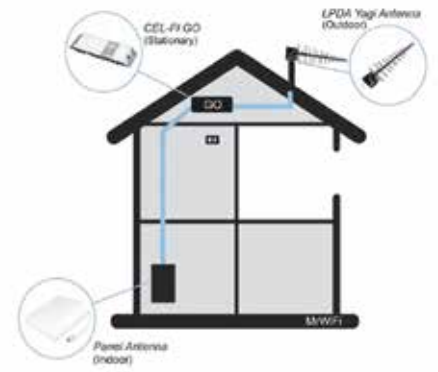
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CYCLES...

By Susanna Mills

"And into the forest I go, to lose my mind and find my soul."

- John Muir



One of the most notable events associated with Spring anywhere in the world, is the unfurling of tender green buds and puffs of colour within stark winter backdrops which transform into a bouquet of colour and fragrance as each week gets warmer. To experience this, of course, you have to physically engage with it- on foot, or astride your favourite steed. *"There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter."*

- Racheal Carson

The introduced bouquets of our local 'built' environments:

Galston, Glenorie and Dural are still blessed by the retention of very generous unpaved, wide green roadsides and nature strips (as well as actual reserve areas of significant native vegetation parallel to some of our roads). By choosing to walk along either our paved footpaths, or the wonderful random dirt footpaths created by locals who consistently hoof, hike or bike parallel to our roads, one can enjoy discovering several introduced plant species. There's our candy red, pink and white peach blossoms- part of this area's history as the fruit-growing epicentre of Sydney, or the perfumed beauty of nodding Freesias, originally from Africa, or perhaps the occasional stand of lilies growing in drainage ditches or perhaps some Fennel growing wild along the fence lines of a paddock.



The native bouquets of our local bushland environments:

Galston, Glenorie and Dural remain in the fortunate position of retaining large areas of bushland. Some residents actually live 'in the bush' as many acreages either include, or are bordered by it. Others, who live in more suburban areas need only make a nominal effort to seek out numerous public firetrails and tracks in surrounding Parks, Reserves and Crown Lands. By choosing to explore them, you can enjoy finding an infinite variety of native Spring flowers. Top of my list would be the prolific cherise pink puffs of Boronia which appear amongst bush grass and shrubs in July, followed by the lighter pink Wax flowers growing along the rock shelves in August. Solitary Warratahs, often growing in splendid isolation just off the trails- are only for looking; picking them will deplete natural seed reserves, apart from depriving other outdoor citizens the enjoyment of discovering them in their natural habitat. Embrace curiosity. Eden awaits you.



Isn't it ironic that the very thing that can destroy us or make us sick, is the very thing that also heals and sustains us? As Spring arrives, make a commitment to spend more time in nature. Better physical and mental health could literally be as free and as easy as a walk or a ride outside.

"Something which transcends our consciousness can never become an object to us."

Egon Friedell, *Cultural History of the Modern Age, Vol.2*

GALSTON GORGE WALK

DIFFICULTY: RATED 3-4 (OUT OF 5) 60 MIN RETURN

By Maryanne Wilford

This walk starts at the bottom of the Galston Gorge on the western side of the bridge. Parking is limited so weekdays or early mornings may be easier.

Although I rated this one a three the start is tough and straight up for about the first 15 minutes so possibly a four and if you're menopausal like me you may need to stop on your way up for a hot flush or two.

Very early in the climb, there are about five metal rungs placed into a large rock ledge. These are pretty easy to negotiate.

Once mastered, the rest of the track is well defined and made up of stone steps zigzagging upwards.

This climb up has some lovely views back across the valley. Heading up the gorge towards Hornsby, the squealing of tyres and the sounds of cars as they round the hairpin bend rather more quickly than is needed

occasionally ruins the serenity. You may also hear cyclists talking to each other as they train for there next upcoming "Tour de Wherever"

Once at the top you reach a fire trail, the track then goes right or left. It doesn't matter which way you choose as they will join up within a few minutes.

The track is broad and a very pleasant gradient.

Not far along on your right, you will see a narrow rough track. If you look up the hill to a rocky outcrop, this is a great place to stop and enjoy the views across to Galston.

If you don't head up this track and continue on the fire trail you will reach the campground called Tunks Ridge. Here you can choose to finish your walk and return to the start or continue on and further your adventure. From Tunks Ridge, if you choose



up, you will eventually end up at the end of Quarry Road Dural, but if you head down, you can walk all the way to Hornsby, the choice is yours.



INSECTS

By Lachlan Turner

The variety of insects that can be found in a bushland environment is quite amazing. However, it does take a considerably sharp eye, coupled with much patience to be able to get close enough to many of them - the larger ones in particular.

Most visible insects do not stay very long in the same spot which makes it difficult to observe them closely. Even to get a clear photograph of an insect can be a challenge. Sudden movement can cause them to take to the air without warning.

Some of the really small ones become evident only after a photograph of a flower has been downloaded to a computer and that flower has been enlarged. The small size of these creatures is amazing. So too can be their colouration which in some cases can match the colour in the flower.

Most are masters at disguising themselves to look like their surroundings. Some look like sticks

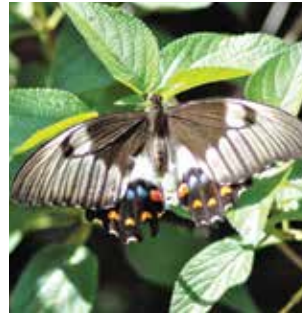
(that move), while others with almost transparent wings are hard to discern when on a leaf or tree trunk.

Not all flying insects are pests as they do have a role to play in maintaining a balance in the environment. Some are a food source for both birds and reptiles whilst others are in the transition stage of their reproduction cycle.

In gravelly areas it is possible to come across a nest of red Bull Ants which may be around 20 to 25 mm in length. These ants have been observed launching themselves towards any source of disturbance at their nest site.

If you are an early morning bushwalker it may be advisable for you to keep a sharp eye out where the track may be narrow enough for bushland spiders to construct their web between closely growing trees and bushes.

Next month will be about some aspect related to bushland birdlife as October is Bird Month with the Backyard Bird Count being held during the **19th to the 25th of the month**. For more information enter this web address into your browser -- <https://aussiebirdcount.org.au/>



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Many businesses use the simple method of a QR Code which is a contactless method of collecting customer details for contact tracing. The data is not held by the establishment that you are visiting but by a third party. When you sign in look for the Privacy Statement for information about what happens to the information you enter. The data may be provided to government authorised bodies for COVID-19 case contact tracing if required.

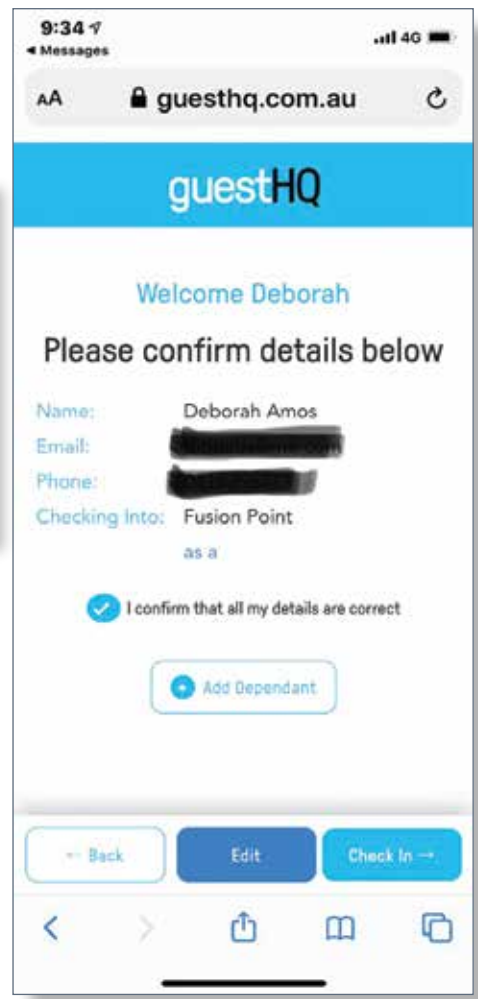
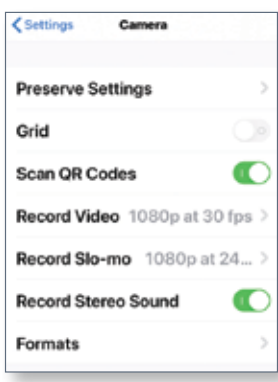
So, how do you scan the QR Code. Simply open the camera

app on your phone and point it at the code. DON'T take a picture. As soon as your camera picks up on the code your chosen internet browser will open on your device with the necessary page for you to complete and "CHECK-IN".

You may also, be given the option to check-out as well as add any dependents with you. If you find the QR Code doesn't work, check that the option is turned on in camera settings. (See image right.)

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.

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Politics



RURAL ROUND UP

By Councillor Warren Waddell

Once in a while an item comes before Council that really tests our capacity to strike a balance between our much-loved natural environment and our rights as individual property owners to reside and conduct business on our land. Especially when proposed changes are quite technical in nature. Item 6 at the last Council meeting was one of those occasions. I'll attempt to explain....

Terrestrial Biodiversity Maps, (TBM) – WHAT DOES IT MEAN FOR RESIDENTS?

In addition to the publicly owned National Parks and

other public lands a large proportion of our privately held land contains significant native vegetation. If owners or occupiers of private lands are encumbered with a TBM and wish to modify their property in any way, it may be subject to a DA process. Even if the modification would ordinarily be considered a complying or exempt development.

Currently there are 1750 property owners impacted by a TBM. During the last Council meeting a proposal to adopt the latest TBM and to expand the assessment criteria was adopted. This proposal expanded the number of properties affected to 12150. The adopted motion included a workshop aimed at

reducing the impact of these changes on minor property improvements.

I personally did not support the motion on the basis it would impact on such a significant number of residents within the rural area without adequate consultation. I believe that adopting the most recent mapping technology was a responsible action to support. However, the expanded assessment criteria and the potential impact on the everyday applicant attempting to improve their property was a step too far.

Should the final paper being prepared for a future Council meeting progress to the State Planning Dept. the changes



would then go out to the public on exhibition.

Given the importance of this proposal and the significant impact it could have on rural property owners and rural activities I am happy to be contacted to discuss further. wwaddell@hornsby.nsw.gov.au or Ph: **0499 004 861**.



BACKING OUR LOCAL BUSINESSES

By Julian Leeser



Julian visiting Absolute Automotive (Dural)

Backing our local businesses is more important now than it has ever been.

Small and medium businesses (SMEs) have been particularly hard hit by the pandemic.

SMEs play such an important part in making our communities vibrant. They brew our coffee, make our food, tutor our children, build our homes and give our young people their start in the workforce. They are how our community stays afloat.

I have met with many businesses in the electorate over the last

few months to hear about the challenges they are facing and how the Government can help.

Business owners have shared with me gut-wrenching stories of

having to put off valuable staff members. They have spoken of the huge costs of adapting their operations, and in some instances being forced to close their doors altogether. These stories are heartbreaking.

Yet I am also overwhelmed by their incredible resilience and courage.

For so many, JobKeeper has been a lifeline that has kept their doors open and their staff employed. One local business owner said to me, "If it weren't for JobKeeper, I would have had to put off all my

staff and close my doors. It's the only reason we are open today."

Businesses have also drawn on the cash flow boost, expansion of the instant asset write-offs and the JobTrainer program which is helping keep apprentices in jobs.

Thank you to all our local businesses for the risks you take every day to stay open and keep Australians employed.

All of us can play a part in keeping our businesses open and community employed. Back our local businesses by shopping and eating local.

I also invite businesses to contact me if you have any feedback regarding the provisions Government has put in place to assist you.

Please email me at julian.leeser.mp@aph.gov.au

As your Federal Member, I am here to:

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

Please contact my office if I can be of assistance.

JULIAN LEESER MP
LIBERAL FEDERAL MEMBER FOR BEROWRA

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 | 02 9980 1822
julian.leeser.mp@aph.gov.au | julianleeser.com.au | [julianleesermp](https://www.facebook.com/julianleesermp)

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



SERVICE NSW MORE THAN JUST FOR DRIVERS LICENSES

By Matt Kean



Service NSW has become the one-stop-shop for all NSW State Government services from applying for a licence to being a contact point for a number of government agencies. However,

with the extra pressures placed on people during COVID-19 Service NSW is also helping households save money.

Member for Hornsby Matt Kean has thanked Manager Linda

Douglas and her team at Service NSW Hornsby who have saved customers on average over \$450 per person. By connecting customers with NSW State Government initiatives that can help reduce the pressure on families, particularly those doing it tough right now.

“There are so many ways in which families and individuals can save money by some of the NSW State Government initiatives such as the family energy rebate I announced a couple of months ago.” Mr Kean said.

“The problem is, unless you are following every announcement you will never know every option available. That is when Service NSW steps in. They can help you navigate what you can and can’t claim and help you

save money for the essentials.” he said.

In Hornsby they have completed over 700 Cost of Living Assessments and on average saved \$486.60 per person. With a wait time of just 1 day for an appointment, it is really easy to take advantage of this service.

“Hornsby is a busy centre serving over 85,000 customers but with a satisfaction rate of 97%, I can say with certainty they are doing a great job,” Mr Kean said.

The service can be accessed by visiting: www.service.nsw.gov.au/transaction/cost-living, calling 13 77 88 or making an appointment over the phone with a Cost of Living Specialist at the Hornsby Service NSW Centres.

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GALSTON CONCERTS: HUNGARY TO HILLS

By Robert Harris

It's a case of 'treats in store' for The Galston Concerts after the recent decision to postpone their next program scheduled for **20 September**.

The concerts team at Galston Uniting Church have deferred to ongoing public health concerns to delay the concert until 2021, while still holding hopes that the final event of the 2020 series can be presented on **22 November**.

Galston residents Robert Harris and Dorit Herskovits, co-founders of the concerts, were to be joined by world-travelling colleagues as Ensemble Europa, playing music from Budapest, Vienna and Germany.

"It was planned as a Rhine-Danube musical cruise, bringing Hungary to the Hills district during these strange times of limited international travel."

"We would have been celebrating Beethoven's 250th birthday with music by

him and his Viennese friends, closing with a Strauss Blue Danube finale. Those treats will be kept on hold for next year".

Meanwhile the Galston audience are enjoying monthly e-bulletins with links to on-line video performances plus music news.

"Our on-line newsletters allow our supporters to enjoy great music at home, while our concerts are delayed."

"Every newsletter offers musical themes, as in the next few months - Spring, flowers and gardens, Halloween, Remembrance Day - always allowing for discovering something new in both Classical and lighter styles."

"But we do hope that the COVID trends allow us to finish the year with a live concert in November, our customary end-of-series Gala, bringing together some of Sydney's great player-teachers and their star students."

Members of Ensemble Europa - pianist Erzzi Marroszky with cellist Zoltan Szabo, from Budapest, now Sydney



Any wanting to join the concerts database should contact Robert and Dorit on 0428 248 348.

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DURAL AND DISTRICT HISTORICAL SOCIETY INC. NEWS FROM HISTORY COTTAGE

Any resident who has lived in the district for some time has seen many changes in the visual landscape; from orchards to open paddocks or simple farm cottages to the large residential estates but what of the fence that divides the viewer from what is behind?

The popularity of horses has given us the sawn timber or recycled plastic stock yard, stretching into the distance and dividing the open space into manicured rectangles. Or the hedges that hide those behind

from prying eyes and interfere with the long vistas so valued by visitors and banned in some shires.

There was a time when a proud orchardist was keen to show the way he maintained his trees and an afternoon in the sulky to inspect the neighbours efforts was a way of keep everyone up to the mark. The front fence was a Herculean effort by a skilled woodsman who built a post and rail fence of split timber. The corner posts were strainers, a foot or more through, cut from the local white mahogany or

iron bark and morticed to take the split rail. The rails were ten feet long, split from the iron bark and a good handspan wide. These were chamfered in pairs and morticed through the intermediary smaller posts, also split from the chosen timber. There was always debate about the best timber for each part of the fence.

The painting by Miss Calov shows a spot in Geelan's Road in about 1910, there was obviously



no shortage of large trees when it was constructed. There are still some remnants of the early fences, so have the children keep their eyes out so they may see just how hard the early settlers had to work.

VISIT TO WISEMANS WELL, WISEMANS FERRY CEMETERY AND ONE TREE REACH WETLANDS AT LAUGHTONDALE

The Dharug and Lower Hawkesbury Historical Society would like to extend the invitation to the general public to join us as we visit Wisemans Ferry along the Singleton Road. This locality was originally known as Lower Portland Head. Located further downstream The Wisemans Ferry Cemetery is also known as Laughtondale.

Date: Saturday, 26th September 2020

Time: 10.15am

Location: The meeting place will be provided when booking is confirmed.

Lunch: Bring along your lunch and return to Wisemans Ferry mid-afternoon.

Cost: \$5.00 for Members and \$7.50 for Non-Members

We will have a quick morning tea to discuss the historical context of the area we are to visit. We will then drive out along Singleton Road to Wisemans Well. The historical significance of this site is the possible importance to the Great North Road construction and the early settlers as the source of fresh water. We will look at maps

and diagrams of the site and the archaeological assessment and management recommendations conducted by Siobhan Lavelle in association with Dr Grace Karskens (who wrote *The Colony, A History of Early Sydney*) on behalf of the DLHH Society.

We will then continue to Wisemans Ferry Cemetery where we will do a tour of the grounds sharing the history of the many significant gravesites. Interred in this cemetery is Peter Hibbs [1847] who sailed with Captain James Cook to Australia in 1770 and again with Captain Arthur Philip in the First Fleet. Pioneering families include the Douglass, Books, Chaseling, Rose and Leet families. This is also the final resting place of Soloman Wiseman [1838].

Around mid-day, we will drive along to the One Tree Reach Wetlands where we will park and have lunch. The One Tree Reach Wetlands represents one of the few intact natural wetlands in the lower Hawkesbury River. The local area was officially settled from 1810 by Europeans. While little is known of what

modifications early settlers made to this area, historical surveys reveal that from the late 1870 a 'ditch' or drainage line had been cut at the northern end of these wetlands to the Hawkesbury River. After lunch, the history and significance of this area will be discussed, and we will do one or both of the boardwalk walks into this site.

Afterwards, we will proceed back to the car park at Wisemans Ferry. Participants may wish to complete the day with an exploration of the Museum within the Wisemans Ferry Inn former home of Solomon Wiseman.

Bookings and contact details in case of rain to **0405 321 478** (leave a message) by **Tuesday, 22nd September 2020**

Please note:

Numbers are strictly limited to comply with current COVID-19 restrictions on outdoor gatherings. If you are booked in but unable to make it on the day please advise ASAP as we expect



a waiting list. If more than 20 people turn up (i.e. without a booking) we will not be able to proceed with the excursion.

We require all participants to observe the 1.5 metre apart rule (members of the same household excepted) and practise good hand hygiene.

All participants will be required to provide contact details and sign a indemnity form on arrival before participating in the excursion.

Any further information please contact us on **enquiries@dlhhs.org.au**

Bring along lunch, snacks, water, hat, sunscreen, repellent and wet weather gear. Sturdy shoes are suggested.

All welcome.

Robyn Downham
President/Publicity Officer
Dharug and Lower
Hawkesbury Historical Society



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and wonder about the world in which they live. The framework, our philosophy, approach to learning and teaching, and the curriculum are aligned to the central notion of play-based learning, with a focus on encouraging and developing children's interests, ideas, skills and needs in preparation for school.

With full access to the Hills Grammar facilities, ECEC staff and families work together to create and evaluate an individual goal for each child to work towards each term. In order to achieve their goals, each child is taught both individually and as part of a group. Families and staff meet regularly to discuss and evaluate each child's progress.

Last year, the ECEC received its second Exceeding National Quality Standards rating under the National Quality Framework. The National Quality Standard (NQS) sets a national benchmark for the quality of children's education and care services across Australia, and in August 2019, the ECEC received confirmation that they had again been awarded an 'Exceeding National Standards' rating.

The students are flourishing thanks to the ECEC's personalised learning and generous staff to student ratios of 1 to 8. Every child at the ECEC has daily access to an early childhood qualified teacher enhancing their learning. With long day care hours of 7.30am – 6pm the ECEC offers a pre-school curriculum taught by qualified educator

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HILLSIDE PUBLIC SCHOOL



was bricked in over 40 years ago and was being used as the School Office and Staffroom, before the damage was discovered. In 2014 the beautiful mural was painted on the end wall by the talented Susan Parry. Once the renovations are

The students and staff at Hillside Public School are very excited with the renovations happening at school. The original wooden school building, which was erected on site in 1926, was badly damaged by white ants over 10 years ago. The building

completed the building will be once again used as a classroom. A wonderful new learning space for our students.

Our students benefit from the outside learning spaces we have available at the school.

The Nature Trail area, in the sclerophyll forest, is the location for many class lessons. The Story Book Garden is frequented by the students looking for a quiet space at recess or lunchtime or used by the teachers to read to their classes. The fruit trees in the orchard and the vegetable garden are also vital areas within the school grounds.

Planning is well underway for the development of a Yarning Circle near the school library. Benches are being relocated to the area in front of the library which will be planted out with edible native plants. The wall of the library will have a mural painted on it by the students. The materials, paint and plants have been possible because of the school being awarded a Junior Land Care Grant.

We are using physical fitness and wellbeing programs to

assist our students cope with everyday living in the current COVID 19 climate. This term they have been participating in weekly badminton, dance and fitness lessons. The school is also implementing mindfulness lessons through the Smiling Minds program. The wellbeing of all our students, staff and parent community is paramount.

We hope to hold our Kindergarten Orientation sessions in Term 4 for all our new 2021 Kindergarten students. Enrolment forms are available on our school website or by contacting the office on 02 9652 1459. Our OPEN DAY is on **Tuesday 17 November** where the students will be able to showcase their learning to parents, families and visitors.

Small Schools are Great Schools!

PACIFIC HILLS CHRISTIAN SCHOOL

SUSTAINABLE OCEANS AND PROPELLER CARS



By Craig Hingston



SHATTERED FLOWER

how the oceans impact our planet and how we can generate healthy oceans. They also looked at the latest ocean technology and how these innovations will benefit the planet.

Other students were faced with a range of STEM (Science-Technology-Engineering-Mathematics) projects which involved developing solutions from a limited number of resources.

The challenges included:

- designing and making a propeller powered car which had a smaller carbon footprint than a conventional car
- designing and building a shock-absorbing moon lander using marshmallows (!)
- and inventing a zip line with a carry device which could transport objects across distances

Science Research Coordinator, Dr Gloria Quee, said the

problem solving was beneficial to those students considering a future career in marine biology, engineering, biomedical science, environmental science, physics and computer programming.

As always, the experiments were a lot of fun. They included balloon rockets, chemical reactions (from dropping mints into soft drink!) and making ice

cream with liquid nitrogen. The liquid nitrogen was also used during a lesson on plants to freeze a flower, which was then shattered into small pieces.

“We are seeking to inspire the future scientist in each student - who knows what future invention is just waiting to be discovered by one of these young minds”, said Science Teacher, Juliana Harmeling.

Science Week is always a highlight on the Pacific Hills Christian School calendar and this year the budding scientists from Years 7-10 learned about sustainable oceans, reducing the carbon footprint of vehicles and space travel.

The theme in 2020 is “Deep Blue: Innovations For The Future Of Our Oceans” and the series of hands-on sessions explained



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GALSTON HIGH SCHOOL

THE NEW FACES OF STUDENT LEADERSHIP



Galston High School is proud to announce the newly-elected prefect body for 2021. As the current school captains handover their leadership to focus on the last term of their HSC preparation, the next generation of prefects gets ready to swear their oath of service and commitment to the school.

The 2021 Galston High School prefect team is comprised of Nicola Schniering and George Stepanovich (school captains); Amelie Stuu and Bowen Copeland (school vice captains); Chelsea Johnston and Caleb De Ramirez (senior prefects); Mykaela Hayhurst, Joshua Chapman, Semra Evirgen, Robbie Cullen, Felicity Whiteman and Theodore Marlow (prefects).

"As the newly elected female school captain," said Nicola, "my ambitions include being an inspiring and proud face of my school and a great role model within local schools and the community. I am excited to listen to and interact with members of the community and our school. I am very grateful to be a part of the prefect team for 2020-2021, and I look forward to collaboratively upholding the values of the school within the community."

"My goal as the newly appointed male school captain," said George, "is, along with the prefect team, to not only guide our school through these challenging times but to ensure we continue to move forward as a school. I am excited to see what the future holds for myself, the prefect team and our school as a whole, and I hope we can uphold the standards the previous prefect team has set for us."

The prefect investiture ceremony in which the new prefects take their oaths was held on **Tuesday, 25th of August**.

A video of the ceremony will be posted to the school website: galston-h.schools.nsw.gov.au



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OUR EDUCATION PHILOSOPHY



A Northholm education is distinctive. Students are encouraged to serve others, to find purpose and are instilled with the determination and character to succeed.

Our educational philosophy is firmly based on the principle of academic intentionality with pastoral attentiveness. We seek to challenge every student by raising academic expectations and celebrating their growth. We value the importance of achieving one's potential. By delivering engaging learning experiences that bring students joy, our holistic approach attends to students' development in a personalised way, as both a learner and a person.

We know that student achievement is closely connected to student wellbeing. Establishing a high-performance culture is dependent on challenging students to achieve their best academically, as

well as providing the care and support necessary for personal growth and development. Education is about preparing young men and women for life; we grow and develop each student intellectually, socially, emotionally, physically and spiritually.

Teaching with academic intentionality (scholarship) recognises a child's potential and actively encourages them to do their best. It prepares students for the real world by implementing disciplines to problem-solve and developing their capacity to make a valuable contribution. Our focus on personalised pastoral attentiveness understands the learner and is attentive to their needs. It includes personalised learning plans, interest in the whole person and an appreciation for life skills, such as social and emotional development, that are vital in life.

A highly competent teacher establishes what a student requires in the moment, whether it challenges them to move forward or encourages them to explore their interests. They are attentive to the personal circumstances of a child and are able to provide real-world applications of their teaching. Our outstanding educators successfully challenge

and support our students in achieving their full potential whilst instilling a love of learning.

Northholm Grammar is deliberate in establishing a learning environment that successfully unites the positive benefits of both academic intentionality with pastoral attentiveness for academic accomplishment.



GALSTON PUBLIC SCHOOL

By Carole Weiss



Education Week 2020

The theme for Education Week 2020 was 'Learning Together'. This state-wide celebration of learning took place throughout all NSW Public Schools. As we were not able to celebrate with a showcase of performance groups and student achievement through open classrooms and an assembly this year, our students and teachers worked on a digital celebration of the learning that happens in their classrooms and across the school.

Each class prepared a montage of photos and videos set to music. This montage captured a snapshot of the learning taking place in each child's class each week. Our Year 6 student leaders also created an overview of the outstanding learning and wonderful facilities utilised at GPS by our students K-6.

Year 6 Mini Fete

Recently, Galston Public School Principal, Mr Ison accompanied Mrs Muscat and the student leaders to Galston Village as preparations build for the upcoming Year 6 mini fete. These students were a credit to our school and their families. Galston Public School is surrounded by an amazing community, with local businesses kindly welcoming and engaging with our students. Below are our leaders' thoughts on this experience...

This week on Tuesday the captains visited local businesses asking for donations for the year six mini fete in September. We had an awesome morning meeting local business owners and members of our community.

We are very fortunate to have already received many donations and we were lucky enough to speak to Gary from Bendigo bank about a donation. Many thanks to all the businesses who generously donated something to our school. To top it all off we even got a donut and got to wear the blazers for the first time!

Written by Caitlan and Jordan

Kindergarten enrolments for 2021 are now being taken. If you have a child who will be enrolling next year, please assist us by completing an enrolment form, available from the office. Please bring your child's birth certificate/passport and immunisation documents with you. Your assistance in



this matter helps our planning for next year. If you are aware of a family in the area with a child who will be enrolling in Kindergarten next year, please ask them to contact the school office.

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

Prospective families are most welcome to visit the school for a tour.

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Gardening

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You might be aware that for some years, Landcare has been running a Free Native Plant program for local landholders. We want to support people who are clearing weedy patches, creating habitat for native species, improving conditions for their livestock or restoring a creek line and saving our waterways.

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GALSTON GARDEN CLUB

By Greta Wickham

The Galston District Garden Club are still postponing meetings due to the Covid19 virus. The venue we hold for our meetings can only have twenty seven people maintaining safe distancing so to overcome this dilemma at the end of July the members decided to hold a garden ramble and morning tea to catch up with each other. One of our members has the garden "Elegans" in Galston. Your may have visited Bill's garden at one of the Open Garden Weekends the club holds each year to raise money for different charities. Unfortunately, we have cancelled the Open Garden Weekend for this year. All going well we will organize next year's Open Weekend in October for 2021.



So the members enjoyed the ramble through "Elegans" admiring the over 300 varieties of Camellias some flowers as big as your hand span. This garden has been created over 40 years. It is park like with four lakes and colourful bridges, collections of Japanese Maples, rainforest plants and massed plantings of perennials and begonias. There is something to admire in every corner of the garden.

Camellias are one of the world's favourite flowers. They have been cultivated here for 200 years, since the early days of European settlement and if you are looking for a hardy, winter flowering plant, Camellias are hard to beat. They give beautiful blooms right through autumn, winter and into spring. They make great foliage plant too, even without the flowers, with those dark green glossy leaves.

There are four main types of Camellias. There is Sasanqua, and the Japonica and then there are the Reticulata that has much bigger flowers and finally Sinensis which comes from China and that is the one that gives us our cup of tea, but you do not find many of them in home gardens.

Japonica is the most recognisable Camellia. It has a strong growth habit, large glossy dark green leaves and the flowers come from late autumn, right through to spring and they come in a range of sizes, colour and forms. As its name suggests, it comes from Japan and it was



the earliest of the cultivated Camellias in Australia. Camellias pretty much grow anywhere in Australia. They do not mind a light frost and most of them do need shade, particularly during the midday summer heat and they need protection from hot, drying winds.

Sasanqua Camellia can be recognised by its smaller leaves and its rather straggly, leggy growth habit. It does have a beautifully delicate flower, but it drops its petals almost on a daily basis and that upsets some gardeners, but the carpet of petals on the ground that follows looks really stunning I reckon and because it has a huge number of buds, it has a long flowering season from late autumn right through to winter. It really is a beautiful plant. Some of these varieties actually stand full sun, although most of them like to grow in the shade and the full sun varieties make

great hedging plants. An added bonus is that they stand regular pruning.

Camellias like a well-drained, slightly acid soil with a pH range of between 6 and 6.5 and adding regular compost helps to maintain that acidity level. If you want to get the very best out of your Camellia, give them a feed with an Azalea and Camellia fertiliser, about December and then just before flowering, a few handfuls of sulphate of potash.

The members of the Galston District Garden Club a looking forward to meeting. When it is safe to do so we will meet on the **2nd Wednesday of the month** at the Galston Community Centre, 37 Arcadia Rd., Galston, 7.00pm.

For further information, visit our website: www.galstongardenclub.com.au or email: galstongardenclub@gmail.com



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BROMELIAD SOCIETY OF AUSTRALIA WHO SAYS LOCKDOWN IS BORING!

Kerry McNicol, Bromeliad Society of Australia who lives in Hawkesbury region NSW

The closing of borders caught us caravanning in South Australia and, with only two days' notice, it was a frantic pack-up and bolt back across the border to avoid a two week isolation period. Little did I realise what a recluse I really am, and didn't need to worry about the boredom of staying home . . . I have my bromeliads!

It was a long hot summer so there was PLENTY to do! I can't get out in the heat any more so my garden suffered, both with the heat and drought (water restrictions) and my tank water getting seriously low, I decided to 'sacrifice' the front garden and not water, keeping a 'maintenance lifeline' going in the shade houses. So now was the time to tackle the front garden.

To my delight these hardly plants not only survived, but some I'd had for many years, FLOWERED!

To be fair, this *Tiilandsia krukoffiana* has been spiking

steadily for quite a while, but still worth a mention. The flowers are quite insignificant but the whole spike will give me pleasure for months to come. This was one of the first plants I purchased when I first found time to go to bromeliad sales. I bought many plants from well known collector and grower, Ellen Sloss, this was just one of the 'lovely little' plants she offered, it was around 1995. It has had many grass pups, but I doubt I will be around to see them flower.

Aechmea Mexicana (acquired 2007) is yet another plant that has done NOTHING over the years, growing steadily but I gave up on watching it many years ago. It had fallen over and grew sideways out of the pot along the ground on its short stolon, where it is now happily flowering. Don't like my chances of seeing any future pups, if any appear, flowering, but am still pleased to see it!

My next 'find' was **Pitcairnia smithorum**, with not one but

two flowers emerging. This, too, is susceptible to cold, so had to be kept warm in amongst a grouping of other plants. One of the more tropical 'grassy' varieties, and I must confess, I did sneak it a few extra drinks during the summer, as it seems to need more than its thicker leaved cousins.

The leaves can get yellow and spotty and you might think to give up on it but after once experiencing the brilliant orange bracts and sunny yellow flowers, it is well worth the extra effort in colder areas. This plant was purchased in Queensland in 2013.

Last of the 'shy' flowerers is yet another *Aechmea* that I have had for many years (since 2010), **Aechmea azurea**, which flowered not long after I purchased it then threw half a dozen pups. It seems to be struggling in the cold frosty conditions of my winters here and needs to be protected. Brown spots still appear, but



will take what I can get, as the flower is quite spectacular with its scarlet bracts and bright blue flowers. It too, is worth the effort.

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



NEWS FROM ST BENEDICT'S

It's hard to believe we are still so affected by this horrible virus. Remember when we thought life would be back to normal after a couple of months?

Thankfully, after that long break earlier in the year, we are able to hold services again in the church and monastery. We are being very careful about following the COVID 19 protocols. For example, every second pew in the church is roped off, and appropriately spaced seating is carefully marked out. Pre-booking is required, a mandatory sign-on register has been placed at each entrance and we all use the supplied sanitiser and wipes to clean all the pews and handrails at the end of Mass.

Our church has never been shinier! Many have now started wearing face masks to Mass.

The picture shows two of our parishioners arriving with masks in place.

Sacramental Program

Due to the pandemic, our usual annual sacramental program has been postponed, with Confirmation planned for the parish in 2021.

Pray for Lebanon

Many of our parishioners have a Lebanese background so they have been particularly distressed by the awful explosion that occurred in Beirut in August, plus the ongoing unsettled nature of politics and

government in that beautiful country. We are all praying, and many donating, to help the Lebanese people in their plight.

We are tapping

We feel as if we have entered into the modern world with the introduction of a couple of digital Tap and Give donation points at the church entrances. This is proving very helpful for parishioners who want to make a donation but have been finding it difficult to obtain cash during the pandemic.

St Benedict's Parish activities and services

Due to the uncertainty of COVID restrictions, 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.

Or ring Paula on Monday or Friday at the Parish Office on 9653 2312.



GALSTON UNITING CHURCH BEING CHURCH DURING COVID-19



A TOE IN THE WATER



On Sunday 26 July and again on 1st August, we were able to join again in worship for the first time in four months. How wonderful it was to elbow-

bump with church-family friends we haven't seen for a while and to experience worship together again inside the church.

This followed a lot of hard work by our minister, Rev Geoff Smith and our Church Council, to study all the current restrictions imposed by the state government and then come up with a Covid-Safe plan which limited us to 50 people.

However, although these two weeks were a great first step back to church-normality, with Covid-19 on the march again, this was not to last. Of course our services via Facebook continue and we greatly appreciate the continued efforts of our Production Team in bringing them to us.

THE MEN'S CHOIR GET TOGETHER AGAIN

We were always intending for the Men's Choir to have a break during 2020. But, with the advent of Covid-19, we definitely would not have been singing anyway!

However, on 27 June at Fagan Park, we were able to get the group back together again despite not having met since the start of the year. It was especially good to catch up with our leader and conductor Janet who, for the occasion, had a drive of nearly two thousand kilometers to get here. Thanks Janet! It was a wonderful day and will keep us going for the next six months.

You can still find our live-streaming 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 open on Tuesdays and Fridays.



Minister Rev Geoff Smith
11 School Road, Galston.
Phone 9653 2039
elizabeth.guc@westnet.com.au

THE PURPOSE OF SUFFERING

(A message by the late Rev Ed. Long.)

Temptations and testings come to every Christian. Some have more than others. This is hard for us to understand. Peter in 1 Peter 1 v.6-9 however, gives us tremendous words of encouragement and tells us something of the purpose behind many of the trials that come to us.

Peter says in verse 7 that trials are like a particular kind of fire. Fire of course can be terrible in its power to hurt us. What is more painful, for instance, than a bad burn? The pain just never seems to stop. Trials can be like

that too. When we are going through them, the way seems endless.

But Peter says that while trials are like fire, it is not fire that destroys, but the kind that refines and purifies our faith. Gold is melted over a hot fire and all the dross and impurities come to the surface to be skimmed off, leaving only pure gold behind.

This is one of God's purposes in allowing testings and trials. He wants to purify our faith so that we put our trust only in Him and in absolutely nothing else.

In that way we are drawn much closer to Him.

Another result of testing is that our lives can bring praise and glory now in this life and also at His coming. Others can see now what Christ can do for us and in us. Then when Christ comes, our testing days will be over and the whole world will see how Christ has kept us safe even in time of testing.

We can't see Christ now but that doesn't stop us from loving Him. We can talk with Him in prayer. He can talk with us through His Word the Bible.

One day we shall see Him and we shall be fully like Him.

Isn't it wonderful to belong to Jesus Christ? Is He your own Saviour and friend? Some day all our testings will be over. When we see Him, we will say, 'It has been worth it all!'

Glenorie Mission Church.
Sunday service time: 10:00 am.
(Covid—19 instructions applying)

Check out
www.glenoriemission.org



HOPE FOR THIS LIFE AND THE NEXT

Pr. Alex and Dee Valich - Glenorie Community Church

Writing an article to be published in this magazine each month is a privilege that our church in Glenorie does not take for granted.

Over the months we've covered many themes and explored quite a few topics- always with belief in Jesus, the Son of God and the Bible as the basis for all our articles. We do pray that each article is both an encouragement and a challenge to our readers as we live our lives here on earth.

The question arises - why do we meet together and do what we do at Glenorie Community Church? The answer is because each of us there has had an encounter with God and His love that has driven us to discover who He is. This has resulted in a personal relationship with

Jesus Christ that will live on after this life on earth ends and will continue throughout eternity.

The exciting truth about this relationship with God through Jesus Christ is that HE DOESN'T HAVE ANY FAVOURITES... "for God did not send His Son into the world to condemn the world (us) but that the world would be saved through Him."

(John 3:17)... "And love consists in this: not that we loved God but that He loved us and sent His Son to be the atoning sacrifice for our sins."

(1 John 4:10)

The Truth is that God loves us and has good plans for each of our lives - BUT- without a relationship with His Son Jesus Christ, we are separated from His love.

*** How is this problem solved? The bible has the answer...**

1. We are told that "all have sinned and fall short of the glory of God." (Romans 3:23) We know this is true- we experience a constant battle between wrong and right in our thoughts, words and actions.

2. Jesus Christ is God's answer to our problem. "God demonstrated His own love for us in this: while we were still sinners, Christ died for us." (Romans 5:6)

Jesus died on a cruel cross, rose again from the dead and conquered sin for us - He gave His life in our place!

What a precious gift God has given us in Jesus.

3. Our response to this is to BELIEVE in Him. "Yet all who receive Him, to those who believed in His Name, He gave the right to become children of God." (John 1:12)

4. Prayer is simply talking to God and when we take these steps, God gives us clear assurance of both forgiveness and the start of a new life with Him - forever!

**God bless,
Pr. Alex and Dee Valich**



GALSTON ADVENTIST CHURCH

By Arthur Hudson

Unprecedented since 1918 and the so called "Spanish flu" and the generalised wearing of masks, our current situation would seem to have some parallels. Unfortunately, it didn't stop until 50 million and possibly up to 100 million people had died—a sixth of the world's population at the time. No doubt people didn't like wearing masks back then as now.

World Health Organisation reports say a vaccine may

never be found and relegate it to just having to be lived with—hugely impacting the movement of people around the world, tourism operators, accommodation, hospitality and airlines. If and when our containment measures here in Australia work, the economic fallout is still likely to be large and felt for a long, long, time. Partial eradication in certain countries would mean that

there could only be localised travel and business which would make for a strange world, and recovery not happening possibly before a painful worldwide economic depression. Who or what can save us?

Our God took the unprecedented measure of coming to this Earth as an infant on a rescue mission that has succeeded--although it would

appear to have failed. A risky measure with the possibility of failure and the uptake of the solution by people still very much unknown. While not an instant cure, accepting God's offer in faith gives us two things: Peace and provision for our needs while things are bad here on Earth, and a ticket out of here when the last human effort to hold on to this sad old life fails. Now that's a complete cure!

HILLS LIFE

C H U R C H

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."
- Romans 15:13

Service: Sunday mornings at 10:00am
Galston Public School
Ph: 0416 233 629

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www.hillslife.com

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GLENORIE RURAL FIRE BRIGADE

By Heather Seacy

It is green and lush compared to this time last year! As we are all aware, our community was spare from threatening bushfires, unlike other parts of the state. Although this was a relief at the time, the approaching Fire Hazard season greets us with dense fuel deposits in our forests and bushland areas.

The new growth due to the wet weather will be adding to fuel loads already on the ground. This is especially a problem for Glenorie and the surrounding precincts as controlled burns were postponed due to the extreme weather and early fire season that engulfed other areas of the state last year. This puts us in a precarious situation of being even more vulnerable this fire season. It is especially important that you clear, clean and prepare your property. The RFS is here to offer advice and make efforts to help keep your family and property safe.

Keep an eye out for the Get Ready Weekend flyer in your mailbox.

It is yet another opportunity to check that your fire plan is thorough and effective. You can contact us through **community.engagement@glenorierfb.org.au** or leave a message on the station phone requesting a visit from one of our team members.

Three Glenorie brigade members have been recognised for their service. As a volunteer organisation, the RFS relies on those who are willing to commit their time to the running and support of the Rural Fire Service. Recently, Cheryl Watts was recognised for ten years long service, Matt Lloyd for 20 years long service, and Rod Derriman for 20 years long service. We wholeheartedly thank these unsung heroes for their dedication and perseverance.

From the old hands, and those new to the service, we thank YOU, the community, for your ongoing support of the Glenorie Rural Fire Brigade.



NEW TOOL TO HELP LANDHOLDERS WHEN BURNING OFF

From Superintendent Mathew Smith

A new online portal gives NSW residents the ability to quickly and easily notify fire services when they're planning to use fire on their property.

The NSW Rural Fire Service (NSW RFS) portal means residents can use their mobile phone or desktop computer to lodge their notifications about planned hazard reductions or burn offs 24 hours a day, 7 days a week.

NSW RFS District Manager, Superintendent Mathew Smith said "by using the new tool at www.rfs.nsw.gov.au/notify, users can help prevent unnecessary emergency calls. "As we approach the bush fire season, many landholders are

taking the opportunity to burn off – but it's important they do it safely and let us and their neighbours know.

"Landholders need to make sure they've obtained any required permits and comply with local council open burning requirements, as well as notifying neighbours and fire authorities 24 hours before lighting up.

"This tool makes it easier to notify the NSW RFS before conducting your burn.

"If fire services know about it, it can help prevent unnecessary emergency calls and firefighters from being responded."

By using the new tool, landholders will be notified of any Total Fire Bans and will be advised to not proceed with their burn.

NSW RFS District Manager Superintendent Mathew Smith said "while landholders are encouraged to reduce fuel loads on their property, it is imperative that it is done so safely and legally.

"Before lighting any fire you need to have adequately prepared fire breaks and have firefighting equipment on hand to ensure the fire does not escape.

"Every landholder has a responsibility to prevent fire

spreading from their property and there can be serious consequences for people who light fires and leave them unattended," Superintendent Mathew Smith said.

To notify of your intent to burn off, use the new online burn notification tool at www.rfs.nsw.gov.au/notify. Landholders can still notify the NSW RFS by contacting their local Fire Control Centre.

For more information contact the The Hills Fire Control Centre on 02 9654 1244. For current incidents or major fire updates visit www.rfs.nsw.gov.au

GALSTON RURAL FIRE BRIGADE

By Kara Dubois

Ambulance training day



A recent weekend training event involved Galston fires familiarising themselves with equipment on board an Ambulance, and related medical scenarios. It's not uncommon for paramedics to seek assistance from RFS and FRNSW from time to time. It was a great turn out with a valuable opportunity to build our skills. We also made sure to adhere to current COVID-19 restrictions and procedures for these type of training events. A big thank you to all involved!



Planning a burn on your property?

You'll need to let the NSW RFS know. Luckily, it's now easier for you to notify the RFS online at www.rfs.nsw.gov.au/notify
 Notifying us of your planned burn can help reduce unnecessary emergency calls.

It's important to remember you'll still need to contact your local council and obtain their relevant permits. You will also need to let your neighbours know at least one day ahead.

Are you bush fire ready?

Galston RFB will help residents prepare for the upcoming bush fire season during the annual NSW RFS 'Get Ready Weekend' (September 19-20). The Bush Fire Danger Period traditionally starts state-wide on October 1 each year. Following the recent devastating bush fire season, we want to make sure everyone is ready for whatever this season looks like.

On the weekend of September 19-20, keep an eye out for Galston Fires in the community and our information posters informing everyone about our Get Ready Weekend events.

If you can't make it to our Get Ready Weekend, getting ready for a bush fire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save their lives, as well as your home.



Here's four simple steps to get ready for a bush fire:

STEP 1 - DISCUSS WHAT TO DO IF A BUSH FIRE THREATENS YOUR HOME

Many households find that having a discussion over dinner works best as everybody is together and focused.

STEP 2 - PREPARE YOUR HOME AND GET IT READY FOR BUSH FIRE SEASON

There are simple things you can do around your home to prepare it for a bush fire, like keeping the grass low and having a cleared area around your home.

STEP 3 - KNOW THE BUSH FIRE ALERT LEVELS

If there is a fire in your area you will find its alert level on the NSW RFS website and in the 'Fires Near Me' app. You need to keep track of the alert level so you know what you should do.

STEP 4 - KEEP ALL THE BUSH FIRE INFORMATION NUMBERS, WEBSITES AND THE SMARTPHONE APP

In a bush fire, it's important that you stay up to date on conditions in your area. Download the 'Fires Near Me' app and for bush fire related information please visit the RFS website: www.rfs.nsw.gov.au or call the Bush Fire Information Line - 1800 NSW RFS (1800 679 737)

BRIGADE CONTACT DETAILS:
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ARCADIA RURAL FIRE BRIGADE

By Peta Gormly



Arcadia held its 2020 AGM recently as it had been delayed due to Covid-19. We've had some changes amongst the ranks, and the brigade is excited. Arcadia has had a changing of the stripes. Our captain for the past seven years has

stepped down, but not too far!

Thank you, Dave, for those years of leadership, it has been greatly valued within the brigade and the community, and congratulations on becoming our new senior deputy captain. Arcadia's newest captain has held the position once before, congratulations Mike. The brigade is looking forward to working with and learning from you. Congratulations to all position holders, we look forward to the year ahead!

MINISTER VISITS AUSSIE



Aussie's Alastair McGrath shows MP David Elliot the next run of high pressure cleaners being built.

As the Minister left the premises, he made the comment, "You would never guess what's going on behind the front office building until you actually get to see the factory and warehouse facilities at Aussie Pumps" he said.

Hamish Lorenz explained how the company had responded to both the bushfire crisis and corona pandemic with increased production of fire pumps and cleaning equipment. He also explained the company's plans to further expand manufacturing capacity at the site in the near future.

Australian Pump had the pleasure of hosting Baulkham Hills State Member of Parliament, Police and Emergency Minister, David Elliot in July. The Minister was surprised to find a 2 1/2 acre pump factory nestled in the middle of the busy Victoria Park complex at Norwest.

"It was a great opportunity for us to show the progress we've made over the last 25 years in building world class products in firefighting pumps, high pressure water blasters and a whole lot more", said Aussie Pumps' Operations Manager, Hamish Lorenz.

Mr Elliot was impressed that the Hills Shire still had a large manufacturing company employing local people.

Further information on career opportunities at Australian Pump is available on their website aussiepumps.com.au.

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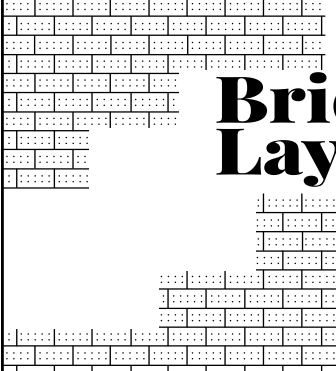
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Contact Annina 0466 436 634 pipeband.hillsdistrict@gmail.com



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Rainfall

Rainfall recorded period
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 15/08/20 is **258 mm**



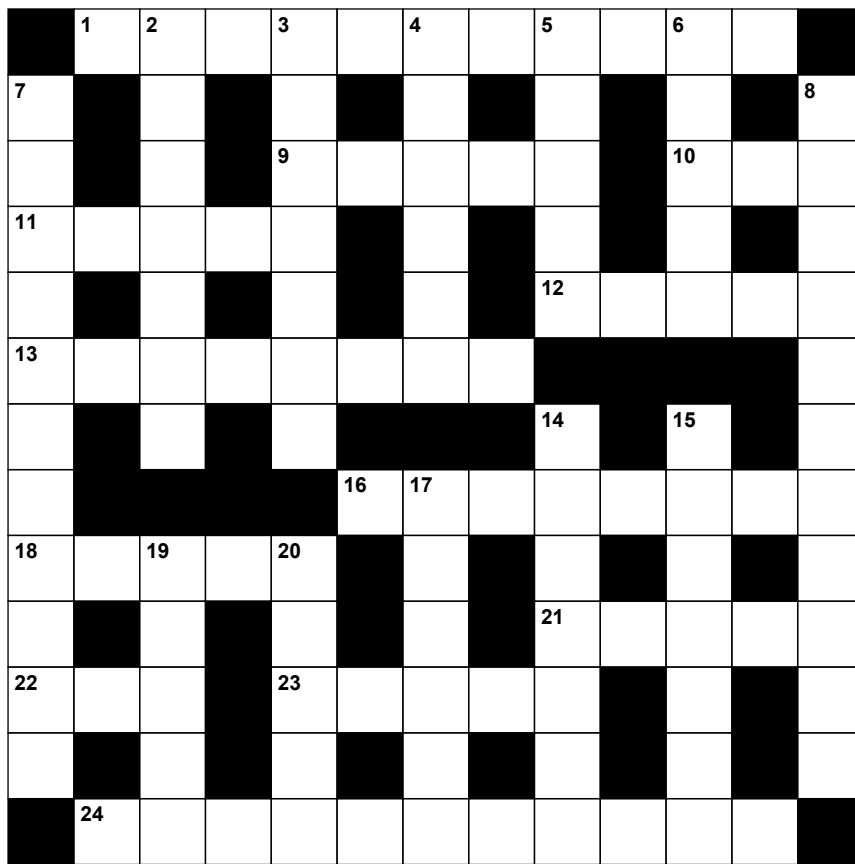
Crossword PUZZLE

ACROSS

- 1. A redeeming quality (6,5)
- 9. Large American felines (5)
- 10. Bruce ____ : martial artist (3)
- 11. Fault (5)
- 12. Approaches (5)
- 13. Type of tooth (8)
- 16. Sanitary (8)
- 18. Measuring stick (5)
- 21. Civilian dress (5)
- 22. Quick sleep (3)
- 23. Russian country house (5)
- 24. Without guilt (11)

DOWN

- 2. United States (7)
- 3. Have a positive impact on (7)
- 4. Third sign of the zodiac (6)
- 5. Sticky substance exuded by trees (5)
- 6. Eyelashes (5)
- 7. Domineering (11)
- 8. Lucidity (11)
- 14. Long distance postal service (7)
- 15. Joins together (7)
- 17. Woody-stemmed plants (6)
- 19. Slight error; oversight (5)
- 20. Wireless (5)



ANSWERS FROM AUGUST ISSUE

I	N	S	A	N	I	T	Y		F	I	Z	Z	
N		A		E		W				N		E	
N	A	D	I	R		E	C	H	I	D	N	A	
S		D		V		L				I		L	
		L		O		V	I	B	R	A	T	O	
P	R	E	S	U	M	E		Y		N		T	
E			S					P				R	
D		L		L		L	A	R	G	E	L	Y	
A	C	O	L	Y	T	E		O		N			
G		C				P		D		I		E	
O	P	U	L	E	N	T		U	R	G	E	D	
G		S				O		C		M		G	
Y	E	T	I			I	N	I	T	I	A	T	E

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

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SUDOKU

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

Rating: ★ ★ ★ ★ ☆

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

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LOCAL PLAYGROUPS

GALSTON

Galston Kids Playgroup is located in the lower room of the Galston Community Health Centre. We have a fully stocked indoor/outdoor play area with sandpit, cubby, ride-on toys, craft supplies and more! Sessions span over a couple of hours and are unstructured, providing lots of time for kids to play while adults chat. Bring your own morning tea (nut-free).

New members are very welcome to drop in; the first two visits are free. Email galstonkidsplaygroup@gmail.com for info about current session times, or ask at the Galston Community Health Centre office.

GLENORIE

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

ARCADIA

Located at Arcadia Public School, 140 Arcadia Rd. Every 2nd Thursday 9.30 to 11am. Contact Dale 0410 532 562. Parking in Community Centre next door.

Our playgroup has a very relaxed format. There is usually a craft activity, however, some kids choose not to participate in craft as they are having too much fun in the enormous sandpit. Our toys and resources cater for all ages. We have playmats and toys for babies, musical/percussion instruments, water play and more. We request a gold coin donation when attending. All of our regular attendees become members of Playgroup NSW.

ARCADIA

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

DURAL/GALSTON

St Jude's Kids Crew .A playgroup for 0-5 year olds and their carers.

We meet Fridays 10am to 11:30am during term time for a great morning of play, crafts, fun activities, story time and singing. Free but please bring a piece of fruit to share.

Located at St Jude's Anglican Church, 965 Old Northern Rd Dural (plenty of on site parking).

KENTHURST

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

SMILE DIAL ART PLAYGROUP

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

LEARNING BLOCKS

Dural, Level 1, 242 New Line Rd Dural at Learning Blocks Dural.

It is open to the public free of charge.

Hills PlayGroup takes place every Mondays restarting from July 6 between 10am-12pm . It's fun, informal and a great way to socialise.

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 MICHAEL ELVIDGE	0449 805 331
Galston Rural Fire Service Fire Captain DAVID SIMPSON	0429 470 902
Glenorie Rural Fire Service Fire Captain GLYNN LLOYD	9652 2017
Hillside Rural Fire Service Fire Captain ANDREW BAILDON	9652 2245
Middle Dural Rural Fire Service Fire Captain LEN BEST	0408 220 705

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

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

CALLING ALL Playgroups



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

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



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FAMILY 2:

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**Budget
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FAMILY 3:

GALSTON/GLENORIE/
MIDDLE DURAL - Acreage with 4 bedroom home and a shed to run a home business from

**Budget
\$2.6m**

FAMILY 4:

KENTHURST - A semi arable executive property with possible dual accommodation

**Budget
\$3.5m**

DOES THIS SOUND LIKE YOU? TEXT OR CALL CAROLYN ON 0407 120 483 TO REGISTER YOUR INTEREST FOR MORE INFORMATION.



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