

the *Bush Tele*

JUNE 2020 EDITION

Berowra Waters Ferry
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details page 22

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"WHEN WILL THE TUNNEL BE OPEN?"

NorthConnex is a nine kilometre tunnel which will link the M1 Pacific Motorway at Wahroonga to the Hills M2 Motorway at West Pennant Hills.

Although an exact date can't be announced as **The Bush Tele** goes to print, there has been much progress taking place towards opening as soon as possible. Projects of this size and scale are extremely complex. More than 300 specialist trades, designers, engineers and project managers are working together to build an asset that will provide motorists with a safer and more efficient journey. There are also final tests to be performed before the tunnel opens to traffic.

SOME STEPS TOWARDS OPENING

- Acoustic sheds at the Trelawney and Wilson compounds have now been removed. The compounds are being converted into tunnel support facilities for operation.
- The tunnel's permanent air systems have now been energised.
- The fire deluge system (high-flow fire sprinklers) is being tested in the tunnel. In the case of a vehicle fire, heat detectors will immediately trigger the fire deluge system in that area to put out the fire.
- The team has completed landscaping work at **Pearce's Corner, Hewitt Avenue and Aaron Place** with planting also underway at **Eastbourne Avenue** and northern and southern ventilation facilities. **Benson Close** and **Aaron Place** footpaths have been completed and re-opened for the benefit of local residents. Both were closed for about a year due to project work.
- Final lane alignment work is being carried on the M2 ramps to make space for the new tunnel entries and exits.



IN TUNNEL LIGHTING

In an Australian first, NorthConnex is incorporating a series of contemporary internal lighting features throughout the nine kilometre tunnel. Backlit silhouettes of native birds, trees (*photo above*) and starry skies will soon feature in motorists' journeys between the Hills M2 Motorway and M1 Pacific Motorway.

For the latest information about work in your area, visit www.northconnex.com.au

"What's happening with HORNSBY QUARRY?"

By Councillor Emma Heyde

Plans are being made to transform the old Hornsby Quarry which is just behind the pool into a giant park. So I went to have a look.



The first glimpse of the huge quarry void takes your breath away.

It is spectacular: wide and really deep. Given it is only 800m from Hornsby station, I think people will come from across Sydney to see it.

The eastern rockface of the Quarry is particularly rare and special. It's called a diatreme by geologists. The plan is for a lake at the base of the diatreme. Large, grassy terraces will be created on the western side of the quarry void, so people can sit and look across the lake at the diatreme.

Many people have contacted me about trees being removed as part of making the quarry accessible. So I had a look for myself where that will happen. There are two areas of unstable spoil on the northern side of the Quarry with blue gums and other trees growing in them - mostly privet. You can clearly see that these areas have been pushed up by mining activities in the past. These spoil mounds could collapse into the void at any time - they are on a precipitous slope and will need to be excavated to be made safe and replanted. All vegetation removed, including the privet, will be composted on site. Staff explained to me that the compost will add organic richness to the thousands of tonnes of soil that needs to be created from NorthConnex spoil and crushed breccia for new trees to be planted in.

So will people be able to ride bikes to and from the Quarry, bushwalk there, see the birdlife? In the consultation sessions Council did last year, residents said yes to all of the above. While no firm plans have been made yet about routes or paths, I would love to see the Quarry become the green heart of Hornsby, with everyone on foot or on wheels welcome to access and enjoy this spectacular place.



Photo right: Cllr Emma Heyde at the Quarry amidst the privet.

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WELCOME BACK!

Well, we didn't see THAT coming ...

COVID-19, what a shocker!

When the pandemic struck, it hit many businesses hard and fast. Not only was there threat of disease and possible death from an unseen force, but overnight many lost their livelihood and occupation.

With the future uncertain, the government shuffled at first then kicked into action enforcing **Life in Lockdown** for all, countered by generous grants for business and allowances for the new jobless, the enormity of which has never been seen before.

Now as we enter the 'new normal' of a more 'liberated' life, we are still social distancing and sanitising our hands til they are raw, and tentative steps are being taken by individuals and workers alike to adapt to our 'new world'.

During the Lockdown many businesses, such as essential services, hairdressers, supermarkets and health providers, have soldiered on under strict hygiene and social distancing conditions.

Other innovative businesses successfully 'pivoted' by providing their service in a new way - eat-in cafes went 'take-away', exercise classes carried on via Zoom - much to the amazement and appreciation of an isolated community.

Like many other businesses, The Bush Tele is back.

We have started up gradually with a monthly publication. Bush Tele has obviously been missed in local letterboxes because as word got around that we were publishing again, our emails sang with advertisements and stories clamouring for space in this our

first edition post-Lockdown. We were overwhelmed with the volume of your stories for publication and we apologise if they have not appeared in this edition. We aim to run your news in our **July 2020 Edition - DEADLINE is MONDAY 15 JUNE 2020.**

We look forward to continuing to keep the community abreast of the local news and events as we have done for 34 years.

THANK YOU TO ALL OUR ADVERTISERS FOR SUPPORTING THE BUSH TELE SO WE CAN CONTINUE TO SUPPORT THE COMMUNITY.

Kathie Comb, Managing Editor

the Bush Tele



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Interested in a term of HSC Tutoring, valued up to \$1000?

Life in Lockdown

Virtually overnight, the population of Australia (and the world) had to readjust life to living at home, isolated from their community, work and school. The Bush Tele has gathered together some interesting insights in to How the Locals Coped.

The Robinsons of Berowra

Berowra Physie Club Instructor, Mum to three young boys and wife to Clint, **Ashlie Robinson** tells her story ...
Family life certainly changed for us when the isolation measures came into play.

Our three boys' (aged 12, 10 and 6) lives changed dramatically when Covid-19 isolation came into play. Normally, they are very sporty and active kids. Outside of school hours, they were either at early morning swimming squads or afternoon cricket or soccer training sessions. The weekends consisted of Saturday team sport and Sundays were swimming club followed by bike riding with friends in the area. **They rarely spent time at home.**

Within a week it all came to a halt as each activity, one by one was cancelled.

Now they play daily backyard cricket, and go for a run for exercise most days of the week. **The trampoline has had plenty of use (photo top right) and I must admit that the usage of the Xbox has increased significantly.** Zoom catch ups in the evening for our 12 year old son have been a highlight too and it's been great to hear him laughing from his bedroom as he enjoys communicating with his friends.

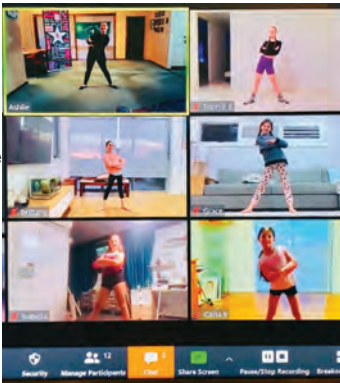
During forced isolation we have spent so much more time together as a family. Our weekends have consisted of evening backyard camp outs with tents and family time around the firepit. We have been doing a huge amount of **DIY home renovations** which we never would have had the chance to do if we weren't forced to stay home. **We have sat down at the dinner table most evenings as a family** which was totally unheard of before ISO, as we were either at sport training sessions or work.
HOME SCHOOLING – our boys love going to school however their favourite thing about school isn't the school work. We have had some challenging times to say the least with schooling from home. I have found

myself having to *google* some of the topics to retrain myself in English and Mathematics so that I can help them so it's been a good lesson for me as well. *It has now become the norm to do schoolwork from home, so the kids are fairly settled with it and are doing a good job.* The school has been very supportive and I've found the amount of work, variety, expectation and online help from the teachers has been great. *It will be strange for the kids to settle back into a daily classroom setting again but they are excited for this time to come around.*



WORKING FROM HOME - Juggling home schooling with work has come into play in our household. Since mid-March, my husband **Clint** has been working from the home office and his job requires him to constantly be in meetings with clients and colleagues. *This hasn't left him in much of a position to be able to assist with home schooling and his hours have been very long.* I have spent the majority of my time helping, encouraging (and arguing) with our 6 year old about his school work. After playing teacher during the day I have been doing my best to keep the **Berowra Physie Club** afloat in the afternoons and evenings.

BEROWRA PHYSIE CLUB - In the craziness of Covid-19 and isolation, I was determined to ensure that the classes for **Berowra Physie** would run and that every member would have the opportunity to have their lessons twice a week. Our members' response to this has been more than positive and Mondays and Wednesdays have been a huge highlight of my week, and theirs too. I set up a **temporary dance studio** from home and we have been running our classes through **Zoom** online.



CONTINUED PAGES 10 & 11.



Retirement living at its best in leafy Normanhurst.

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Uniting

Shane has moved on, but he is still caring for the community ...

At the end of April 2020, The NSW Rural Fire Service bid a fond farewell to their highly respected Commissioner, **Shane Fitzsimmons**.

After more than 30 years in the Service, and after more than 12 years as Commissioner, ('Berowra's own') Shane Fitzsimmons has left the organisation to take up a new role within NSW Government as the **Commissioner of Resilience NSW** and as **Deputy Secretary**

of Emergency Management.

Shane has supported the state of NSW through the 'unprecedented' fire season of 2019-2020 where lives, homes, wildlife and communities faced the most horrific fire storms in living memory. He led the state through this time with calm commitment and never-failing support to his firefighters, emergency personnel and community members alike. The community joins The Bush Tele in wishing their 'favourite son' the very best in his new leadership role.



Berowra Outdoor Centre



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from the Mayor's Desk

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

It is crucially important, though, that we do not become complacent. As areas begin to reopen, such as playgrounds and skate parks, all people need to remember that a threat still exists, and they must continue to exercise caution. If you feel at all unwell, please stay home. Make sure you wash your hands thoroughly both before and after use. When in these areas, make sure you observe the guidelines for public gatherings and social distancing, and keep at least 1.5 metres between yourself and other people. If there are too many people in a space for effective social distancing, it is your responsibility to leave.

Philip Ruddock
Mayor
Hornsby Shire Council

What's on



friday night vibes

Music from local artists live in your lounge room

TUNE INTO OUR FACEBOOK LIVE STREAM

FRIDAY EVENINGS, 5PM–6PM

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

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

Waste and Recycling Tips



From what to do with your soft plastics and what goes in your yellow bin through to composting tips – check out all our latest waste and recycling videos on Council's YouTube channel.

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

Library Online



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

LIBRARY APP

Search the catalogue and manage your loans.

BUBS N BOOKS

Every Tuesday, 10am

Full of songs and rhymes for your bub.

STORYTIME ONLINE

Every Thursday, 10am

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

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



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A Tribute to those we have loved, and lost ...

DOUGLAS WILLIAM FENWICK

3 September 1931 – 27 April 2020



Doug was a long-time resident of Brooklyn, having moved to Kangaroo Point back in 1972 with his family to firstly operate the Kiosk. With his first wife Helen, they then built and managed, what became a very successful houseboat hire business from this site up until 1987.

Doug's working life before Brooklyn was in the family tug boat business, **J Fenwick & Co**, where he rose to position of Managing Director. In 1985 Doug, in partnership with his son Andrew, commenced the construction of **Fenwicks Marina** at its present location in Brooklyn Road.

Doug grew up in Drummoyne. From an early age he discovered a love of the water and in particular sailing, racing skiffs through to 16-footers on Sydney Harbour in his youth before having a long association with the Dragon class. After his retirement in early 2000 he returned to sailing with several Etchell's, the last being "Sipnott", which he sailed out of **Hawkesbury River Sailing Club** till his late 70's. During his time in Brooklyn he discovered lawn bowling and this became a great passion and hobby, becoming a member of the Mooney Mooney bowling club and in later years, Berowra Bowling Club until its closure.

Doug's love for Brooklyn and passion of Rugby Union was strong. In his later years he was one of the founding members who established the **Brooklyn Rugby Club**, which caters for *local fanatics* to gather and watch, rather than play. The

club also very successfully raised money for many local groups and organizations. This is where Doug was affectionately named, and became known as, **Captain Fenwick**.

In later years Doug's mobility suffered and this necessitated his move away, firstly to a retirement village in Cherrybrook and then, two years ago, to Regis Nursing Home in Hornsby where he passed away quietly. Doug never liked to be away from his beloved Brooklyn, taking every opportunity to visit, especially to meet his many local friends and enjoy a long lunch at *The King Tide Café* in town.

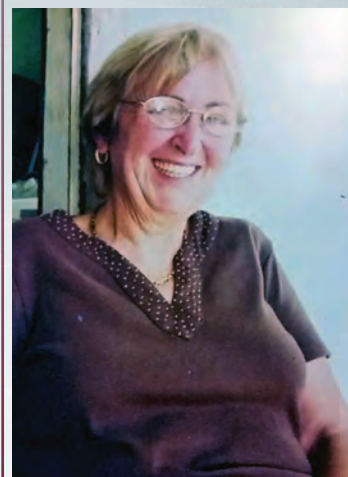
Due to the restriction on funerals, Doug's service was a quiet affair with only his immediate family present. It was held at **Lady Anne Funerals West Ryde** on Saturday 2nd of May. The family will look to hold a memorial service and celebration of his life locally once Covid-19 restrictions are eased to allow such gatherings.

Written by Andrew Fenwick.



Patricia Kay Daly

8-12-51 to 27-05-13



Even though seven years have passed

*As you were, you will always be
Treasured forever in our
memory*

We miss you Mum/Nan.
Love from Ken, Kodey, Chelle,
Kathleen, Tony and Grandkids.

Denise Dagen

9.4.59 - 13-5-18

*We remember you often in a
thousand different ways
In the morning.....In the night
When we look at the stars
A date....A song.....A place...A
smell...
In memory of you ...who left us too
soon. (Anon)*

*We all miss you Denise.
Love Always ... Peter, Alina, Mum,
Carolynne, Robyn, Pam and all your
close family and friends.*

In Loving Memory



GEORGE SMART'S FAREWELL

*May, Tania, Sue and family
would like you to please
accept this as our personal
appreciation.*

Thank you so much for your heartfelt sympathy, love, support, prayers, flowers and attendance at George's farewell celebration of his life who we lost on 19th February. A special thanks to our Minister Amanda, Lesley, Kathy, Lois and all members of the Uniting Church that helped in our special celebration of life, of our dearly beloved.

BEREAVEMENT NOTICE

Eileen Nora LYON, formerly of 40 Wyanna Street Berowra Heights, was a long-time resident of NSW who came home to me in Toowoomba Qld in early February 2019 when she was gravely ill. We nursed her back to very good health and she was happy. However on 1st February 2020, Eileen died ... no signs or warning. Eileen will be sadly missed by her children, her many brothers and sisters, and friends. I am her sister, Annie Mackinlay.

Be at Peace, my dear sister.

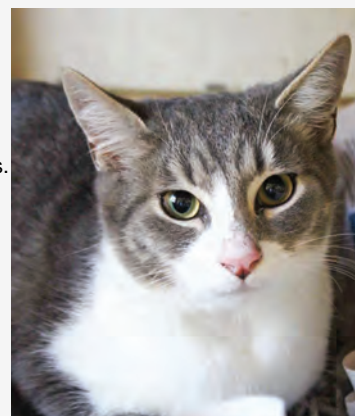
Doggie Rescue CAT of the WEEK

A Cat Named Fred

Fred is a happy boy who is approximately 5-6 months old and was rescued from Campbelltown Pound.

He has adjusted well to life in the shelter and gets on with other cats. Fred is located on the Northern Beaches and comes desexed, wormed, F3 vaccinated, FIV/FelV tested and microchipped. His adoption fee is \$220.

If you are interested in meeting Fred, please call DoggieRescue on 9486 3133 or email cats@Doggierescue.com RON R251000024





PCYC Hornsby/Ku-ring-gai OOSH is OPEN!

PCYC NSW is pleased to announce that their newest OOSH centre opened at PCYC Hornsby/Ku-ring-gai on 25 May 2020. Hornsby OOSH is now taking bookings. With the government's **new Early Childhood Education and Care Relief Package**, families can currently enrol their primary school-aged children for FREE.

Hornsby OOSH will operate:

Before School Care – 6am to 9am
After School Care – 2.30pm to 6pm
Vacation Care – 6am to 6pm

Hornsby OOSH manager, **Gada Itaoui**, said, "The Centre will provide fun and educational activities to enhance children's social interactions and build confidence."

"PCYC NSW has been planning this new OOSH for a long time and we are very excited to be able to provide this service to the local community," Ms Itaoui said.

"The service will have opportunities for children to be able to express themselves through dramatic play, craft, fine motor, and cognitive play. With all the facilities in our club, the children will also have an opportunity to access extra circular activities throughout afternoon sessions." Hornsby OOSH will pick up students from **Waitara Public School**, but will cater for other schools within the area depending on demand.

All staff working within Hornsby OOSH are qualified and have experience working with children. PCYC NSW operates OOSH services across 20 locations within NSW.

For more info, visit www.pycnsw.org.au

PLAYGROUNDS RE-OPEN, BUT STAY SAFE & HEALTHY!

NSW Government's relaxed restrictions for outdoor activities means Hornsby Council has reopened its playgrounds, skate parks, outdoor fitness equipment and tidal pools.

Our teams are busy installing new signage at these areas and it will take us a few days, so in the meantime please:

- Exercise caution when using any of these areas
- Stay home if you are sick
- Observe social distancing (1.5m between you and others)
- No more than 10 people gathering at a time
- Be responsible and leave the area if it is too busy
- Wash your hands thoroughly or use hand sanitiser before and after use.
- Maintain good hygiene practices for the safety of everyone.

For more information on the new rule changes: <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/changes>

Photo image above: Mural in children's playground, Waitara Park.

PCYC OOSH HORNSBY/KU-RING-GAI OPEN NOW!

Try it for **FREE** with the new Early Childhood Education and Care Relief Package.





WHAT WE OFFER:

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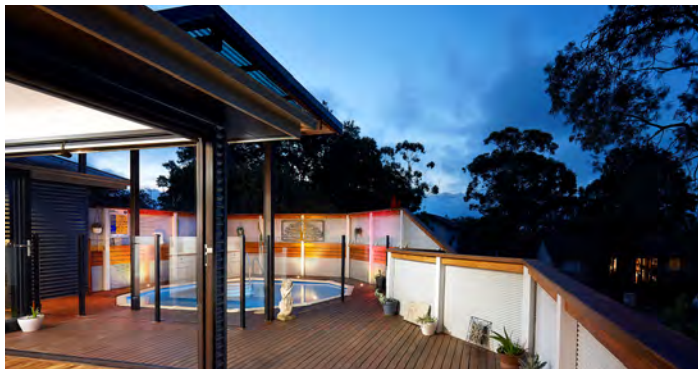

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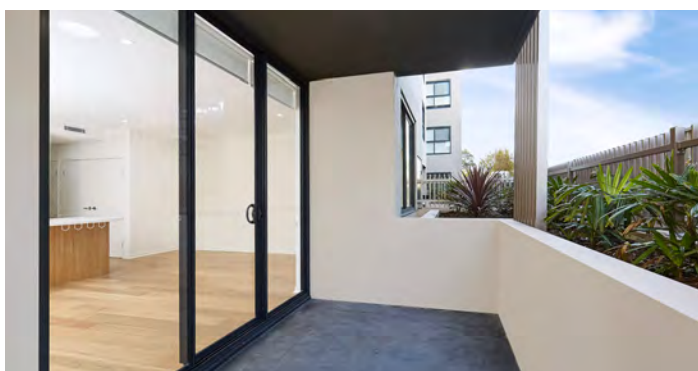
51 Willunga Rd, Berowra



21 Low St, Mt Kuring-Gai



5/2-4 Lodge St, Hornsby



43/2-4 Lodge St, Hornsby



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LIFE IN LOCKDOWN

CONTINUED FROM PAGE 5
The Robinsons of Berowra
Berowra Physic Club

The girls love logging in and seeing their friends online and dancing with them. Everyone has been able to keep up with learning our 2020 syllabus and it has been great to keep a bit of normality and consistency for everyone.

I have noticed that when our Ladies' class is running, a few of them have opted for **a glass of wine** instead of a bottle of water to rehydrate – but I am totally fine with that – we have had some great laughs along the way and have made huge progress through our routines.

CONCERN ABOUT DAD

My father (who is also my next door neighbour) has been in lockdown in Chicago in America where he travelled to in January. It has definitely been a stress that I wish both he and I didn't have. He made the decision, being an elderly citizen to stay there for the time being rather than travel through major international airports in the US and risk exposing himself to Covid-19.

IN A NUTSHELL, personally I can't wait for the kids to return to school and be able to pick up their extra-curricular activities again. **And I will feel much better when my Dad returns from the US.** But life in lockdown has definitely had some positive outcomes for our family as well. We had forced time together which we are grateful for and a few sleep-ins too.

Photo above: Clint Robinson working from his 'home office'.



ISO FUN FOR KIDS! Let's go on a GOOSE CHASE

During the first week of term two, Berowra Public School challenged the sports houses to an online scavenger hunt called GOOSE CHASE!

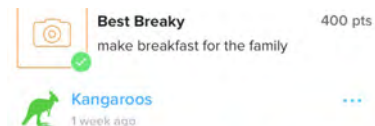
To join in, the students take photos or videos of themselves completing various activities to earn points for their houses.

Well, the race was on! Some of the activities included cooking for the family, pretending you are going through a drive through in the drive way and vacuuming the house! When the missions became live, there were more than 230 families interacting and trying to complete as many missions as possible.

The students were making their beds, dressing up like their teachers and even fishing in their own swimming pools!

By the end of the week there had been over 4000 submissions and more than 1200 missions had been released for the students to participate in. The Leader board results were in!

In 4th was the **Emus** on 354900 points, 3rd was the **Koalas** with 385600 points. The last two houses had been battling it out and had switched



places too many times to count! In the end, 2nd place was awarded to the **Kangaroos** with 506300 points and the winners with a massive 510100 points was **Wombats**! As the teacher on the other side of the screen watching all the submissions come through, I think I had more fun than they did! I loved seeing their faces and voices pop through on the activities even if it was just on the screen! I am sure that the students also loved seeing their friends and everyone else too!

Story: Miss Brooke Westwood

Julian Leeser's Life in Lockdown ...

Q. How did Julian Leeser manage his electoral and parliamentary duties from his home office?

JL. We kept as much activity going remotely as we possibly could. We conducted some committee hearings via teleconference and I had lots of meetings over video conferencing,

particularly with community leaders and school leaders responding to social distancing measures. I was able to work from the office on most days—we kept it open with a roster to take calls. **However, my wife Jo and I also got used to working together in our study at home.** The most amusing moments were when Jo, who is a barrister, had to dress in her wig and gown while teleconferencing with the court. *I enjoyed seeing the remote court take place from our spare room!*

Q. What activities did Julian do to occupy his spare time?

JL. I would like to say I wrote an entire book on the history of Australian democracy, but in reality, any spare time was spent caring for my son. *Like many families, with grandparents isolating, and both Jo and I working, we have also had to juggle more childcare responsibilities.* **Son James has interjected in a few important teleconferences that we have both had.**

Q. How did Julian and his family manage the supply of groceries and did they experience any shortages e.g. toilet paper, hand sanitizer?

JL. Like everybody else, I found it a very frustrating time. Local knowledge about where supplies might be found was useful when toilet paper was getting very low. Conversations with supermarket chains had shown me that we didn't have a *shortage* problem, only a *logistics* problem of getting items on the shelves, so I wasn't particularly worried.

Q. How did Julian and his family keep in touch with other family members and friends?

JL. Phone calls, video conferences and messages. **Passover** is an important part of the year for my family, but this year it took place over **Zoom**. It was special and memorable in its own way.

Q. What measures did Julian communicate with his community to cope with an electorate in isolation?

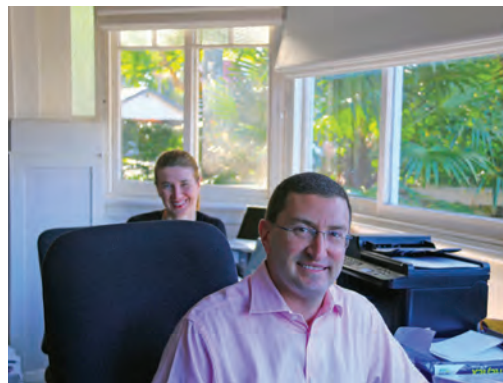
JL. I spent a lot of time on the phone, calling people and checking in. I also spent a lot more time than usual, responding to emails. From early on, I decided to send **e-newsletters** for people so they had a place to rely on for up-to-date information. The feedback channel back to Ministers was also incredibly important as I wanted them to be thinking about the people in my community as they were designing programmes like **JobKeeper**. Every day I created a digest of issues and specific examples that I gave to the relevant ministers, on behalf of the electorate.

Q. What did an Anzac Day in isolation look like for Julian in 2020?

JL. Watching online as **Evie Morrison** from **Northholm Grammar School** played the **Last Post** on the flute against the backdrop of a cloud-clad **Hawkesbury River** is a moment etched on my mind. I will never forget the moving, unique **Anzac Day Dawn Service**, standing at the front of our home, as we stood outside holding a candle watching as our neighbours came out one by one into their driveways to create a small, silent, simple ceremony which underscored the bonds between our fellow Australians, which seem stronger today than at any time that I can remember.

Photo top right: Julian and Jo working in the study at home

Photo right: Julian colouring in Easter eggs with son James.



LIFE IN LOCKDOWN

what does LIFE IN LOCKDOWN look like for Matt Kean MP?

Q How did Matt manage his electoral and parliamentary duties from his home office?

MK My work pretty much revolves around people so working from home provided some challenges. We have been using Zoom to ensure we were able to continue meeting with Hornsby constituents and community groups. This time has been isolating for many, particularly the older members of the Hornsby community. So with the help of my staff we made around 600 phone calls to senior residents to check in on them which provided a wonderful opportunity to engage with a large number of people across the Shire.

Q What activities did Matt do to occupy his spare time?

MK *As a new Dad my spare time was taken up changing nappies and burping Tom!* (photo right) Unlike

restrictions, I can't see this changing anytime soon and I wouldn't have it any other way.

Aside from that I have been busy in the garden and working on my cooking skills.

Q How did Matt and his family manage the supply of groceries and did they experience any shortages eg toilet paper, hand sanitizer?

MK I do the family grocery shopping so each Saturday morning I'd go to Woolies at Hornsby *first thing*. Initially there were shortages of toilet paper and hand sanitiser so like everyone I was getting worried, but we got through and things now seem pretty much back to normal.

Q How did Matt and his family keep in touch with other family members and friends?

MK My family had a weekly trivia competition over Zoom. My Dad would write the questions and things could get pretty competitive amongst the Kean clan. *It was a great way to catch up and have some fun.*

Q What measures did Matt put in place and how did he communicate with his community to cope with an electorate in isolation?

MK It was hard without *The Bush Tele*, but we sent a weekly email to people in our database providing the latest updates (let my office know if you want to be added to the list). We are also providing updates on my social media to ensure people are continued to be kept informed.

Q What did an Anzac Day in isolation look like for Matt?

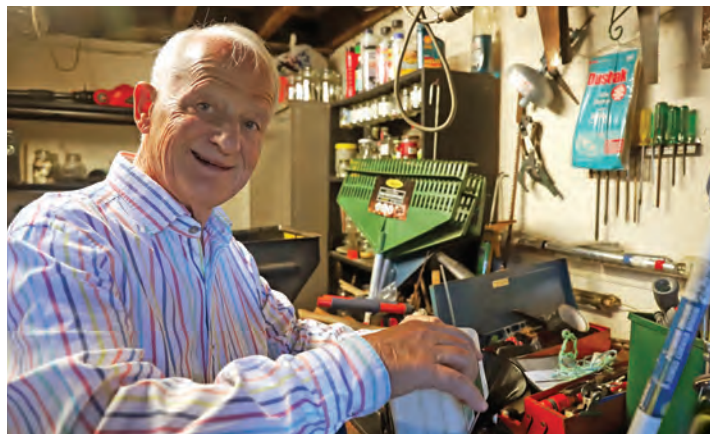
This was a tough Anzac day because we were unable to come together as a community. That said it was inspiring to see people still marking the occasion by going to the end of their driveway at dawn. I joined my neighbours at 6am and then visited the local war memorials to lay wreaths on behalf of the community. I was also impressed by the number of home-made displays I saw on front lawns and driveways around the Shire on the day.



how did THE MAYOR spend his Life in Lockdown?

Mayor Philip Ruddock describes his Life in Lockdown ...

Life in lockdown has presented a number of challenges, which will be familiar to most people in the community, and we have managed to cope with them well.



We were lucky in the early days that our house was well stocked, so the difficulties with buying supplies did not affect us as severely as it did others. Filling the time has certainly been no challenge, as I have been more busy than ever with various online meetings and teleconferences. Probably the biggest challenge has been mastering the technology for the live video meetings, but I have managed it.

One of the benefits of the lockdown is that I have spent more time in my local neighbourhood than I have in many decades. I take my daily walk here every morning, instead of wherever I happen to be working that day. I speak to many local residents while I am out – *at a safe distance of course* – and am better engaged with the community of Pennant Hills than I have been for a long time. *One of the major downsides is that I have not been able to see my family, but again this burden has been significantly softened by technology.* My wife Heather has taken to a new chat site and is constantly sharing messages with our two daughters and receiving photos of the grandchildren. *Last weekend they all came by for the first visit since isolation began and it was lovely to have the house once again filled with their voices.* Heather had been doing a jigsaw puzzle and left some of the pieces out for the kids to complete it. *Probably the best aspect of the entire COVID-19 situation has been seeing how well the staff at Hornsby Shire Council have responded to the many unprecedented challenges that have confronted them.* The way they have acted, so quickly and decisively, to meet the needs of our residents has been inspirational. The same goes for the members of the community, who have come together in a way that can only truly be put to the test during a crisis. *We have all passed that test with flying colours and will emerge from this stronger than ever. It gives me great confidence for the future, that there is no problem we cannot successfully face when we face it together.*



Matt Kean MP

Member for Hornsby
Minister for Energy and Environment

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Contact Matt

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- ➡ Attend your local community event
- ➡ Arrange congratulatory messages

Please contact my office if I can be of assistance.

JULIAN LEESER MP
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.abc.com.au/news/program/julian-leeser)

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

Active Living, Health & Lifestyle

over the next few pages

The Bush Tele features some of the finest practitioners in lifestyle and healthcare for the mind, body and spirit.

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Active Living, Health & Lifestyle

Are you one of Australia's 2.65million carers?

Carers are those who provide unpaid care to family members, friends or loved ones who are elderly, or who might have a disability, terminal illness, chronic condition, mental illness, or substance abuse issues. These dedicated and compassionate people are the backbone of society.

Caring for someone can cover a broad range of tasks, but often involves support in daily activities, such as personal care and hygiene, preparing meals, transport, and household tasks. Carers may also be required to offer social, emotional and financial assistance.

During Covid-19 lockdowns the role and importance of carers has become even more intensive and has highlighted the additional support all carers require and deserve.

"I think Covid-19 has made it harder not only for my husband and son, who I care for, but also more intense for me. I have to work harder to keep my head above water, I'm eating more because of the stress and exercising less because of lack of motivation," says dedicated and loving carer Jo.

Are you one of Australia's 2.65million carers?

Do you regularly look after a family member or friend who is elderly, ill or has disability?

Carer Gateway, in partnership with *The Benevolent Society & Your Side*, is here to support you.

Carer Gateway can reduce your stress and support you on your caring journey. Getting help early can make a big difference to your life by helping to reduce emotional and physical strain, and improving your overall health and wellbeing.

Carers can now access new dedicated services and supports to help you manage daily challenges, improve your health and wellbeing and plan for the future.

These include: Counselling ... Coaching ... Peer support ... Emergency respite ... Carer-directed funding packages

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Photo right: Carer Jo & her son



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 4. Eye tests shorter than normal to minimise face time in enclosed space
 5. Telemedicine consultation prior to practice visit
 6. Constant cleaning of exposed surfaces by staff
 7. Gloves and masks for optometrists
 8. Only one test room in operation at a time
 9. Appointments spread over longer opening hours from 8am to 6pm Mon - Wed; 9am - 9pm Thurs; 9am - 6pm Friday; 9am - 5pm Saturday.
 10. Spectacle frames sanitised after being worn
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*Mark Robinson is an Authorised Representative of RI Advice Group Pty Limited ABN 23 001 774 125, AFSL 238429. The information in this document is of a general nature only and neither represents nor is intended to be personal advice. RetireInvest suggests that no person should act specifically on the basis of the information in this document, but should obtain appropriate professional advice based on their own personal circumstances including personal financial advice from a licensed financial adviser.

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- Avoid constipation by maintaining a healthy balanced diet that contains plenty of fruit, vegetables and fibre
- Reduce the number of drinks containing caffeine (e.g. tea, coffee) as they can worsen urge incontinence
- Maintain a healthy weight
- Do pelvic floor exercises to strengthen the pelvic floor muscle

Our pharmacists can give you practical advice on how to manage incontinence as well as supply incontinence pants, pads and other aids.

Hornsby Heights Pharmacy is an approved NDIS supplier and can also assist with information on the Continence Aids Payment Scheme (CAPS).

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(02) 9987 4777 to find out how we can help.



**Alexandra Torrens,
Pharmacist at
Hornsby Heights
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NDIS



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- Assistive Technology
- Driving Assessments and Vehicle Modifications
- Minor Home Modifications



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Active Living, Health & Lifestyle

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You'll join a new community of like-minded people and there's plenty of space for entertaining family and old friends, while making new ones along the way. Enquire today. Call 1800 864 846 or visit uniting.org/bowden-brae (Advert page 5)



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Active Living, Health & Lifestyle

Digging in for retirement apartment living at Kokoda Residences



Site preparation is already underway, in readiness for main construction of Kokoda Residences' Retirement Apartments to begin at Waitara in Sydney's upper North Shore.

The Waitara Avenue site is now cleared, with *Richard Crookes Constructions* set to begin the excavation stage of this striking, twelve storey, retirement project.

When 'digging in' is complete, foundational work will start on the architect-designed, vertical community.

Kokoda Residences will feature 117 apartments, communal terraced gardens, café and lounge bar as well as exclusive and secure, underground parking levels.

With completion set for late 2021, Kokoda Residences' Sales Professional **Maureen Malouf** is excited to see the development moving so quickly.

"The progress with Kokoda has been wonderful," Ms Malouf exclaimed.

"Even the isolation and social distancing regulations haven't slowed the interest or momentum."

Kokoda Residences retirement apartments offer an inspiring lifestyle, close to Hornsby shopping, public transport plus health and entertainment, with selected apartments having northern views across Ku-ring-gai Chase national park.

The Kokoda Residences' Sales Suite remains open for visits by appointment. Sales Professional Maureen Malouf can also conduct appointments by phone or video call. Call her on 9299 3953 or 0499 411 522.

Disclaimer: Image above is indicative only and may change. You may have to pay a departure fee when you leave this village. Advert page 14

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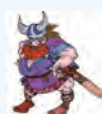
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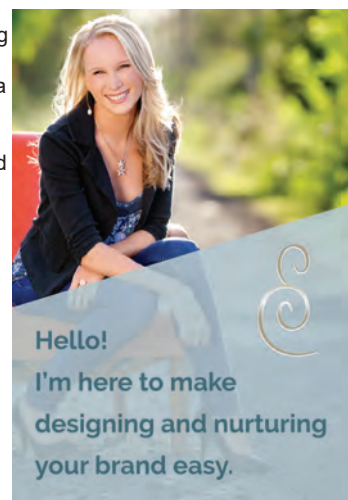
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