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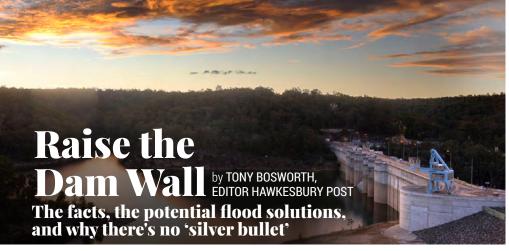
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Two local Liberal Mayors – Hawkesbury's Patrick Conolly and the Hills Shire's Peter Gangemi – fronted a brief media conference this last week at Thompson Square, with a still partially submerged Windsor Bridge behind them, to push for raising Warragamba Dam wall, but if the up to \$2 billion project does go ahead will it stop or lessen the floods?

Not everyone thinks it's the "silver bullet", including a leading expert on civil and environmental engineering who believes there are alternatives which in some cases are more effective, quicker to put in place, and less expensive.

Mayor Conolly, who in January rammed through – using his casting vote which gives him 2 votes – a Hawkesbury Council resolution pushing the state government to get the dam wall raised, said this last week at the media conference that the region had suffered five floods in two and a half years.

"Our community are exhausted. The time for discussions is finished. We need urgently to move forwards [on raising the dam wall]."

But while "raise the wall" is clearly an emotive three-word call, would raising the Warragamba Dam wall actually help keep floods at bay, or even significantly lessen their impact? And is it the best way of cutting flood risk?

We put these questions to an expert -Professor Stuart Khan of the School of Civil & Environmental Engineering and Director at the Australian Graduate School of Engineering (AGSE) at the University of NSW. (see full story on Page 11)

"It really is a fact that houses on a flood plain are exposed to a risk of flooding," he says.

"There is no flood mitigation storage that can currently be guaranteed to prevent major floods from occurring. This is partially

#### **COMMUNITY NEWS**

because there are many sources of water to the Hawkesbury Nepean valley, and partially because any flood mitigation dam can be overwhelmed in a very large event.

"While Warragamba is an important source of water that contributes to flooding, it is far from the only source," he told the Post.

"Other sources include the upper Nepean River, the Grose River, the Colo River, the Macdonald River, South Creek and Eastern Creek

"Providing flood mitigation storage in Warragamba Dam can only ever be a partial solution to address flooding for the Hawkesbury."

"That said, 14m of extra wall height on Warragamba would provide 1000 gigalitres of storage. This storage would play an important role in holding back water from that source. Doing so would enable dam operators to delay releases of this captured floodwater to avoid coinciding with flow peaks from other sources.

"This would have the effect of reducing the peak flood height for many floods, as well as providing additional time before a flood peak occurs, enabling people to make more effective use of evacuation routes."

Cllr Conolly claimed raising the dam wall by 14 metres, at a cost of between \$1.6billion and \$2billion, will potentially save an estimated 7000 homes being impacted by flood damage in the Hawkesbury, if we had another flood like the biggest back in 1867, though he didn't reveal where that number came from.

Story continues on page 21

# Riverside



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# OOO SERVICES .....



Officers from Hawkesbury Police Area Command rescued a man from UTE stuck in the river at South Windsor on July 5th.

Police were alerted by a local who spotted a dark object in the river at a distance on the Tuesday morning. In dramatic footage shown on 9News officers are seen wading through the swollen river to get the trapped driver with water nearing the roof his cab.

Probationary Constable Lindsay Morgan told 9News: "He said he only had six inches between the water rising and the roof and the pressure against the car door, he couldn't get it open."

He and Probationary Constable Ryan Blume-Poulton used their batons to try and smash the vehicle's window while the other officer used a rock

In the end they force dopen the door. The rescue attempt took about seven minutes.

#### **NOTABLE ARRESTS**

A 31-year-old woman is alleged to have entered a fabric store on Victoria Ave, Castle Hill at 11.15am on Monday 11th July and attempted to steal \$1500 worth of assorted haberdashery and sewing accessories.

The woman from Ryde was stopped by staff as she was leaving the store. Police were called to the location and she was a given a court attendance notice to attend Parramatta Local Court next month.

Three people have been charged with steal motor vehicle following a pursuit in the early hours of Tuesday morning, 12th July. The Toyota Hilux was stolen from Kalinda Ave, Box Hil at t 3.30aml. The owner followed the car, where Riverstone Police Area Command and a Hills PAC Car engaged with a pursuit with the vehicle. The vehicle collided with a street sign and a tree at Stanhope Parkway, Stanhope Gardens. Two men a women were arrested.

### **HOUSE FIRE**

Fire and Rescue NSW (FRNSW) crews extinguished a major house fire at South Windsor, on Thursday morning (14th July).

Flames engulfed the two-storey home in Mileham Street around 8.15am.

Eight fire trucks rushed to the address and around 30 firefighters quickly accounted for the home's occupants and their pets, who escaped the blaze via a verandah roof.

The cause is still being determined.

#### **SEXUAL ASSAULT CHARGE**

A Beaumont Hills man has been charged over alleged sexual abuse of teen he met online.

Earlier this year, detectives from the North West Metropolitan Child Abuse Unit and The Hills Police Area Command commenced an investigation after receiving information a 15-year-old girl had been sexually abused by a man she met online.

Inquiries revealed the girl met the man on a social media application in September 2021 and communicated online, before meeting in person later that month and again in March 2022.

It's alleged he sexually assaulted her on both occasions.

Following extensive inquiries, detectives arrested a 21-year-old man at Riverstone Police Station on 29th June 2022.

Child Abuse and Sex Crimes Squad detectives charged him with two counts of aggravated sexual assault - victim under the age of 16 years, produce child abuse material, and disseminate child abuse.

Police also allege he filmed one of the sexual assaults and uploaded it online.

Anyone with concerns about suspected child abuse or exploitation should call Crime Stoppers on 1800 333 000 or use the Crime Stoppers online reporting page: nsw.crimestoppers.com.au.

Information and educational packages for parents and children are available from ThinkUKnow, a multi-agency program designed to educate and promote cyber safety: www.thinkuknow.org.au/.

#### **WEEKEND CLEAROUT**

Army bomb experts were called out when a man completing a weekend clean out discovered a World Ward bomb in the garage in Castle Hill. He contacted Hills police out who called in the Army to dispose of the suspected unexploded ordnance UXO.

Advice is: If a suspect UXO item is found -DO NOT TOUCH, disturb or tamper with the item in any way. This includes making any attempt to move the item to a 'safe' location.

- 1. Carefully note the appearance of the item and the location. Take a photograph if it is possible to do so without further approaching or disturbing the item.
- 2. If possible, mark the location so that it can be found later. Coloured tape or paint make easily recognised marker material. Note the route to the item.
- Inform the property owner, park ranger, prime contractor, site foreman or supervisor of the find
- **4.** Inform the Police that a possible ammunition item has been found. They will instigate a request for Defence personnel to attend and dispose of the item.



A man working in an industrial site, aged in his 20s, was transported to hospital in a stable condition on Monday 11th July after he was crushed by two steel reinforcement poles, each weighing 250 kilos, while unloading his truck at North Kellyville.

The Mounties Care CareFlight Helicopter was tasked by NSW Ambulance shortly after 2.40pm and landed in a field near the incident at North Kellyville. NSW Ambulance paramedics worked alongside CareFlight's medical team to treat the man. CareFlight's specialist doctor and a NSW Ambulance critical care paramedic performed a clinical assessment, ultrasound and treated the man for pains to his abdomen, pelvis and lower back.

The man was taken by road ambulance to Westmead Hospital, in a stable condition, receiving ongoing treatment from CareFlight's specialist doctor.

\* On Friday July 8th a 24-year-old worker died after a workplace incident at a recycling facility in Schofields. The young dad sustained critical injuries at around 3.50pm and died at the scene. Worksafe NSW is investigating.

### APPEAL FOR HELP

Police are appealing for public assistance as they investigate a home invasion in Kellyville last year.

About 11.30pm on Thursday 30th December 2021, four men forced their way into a home on Lavender Avenue, Kellyville, and assaulted the residents, a 61-year-old man and a 26-year-old woman. They suffered minor injuries. A short time later, the four men ran from the home across Lavender Avenue and into Wrights Road.

Officers from The Hills Police Area Command attended and secured a crime scene, which was examined by specialist officers.

Detectives have since established Strike Force Bristlenose to investigate the incident.

As investigations continue, police have released CCTV of four men who may be able to assist with inquiries. All are described as Mediterranean/Middle Eastern appearance and of thin builds. All are depicted in the footage wearing dark-coloured hoodies and long pants.

The incident was believed to be targeted. Anyone with information about this incident is urged to contact Castle Hill Police or Crime Stoppers: 1800 333 000 or nsw.crimestoppers. com.au. Information is treated in strict confidence.

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### TRIBUTES TO PILOT

# **Helicopter Crash**

Tributes have flowed for Cattai local and veteran helicopter PILOT CARL HEARPS who is being remembered for his great community spirit and willingness to help others.

The 67-year-old had been on his way to pick up a family isolated by the floods near Sackville North when his helicopter crashed on Saturday, 9th July, just before noon.

He is remembered as a committed community man who had led flood recovery and firebombing efforts during times of crisis. He had delivered food stuffs to isolated communities multiple times during the floods in the past 18 months and had also helped with water bombing efforts during the bushfires.

Maroota South Rural Fire Service posted on its Facebook that Carl was "one of our community legends".

It went on to say: "Carl Hearps was a very experienced pilot, he played a pivotal role in his helicopter during bush fires, often providing initial support to suppress fires to give brigades time. He also helped out during other local emergencies.

"Carl was a great bloke and a friend to many in our brigade and will be sadly missed by them. The entire community will miss his selfless acts of support."

Carl flew several times to St Albans to drop supplies when the community was cut off. Linda Strickland from Hawkesbury's Helping Hands said: "The Community has lost a legend."

Macquarie MP Susan Templeman said she knew of Carl's generosity and efforts in both floods and fires. "This is a tragedy for the Cattai community and the Hawkesbury, and a terrible loss to the close knit helicopter firefighting community. Deep condolences to his wife, family and friends."

COMMU

Nine News helicopter pilot Andrew Millet found the wreckage after spotting billowing black plumes of smoke while flying overhead.

"After landing, I went straight up to the wreckage and it was engulfed in flames," he told Nine. "It was a very severe impact, and there was nothing that I could do."

Emergency response teams called to the remote bushland near South Maroota battled their way through tricky terrain and floodaffected trails to get to the helicopter.

Andrew had known Carl for 10 years.

"He was such a great guy," he said. "He was always one of those blokes that would drop anything to help anyone in need."

Carl's son-in-law Duane James said he was a great family man. "He loved being a grandfather," he said.

Carl began his flying career in 1982 and was chief pilot with NSW Helicopters.

He survived a high speed boat crash on the Hawkesbury in 2002 while competing in the Dargle Cup and his boat flipped at 250km/h.

On Tuesday Hills Shire Council held a minute's silence in his memory. Hills Shire Mayor Peter Gangemis said: "Our sympathies, thoughts and prayers are with the Hearps family at this difficult time."

The Australian Transport Safety Bureau will lead the investigation into the crash which may take several months.

# Hills to Hawkesbury Community News Local Stories, Local Events, Local People and Local Businesses

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The Hills to Hawkesbury Community News has been serving this area for nearly 40 years. It's name may have changed over the decades but the commitment to providing a free service to the community is still at the heart of what this hyper local fortnightly publication does. Established in 1982 it has evolved into a community news magazine with a big digital footprint. Our aim is to inform, inspire and connect our community. It is a family-owned small business. Our team is local and love what they do.

Please follow us on Facebook *@hillstohawkesbury*. Printed copies are available at local shopping centres and other outlets. For a full list visit our website *www.hillstohawkesbury.com.au*.

## **Domestic Violence**

Any behaviour that's violent, threatening, controlling or intended to make you or your family feel scared and unsafe can be considered family and domestic violence.

Family and domestic violence isn't always physical. It can happen to anyone, at any time, no matter their age, gender or sexual orientation.

It can continue even when you've left a violent relationship.

Family and domestic violence is always the fault of the person causing the abuse. It's never the fault of the person experiencing abusive behaviour.

According to the Australian Bureau of Statistics 2016 Personal Safety Survey, 2.2 million Australians have experienced physical and/or sexual violence from a partner and 3.6 million Australians have experienced emotional abuse from a partner.

About 2.2 million Australians have experienced sexual violence since the age of 15.

- On average, one woman a week is murdered by her current or former partner.
- 1 in 3 women (30.5%) has experienced physical violence since the age of 15.
- 1 in 5 women (18%) has experienced sexual violence since the age of 15.
- 1 in 3 women (31.1%) has experienced physical and/or sexual violence perpetrated by a man they know.
- 1 in 4 women (23%) has experienced physical or sexual violence by a current or former intimate partner since age 15.
- 1 in 4 Australian women (23%) has experienced emotional abuse by a current or former partner since the age of 15.

- 1 in 2 women (53%) has experienced sexual harassment in their lifetime.
- Women are nearly three times more likely than men to experience violence from an intimate partner.
- Almost 10 women a day are hospitalised for assault injuries perpetrated by a spouse or domestic partner.

Uma Menon Convenor of the Hills Domestic Violence Prevention Network said: "Leaving and just before leaving violence can be a dangerous time. It's important that you make a leaving plan so you are safe."

The HDVPN has just published a book covering its 30 Years of Action in the Hills (pictured). The umbrella group for support services lists numbers offering help. It also has a book called Charmed & Dangerous which offers information and support for women with violence in the home.

- Emergency 000
- National Counselling Line 1800RESPECT
- Domestic Violence Line 1800 656 463
- Accommodation Link2home 1800 152 152
- DV and Sexual Assault Help 1800 200 526
- FACS Helpline 13 21 11
- Kids Help Line 1800 551 800
- Mensline 1300 789 978
- Lisa Harnum Foundation 1300 732 848
- The Sanctuary The Hills Women's Shelter 02 9680 2653

To contact the HillsDomestic Violence Prevention Network email hillsdvnetwork@ qmail.com



## DV Survivor's Story By BEV JORDAN

\*Sue (\*not her real name) was 63 when she left her violent marriage ... a step the survivor says she should have taken decades earlier.

The grandmother and mother of two left her four bedroom Hills home with a swimming pool after calling quits on 40 years of degradation and fear. Now four years on she lives in a cosy two bedroom home and is still working full time to keep a roof over her head but considers herself lucky that she has found her independence and has a home.

Looking back she says when she fell in love and married her husband she did it to escape the life she was living at home

As the eldest of four children she felt she never belonged to the family and was pressured by her mum to leave school at the age of 14 1/2 because her mum told her she wasn't bright enough to go any further.

She says she always felt put down at home and when she met somebody who she thought was kind and caring she married him.

They built a home, had children, ran a business and then he started putting her down. "If I didn't tow the line I knew I was in trouble," she says. "I would just walk on eggshells all the time as I didn't want to get myself into trouble, he would put me down, he would throw things and would get very angry. I've had bowls of cereal tipped on my head, glasses thrown at me. When I look back, I married to get out of the environment I had at home but then I got myself into the same sort of environment. I don't think women should be put down and I don't know why I put up with it for so long. I should have walked out earlier."

Sue says she had several breakdowns because of the stress of her home life. She is now talking about her experience to show that the story can change and there is hope.

"I want people to see that you don't have to put up with that kind of treatment. Women stay because they don't feel that they can get out because they can't get any help but I want women to know that there is help out there ... you have a voice and people will listen. You can leave, you can come out strong and reach out to people for help. You can be empowered and you can shine. It's not good to be belittled all your life, I had it from my mother and I had it from my ex-husband. I was so frightened of him. Once your confidence and self-esteem is taken away you will never get it back."

Her advice is: report your fears, put money aside where it can't be found so you have something to fall back on. Reach out to people for support.



#### PROPOSAL TO UPGRADE VODAFONE MOBILE PHONE BASE STATION AT PENNANT HILLS INCLUDING 5G

2866 Thompsons Corner: 466-468 Pennant Hills Rd, Pennant Hills NSW 2120 (RFNSA 2120004)

The proposed facility consists of the addition of new equipment and associated works, including 5G, as follows:

- · Removal of existing Vodafone antennas and equipment
- Installation of three (3) panel antennas, 2.7m long, on a new headframe
- Installation of three (3) panel antennas, 0.8m long, on the new headframe
- Installation of ancillary equipment including fifteen (15) remote radio units, antenna mounts and cabling
- 1. Vodafone regards the proposed installations as Low-impact Facilities under the *Telecommunications (Low-impact Facilities) Determination 2018* ("The Determination"), based on the description above.
- 2. In accordance with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Should you require further information or wish to comment, please contact Archie Aparicio at Axicom, 02 9495 9000, community@axicom.com.au or Level 1, 110 Pacific Highway, St Leonards NSW 2065 by Wednesday, 3 August 2022. Further information may also be obtained from www.rfnsa.com.au/2120004.



Come and celebrate National Tree Day! Australia's largest community tree-planting and nature care event, which started in 1996, is on *Sunday 31st July*. Venture outdoors, plant a tree and join the community. Schools Tree Day is *Friday 29th July*, *treeday.planetark.org/* 

At Bella Vista Farm, many of the trees have been standing for generations and provide a way to chart the history of the Farm. The majestic lines of Bunya Pines, (sometimes referred to as the false monkey puzzle tree -Araucauria Bidwillii), soar 40 metres into the air. They originated in Southern Queensland and can live to 600 years old. The Bunyas at Bella Vista Farm date back to the 1890's. Offering an iconic and protective backdrop to the farmhouse, they number around seventy which is unique on one site in the Sydney region. The fruit, the Bunya pine nut inside the cone, is considered sacred by Aboriginal people; some consider it to be their 'Mother Spirit' or totem. The cones can weigh up to ten kilograms and are revered as an important food source. The timber has become prized for making musical instruments. The trees were not discovered by non-Indigenous people until 1838, when the revered 'bonye bonye' tree was first officially recorded by a non-Indigenous Australian in the 1830's, sighted and collected by Mr Andrew Petrie, the Moreton Bay convict settlement's Superintendent of Works. The scientific name honours the botanist John Carne Bidwill, who came across it in 1842

On the Cumberland Plain, which includes Bella Vista Farm; woodlands provided Aborigines with a rich and varied resource for food and occupation and today provide tangible evidence and an on-going link with the Darug language group, the first known people to have an association with this landscape.

Native vegetation varies across the Farm Park, with the dominant species being the Narrow-Leafed Ironbark (*Eucalyptus Crebra*) and along the drive approaching the farmhouse is a magnificent Eucalyptus Tereticornis, a Forest Red Gum, which has been there throughout the Farm's history.

Possibly the earliest trees are the two rows of Moreton Bay Figs (*Ficus Macrophyll*). The seven magnificent trees at Bella Vista were likely to have

been planted around 1850. Two Kurrajong trees (Brachychiton Populneus), the Farm's records indicate, were also planted in the nineteenth century. They were a respected source of fodder for stock and popular as planted trees on rural properties at that time. A Stone Pine (Pinus Pinea) grows at the southern end of the long Bunya avenue and pre-dates the Bunya trees. A Cook or Coral Reef Pine (Araucaria Columnaris) is planted on the western side of the formal garden near to some Cypress pines, typical of the fashion in the late nineteenth century landscape. It is documented that Araucaria Columnaris have a dependency upon the hemisphere of their location, to lean north toward the Equator in the southern hemisphere (1). Numerous gnarled, remnant stone fruit, citrus trees and a macadamia nut tree complete the picture of what was once a highly productive property.

Flowers - Kurrajong Tree

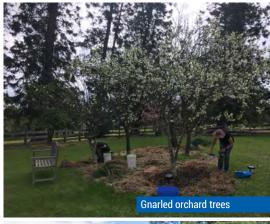
To increase the tree cover in the Park, Bella Vista volunteers continue to plant Eucalyptus seedlings celebrating our beautiful native trees and keeping the Bella Vista Farm and its surrounding land green and healthy, providing shelter, cleaner air and shade for all who enjoy the parkland. The Farm is open the first Sunday of every month for tours, Devonshire Teas, musical entertainment and a Trash and Treasure stall rich in an extensive range of goods. Open from 0900-1400. Photos courtesy of Friends of Bella Vista Farm.

#### References:

- Sharon Rawstron, Heritage Officer, Bella Vista Farm
- Bella Vista Farm Park Plan of Management, Spackman and Mossop for Baulkham Hills Shire Council (August 2008)
- Queensland Government Parks & Forests parks.des.qld.gov.au/
- www.researchgate.net/publication/317275781\_ Worldwide\_hemisphere-dependent\_lean\_in\_ Cook\_pines (1)
- 'Shannon' Instagram @\_eatwelltraveloften\_









## **PM and Premier Visit Windsor**

By **BEV JORDAN** 

Prime Minister Anthony Albanese and NSW Premier Dominic Perrottet spoke to flood affected residents and volunteers at Hawkesbury's Helping Hands at South Windsor and the Richmond Club which is an evacuation centre during a visit on 6th July.

Vindsor

For many they spoke to, it was the third time their homes and properties had been flooded this year.

After the meetings The Prime Minister posted on FaceBook: "The worst of times bring out the best in Australians, and I saw that spirit on display at Helping Hands in Windsor."

He and the Premier spoke to Hawkesbury's Helping Hands founder Linda Strickland about how the charity is providing help including food hampers.

Susan Templeman told the Hills to Hawkesbury Community News: "I think it's important that they listen to the problems people have had and hear how they're feeling right now. As we've seen so far, the collaboration between the State and Federal governments is crucial for an effective disaster response and recovery. They've very quickly agreed to the joint disaster funding arrangements and the Prime Minister has announced the emergency payments. But we'll need a lot of support going forward, for many months to come, as we start the cleanup and recovery."

Flood-affected residents will be eligible for \$1000 disaster payments for adults and

\$400 for children. Those impacted in the Local Government Areas of Hawkesbury City Council, The Hills Shire, Blacktown City and Hornsby Shire can apply via Services Australia www.servicesaustralia.gov.au

Cash donations to Hawkesbury's Helping Hands can be made via its website www. hawkesburyshelpinghands.org.au

If you want to donate goods or other items to support flood victims, donate through GIVIT, who are managing donated goods, services, volunteering and funds for flood victims www.givit.org.au

Recovery Centres are open at Wisemans Ferry and South Windsor and Community Hubs are also operating in other areas.

The Recovery Centres are a one-stop shop providing access to Government and non-Government agencies who can help with:

- Financial Assistance for individuals, primary producers and small businesses
- Accommodation advice
- Help with replacing lost documents
- Clean-up services
- Insurance and legal support.

#### Locations and hours:

- South Windsor Family Centre,
   6 Greenhills Way at South Windsor
  - Mondays, Tuesdays, Wednesdays and Fridays 10am - 5pm
  - Thursdays midday 7pm
  - Weekends 10am 2pm
- The Retreat, Wisemans Ferry, 5564 Old Northern Road at Wisemans Ferry
  - Mondays, Tuesdays, Wednesdays and Fridays 10am - 4pm
  - Thursdays midday 7pm
  - Weekends 10am 2pm

A Community Hub will operate at Wilberforce on Wednesdays 9:30am to 2:30pm Wilberforce School of Arts - 531 Wilberforce Road and St Alabans on Fridays 9.30am to 2.30pm St Albans School of Arts - Upper Macdonald Road.

Details www.yourhawkesbury-yoursay.com.au For more information and the program calendar visit the Community Hubs page at www. yourhawkesbury-yoursay.com.au/hch or call 4560 4444 and ask for the Community Hubs team.

## **Castle Hill Art Society Inc.**

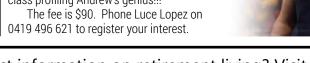




"Early morning at Yarrumundi" - Oils

On 3rd August, **Dario Falzon** will be demonstrating a scene that was painted plein air, and will explain his technique plus the various processes and materials used. Dario is a traditional realist painter, primarily working en plein air with oil paints, and using brushes and knives in multiple ways to create an impression of the surrounding landcape. Visitors are welcome to join with the Castle Hill Art Society 7.30pm at Castle Glen Community Centre, 157 Ridgecrop Drive, Castle Hill. Enquiries 9899 3179 www.castlehillartsociety.org.au

On Sunday 21<sup>st</sup> August, **Andrew Antoniou** is running a workshop "Drawing From Yourself" which is an exploration of the imagination using methods of mark making and collage in the medium of charcoal. These techniques and methods will facilitate your imaginative process to form images that are uniquely individual. The workshop focuses on image discovery rather than invention and best use of the medium of charcoal. There will be a few demonstrations throughout the class profiling Andrew's genius!!!



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Village & Resort Expo
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Castle Hill RSL Club (77 Castle St, Castle Hill NSW)

10am-3pm both days | Free Admission

On display will be the latest resort style developments as well as established villages from many different organisations and locations, all under one roof.

www.retirementexpo.com.au

miss this life

changing event!

## Regenerating Australia

A special screening of the short film *Regenerating Australia* will be held in Castle Hill on Thursday 4th August at 7pm in the Rebellion Room under Castle Hill Library.

Guest speaker will be Carolyn Hall, CEO of the Mulloon Institute, working with farmers to regenerate 2.5 million hectares of farmland.

Cattai Hills Environment Network is partnering with Hills 4 Climate Action to screen *Regenerating Australia* which will be followed by a Q&A session.

Tickets are \$5 each which includes cake and tea or coffee.

Hills Shire Councillor Mila Kasby said: "I had the good fortune to see *Regenerating Australia*, the new short film by Damon Gameau at a Waste Conference I attended as a Councillor, earlier this year. I loved it so much that I wanted our community in the Hills to have a chance to see it too

"Sometimes we don't know what we want until a picture is painted for us .... or even just the beginnings of a picture which then sparks our own creativity and imagination to run a bit wild. This film is a culmination of the hopes and dreams that a diverse group of regular Australians have for our country. It is a new story for our nation, a story of empowerment and solutions - a story of not just sustainability but of regeneration.



"We're taken 8 years into the future where greener, more vibrant cities and communities are serviced by high-speed rail and powered by large-scale wind, solar, battery and hydrogen projects which employ thousands of people in well-paid jobs.

"Our landscapes and farmland come to life when regenerative agriculture and reforestation programs combine with indigenous knowledge and fire ecology to bring more people back onto the land.

"This vision, looking back from 2030 is full of hope and aspiration and most importantly, it is all possible. The solutions and technology featured in the film, all exist today and the pathway to this sustainable future is grounded in the research and modelling of organisations that have been advocating for this transition.

"The last three years have transformed Australians forever. We've lived through a combination of cataclysmic fires, devastating floods, and an unrelenting global pandemic which has left many of us and our communities traumatised.

"Our time in lockdown gave many of us time to reflect on what is really important. We want



**COMMUNITY NEWS** 

Shire Council Community Environment Centre, Currie Avenue Annangrove.

to feel safe, we value friendship, authenticity, freedom, and fairness. We want to see more action on climate and amplified First Nations voices.

"We also want more localised food, energy, incomes, and democracy. This film is a collaborative vision of a 2030 that is possible. It will very likely cheer you up and hopefully spark something within. "

To book a ticket please use the QR code.



Wesley Retirement Living

## Affordable retirement living in leafy Carlingford

Looking for affordable senior living options to retire close to family and friends? Discover Alan Walker Village.

- 1 and 2-bedroom units available now from \$374,000
- Ask about units available from \$365 per week\*
- · Independent living in a supportive community
- · Gardens, pool, activities, dining café and more
- · Residential aged care home next door

\*Selected units available. Conditions apply.





Get Up! Stand Up! Show Up! Was the theme for this year's NAIDOC Week celebrations.

The annual celebration recognises the history, culture and achievements of Aboriginal and Torres Strait Islander peoples is an opportunity for all Australians to learn about First Nations cultures and histories of the oldest, continuous living cultures on earth.

Hawkesbury's NAIDOC Concert is now happening this Sunday, July 17th from 10am to 3pm at Richmond Park in Richmond after it was postponed due to wet weather.

Organised by the Merana Aboriginal Community Association For the Hawkesbury, it will feature live performances, stalls and children's activities. Last week Majeda Beatty performed at Castle Hill Library on Friday, 8th July showing the richness of both Aboriginal and Torres Strait Island cultures through song, dance, stories and language.

On Wednesday July 6th the Williams (Mara Mara) family were special performers at a NAIDOC Family Fun Day at the Baulkham Heights Estate. Dad, Peter and mum, Katie performed dances with their daughters, Punta, Wiyu, Miki May, Yulubirki and Joowal which told Indigenous stories that have been passed down from generation to generation.

It was the 8th NAIDOC week event organised by Hills Community Aid at Baulkham Hills and Hills Mayor Peter Gangemi, Deputy Mayor Mark Hodges, Councillors Ryan Tracey and Frank De Masi were welcomed on the day (pictured).

Despite the wet weather activities continued inside including drumming, art, craft and games plus stories.

Bligh Park Neighborhood Centre held its NAIDOC Week bbq on Friday 8th July (pictured) welcoming Federal MP Susan Templeman.

The Rouse Hill Estate cancelled its Naidoc Week celebrations planned for 10th July due to the weather.



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## Alternative to raising Warragamba Dam's wall

By TONY BOSWORTH - EDITOR HAWKESBURY POST

Following on from our story about the calls to raise the wall at Warragamba Dam, we asked engineering expert Professor Stuart Khan how he believed the Hawkesbury flood issue could be solved, or at least dramatically lessened, without raising the wall.

Professor Khan is Professor at the School of Civil & Environmental Engineering, and Director of the Australian Graduate School of Engineering (AGSE) at the University of NSW. His tweets during the unfolding flood situation, with expert analysis and clear and easy-to-understand information on what was happening out there, were followed by thousands of people.

"I believe a buy-back program for houses below the 1-in-100 flood line would be appropriate. Substantial flood mitigation capacity can be provided for the Warragamba source without having to raise the dam wall. If we reduce the full supply of the dam level by 12m, that would create 800 gigalitres of space for flood mitigation (40% of the total dam capacity). Doing this would obviously have an impact on Sydney's drinking water supply security. It would reduce Sydney's long-term sustainable water yield by 80 gigalitres per year. However, that loss could be immediately replaced by the expansion of Sydney's seawater

desalination plant. The desalination plant can currently produce 90 gigalitres of drinking water per year, but that could be expanded to a further 90 gigalitres per year. Doing so will increase Sydney's overall long-term sustainable water yield slightly (+10 GL/year). But it will more significantly increase drought resilience by having rebalanced our water sources towards more rainfall-independent supply."

The changes outlined above could easily be made – some are simply legislation tweaks - and as Dr Khan points out they could then help lesson the damage from any future floods, without spending \$2bn on raising the Warragamba Dam wall.

But there is one further step, which would be challenging and costly but would also make the Hawkesbury even more flood resilient.

"I think some consideration should be paid to addressing the 'choke' effect that prevents water from efficiently draining from the Hawkesbury region during floods," Prof

Professor Stuart Khan Khan says. "There is no simple solution for this, but you could consider cutting a flood release channel from upstream of Sackville, through Maroota, out to the Hawkesbury River, below Wisemans Ferry. Some of this would be an open channel - between Sackville and Maroota - and some would need to tunnel under the hills north/east of Maroota. The channel would require appropriately sized levies at either end, to keep water out most of the time and prevent high tides entering from the lower Hawkesbury side. But floods of a pre-determined size would overtop the levies and be provided with an alternative and more efficient drainage route." However, one very large factor looms – the Hawkesbury is exhausted and battered from fighting floods and there are loud calls for

COMMUNITY NEWS

You can read more Hawkesbury news at Hawkesbury Post on www.hawkesburypost. com.au or facebook.com/hawkesburypost

action – so the impetus is there and radical

solutions may be the only answer.

## **Waste matters**

## Drop off your household problem waste for recycling

# Community Recycling Centres

### You can drop off for free:

























Your Community Recycling Centre is located at: Hawkesbury City Waste Management Facility

Hawkesbury City Waste Management Facility
1 The Driftway, South Windsor

Hours: 8am-4pm, 7 days a week (excluding Public Holidays)

For more information call
Hawkesbury City Council on (02) 4560 4444 or visit
cleanout.com.au

Only household quantities accepted.



This project is a NSW Department of Planning and Environment Waste Less Recycle More initiative.





Just 7 Minutes By BEV JORDAN

As a child, Dr Padmini Howpage, understood mindfulness and grew up to understand the beauty of silence.

The Hills-based psychiatrist has more than 30 years of clinical experience and says while mindfulness is so important in creating resilience, most people say they just can't do it or it doesn't work for them.

"The thing with mindfulness is that people aren't trained how to do it," she says, which is why she set about writing 7

> Padmini grew up in Sri Lanka as the youngest of seven children and

was only 6 years old when her father died suddenly after a heart attack.

"I was bought up in the Buddhist culture and we were trained in silence and so from a very young age I saw the beauty of it ... that discipline has helped

me all my life with resilience and to accept that nothing is permanent."

She says one of the keys to good mental health is mindfulness. "It is about being aware of this moment in time. It's not about thinking of the past or the future or emptying your mind...it's about being aware of the here and now. Focussing on the moment right now."

Her new book, 7 Magic Minutes for Today is aimed at people of all ages and was written three

years after her first book for children about living in the moment, Mindful Coco, which uses her



Mindful Coco is now in its second print run. The success of the book and positive feedback made her realise the need for a book aimed at all ages to enable people to understand mindfulness and practice it properly.

Mindful Coco

She says as everyone is time-poor these days she wanted to offer people relaxation skills they could achieve in 7 minutes each day.

As the cover of her book says: "The Road to freedom in life only takes 7 minutes of silence."

The 220+ pages is a practical guide with breathing exercises and simple steps to towards mindfulness to alleviate anxiety and stress.

"Mindfulness is a skill for life, people have forgotten to appreciate the moment. says Padmini. "I loved the experience of writing it."

She and her husband Daya (who she met at university) have two children and are brand new grandparents. To find out more about 7 Magic Minutes for Today or about Mindful Coco or to order them visit www.padminihowpage.com



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# Local Couple Honoured FOR THEIR WORK IN PROSTATE CANCER

A Glenhaven couple, Graham and Adele Staggs, have been honoured for their work in supporting those affected by prostate cancer. They are one of three recipients of the prestigious 2021 Max Gardner Award.

The Max Gardner Award is conferred by the Prostate Cancer Foundation of Australia to those who have provided distinguished support to those affected by prostate cancer.

The Staggs have been supporting prostate cancer sufferers for almost 20 years. First with the Support Group at the SAN Hospital and subsequently with the Dural and District Group which Graham, Adele and others founded 10 years ago. This is the first time that the Max Gardner Award has been made to a couple and is a pleasing recognition of the work done by a supporting partner.

The Dural and District Support Group meets monthly at the Glenhaven Retirement Village and those affected by prostate cancer, either directly or indirectly as a partner or child, are welcome to attend. Please see the PCFA website for further details. As well as being actively involved with the Dural Group, Adele established a Ladies 'Carers' Group of partners, which meets monthly meetings.

The other two recipients of the 2021 Max Gardener Award were from the (Sydney) North Shore and the Bundaberg Groups.

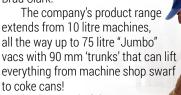
## **Big Vac Flood Rescue**

The relentless rain has seen many homes and businesses inundated with floodwater. Local company, Aussie Pumps has Eco Clean heavy duty wet/dry vacuum cleaners capable of sucking up water fast with large 75 litre capacity!

The barrels are made from impact resistant polypropylene.. They are significantly stronger than stainless steel which can dent and break the vacuum seal.

"The Aussie vacs are stronger, last longer and all feature a unique Microweb 99.9% filter system. The Microweb is a unique polymer fabric that not only filters out dust, protecting motors but also has unique properties of "caking". That facilities better dust release and improves

collection efficiency", said Aussie's Brad Clark.



"We're proud of these vacs because they come with a five year warranty and have proved themselves in the rental industry for the last 20 years"

For more info visit aussiepumps.com.au or contact your local authorised Aussie Pumps distributor.



## Hawkesbury City Council Scholarships now open

Hawkesbury City Council is pleased to announce that applications are now open until **14 August 2022** for the Hawkesbury City Council Scholarship at Western Sydney University's Hawkesbury Campus.

Two eligible students will receive \$5,000 per year for the duration of their undergraduate degree from 2022 through to 2024.

The Hawkesbury City Council Scholarship seeks to encourage local young people to pursue further studies at their local University – the Hawkesbury campus of Western Sydney University.

#### Applicants must:

- be Australian citizens or permanent residents
- be enrolled full-time in any degree on the Hawkesbury Campus
- have resided in the Hawkesbury Local Government Area (LGA) for at least one year prior to commencement of study at the University
- have completed their HSC within two years of commencement of study at the University and be under 20 years of age at the time of their application for the scholarship
- have attended a local high school in the Hawkesbury LGA or a selective high school outside of the area
- be enthusiastic ambassadors for the Hawkesbury and willing to take an active role in supporting their community through such opportunities as attendance at Council and other events.

Successful applicants will be selected based on their written application, academic potential, their ability to meet the criteria and performance in an interview before a selection panel. Applications for this scholarship are open until Sunday, 14 August 2022. Click on APPLY NOW or for further information see *Hawkesbury City Council Scholarship* | *Western Sydney University*.



## What is U3A?

U3A is University of the 3rd Age, a world-wide movement of seniors providing a range of courses, recreational activities and social activities in a friendly and informal environment. There are no exams or qualifications offered, but there are plenty of opportunities for learning new things.

At U3A Hawkesbury, tutors volunteer to share their knowledge and skills acquired over their life. The course content is planned jointly with students in response to their interests. If you have an idea for a new course, or you are interested in becoming a tutor, please contact the office on 4578 2333 during office hours, or leave a message. Classes are run during the daytime at locations around the Hawkesbury area. Most courses run from February to November, and have one or two sessions per month. A few courses may run weekly or for shorter periods.

Hawkesbury U3A is a voluntary, not-for-profit organisation that taps into the great reservoir of knowledge, skills and experience among older people. It provides opportunities for sharing these talents for the benefit of members.

- Membership Fees \$45 per person each calendar year and \$70 per couple. Membership allows you to attend as many courses each year as you wish. Note that some courses will have limited numbers, so enrolment depends on available places.
- Fees may vary on an annual basis

For further details their website is u3ahawkesbury.org.au/ or email u3ahwkby@norwestit.com.au or visit U3A Hawkesbury: Rear of Hawkesbury Skills, 23 Bosworth Street, Richmond. 9:00am – 12:00pm Mondays; 9:30am – 12:00pm Wednesdays & Fridays

## SES to the Rescue by MATTHIEU FERAY | SES VOLUNTEER

Over the last week and a half, The Hills SES Unit has completed over 500 Request for assistance and in the first 7months this year our unit responded to approximately 1,200 Request for assistance.

Most of the incidents we attended to locally were for leaking and damaged roofs, fallen trees and flooding threatening houses, as well as many requests for sandbags which residents were able to collect themselves from our headquarters in Baulkham Hills and in pop-up sand collection points at the Glenorie RFS and Box Hill Nelson RFS. We also have our floodboat crews assisting with the resupply of residents and communities isolated by floodwaters and assisting with flood rescues throughout the Metropolitan area.

Our members volunteer their time to assist the community during times of need, and we have had teams out working throughout the day and into the early hours of the morning when needed. Unfortunately, the flooding in Sydney and NSW is not over yet and it will be a long process to clean up after the impact of these floods and to help the community through the recovery effort.

This event has shown how our emergency services, volunteer associations, and Defence Force can work collaboratively to serve the community. We would like to thank everyone for their support and patience throughout the event.

In such event, there is a lot happening from people responding to jobs and the people in the background in our Incident Management Team.

While these rainfalls over the past couple of weeks have been extremely heavy, when there is a break in the weather and if you can safely do so, there are some simple things you can do now to prepare your home. This includes trimming trees and overhanging branches, cleaning gutters and downpipes and securing loose items around the yard or balcony.

## Looking to the future and preparing for what could happen:

The Hawkesbury-Nepean river flooded before and it's important to always be prepared

Incident Management Team at the Wisemans Ferry Sector Command

for floods in the Valley - floods can happen anytime.

If you live in the Hawkesbury-Nepean Valley, or even in nearby suburbs, you might be affected by flooding the valley. Flood impacts can extend well beyond the streets and houses where floodwaters reach.

Even if your house or workplace might not be flooded, they could become isolated as other suburbs and streets flood around you. Significant floods can disrupt roads, rail lines, infrastructure, and essential services such as electricity, sewerage and water. A large flood will have a significant impact on everyday life within the region.

As we have seen with this year's floods - A significant flood in the Hawkesbury-Nepean Valley will cause damage to people's homes. It will also cause major disruptions to essential services such as water, electricity, gas, roads and rail lines.

By the time you know a flood might impact your property, there may be very little time before you have to leave. A key step to getting ready for floods (or for any other natural hazard) is to prepare a Get Ready to Go kit.

- The kit should contain what you will need during and immediately after evacuation, whether you are going to family and friends, or to an evacuation centre.
- Some key items to include in your kit are a battery-powered radio which will be handy if the power and internet goes out, a torch and batteries, waterproof bag and some personal hygiene items.

#### Maintaining and storing your kit

- Your kit should be kept in a waterproof storage container and stored in a safe place that is easy to access.
- On a regular basis, check your Get Ready to Go kit (remember to check use-by dates on batteries and medications) and restock items if you need to.
- Also, keep a list of emergency numbers near your phone or on your fridge.















In a life threatening emergency dial 000

## The Hills Shire Council News

#### **Have Your Say**

For more information on any of the exhibitions listed below, visit Council's website and search "Have Your Say".

#### The Hills Shire Bike Plan

Submissions are open to comment on The Hills Shire Bike Plan, a strategic document that assists Council's future decision-making for the active transport network throughout the Shire. Submissions close on Friday, 5 August 2022.



#### **Draft Enforcement Policy**

Council at its meeting on 28 June 2022, resolved to place the Draft Enforcement Policy on public exhibition. The policy aims to establish clear guidelines and protocols for Council staff in the management of Council's regulatory activities, as well as assist staff to act promptly, effectively, and consistently in response to allegations of unlawful activity.

Submissions close on Thursday, 25 August 2022.

#### **Draft Local Orders Policy (Keeping of Animals)**

Council at its meeting on 28 June 2022, resolved to place the Draft Local Orders Policy on public exhibition. The policy sets standards in relation to the care, control, and management of animals within the Local Government Area. It also provides guidelines necessary for effective urban animal management.

Submissions close on Thursday, 25 August 2022.

#### Making a Submission to Council?

Any person may make a submission to Council. Submissions which obtain objections must be specific in their content. Council's preferred method of receiving submissions is via Council's website through each exhibition's online submission form. To view current exhibitions, search for 'Have Your Say.'

### **Council Meetings**

Tuesday, 26 July 2022 - 7pm.

For more information, visit www.thehills.nsw.gov.au and search for '2022 Meeting Agendas and Minutes.'

#### **McMillian Circuit Reserve**

The latest playground with a kick-about space and stormwater management basin has been opened in North Kellyville. The playground features a play unit with a slide, as well as multiple climbing structures and a swing set. It also includes a large grass area where people can enjoy a picnic or play outdoor

The stormwater management basin was installed as part of integrated stormwater management controls across North Kellyville. The basin will help in the prevention of downstream flooding and allows biological processes to remove pollutants from stormwater runoff before entering the natural watercourse.



### 2022/23 Community Grants Program

Applications for the 2022/23 Community Grants Program will open on 1 August 2022. Online applications will be available on The Hills Shire Council's website from 1 August 2022.

The annual Community Grants Program provides funding between \$1000 and \$15,000 to projects which fall within four main priority areas, including:

- Events that connect the community;
- Domestic violence prevention and recovery;
- Mental health and suicide prevention; and
- Community participation opportunities.

Applicants must be local to The Hills Shire LGA and provide community service/s or program/s for the local community. For more information, including attending one of Council's Information and Application Training Sessions (28 July/1 August), visit The Hills Shire Council's website and search "Grant".

www.thehills.nsw.gov.au | 9843 0555



#### **Flood Relief**

The State Minister for Emergency Services and Resilience and Minister for Flood Recovery, Steph Cooke MP and the Federal Minister for Emergency Management, Murray Watt MP announced that The Hills Shire Local Government Area has been declared a "natural disaster zone".

This declaration allows residents who have been affected by this natural disaster to claim funding and access support to help them get through this time.

People wanting to donate goods or financial support are asked to take advantage of the established arrangements between the NSW Government and national non-forprofit GIVIT (www.givit.org.au).

More information regarding the recent floods can be found on Council's 'road closure' and 'emergency management' web pages.



### **Council – Hosted Workshops**

#### **Environment-Friendly Gardens and Habitat** Gardens

Council is hosting a free environmental workshop at the Community Environment Centre in Annangrove, off of Currie Avenue on Saturday, 23 July 2022. By attending, you will learn how to make your gardens and backyards environmentally friendly, forming habitat gardens for native fauna to call their home. Having an environmentally friendly backyard could form important linkages through wildlife corridors and provide native animals with a safe space where they may find food, water, and shelter. Head on over to Council's website and search "habitat garden" to register!



#### Maximise your Productivity and Redefine Success

Council is hosting a free seminar that focuses on six steps to maximising productivity and how to redefine success for your business.

What you'll learn:

- How to start working on the business, not in it;
- How to track business progress and growth; and
- Strategies to creating consistent business traction and minimising stop/start operations.

The seminar caters to business owners who would like to improve their business productivity and redefine their business strategy for success. It will be presented by Marjory Kari – Business Leadership Coach at Cordis Connection.

Head to Council's website and search "maximise your productivity" to book your spot!



Are you enjoying The Hills Shire Council News? Scan the QR code to let us know.



# with MICHELLE BYRNE

## **WINTER FAIR ROUSE HILL TOWN CEN**

Being school holidays we had already drawn up a list of places we wanted to visit. Sadly, the endless rain has meant that many of these places we intended on visiting are now once again flooded and closed.

With this in mind, we turned to the local shopping centres to find fun school holiday activities to keep us entertained. The highlight for us these holidays has been the Winter Fair at Rouse Hill Town Centre.

Walking through Rouse Hill Town Centre is like stepping back into a by gone era with the open-air shops and endless family activities during the year on Main Street and on the Green. The water feature in the middle is one of my daughter's favourite places to play in the summer months.

Maddie and Alexis are always excited to visit Rouse Hill Town Centre but were super excited about the Winter Fair and ice-skating on a temporary rink. My daughters have never been ice skating

before but were keen to give it a go. Being 7 and under meant I also had to go on the ice with them. It has been a long time since I skated and I certainly got a workout helping the girls and pushing them on a skating aid! For a first time, Maddie and Alexis did really well skating,

although there was multiple falls and we all ended up slightly wet by the end!

> Following ice skating, we found rides including a toboggan ride, tea cup and saucer, flying chairs, a lady bug ride and bungee trampolines. Fortunately for us the rain had stopped and the rides were in in operation. Maddie and Alexis had an awesome time jumping on the bungees to their hearts content. As part of the Winter Fair Carnival there was also carnival games and most importantly a fair floss

By the end of our visit to the Winter Fair we were completely exhausted however that didn't stop Maddie and Alexis asking if we can go ice-skating again soon!

The Winter Fair is on at Rouse Hill Town Centre until July 18 and is well worth a visit if you are looking for a way to entertain the family during the last few days of the holidays. The Rouse Hill Town Centre also has the Reading Cinemas, Timezone as well as an array of wonderful restaurants and cafes many of which are owned by local residents. There is also a large food court as well as play areas for the kids making it a great day out.

Although we enjoyed our visit to the Winter Fair immensely, we are certainly looking forward to visiting the places on our original "school holiday" list and doing our bit to help flood affected businesses and communities back on their feet.







## Art shines light on Recycling

The walls of Hornsby Shire Council's Community Recycling Centre (CRC) at Thornleigh are shining a light on the importance of recycling e-waste and organics, thanks to two new larger-than-life murals by two of Australia's best-known mural artists, Tim Phibs and Steven Nuttall – aka Ox King.

Located on the back wall of the facility, RE://CYCLE by Sydney artist Ox King (Steven Nuttall) highlights the goldmine of resources available in e-waste waste (computers, televisions and associated items). The mural depicts the relationship between technology. society and nature and acts as a call to arms for our residents to recycle old electronic waste at

"RE://CYCLE' explores our relationship with electronic waste and the impact of fast tech on our natural environment," Nutall said.

"The mural features some of my favourite technology growing up that has now fallen by the wayside in favour of more modern alternatives. It asks if these once beloved items are worth saving and what is the impact of the evergrowing advancement of disposable technology. How long can this exponential cycle continue before we are swamped by our own progress?"

From little things, big things grow, mural by Tim Phibs, talks about the importance of recycling organic waste. It celebrates the incredible biodiversity, productivity and new

life in soils that have been rejuvenated using recycled organic materials through composting or worm farming.

"In the centre of the mural is a pair of hands that represents us the people holding soil which is sprouting a seedling/new growth. This symbolises that it is up to us, and we are all responsible to be mindful of the impact we have on the world around us," Phibs said. "It's time to be aware, educate and change the way we live to create a brighter future."

The new murals build on the success of the Reduce, Reuse, Recycle mural painted last year which transformed the CRC into a local landmark.

The murals can be viewed next time you visit the CRC at 29 Sefton Road, Thornleigh. The centre is open Monday to Friday 8.30am - 4pm and Saturday 8.30am - 12pm. For information on what can be recycled visit www.hornsby.nsw. gov.au/crc

## **Brrrr Hills Winter Sleepout**

By BEV JORDAN

The Hills Winter Sleepout returns to Bella Vista Farm Park on Saturday, August 13th for the first time since 2019 – the last two events were hybrid events that migrated online because of COVID restrictions.

This year's event offers people an opportunity of joining online, from a sofa at home or the car or garden, or sleeping rough at Bella Vista Farm.

The first winter sleepout was held in 2014 and had 40 participants. It has grown substantially since then. Founder Michelle Byrne said one of the major aims was raising awareness about homelessness.

"The rise in the costs of living means more people are finding it harder financially. Covid has made it worse for those in DV situations and those who were already facing difficulties."

Chris Cleary from the StreetMed charity which offers street level first aid and a food service says the demand for help has doubled in the past year.

"The last food service we did 90 came. Some of these people have homes but after they have covered rent and bills they have nothing for food."

Mici Beer from Hills Community Aid said all money raised by the Hills Winter Sleepout would be going directly to those in need, via StreetMed and Hills Community Aid.

"This is a call for action. We are calling on businesses to support local charities so we can pass that onto people who need it."

The Hills Winter Sleepout has been given a "warm hug" of support by families at Guardian Childcare and Education in Kellyville. A car full of winter warmers was collected by Mici Beer from the centre to give out to people in need.

Emma Andrews, Educational Team Leader and Rebecca Aitchison, centre manager at Guardian Childcare said parents had responded generously to the call out for winter warmers.

"We always like to do things to support our community and we hold quite a few collections during the year," said Emma. "We had a little chat with the kids about winter and about people who aren't as fortunate and we asked the kids what they think people will need."

Beanies, carves, gloves, jackets and even doonas were donated which the children packed into boxes and bags. Mici from HCA said a huge thank you to Guardian Childcare and Education saying the donation had been timely with items being distributed very quickly.

"We received the items from Guardian at the perfect time. We have been able to assist people who have become homeless due to the floods and pass other items onto StreetMed to assist people who are



Guardian Childcare, Kellyville.



## Alive with Diversity By Leonie Dixon

Over the many years Alive90.5 has been broadcasting to Parramatta, Cumberland and the Hills, a huge change has happened in the cultural make-up of the areas. To keep pace with that change, Alive has actively sought programs which more reflect the population. Some of the shows that could interest you and make you want to tune into 90.5 are described below.

Radio Mirchiwala with Raja Batra on Thursdays at 9pm caters to the taste of younger listeners by covering songs and information about the latest Hindi movies, as well as popular songs of the week. If you like a weekly dose of the latest Bollywood songs- Ghazals, Remix, Bhajans, Punjabi songs and Bhangra music, then this is the programme for you especially since requests are also catered for.

Hora Latina: the Latin Hour with host Andsley Dennis. Every Saturday you can hear the best salsa, bachata, reggaeton, merengue and samba. It's a good feel show and should have you up on your feet and dancing all around the room.

Australian Echo for the Forgotten Samoans:

Paul and Elaine Vaai along with Ana Tiufea present great traditional Samoan music together with the latest news from Samoa, New Zealand and many other parts of the world. The broadcast is done entirely in the Samoan language and often features interesting special guests and thanks to online streaming has a big listener following all over the world.

Hit Mix is all about top hits and classical dance tracks across the decades from the 50s until today. You will be introduced to some of the absolute best Italian dance and music tracks including some of the best Italian Remixers. This programme will fill your senses with happiness and enjoyment as it's a music show that breaks all the barriers.

The Brad Stevens Show: relatively new to Alive, connects the community with the flavour of Sri Lanka, backed with the best music. The programme specialises in community headlines, council news, cricket, movies and all things Sri Lankan. If you want to get to know more about the island known as "the pearl of the Indian Ocean" its culture, values, food and lifestyles tune into Brad every Sunday 5-7pm.

Thank God It's Friday: Hailing from South Africa, Tracy Steyn is inspired by black gospel music and sees music as a universal language that transcends so many cultures and beliefs. Tracy has regular listeners Australia wide and worldwide, including South Africa so why not join her many listeners each Friday 7-9pm

Radio Bandilla: You'll hear the best Original Filipino Music fusions of jazz, country, pop and the enduring strands of the 60s and beyond with Rajesh Batra Sundays 7-9pm.

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## **Importance of Annual Hearing Tests**

Our sense of hearing plays a key role in our overall health and wellbeing. While poor hearing and ear health can have serious lifelong negative effects if they are not managed correctly. Consequently, an annual hearing test is imperative for every Australian, regardless of age. It is very easy for all of us to overlook our hearing health if we do not feel as though we are struggling or needing hearing care. Although, regular hearing checks are just as important as regularly seeing your general practitioner or dentist.

There are numerous reasons why we should all have regular hearing checks. First, hearing loss can be the result of another underlying health concern, such as high blood pressure, diabetes, or a heart disease. Disorders that effect the blood circulation to parts of the body, including the organ of hearing, can cause a permanent hearing loss than cannot be reversed. Therefore, it is important that your hearing is regularly monitored to ensure that your health conditions are not impacting on your ears and listening.

Annual hearing assessments can allow you and your hearing care provider to have a baseline understanding of your hearing. Many people tend to only have a hearing test when they suddenly notice a change to their hearing, or they are really struggling to hear. If we have a baseline understanding of your hearing, then we can track and measure changes as they occur to achieve a more accurate diagnosis

and treatment. For example, unfortunately there is a high incidence of something called a sudden onset sensorineural hearing loss. This means there has been rapid loss of hearing in one or both ears in the matter of hours or days. We often do not know why this has occurred, although, the correct treatment of this hearing loss depends on being able to measure how much the hearing has changed. This is difficult to do if we do not know your baseline hearing or if you had a pre-existing hearing loss that had not been measured.

Additionally, if you are aware that you have a hearing loss, it is imperative that you monitor your hearing annually to ensure your hearing loss is not changing or progressing. This annual hearing test could alert the hearing care professional to any potential dangers such as noise-induced hearing loss, ear wax buildup or even a tumour on the hearing nerve. If changes to your hearing are measured and treated early, we may be able to prevent further damage.

Lastly, an untreated hearing loss can affect the function of our brain and cognition. If a hearing loss is left untreated for too long, our ears experience something called auditory deprivation. This means that the hearing nerve is not stimulated, and it forgets how to process auditory information. Therefore, the brain is not receiving information to remain healthy and active. Research has

shown that this auditory deprivation can lead to cognitive decline and possibly dementia. Hearing loss is a slow and gradual process. which you may not notice at the beginning. Annual hearing tests mean that you are carefully monitoring your hearing with a hearing care professional.

If you are due for your annual hearing test, EAR STUDIO offers a comprehensive hearing assessment to assess all parts of the hearing and understanding process. They are also able to map the changes to your hearing over many years each time your return for your annual hearing test. To book an appointment head to our website https://earstudio.com.au or call (02) 9159 6122 to speak to one of our staff today.





### **Raise the Dam Wall**

Story continued from page 3

He said: "Our community are exhausted. The time for discussions is finished. We need urgently to move forwards [on raising the dam wall]. It does seem like a no brainer. We don't understand why the NSW government hasn't been able to get this project off the ground." But he believes one reason could be what he calls 'environmental groups'.

"They [the NSW government] have spent a lot of time trying to keep protest groups happy, there are environmental groups that don't want the National Park flooded behind the dam wall," Cllr Conolly says. "I'm here to say, us downstream, we have real lives, we are real people and we are just as important, if not more important than the trees behind the dam wall. We need to be protected."

Hills Shire Mayor, Peter Gangemi, said at the media event, reacting to floods each time they happened wasn't enough.

"The communities of western and northwest Sydney are very supportive of the Warragamba Dam wall being raised, and I think the two Mayors coming here today [at the Hawkesbury River] is a symbol of that," Mayor Gangemi said. "Our residents have been through four major floods in 16 months. They are asking that more be done to protect their homes and businesses and raising the Dam wall is the immediate action they are calling for."

Raising the Dam wall – if it ever gets the go-ahead – is at least a 5 year process and more likely a decade long build and there's still no decision on who will fund it. The state government is asking the Commonwealth to fund 50% of the cost.

"Raising the Dam wall 14 metres could reduce flood levels by up to 3.5 metres in the Hawkesbury River," claims Cllr Gangemi, "and that is the action that the residents along the River have been asking for, and that is why we are here, to advocate for them," he added.

Councillor Conolly also turned the debate political, flagging the dam wall will be a potential State election issue when that rolls around this coming March.

"I worry about what a Labor government would do with this project. In the past Labor governments have not taken flood mitigation seriously, and they haven't taken the Hawkesbury seriously," he claims.

The Coalition, led by Liberal Premiers, have been in power at a State level for 11 years now.

But Wollondilly Shire Mayor Matt Gould – he's an independent – has also stepped forward into the debate and he says his Council is firmly against raising the dam wall and he doesn't believe raising the wall will "be the silver bullet".

He says keep Warragamba as it is, but with less water in it, and use the desalination plant, which as taxpayers we all pay for even when it isn't running, which would mean no spills from Warragamba and a secure drinking water supply for Sydney. It's a relatively low cost solution.





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But as he points out, even with Warragamba playing a role as a flood mitigation dam, "the [State] government's own modelling shows that more than 50% of flood waters can come from the Upper Nepean and catchments that are effectively downstream from the proposed wall".

Wollondilly Shire covers part of the Blue Mountains, Macarthur and Central Tablelands regions and includes a large area that would be potentially submerged if Warragamba Dam's wall were raised.

Mayor Gould's area also experienced floods during this latest flood event as a result of the Nepean River overflowing. The Nepean River ultimately flows down into the Hawkesbury River.

"I have been on the ground dealing with floods in the Wollondilly Shire for the past week, with the Nepean River experiencing major flooding. Many properties have been affected, our roads have once again been significantly damaged, and our businesses have been on constant high alert all week," he said. "I fully understand the impacts of flooding on the Hawkesbury Nepean but...I don't believe that raising the Warragamba Dam wall will effectively mitigate flooding, and it certainly isn't the silver bullet some people are making it out to be. This has been seen from the floods that have impacted Wollondilly and Camden this week, where we had major flooding in excess of 16 metres at some locations. None of this water is captured by Warragamba Dam and all of it flows through to the Lower Nepean and Hawkesbury, so we would have been facing significant flooding along the Hawkesbury Nepean even without the impacts of water from the Warragamba River.

"There clearly needs to be more done to manage and mitigate flooding along the Hawkesbury-Nepean, but there are faster and better options than raising Warragamba Dam that have not been properly considered," says Mayor Gould. "We knew 10 days before the rain started that this was coming and should have started releasing water from Warragamba then to create more of an air gap. We could also lower the drinking water storage of Warragamba to create an additional permanent air gap and offset this through greater use of the desalination plant that we are already paying for and that is currently not being utilised."

You can read more Hawkesbury news at Hawkesbury Post on www.hawkesburypost.com.au or facebook.com/hawkesburypost

See Professor Khan's story on page 11

#### **Proposed Road Disposal Section 152D** Roads Act 1993

In accordance with section 152D of the Roads Act 1993, notice is hereby given of the proposed sale of the Crown public roads listed in Schedule 1. If a sale proceeds, the road(s) will cease to be a public road upon transfer of the road to freehold land in accordance with section 152H of the Act.

#### Schedule 1:

 Crown road at Annangrove, within and/or adjoining 27 Blue Gum Road. (File Ref: 13/09177, Cluster: 634488)

All interested persons are hereby invited to make submissions concerning the proposal to Department of Planning and Environment - Crown Lands, PO Box 2215, DANGAR NSW 2309 within twenty-eight (28) days of the date of this advertisement.

Any person is entitled to make submissions with respect to the sale or disposal of the road. Please note that submissions may be referred to third parties (such as council or the applicant) for consideration in accordance with the Government Information (Public Access) Act 2009.

For the Manager, Business Centre Newcastle

#### For further enquiries please visit the website

industry.nsw.gov.au/lands/access/roads or contact Mandy Ade by email at mandy.ade@crownland.nsw.gov.au or on (02) 6640 3923 quoting file references above.



#### The floods have affected us all in one way or many over the past two years. But what about our animals?

Stress caused by moving out of our homes into new environments, exposure to new people, close contact with other animals of all species and our pets' intuitive sense of our stress levels all contribute to a dramatic effect on our pets' lives.

We can help keep our animals calm by ensuring that they have familiar smells whenever possible. A blanket, some clothing, their normal food will all help keep our pets at ease. Taking the time to show our pets love, and exercise them wherever possible will not only ease their concerns, but also allow us to take a minute for ourselves.

The introduction of floodwater into our community also brings risks of disease for both us and our animals. Cleanliness and hygiene is just as important for our pets as it is for us. It is important that we wash our pets when they have been exposed to floodwater, and keep them high and dry as much as possible. One disease of particular note during times of flooding is leptospirosis. Leptospirosis is a zoonotic disease, which means that we can catch it too. It is spread in the urine of infected animals, including rats and mice, cattle and dogs. In humans, keep an eye out for fever, headache and vomiting. In dogs, monitor for

lethargy, difficulty breathing, vomiting, diarrhoea and jaundice. Dogs can be vaccinated against Leptospirosis with their annual vaccines, or as an additional booster throughout the year. As there is no available vaccine for humans against leptospirosis, handwashing after handling animals and before eating is our best defence against catching this disease ourselves.



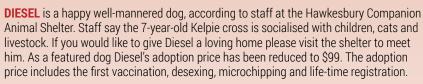








NAME: DIESEL SEX: Male BREED: Kelpie Cross AGE: 7 years PRICE: \$99



Hawkesbury Council's Rehoming Organisation Number is: R251000145.









**TYSON** is a 4 ½ year-old American Staffy. Staff at the Hawkesbury Companion Animal Shelter say Tyson is a well behaved and obedient boy who will sit when asked and he also walks well on a lead. If you are interested in adopting Tyson please come to the shelter with your family dog and the children to meet him so that staff can be sure they are all going to get on well together.

Tyson's adoption price has been substantially reduced to \$99 and includes the first vaccination, microchipping and life-time registration. Tyson is already desexed so he is able to leave the shelter with you.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



#### AT A GLANCE

NAME: TYSON SEX: Male BREED: American Staffy AGE: 4 ½ years PRICE: \$99



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## **Affordable Preschool Locked in for Castle Hill's Youngest Learners**

The NSW Government is making preschool more affordable for more families, with preschool fee relief locked in for the next four years through a \$1.4 billion investment in a new Affordable Preschool Program. The Affordable Preschool Program will ease the cost of living pressure for families and ensure more children receive high quality education in the crucial year before school.



## \$5 Billion Boost for Childcare

Families in NSW will save thousands of dollars a year on childcare costs thanks to the NSW Government's landmark investment of up to \$5 billion over the next decade to expand access to high quality, affordable care. Under the reforms, a middle-income Sydney family with one child in fulltime childcare can save up to \$3,900 a year. A further \$281 million will be invested in the early childhood workforce to provide scholarships and increase the number of early childhood educators in NSW. This includes higher education scholarships of up to \$25,000, VET scholarships of up to \$2,000 and employer supplements for staff retention.

## **End-Of-Life Care Enhanced in NSW**

\$743 million has been injected by the NSW Government into palliative care and other specialist health services which will bring greater comfort and dignity to NSW residents with life-limiting illnesses. This boost in funding for end-of-life palliative care, will deliver equitable access to pain management services, avoid unnecessary hospitals stays and provide comfort and dignity to NSW residents at the end of life.

## **Flood Recovery**

Hawkesbury residents are facing yet another natural disaster, marking the second major flood event within a 6 month period in Hawkesbury. This is devastating for our community who have already been through so many trials in recent years. Now we must once again pull together as the clean up begins.

For those seeking support, recovery centres will be open at Wisemans Ferry and South Windsor from 10:00 am to 4:00 pm Monday to Friday and from 10:00 am to 2:00 pm on weekends. You can meet Government and non-Government agencies and find out more about financial assistance for individuals, primary producers and small businesses.

replacing lost documents, mental health support, clean-up services, insurance and legal support.

For residents who have been impacted by the floods, the Australian and NSW Government have announced a one-off, non-means tested Australian Government Disaster Recovery Payment of \$1,000 per eligible adult and

The Hills/Hornsby local government areas (LGAs). Funding will also be available for flood clean-up assistance, primary producers that have suffered direct damage, impacted councils, small businesses and not-for-profit organisations that have suffered direct damage.

I encourage those affected by the floods to apply for support via the Service NSW website or by calling the Service NSW Business Concierge on 13 77 88. For further information on the Disaster Recovery Funding Arrangements and other support, visit www.recovery.gov.au.



T: 02 4578 0300 E: hawkesbury@parliament.nsw.gov.au



# Get ready for superb new sports facilities in the Hills

By LAWRENCE MACHADO

Sports-mad Hills residents will be able to enjoy some exciting new facilities when the sports and recreational complex opens up soon at Balmoral Road Reserve, Kellyville.

The Balmoral Road Reserve features four multipurpose fields, including two cricket ovals, four tennis courts and two multi-use ball courts.

In addition to that, the Hills Shire Council has signed off on another impressive sports facility at North Kellyville.

The Samantha Riley Drive Reserve at North Kellyville will include four multi-purpose turf sports fields that can also be reconfigured into two ovals. The new family-themed facility will also include cricket practice nets, a basketball half court, and a children's playground with picnic settings. Heavy earthmoving machinery is presently carrying out bulk earthworks on the two sports fields located in the eastern portion of the reserve.

The council said the Samantha Riley Drive Reserve will be completed by the second half of 2023, weather permitting. It will have a separate amenities building with accessible toilets, change rooms, kiosk, referee room and storage, as well as a 200 space carpark.

Mayor Dr Peter Gangemi said the new sporting facilities caters to the growing North Kellyville community.

"It's terrific to see how much work has been completed in just a matter of weeks," Dr Gangemi said. "This is a fantastic project that will benefit residents of North Kellyville and sporting groups in the Shire. This demonstrates our commitment to providing more open space facilities in North Kellyville, and supporting healthy and active lifestyles."

As part of the project, a new roundabout entry to the reserve will be constructed at the intersection of Goodison Street and Stamford Bridge Avenue. The Balmoral Road Reserve, Kellyville, which is funded by the NSW Government and the council, will be a great attraction to our sports-loving community.

In addition to the sports oval and courts, there will be amenities building containing change rooms, public toilets, a kiosk, storage and a meeting room.

A separate building within the park will accommodate the council grounds staff and storage for sports clubs.

The carpark has space for 245 vehicles including six for DDA.

Additionally, the park will include a playground, picnic facilities and a kick about area. Extensive shared pedestrian/cycling paths with lighting linking into the local trails network have also been constructed.

Meanwhile, the council's 2022-2023 plan has been recently adopted, and includes more funding for sports fields.

"One of the big-ticket items that I'm really proud about is a \$16.7 million investment to deliver new playing fields at Stringer Road Reserve in North Kellyville," Mayor Dr Gangemi said. "...a further \$1.9 million will be used to extend fields at the popular George Thornton Reserve in West Pennant Hills."

## Hills United back to their best By LAWRENCE MACHADO

Title-chasing Hills United FC warmed up for this weekend's clash against Marconi Stallions with a 6-0 hiding of Mt Druitt Town Rangers in the FNSW League One Women's Football Championships.

Classy striker Imogen Lane starred with a superb hat-trick to have Hulls United 5-0 in the first half at Blacktown City Sports Centre on Sunday, July 10.

Hills United were on fire from the kick off after having the previous weekend off and rounded off the scoring with a brace from Annie Halls, and Ellen Berios. The Hills are now in second place on 52 points from 17 wins, two losses and one draw, after having an incredible run of victories.

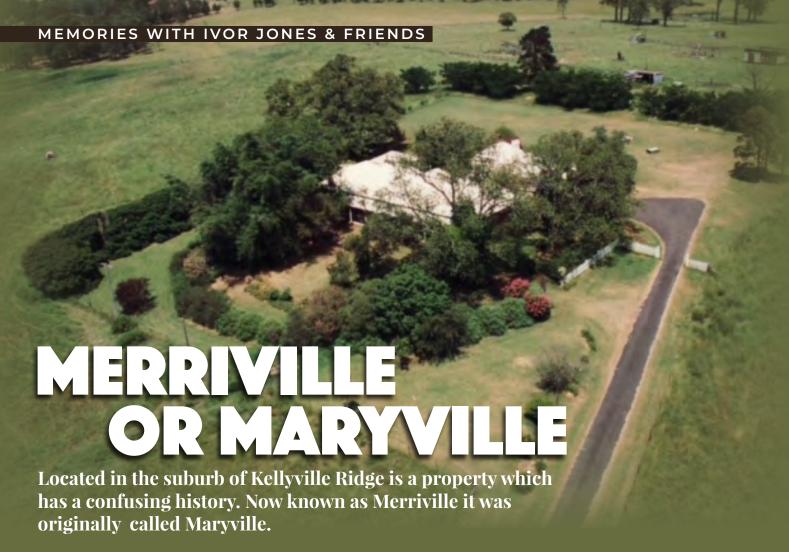
Their only losses have come at the hands of Northbridge Bulls on June 5, and table leaders Gladesville Ravens on June 12, both narrow 1-0 defeats. Since those two hiccups, the Hills women have been back to their best.

The Hills United FC team will host Marconi Stallions at Bella Vista Public School on Sunday, July 17, at 3.45pm. While the hosts' striking power was on display against the Rangers, Marconi have been cooling their heels in frustration after their last two games were

washed out.

Hills United FC coach Alan Tasses is hoping they can build on their form of the last game and keep the pressure on league leaders Gladesville Ravens (55 points from 21 matches). Hills have a game in hand though.

Marconi should find it hard to compete against the inform Hills side who are raring to overtake the Ravens and win the premiership in their debut season.



Sometime between 1822 and 1825 a small home was built on the property now known as Merrivale by Jonas Bradley. Governor Macquarie had granted Jonas and his two sons, Thomas and William, 380 acres in 1818. Jonas already had land holdings at Freemans Reach. Jonas shortly purchased another 300 acres adjoining his grant and, reportedly, successfully grew tobacco on the property and developed a sheep dip using tobacco leaf for the treatment of scabies. They also had very large land holdings in Goulburn. Thomas died in 1835 and Jonas inherited his holdings. After the death of Jonas Bradley in 1841, the property was inherited by his son, William. At the time that William acquired the property it consisted of 680 acres. William had married Emily Elizabeth Hovell daughter of the explorer William Hovell and resided mainly in Goulburn.

Around 1852-53 William sold the property to Elias Pearson Laycock, grandson of Quartermaster Thomas Laycock. Elias's wife was the daughter of Grace Lysaght whose mother was Mary Longfield and perhaps the property became "Maryville" in honour of Grace's mother as that was around the time the property became known by that name. In 1858 Grace's brother, John, was residing at Maryville.

Well-known in the Hills district, the Pearce pioneering family become owners of Maryville when Robert Pearce, grandson of Matthew Pearce of Kings Langley, purchased Maryville in 1866. The Pearce family were successful

orchardists, their many sons worked and developed large farms in Seven Hills, Kellyville and Rouse Hill. A few of our local suburbs have been named after many of the Pearce properties including Stanhope Gardens, Bella Vista and Kings Langley.

Robert Pearce added to the Maryville property by purchasing the 1500 acre property known as Hambledon which adjoined Maryville. I have read that the cottage on Hambledon may have been transported and used to establish additional rooms to the Maryville homestead and possibly provide material for outbuildings. The rolling logs used to transport the building were apparently left lying on the ground for around 40 years. The Pearce family continued to own the property until the mid-1950s. At that time, the Pearce family had greatly reduced the size of the property having sold of parcels of land chiefly between 1949 and 1955 as the farm had become economically unsustainable.

The new purchaser of Maryville was the former Mayor of Manly, Charles Robert Scharkie. The property was said to be quite run down at the time and some building work was done on the house and outbuildings. Charles Scharkie's son, Ian, and his wife Janne, moved into the home. Janne's mother also came to live there and was known locally as having a "green thumb" having maintained the small garden at the house. The property was further reduced in size by the Scharkie family as maintaining most of the unproductive land was found to be very costly. It was also during

the ownership of the property by the Scharkie family that the property became known as "Merriville" possibly due to confusion or misunderstanding of the previous name of "Maryville". Charles Scharkie also had a son named Robert (Bob) who purchased the 430 acre property named "Mungerie" in 1955 upon which he started a dairy and transport business which he named "Mungerie Park". In 1969 Ian Scharkie inherited Merriville from his father and joined his brother Bob in combining the two properties and started the Mungerie Park Golf Course which they later leased to the Australian Postal Institute and it became the very successful Kellyville Country Golf Club. The Golf Club together with grazing paddocks and Mungerie House was sold to the NSW Government in the 1980s, transferred to Landcom and became the site of the Rouse Hill Town Centre and surrounding developments. During 1992, the Merriville property was sold to Landcom and the land subdivided with Landcom separating the house and around 2 acres surrounding the house from the rest and selling by auction in 1993 to Colin and Marion Wade. The remainder of the Merriville property has become part of suburbia.

Merriville was classified by the National Trust of Australia (NSW) and a permanent conservation order was placed on it by the Heritage Council of NSW in 1982.

My thanks and appreciation to Mark Pearce and Jilly Warren for their contribution to this article.



## **COMMUNITY** groups

#### 2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

02 9654 3571 (Thurs) |
02 9843 0533 (Wed-Fri)

gnolan@thehills.nsw.gov.au

#### Arcadian Quilters

Meet in Galston Community Health Centre 1st and 3rd Wednesday mornings, evening group 2nd and 4th Mondays. New members welcome
Carole | 9894 7749

#### **Castle Hill Art Society**

Art practice for artists of all ages, either in groups or classes for adults and children. Monthly demonstrations and workshops by well-known artists. Members can participate in exhibitions during the year.

9899 3179 (ans. machine)

www.castlehillartsociety.org.au

## Castle Hill Senior Citizens Club Inc., i Anyone over 55 welcome to come and play

carpet bowls, cards and rummikub. Cnr of McMullen Ave. and Old Northern Road, Castle Hill (opp. new Metro station) with parking at the rear.

**6** 9680 3958

castlehillseniors@gmail.com

#### **Combined Probus Club of Cherrybrook**

We are a mixed gender club of over 170 retirees and semi retirees. Meetings on 1st Thursday of each month at the Cherrybrook Community & Cultural Centre.

Ross | 0411 104 863

www.probussouthpacific.org/microsites/ cherrybrook/Welcome

#### **Cumberland Bird Observers Club**

The Club conducts 3 outings a month to observe birds in their natural environment. General meetings are held at Castle Hill on the 3rd Tuesday of the month. New members are always welcome.

Peter | 0412 770 757 or Cathy 9809 5668

www.cboc.org.au

CWA of NSW – Galston Branch

i Monthly meetings are held on the 2nd
Wednesday of each month from 10am at the Galston Health & Resource Centre, Cnr The Glade & 17 Arcadia Rd. Galston.

Nicci Chaney | 0411 058 852

#### CWA of NSW - Castle Hill Branch

Holds its monthly meeting every 2nd Tuesday at the CWA Hall, 2 Annangrove Road, Kenthurst (off Angus Road) from 10am. We also hold our Craft mornings for members on 1st and 3rd Tuesdays of the month from 10 to 12

Maureen | 0411 724 925

#### CWA of NSW - Toongabbie Branch.

Monthly meetings are held the first Tuesday of the month at Brigade House, 3 Junia Street, Toongabbie from 10:30am.
We also have a social or craft day on the third Tuesday of the month.

ToongabbieCWA@gmail.com

### **Dural and District Prostate Cancer**

Support Group

i Meets on the 3rd Monday of the month at the Blue Gum Centre, ARV Glenhaven Green, 599-607 Old Northern Rd, Glenhaven

Denis | 9629 2645 or Maurice | 9654 2138

## **Dural Country Club Bowls** 04 2131 5074

### 

www.duralmensshed.org

East Kurrajong School of Arts
i First Tuesday each month 10am to 1pm. Bring along any sort of craft activity you're billing along all your of the tracking your of interested in, bring pencil's or brushes to practice your drawing or painting with Ruth, browse the library for a book to read or simply just relax, have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation

for morning tea.
Ann | 02 4576 5031

#### **Embroiderers' Guild NSW Inc Hawkesbury Group**

Love to stitch or would love to learn? Join us at a morning meet-up, 11am Tuesday 7th
June Alley Café Orange Grove Mall Richmond.
Group meetings (day and evening) start in
July We are looking for space.

Catherine | 0413340049

□ cdelaney1@vtown.com.au

#### **Galston VIEW Club**

Raises money for The Smith Family "Learning for Life program" will hold its next Luncheon/Meeting on Wednesday 27th July 2022 at The Galston Club, 21-25 Arcadia Rd Galston. 11am booking essential. Guest speaker, Mr Graham Sims " Harry & His Mate"

Merle 9634 2378 | 0412 110 698

#### Girl Guides Australia

Great programs for girls 6-18. They meet once a week in groups relevant to their age run by trained Leaders and Unit Helpers. Margo | 0417 657 433

Glenhaven Probus Club Inc i Meets 10 am on 2nd Tuesday of each month at Castle Hill Bowling Club. secretary.glenhaven.probus@gmail.com

### Glenwood Men's Shed

Jim | 0438 701 275

## Hawkesbury Artists & Artisans Trail 02 4567 7400 ■ Leanne@mellowcrest.com

www.haat.com.au

#### Hawkesbury District Agricultural Assn 4577 3591 (BH)

www.hawkesburyshow.com.au

#### **Hawkesbury Nepean Chapter**

of the First Fleeters

Meets on 2nd Saturday of each month.

Pamela Hempel | 0407 660 579 www.fffhnc.com

Hawkesbury West Probus Club Meets at 10:15am on the first Monday of each month at Panthers North Richmond New Members Welcome

Membership Officer Fay | 0414 341 253 hawkeswest.probus@gmail.com

#### **Hawkesbury Woodcraft Cooperative Ltd**

9.30am to 2pm Wed. & Sat.

www.hawkespurywood.
Graham | 02 4576 1517 www.hawkesburywoodcraft.org.au

#### Hills District Women's Bowling Club

Jenner Street, Baulkham Hills

9639 2733 www.thehillswomensbowls.com.au

#### Hills Older Men's Network INC

Meets fortnightly on the first and 3rd Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to chat in a non-judgemental, safe and supportive environment. Ron | 0424 462 153

➡ HillsÖMI1@gmail.com

#### **Hills Shire Symphony Orchestra**

Welcomes new players and gig enquiries.

Rehearsals Wednesday evenings.
Chris | 0405 994 605

info@hillsshiresymphonyorchestra.org.au www.hillsshiresymphonyorchestra.org.au

#### **Hills Toastmasters**

Meets every second Tuesday, 7pm. Restore Church: 47 Britannia Rd, Castle Hill. New members welcomed

Terry | 0488 089 951

#### Hills/Toongabbie Music Club

Meets 2nd and 4th Fridays 7.30pm Northmead Scouts Hall 17 Whitehaven Northmead. Beginners to professionals

all welcome . Allen | 0439 831 531

allendavisguitar@gmail.com

#### **Kurrajong Hand Spun Craft**

Come and learn a beautiful old craft at North Richmond Community Centre. Friendly group just bring yourself.

Thursdays at noon.

Margaret | 0403 819 165

#### **Ladies Probus Club of Baulkham Hills**

Meetings 10am, 2nd Wednesday of the month. At The Fiddler, Windsor Road and Commercial Road, Rouse Hill. New

Members welcome

Suzanne Dennis | 0412 424 593

ladiesprobusbh@gmail.com.

#### Learning in the Hills

To find out more about the huge range of courses available call 9639 7918
 www.hca.org.au/learning-in-the-hills/

## Lions Club of Richmond Inc. Geoff | 0412 969 651

#### Lions Club of Windsor Inc

Pam | 0413 395 145

#### **Macquarie Towns Garden Club**

i Meetings are on the 1st Thursday of the month, Tebbutt Room at Hawkesbury Library at 2 pm.

macquarietownsgardenclub.wordpress.com

National Seniors Australia (Hills Branch)

i Meets on the 1st Thurs of each month at Muirfield Golf Club, 58 Barclay Road, North Rocks. 9.30am for 10am. The group has day outings, short tours and interesting speakers. This very friendly group welcomes visitors.

May | 0414 634 572

maybruce@bigpond.com

#### **North Rocks View Club**

Northmead Bowling Club, The Windsor Room, 166 Windsor Rd, Northmead. Meetings 2nd Thursday each month at

10.30 am. Visitors welcome.

Pam | 9634 2670 or Margaret | 9872 1405

Norwest Sunrise Rotary Club

i We are a breakfast Club and meet every
Friday morning at 7.15am. The Rotary
Motto is Service Above Self. If you want to meet like-minded people pls join us.

morwestrotary.org.au

#### **Pennant Hills Mens Probus Club** John | 9487 1385

Pennant Hills Combined Probus Club

Meets at Hotel Pennant Hills every third Monday of the month at 10am. New members and visitors welcome.

Lorene | 0429 396594

#### **Pennant Hills VIEW Club**

Meets for lunch on the 2nd Tuesday of each month at 11am at Oatlands Golf Club. Meetings consist of a two course lunch followed by an interesting guest speaker. Visitors & new members are welcome. On the 4th Tues of the month a social outing is arranged for

Margaret | 9873 2402

#### **Pitt Town Probus Club**

Meets at 10:00am on the 2nd Tuesday of the month at the Pitt Town and District Sports Club, 139 Old Pitt Town Rd Pitt Town. New members welcome.

Denise Fairfax | 0435 447 414

Probus Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

#### Probus Club of the Hills Inc

🚣 Ken | 02 96296459

#### Probus Club - Glenorie

This Club meets every 4th Wednesday at 11.00am at Glenorie RSL Club. New members are welcome.

Wendy | 9653 1022

#### wendyireneblack@yahoo.com.au

Probus Club - Kellyville Castle Hill Mixed

i Meets at 10am on 2nd Thursday of each moth at Muirfield Golf Club, Barclay Rd

North Rocks. New members welcome.

Pam | 0417 667 067

#### □ pamelaloves66@gmail.com

Probus Combined Castle Hill Club

i General meetings 3rd Tues of the month at

10am at Cherrybrook Community Centre.

Glenys | 0408 160743 donpye@live.com.au

Probus Combined Kellyville Club

i Meet 2nd Monday of the month at 10am. At The Glenhaven Community Centre: 76 Glenhaven Road, Glenhaven. New

members welcome.

Veronica | 0408 025 577 Susan | 0400 039 308

ken\_n\_sue@hotmail.com

#### **Probus Club of Winston Hills - Northmead** Combined

Meets at 10am at Toongabbie Sports Club, 12 Station St, Toongabbie, 2nd Thursday of the month. New members welcome. ■ winstonhillsprobusclub@gmail.com

**RDA (NSW) Tall Timbers Centre** 

i Equine assisted programs, Speech Pathology, Occupational Therapy and Volunteering Opportunities. Located at Gables/Box Hill 9679 1246

admin@rdanswtalltimbers.org.au www.rdanswtalltimbers.org.au

#### Red Cross - Castle Hill Branch Meetings 2nd Friday of the month

10.15am to 11.45am at Wesley Uniting Church, 32-34 Showground Rd, Castle Hill. New members always welcome **431 084.** 

Richmond / Windsor VIEW Club

i Richmond/Windsor VIEW Club Which
Supports The Smith Family Learning for
Life meet on 2nd Wednesday of the month

starting at 11.30 at The Richmond Club Christine Walshaw | 0416073483

#### Scouts Australia - Greater Western Sydney

**Region** 9639 2488

www.greaterwestscouts.com.au

#### Sleep Disorders Australia - NSW 📞 02 9990 3514 | ⊕ www.sleepoz.org.au

#### Soroptimist International The Hills

Meets on the 3rd Monday of the Month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start. Visitors are always welcome

Cathy | 0435 837 118
sithehills@siwp.org

#### The Hills Community Aid and Information

**Service Inc 9639 8620** 

#### The Hills Learning Centre

**Q** 02 8850 0555

RSVP | info@thehillslc.com.au.

facebook.com/thehillslearningcentre

#### The Hills Shire Garden Club

Meets on 3rd Monday of the month at Barton Hall at 178 David Rd castle Hill at 1 pm. We have guest speakers, raffles, plant sales and bus trips to various gardens New members are always welcome. 9624 5034

The Hills District Pipe Band

i Practices at Stamford Hall, Balcombe Heights
Estate, Baulkham Hills every Wednesday
night from 7pm-9pm. The band warmly welcomes new members and gig enquiries.

Instagram: @hillsdistrictpipeband

Suzie Whitaker pipeband.hillsdistrict@gmail.com

www.hillsdistrictpipeband.com The Hills Trefoil Guild

#### Llaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

i Meets at St. Joseph' Conference Centre on the 4th Monday of each month at 6.00pm

(dinner optional) for meeting at 7.00pm.

#### 🚣 Robyn | 9639 2742 The Sydney Hills Branch of the Association

of Independent Retirees Meeting on Friday, at Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting commences at 10.45am. The future topics will be Health, Centrelink, Retirement, Technology Safety and others.

#### airsydneyhills@gmail.com **Thursday Ladies Tennis Competition in the**

**Hills District** 

### hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club
i Meetings are held on the 2nd Tuesday of each month at 8 pm at Crestwood

Community Centre, Cnr Crestwood Drive and Conway St, Baulkham Hills. Ted | 0429 790 091 www.bushwalkingnsw.org.au/wanderers

Windsor RSL Fishing Club

i Meets on the last Tuesday of the month
at Windsor RSL club at 6:30pm. The club
has been established for over 40 years and
welcomes new members. It holds regular

fishing outings including in land water and

## deep sea fishing. Les Mison | 0421 821 1990.

**Windsor Probus Club** Meets at 10am on the 1st Wednesday of each month at Windsor Golf Club. McQuade Ave, South Windsor. New

members always welcome.

Membership Officer Alan | 0407721461 or Secretary Ann | 0414298945

## Winston Hills Joey Scouts \$\infty\$ 9862 8482 | \$\infty\$ hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc Meeting Tues and Sat 9am - 5pm Alan Hunt | 4566 4626 or 0428 784 425 Adrian Acheson | 0448 833 781

YMCA NSW Community Visitors Scheme 9633 8209 or 0402 255 193

#### Zonta Club of Sydney Hills 0414 641 408 [

www.zontadistrict24.org

## **WORD SEARCH**

#### IN THE JUNGLE

JUNGLE CAT **ANACONDA** 

**ANTEATER LEOPARD** 

MONGOOSE **APES** 

OKAPI **BABOON** 

**CAPYBARA PANDA** 

COATI **PARROT** 

**PYTHON COBRA** 

CROCODII F SLOTH

**TAPIR GORILLA** 

**JAGUAR TIGER** 

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#### WORD SEARCH

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#### **CODE WORD**

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#### **SUDOKU**

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

## **CODE WORD**

Numbers in the grid (1-26) correspond to each of the letters of the alphabet from A-Z in some order. Solve the puzzle and fill in the letters in the key provided as you find them. Three letters are provided to give you a

1	2	3	4	5	6	7
8	9	10	11	12	13 <b>A</b>	14
15 <b>E</b>	16	17 <b>Y</b>	18	19	20	21
	22	23	24	25	26	1

	15	ľ	ľ	'`	.,	'"	20	'`	'	ľ	'	
19		4		22		3		13		3		15
13		3		22	13	6	2	22		23	2	9
3	8	24	3	13		6		21		20		13
22		3		20		5		15	13	18	15	5
24	3	18	7	26	3	15	20					3
22		15		12				25		11		20
15					13	5	5	15	5	26	3	13
18	13	20	15	24		2		8		22		22
18		19		2		16		13	5	3	14	3
15	13	22		1	13	10	15	8		18		13
22		2		18		15		16		20		8
	13	14	18	15	8	20	15	15	3	18	12	

			Fill the grid so that every column every row and every 3x3 box contains the numbers 1 to 9							
			1	4		7				
	8			6			5			
					4		9			
					6	4				
6		3	7	5		2				
2	7									
	2									
		2			1					
9		4	3							
		6 2 7	6 3 2 7 2	6 3 7 2 7 2 2	6 3 7 5 2 7 2	6 3 7 5 2 7 2 9	6     3     7     5     2       2     0			

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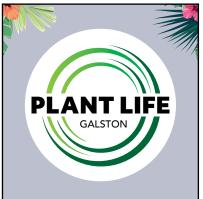
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#### **PUZZLES**







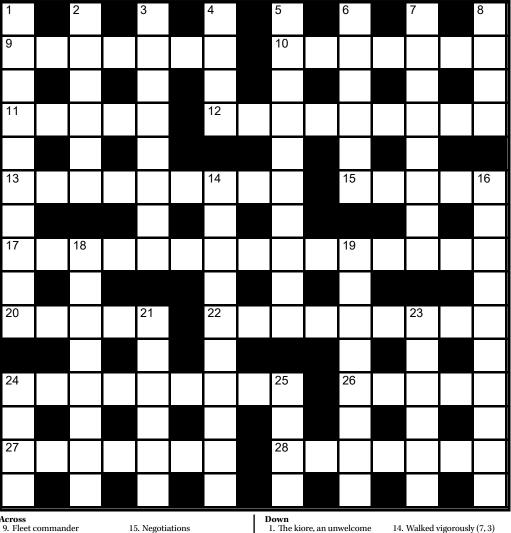
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- 9. Fleet commander
- 10. New Mexican ufology centre
- 11. Author Asimov
- 12. Gold, silver and bronze Olympic swimming medal-winner (3, 6)
- 13. Train isn't running badly, coming or going (2,7)
- 15. Negotiations
- 17. Body snatchers (12, 3) 20. Arduous journeys
- 22. Debugger? 24. Won over
- 26. Seedless orange 27. American reindeer
- 28. Crash the party (5,2)

- visitor (7, 3)
- Transmit (6)
- 3. Living-room item 4. Cheese chunk
- Crazily, eats at bars on the Persian Gulf (4, 6)
- 6. Textile souvenir (1-5) 7. Regular swinger 8. Fight

- 14. Walked vigorously (7, 3)
- 16. Summer-visiting coastal wading bird (10)
  18. Rob ---, Virgin Blue co-founder
  19. Spatially adjusted
  21. Beer bottle
  22. Call forth

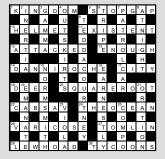
- 23. Call forth 24. Ice breaker
- 25. Culinary creation (4)

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

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

#### Answers from last issue

#### **CROSSWORD**



#### **SUDOKU**

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





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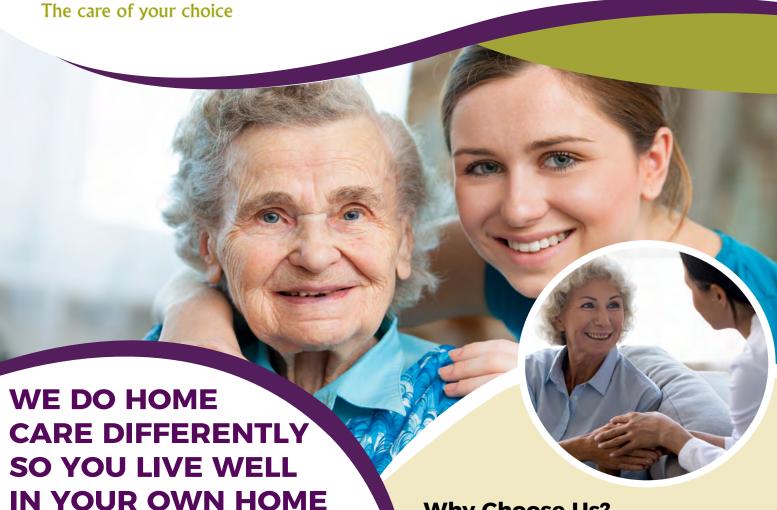
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