

# Hills to Hawkesbury

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## Community News

16th – 30th June 2023 | Volume 40 – Issue 12  
Local Stories, Local Events, Local People and Local Businesses



# LOCALS ALL LIT UP

FULL STORY PAGES 8 & 9

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# Repairs Completed on Vandalised Sporting Fields



New sporting fields in North Kellyville that were damaged in a senseless act of vandalism have been restored.

Council staff and contractors have worked hard to replace the turf, which was vandalised by cars in the early hours of Saturday, May 13.

"We've calculated about \$50,000 worth of damage was done when these vandals broke into our new sports complex and senselessly destroyed our fields," Mayor of The Hills Shire, Dr Peter Gangemi said.

"Some sections needed to be cut out and new turf laid. In other areas where the damage was less extensive, rolling, topdressing and fertilising could be done to save the grass.

"Fortunately, no damage to the irrigation system has occurred, but we do have delays with getting onto the next stage, which is installing the sand slit drainage."

Sand silt drainage is a method of drainage using small trenches filled with sand, gravel and pipe to remove excess water. This makes the playing surface more durable and allows sport to return much quicker after wet conditions.

"This could still impact those using the fields for this season's summer sport," Mayor Gangemi said. "But we are doing everything in

our power to avoid any delays and our contractor, TRN Group, is also doing everything possible to recover impacts to the schedule caused by this reckless act.

"We know how much these sports fields mean to our local sporting groups and the wider community, and that's why we are working hard to get the grass to re-establish itself in time for summer sport.

"I'd like to thank our Council officers and contractor for restoring these fields."

Mayor Gangemi said he hoped this incident would deter would-be vandals.

"Many of our residents were outraged that someone would do this to a community facility," he said.

"Damage to our facilities inevitably leads to their closure, impacting the whole community. This is not to mention the extra resources and costs associated with their repairs, which ratepayers ultimately have to cover.

"I encourage residents to report antisocial and illegal activity to the police and this will go a long way to deterring future acts of vandalism."



# Hills to Hawkesbury Community News

Local Stories, Local Events, Local People and Local Businesses

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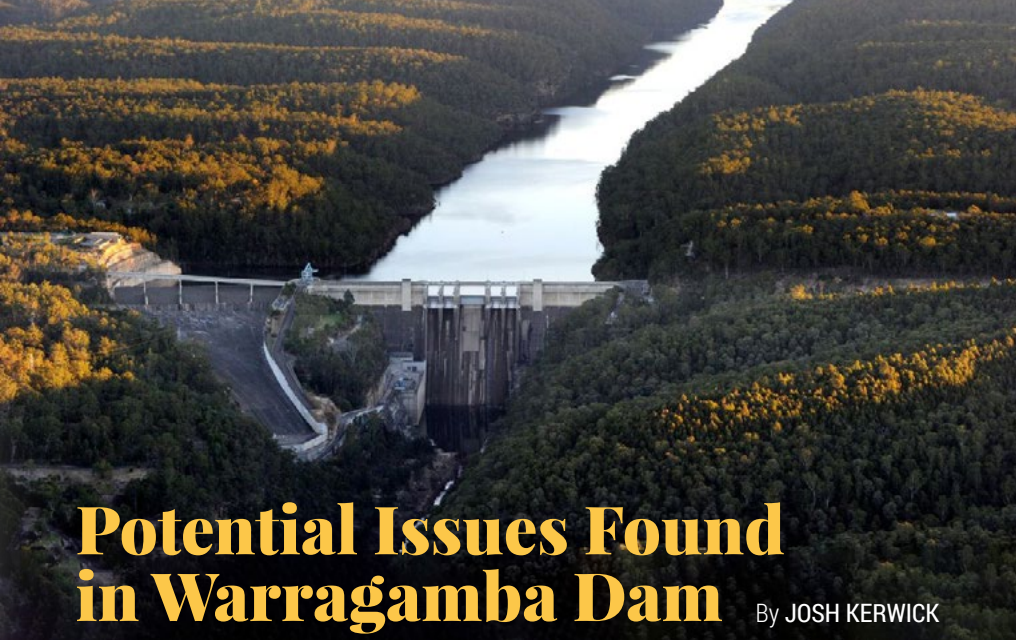


**GISELA HORNER**  
EDITORIAL CO-ORDINATOR

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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](http://www.hillstohawkesbury.com.au).



# Potential Issues Found in Warragamba Dam

By JOSH KERWICK

**A new update from the NSW Government has revealed that Warragamba Dam holds theoretical climatic and geotechnical risks in its current configuration in the case of rare weather conditions.**

The main risks identified by WaterNSW are the potential for a geological seam to open beneath the wall and compromise its integrity, or for water levels in the lake to overtop and cause dam assets to be damaged.

WaterNSW stated that this risk would only be present in the event of a Probable Maximum Flood (PMF), a theoretical flood event that would far exceed any previously recorded flood event.

Speaking to Hills to Hawkesbury Community News, WaterNSW confirmed that they

conducted a comprehensive risk assessment of Warragamba Dam in May 2021 and first presented the findings to Dam Safety NSW in June 2021.

However, WaterNSW stressed that the Dam is still safe for day-to-day operation: "In adapting to climate change and the risk that extreme floods would pose to downstream communities, WaterNSW as the owner and operator of Warragamba Dam, must assess practical and reasonable ways to reduce them, in line with contemporary dam safety regulatory standards."

Labor's Water Minister Rose Jackson also reiterated that there is no immediate safety risk for Warragamba Dam: "The safety of the local community will always be our priority, and we will continue to share updates as we receive them to ensure local communities are informed and across the status of the dam."

Ms. Jackson also confirmed that WaterNSW is currently conducting investigations into the Dam to address any other issues, stating that "Our Government is committed to working with regulators to ensure the appropriate steps are taken to maintain the safety of this dam and surrounding communities."

This follows the new Labor government's announcement in April that they would not be proceeding with the plan to raise the Warragamba Dam Wall that was put into place by the Liberals before the State Election. After the recent report about the Dam was made public, the Minns government has reiterated that the policy is still for the Wall not to be raised.

However, there was also some significant pushback to the rejection of the plans. Hawkesbury Mayor Sarah McMahon has been vocal since the announcement in criticising Labor for their scrapping of the Liberal Party's plans: "As the Mayor of this community, where the Hawkesbury has been under water time and time again, Chris Minns and his Ministers just ripped all hope from us in terms of sensible, long term flood mitigation."

Further information about the Dam can be found at <https://www.watnsw.com.au>.





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## AFFRAY CHARGES

Police arrested 5 teenagers at Cherrybrook Metro station on Sunday (June 11th) following an affray which resulted in a stabbing at the Macquarie Park Metro just before 5.30pm.

Emergency services were called to a park in Herring Road, Macquarie Park, following reports of a brawl just before 5.30pm on Sunday 11th June. Officers from Ryde Police Area Command located a 14-year-old boy suffering a stab wound at a nearby railway station.

He was taken to hospital in a critical condition. It's alleged the injured boy was involved in a fight with a group of teens at the park before fleeing to the railway station where he was allegedly stabbed by one of the teens.

A crime scene was established at both locations, and investigation commenced into the circumstances surrounding the incident.

Following inquiries, five boys were arrested at Cherrybrook Train Station a short time later and conveyed to Ryde and Castle Hill Police Station.

The 15- and 13-year-old boys were charged with affray and possess prohibited drug and granted conditional bail to appear before Surry Hills Children's Court on Monday 26 June 2023.

The 14-year-old and two 17-year-old boys were charged with affray and granted conditional bail to appear before Surry Hills Children's Court on Monday 26 June 2023.

## STABBING CHARGE

A 16-year-old from Cattai has been charged with affray following the stabbing of a 17-year-old youth at Dural at around 10pm on Thursday 1st June.

Emergency services attended the intersection of Frensham Place and Martin Place, Dural, following a report that a male had been stabbed. NSW Ambulance paramedics treated a 17-year-old male at the scene. He was taken to Westmead Hospital in a serious but stable condition.

It is alleged the male had been stabbed at a carpark on Allen Way before running from the scene towards Frensham Place.

The following day, at around 2.45am, the 16-year-old was arrested at a home in Cattai.

Both teenagers are known to one another. Investigations are continuing.

Anyone with information about this incident is urged to contact Crime Stoppers Information is treated in strict confidence.



In a life threatening emergency dial 000

## TRAIL BIKE THEFTS

A teenager riding a stolen trail bike who was run over by a truck on Windsor Rd at Annangrove has been charged with Aggravated Break & Enter and Steal Motor vehicle after he was discharged from hospital after three days.

Police allege that three males broke into a Motor Sports store at Capital Place Rouse Hill at around 11.30pm on May 29th and have stole six trail bikes over a number of hours secreting them nearby.

At 4am on May 30th two male riders on trail bikes allegedly stolen from the store have ridden out on to Windsor Road from Annangrove Road into the path of an oncoming semi trailer. A 17-year-old rider on one of the trail bikes went under the semi trailer, and suffered serious injuries. The other rider left the scene.

Investigations by Hills Police resulted in a Search Warrant being conducted at Glenwood on 30th May 2023, where an 18-year-old male was arrested allegedly being the third male at the Break & Enter at Capital Place earlier that evening. He was charged with Aggravated Break & Enter and Steal Motor vehicle.

At 4pm on the 31st of May Hills Police executed another search Warrant at an address in Quakers Hill, where a number of items believed to be taken from the Motor Sports store and a trail bike stolen from a previous break and enter were seized. A male who resides at the premises is still wanted in relation to leaving the scene of the accident and the break and enter prior.

Anyone with information about this incident or the whereabouts of this male is urged to contact Crime Stoppers. Information is treated in strict confidence.

## PEDESTRIAN INJURED

Police are appealing for witnesses to a road incident on Wednesday, 14th June which left a pedestrian with severe injuries.

Emergency services were called to Schofields Road at Schofields shortly before 7.15am and found a man – believed to be aged in his 40s – suffering head and internal injuries.

A medical team was brought to the scene by a Toll helicopter, which landed at a nearby sports complex.

They treated the man at the scene before he was transported to Westmead Hospital by road.

The driver of the car, a woman aged 29, was arrested for the purpose of mandatory testing.

A crime scene was established by officers attached to Riverstone Police Area Command.

Police were told that the man, from Schofields, was crossing at the lights when the incident happened.

Crash Unit Investigators are appealing for anyone who witnessed the incident, or who has dashcam vision, to contact them via Crime Stoppers.

## P-PLATER POSITIVE

A 17-year-old red P Plater who only had his licence for one month will appear in court next month charged with High Range Drink Driving following a collision on Baulkham Hills Rd, Baulkham Hills.

Police allege that the teenager was driving down Baulkham Hills Rd when he collided with a gutter near Apollo Ave at around 12.50am on Monday, 12th June.

Police arrived a short time later. The driver returned a positive roadside breath test. He was arrested, taken to Castle Hill Police Station where he returned a reading of 0.181 on the Breath Analysis Machine.

He was issued with a Court attendance Notice and suspended from Driving.

## DRUG BUST

On Friday 2nd June, 2023, officers attached to the State Crime Command Organised Crime Squad and The Hills Police Area Command, with the assistance of North West Metropolitan Region Operational Support Group, executed a search warrant at a high rise apartment building in Castle Hill.

During a search of the apartment and a Mercedes AMG motor vehicle located in the basement carpark, officers seized an amount of money suspected to be the proceeds of crime, various quantities of cocaine, cannabis and multiple mobile phone devices.

A 21-year-old male was arrested and is assisting police with their enquiries. Enquiries are ongoing in relation to the supply of prohibited drugs in the Castle Hill area. Investigations are continuing.

Anyone with information about this incident is urged to contact Crime Stoppers. Information is treated in strict confidence.

## Services Available

The following services are available to anyone experiencing domestic or family violence:

### 1800 RESPECT (1800 737 732)

A confidential information, counselling and support service.

### NSW Domestic Violence Line (1800 65 64 63)

A state-wide telephone crisis counselling and referral service for women.

### Men's Referral Service (1300 766 491)

Provide telephone counselling, information and referral for men.

### Link2Home (1800 152 152)

Can help refer women experiencing domestic violence to crisis accommodation.

### Lifeline (13 11 14)

A national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.



# King's Birthday Honours

By BEV JORDAN

An incredible collection of local volunteers have been honoured in the King's first official birthday honours list, including residents with backgrounds in health, education and sport.

Quakers Hill resident and Blacktown City **COUNCILLOR JULIE GRIFFITHS AM** was made a Member of the Order of Australia for significant service to local government, to women's football, and to industrial relations.

She has been Senior Women's Coach at Glenwood Redbacks Soccer Club, since 2012 and is a committee member, Coach, and Volunteer, Quakers Hill Soccer Club. She is former Chairperson and a Board Member of Women in Sport.

Councillor Griffiths was first elected to Blacktown City Council in 2008 and has twice served as Deputy Mayor. For the past 30 years, she has been an active member of the Australian Local Government Women's Association (ALGWA) NSW, serving as President.

**DR GREG MARCAR OAM** from North Kellyville was awarded a Medal of the Order of Australia for service to medicine through a range of roles.

He graduated from medical school in Bangalore and worked in India before moving to Australia. "I was interested in Public Health and preventative medicine," he said.

He held several roles during the next 25 years including Acting Deputy Medical Officer of Health and Relieving Medical Controller, Granville Train Disaster in 1977.

"It was an awful sight, even to this day it still haunts me," he says.

Dr Marcar was Foundation President, Overseas Medical Graduates Association/ Australian Indian Medical Graduates Association.

"It was set up to deal with equity issues and registration issues," he said.

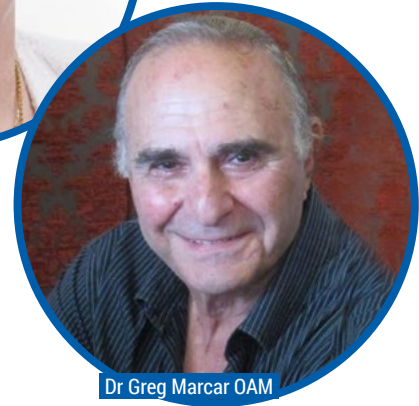
His contribution to the medical field through a range of roles on boards and committees has made a considerable impact at both State and Federal levels. He also served on an advisory committee to the Ethnic Affairs Commission of NSW.

When he retired from the role of Medical Superintendent at Lidcombe Hospital it became his mission as a volunteer to preserve the 100 year plus history of the hospital site after it was sold to developers.

He founded the Lidcombe Heritage Group in 1995 and was Principal author of the book: A Historical Tour of Lidcombe Hospital. "We



Julie Griffiths AM



Dr Greg Marcar OAM


wanted to make people aware and we did. Most of the significant buildings have been tastefully preserved. There is a very nice heritage trail and our book has been referenced," he said.

Dr Marcar said when he first received the email telling him about the OAM while holidaying with his wife Dianne he thought it was a scam.

The 84-year-old spent the day of the official announcement walking his daughter's dog and telling his three children and grandchildren the good news.

*Story continues on page 26*






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# Musically in Good Hands

By JOSH KERWICK

Indie rock outfit In Good Hands, who hail from four different corners of North-Western Sydney, have recently released their third single *Feel This Way* and played a stellar gig to celebrate at The Great Club in Marrickville.



The clock displayed 10pm as the lights dimmed. The atmosphere became alive with excitement as guitars were slung over shoulders and the clacking of drumsticks rang through the buzzing venue. From the first chord that lead singer and rhythm guitarist Jack Kenyon strummed, the crowd was totally engaged for the next hour of top tunes.

The warm angst of Jack's vocals provided a wonderful tone the entire night; meanwhile, lead guitarist Jayden Hall effortlessly danced his hands across the neck of his guitar. Drummer Simon Godbehere proved why his bandmates call him a human metronome, and bassist Harry Archbold diligently delivered slick basslines. The audience's energy was infectious through the set, smiles never too far from the faces of the four musicians.

Being raised in Pitt Town, Kellyville, Riverstone and Quakers Hill, each member of In Good Hands has brought a wide number of local friends and family to the show, all excited to bring their support to Sydney's Inner West.

The history of In Good Hands is present in how comfortable they are playing together. The band started practising in 2019 after Jack, Harry and Simon had been in another group together. "I thought we played really well together, and I had a few songs I wanted to play with a band as well," Jack says.

Officially launching in 2020, In Good Hands was to have their first gig on March 21st of that year - the same weekend the first COVID lockdown came into effect. Although the band was able to play some gigs after this, the second lockdown clouded the future in

uncertainty. Simon comments: "A few false starts, you start to feel deflated."

After releasing their debut single *Lately* the year prior, In Good Hands started 2022 by introducing Jayden to the band, who had known Harry previously and met the whole band at a wedding. "He was the first name that popped up to replace our lead," says Harry. "We knew he could play alright."

Since Jayden's addition to the band, In Good Hands have released two singles, including the recently released *Feel This Way*. Written to reflect the feeling of a fractured family dynamic, the song is equal parts melancholic and anthemic thanks to a catchy riff and vulnerable centre.

It was the riff that came first to Jack when writing, followed by the hook: "The riff was

## Home in on your ideal lifestyle

Learn everything you need to know about retirement living in just one day.

After a lifetime of hard work, many of us look forward to a relaxing retirement, often in a retirement village or resort. But selling the family home and relocating is a major financial decision that should not be taken lightly.

It is vital that you research your options thoroughly to find the right situation for your circumstances. Doing your homework can lead to years of happiness enjoying the rewards of a low-maintenance lifestyle in a like-minded community.

The perfect place to start is the Hills District Retirement Village and Resort Expo, Sunday,

July 23 and Monday, July 24, at Castle Hill RSL Club.

This is a rare opportunity to explore a huge range of retirement living options – all under one roof.

From established villages and lifestyle resorts to brand new luxury residences, in Sydney and throughout Australia, the Expo showcases the best of what's available now and offers a glimpse of upcoming developments.

Visitors are encouraged to take their time and engage deeply with exhibitors to get a true insight into daily life in their community.

The Expo lets you look beyond the brochure and ask detailed questions to find your ideal retirement lifestyle.

With scores of retirement communities represented, you can save yourself hours of driving from village to village and discover everything you need to know about retirement living in a single outing.

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The Expo is open from 10am – 3pm both days. The Club offers free car parking to members and guests. Admission is Free.

For more details about the Hills District Retirement Village Expo, go to [www.retirementexpo.com.au](http://www.retirementexpo.com.au).



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an arpeggio I discovered, and I fitted chords around that. When I'm writing songs, I'm always thinking about hooks, all the time. So normally if I get a hook, I write around that, rather than writing it from start to finish."

When the song came on deep into In Good Hands' hour-long set, the audience full of enthusiastic supporters recited all the lyrics of the song back to the band while throwing their hands up; a moment that Jayden described as awesome.

That energy from the crowd gives the quartet inspiration to create music, despite packed full-time schedules. "I think we all do a good job of balancing," comments Jayden, "But it's still a challenge. We meet up at least once a week, but going into creative mode after a full day of work, trying to get the juices flowing at nighttime, it can be difficult."

Despite that difficulty, music is a refreshing outlet for all of In Good Hands. "The thing for me, it's just the love of music, the love of creating, the craft of it," says Simon. "Being able to build something, look back on it and be proud of it, that's what drives me."

As the last notes of their "cult classic" single *Lately* echo through The Great Club, the crowd isn't ready for the show to be over. They chant for "One more song!" The four looked at each other, checking the time to ensure they hadn't gone over their 11 o'clock curfew. 10:56 pm - enough time for one more song.

It was hard to tell that In Good Hands' late-night rendition of *Mamma Mia* had been a late addition to the setlist, the boys still running

through chords ten minutes before the show started. Regardless, everyone was ready to go again one last time as the venue came alive for the encore.

Without warning, the lights switched off. The band would find out that the photographer they hired had accidentally stepped on a power switch, casting the whole show into darkness. Jack, Jayden, Harry and Simon continued to play in the dark, when an audience member turned their phone flashlight on. Another followed suit, and then several more until a sea

of lights shone brightly onto the stage, allowing perfect vision of the last moments of In Good Hands' time on-stage.

After the show, the band agrees that the *Feel This Way* launch gig was one of the best gigs that they've ever played. Harry says: "It's that energy. Being able to be such a big part of creating the vibe of the room... It's really exciting. It just feels good to have mates jumping around and singing to songs that you made. We're just there for a good time, and it seems like others are too."



All photos courtesy of James Winthrop

## GenesisCare Norwest New specialised centre for radiation oncology services

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GenesisCare has opened a new cancer centre located adjacent to Norwest Private Hospital.

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\*Any medical procedure or treatment involving the use of radiation carries risks, including skin irritation and associated pain. Before proceeding with treatment, you should discuss the risks and benefits of the treatment with an appropriately qualified health practitioner. Individual treatment outcomes and experiences will vary.



# Green Funding for Norwest

The Clean Energy Finance Corporation has given an \$80 million green loan to Mulpha Australia for Stage 1 of its Norwest Quarter residential development.

Stage 1 of Norwest Quarter will deliver 196 net zero-ready apartments that will consume 50 per cent less electricity from the grid and will be powered by 100 per cent renewable energy with an all-electric and gas-free design.

The CEFC position is being matched by an \$80 million green loan from ANZ.

The sustainable apartments will have an average 7-star NatHERS rating, provide residents with significant water savings and make it possible to reduce waste to landfill by more than 50 per cent.

Featuring two main towers designed by award winning Australian Architectural firms Smart Design Studio and Bates Smart, apartments within Norwest Quarter will include energy efficient appliances, LED lighting, induction cooktops, efficient plumbing fixtures and heat pump hot water systems.

These inclusions will reduce residents grid reliance, minimise their carbon footprints and make it possible to reduce household bills by more than 25 per cent a year.

Norwest Quarter forms part of Mulpha's broader Norwest precinct and will include landscaped open space at ground level to aid in urban heat reduction and more than 3,000 square metres of retail space. Support for

electric vehicle charging infrastructure, solar rooftops and the use of low emission building materials will also be included, alongside features that support the circular economy such as recycled water for toilets and onsite organic waste treatment.

CEFC CEO Ian Learmonth said: "Renewables are one of the lowest cost forms of energy and are a great place to cut energy costs and reduce our carbon output."

"Norwest Quarter is an ambitious development that has innovated by taking a holistic approach to optimise sustainability at every level of the building process. We need to lock in this approach to all new and existing buildings as we target net zero emissions.

"As one of Australia's first masterplanned urban precincts to incorporate sustainable aspects from the design stage, Norwest Quarter residents will be able to reap the benefits of the buildings and reduce their carbon footprints into the future.

"We all want to cut our energy costs, whether in businesses or at home. By reducing the energy used by our homes, appliances and vehicles and switching to renewables we can make a sustainable change to how energy is used across the towns and cities of Australia."



Greg Shaw, Mulpha Australia CEO said: "Being able to partner with these financial groups in the delivery of one of Australia's first ever, zero emission urban precincts is an exciting achievement.

"Norwest Quarter in The Hills Shire of Sydney will be one of Australia's first urban precinct developments to fully incorporate sustainable design principles from conception through to its construction and long-term performance, resulting in zero carbon living at 25 percent less cost for residents.

"As a major property developer, investor and manager we are committed to sustainable finance and design principles because this is not just good for the environment, it's good for all our stakeholders being the communities in which we operate, our investors and business partners."

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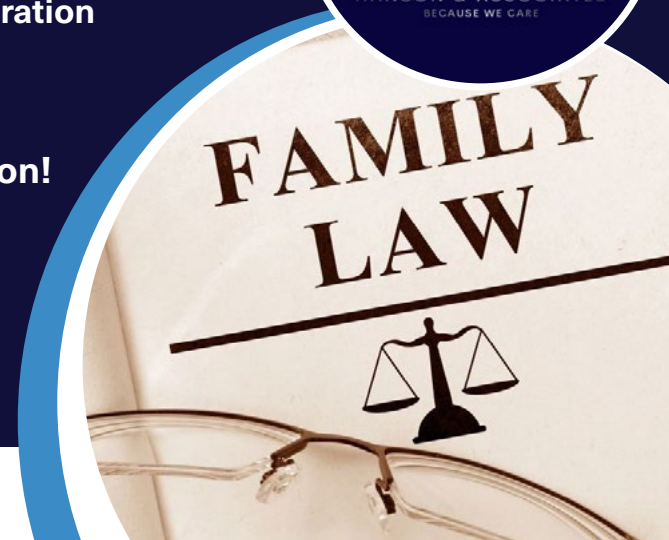


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# Gang Show Returns

Ignite! is the name of this year's Cumberland Gang Show which returns once again to Riverside Theatre in the July School holidays. The show is two hours of fast paced family entertainment.

David Shaw from the organising team says the inspiring opening number "Ignite Your Light" celebrates the fact that everyone has a spark within them just waiting for ignition.

Over the show's 53 year history, the Cumberland Gang Show has trained over 2,500 young guides and scouts in the skills needed to write, stage and perform a variety-style show.

During that time the different shows have been performed to well over 50 000 people.

David said: "The Gang Show vision is to provide top quality entertainment to our audiences, a fantastic learning experience for our young people, and great PR for Scouting and Guiding and it excels in its achievement."

The 2023 Cumberland Gang Show unfolds with a variety of different themes and features amazing singing, dancing and comedy and features material written locally by Scouts and Guides along with some commercial material and Gang Show favorites.

As is Gang Show tradition, Ignite tells not just one story but many. The talented cast will take their audience to Egypt, they'll introduce tap dancing nannas and pay tribute to ABBA and recognise our incredible emergency services and first responders. The cast is made up of over 130 Scouts and Guides from Western Sydney

and beyond. The talented cast auditioned in December and have been rehearsing since March. Over the next few weeks they will add costumes, sets, props, a massive video wall and a live orchestra to the spectacular.

Cast member Stacey Swinkels from Crestwood Senior Guides said how much she and the other cast members were "looking forward to seeing the show come together at the dress rehearsals" she went on to say "it's always a thrill as things get more real in the lead up to theatre and opening night".

Toby Stone, from Kings Langley Rover Crew, is a member of the show's own creative team who meet in the off season to workshop and write material for the following year. Toby said: "I'm looking forward to seeing the items we all worked so hard on over the past year being performed on stage with lights and costumes and props, it's going to look fantastic!"

David said that apart from the 130 Scout and Guide cast members, the truly remarkable thing about Cumberland Gang Show is that everyone involved in the support teams is a volunteer. "Well over 200 adults and young people work tirelessly behind the scenes to bring the show to life."



## GANG SHOW DATES

- Wednesday 5 July 2022 at 7:30pm – Red Scarf Night
- Thursday 6 July at 11am
- Friday 7 July 2022 at 7:30pm
- Saturday 8 July 2022 at 2:30pm
- Saturday 8 July 2022 at 7:30pm
- Sunday 9 July 2022 at 2:30pm – Finale

Book your tickets directly through Riverside Theatre: <https://riversideparramatta.com.au/whats-on/cumberland-gang-show-ignite/>



## Experience Aged care that's personal at Brian King Gardens

You'll be pleasantly surprised as you experience the wonderful community and quality of care the new management team have created at Anglicare's Brian King Gardens residential aged care home.

### Saturday 24 June

10am - 1pm  
Brian King Gardens  
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Registrations required so please call to book in for your preferred time.

Call 1300 111 278



# 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

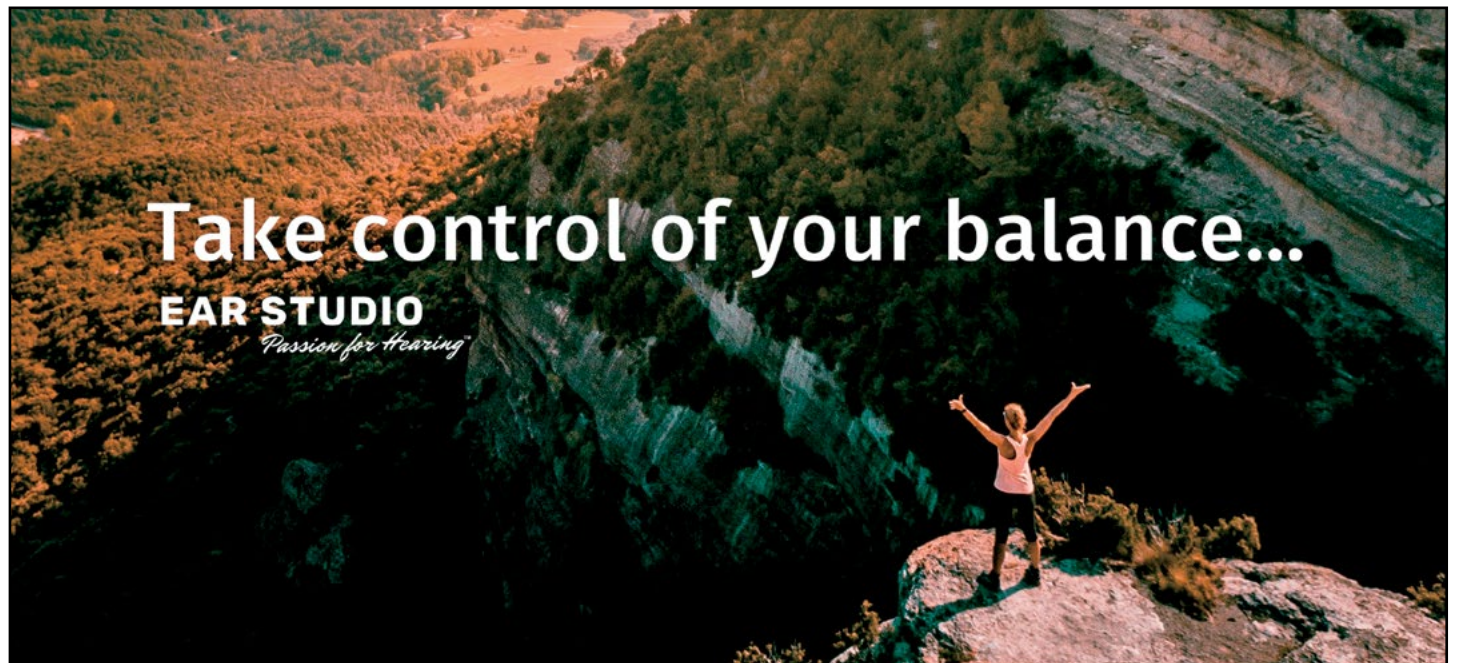
and treatment. For example, unfortunately there is a high incidence of something called a sudden onset sensorineural hearing loss. This means there has been rapid loss of hearing in one or both ears in the matter of hours or days. We often do not know why this has occurred, although, the correct treatment 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 you 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.



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*out and about*  
with MICHELLE BYRNE

# Stardust Circus

At first glance, Stardust is just a circus, a collection of travelling performers entertaining audiences far and wide. However, Stardust Circus is more than that. It is the story of the West and Lennon families and the generations of performers from these families with entertainment in their DNA and born knowing exactly how to put on a show. The matriarch of both families is Jan Lennon, affectionately known as the "boss lady" a local who when isn't travelling with the circus lives in Richmond. Jan's first husband, Victor was an acrobat who missed circus life so taught his older three children acrobatics and created shows for them to perform in local shopping centres. Sadly, Victor died of a heart attack when their youngest two children were only 7 months old. Fortunately, Lindsay Lennon owner of

the Lennon Brothers Circus gave the West children an opportunity to perform with his circus whenever it was in town. Lindsay and Jan's friendship turned to love and after they were married Jan's 7 children and his 4 children travelled Australia with the Lennon Brothers Circus and eventually purchased another small circus which they re-named Stardust Circus. Today Jan and her husband Lindsay own both the Stardust and Lennon Brothers Circuses and 6 of her 7 children and their partners plus 16 of her 22 grandchildren work across both circuses.

Stardust Circus is about a family providing entertainment to other families and they certainly do that! We enjoyed every minute of the performance. The talent is incredible and you will be amazed by the aerial performances and the stunning acrobatics including on roller

skates. Magic tricks that will blow your mind as well clowns and with their hilarious antics including audience participation, will make you very glad you weren't chosen to enter the arena! You will also be amused by the well looked after and well trained dogs, goats and ponies. There isn't a dull moment in the show. There are carnival rides and show side alley games to enjoy before, during intermission and after the show along with all your favourite carnival food – popcorn, fairy floss, dagwood dogs, donuts and soft drinks and coffee to enjoy.

For the twins, their favourite part of the night was the dodgem cars which they are now tall enough to drive and the cheeky clowns whilst for me it was making memories with my family whilst supporting a family business with a story to tell.



## Doing Dementia Differently



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# Water Campaign

DR KIM LOO | CHAIRPERSON OF HILLS DOCTORS' ASSOCIATION

**Model Farms High School at Baulkham Hills is taking a step towards a healthier future and reducing its environmental impact, thanks to a collaborative effort between the Western Sydney Local Health District (WSLHD), local doctors, and the school community.**

A generous donation from the Hills Doctors' Associations combined with a contribution from the school made it possible to purchase and install a water refill station at the school.

This inspiring initiative was spearheaded by a group of local high school students who actively participated in WSLHD's peer-led health leadership programs called Students As Lifestyle Activists (SALSA) and SALSA Youth Voices, both of which are delivered by the Prevention Education and Research Unit (PERU).

Youth-led initiatives like this play a pivotal role in creating positive change in our communities. The SALSA program focuses on empowering students to increase physical activity and improve their diet whilst building their health literacy skills to make informed choices that will benefit them throughout their lives.

One of the pressing issues facing Australia today is plastic waste, and sugary bottled drinks contribute significantly to this problem.

Moreover, these drinks are often linked to the onset of various diseases within our community, with approximately 85% of adults suffering from chronic illnesses.

By providing accessible and free water refill stations, the school community not only encourages students to make healthier choices but also reduces single-use plastic waste. This highlights the importance of sustainability and the role each individual can play in creating a greener future.

Professor Smita Shah OAM, Model Farms High School Principal Kerrie Kennon, Deputy Principal Rebecca Smith, and two inspiring students, Sophie Wilson and Niruban Ravimohan were at the launch of the water refill stations at Model Farms High School.

Professor Smita Shah remarked "The collaboration between the WSLHD, doctors; associations, and local high schools exemplifies the power of community partnerships in addressing pressing health and environmental issues. It is a testament to the dedication and



passion of our youth, who are leading the way towards positive change."

Thanks to the unwavering commitment of local doctors, educators, and students, Model Farms High School and its partner schools are now equipped with the necessary infrastructure to promote hydration and sustainability. Their collective efforts remind us that small actions can make a big difference.

Let us celebrate this significant achievement and look forward to more initiatives that empower our youth towards a sustainable future.

For more information about the program visit <https://peru-programs.sydney.edu.au/>

## Coen's Story

One of Australia's largest children's health charities, Sydney Children's Hospitals Foundation (SCHF) is hoping to raise \$15 million for sick kids this tax time.

Funds raised through SCHF's Sydney Sick Kids Appeal will go towards giving all sick kids the childhood they deserve – one where they get to be a kid first and a patient second.

This includes children like Coen, diagnosed with Gabriele-de Vries syndrome at just one-year-old. The ultra-rare neurodevelopmental disorder affects less than one in a million children, causing developmental delays, intellectual disabilities, and a wide range of functional issues.

Coen's syndrome is so rare doctors told Coen's mum, Hayley, they couldn't predict what symptoms would arise in her son.

"At that point in time, he was physically behind... finding out his diagnosis included some intellectual delays – that was heartbreaking," says Hayley.

Coen is now under the care of a highly dedicated and specialised care team at Sydney Children's Hospitals Network, who work tirelessly to provide the support and care that he and his family need.

"At one point we had 13 specialists, as well as five allied health professionals caring for Coen," says Hayley. "I don't even want to think about where Coen would be without the care he's received. He definitely wouldn't be where he is today," says Hayley.

Hayley is incredibly grateful for the extraordinary care that Coen has received and the vital difference it has made in his life.

"Just look at our story and how much support we need for Coen. If anyone can give any little amount, it all adds up and it all helps," says Hayley.

Support Sydney Children's Hospitals Foundation and kids like Coen this tax time by making a tax-deductible donation at [www.schf.org.au](http://www.schf.org.au)



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[www.schf.org.au](http://www.schf.org.au)  
1800 770 122

# Meet President Cheryl By BEV JORDAN

Cheryl Hill is taking on a new challenge and is excited at the prospect.

The Navy veteran has just been voted in as President of the Castle Hill and District sub-branch – the first female president in the veteran organisation’s 90 year history.

A member of the Castle Hill sub-Branch for 35 years, she was also the first female Vice President. Cheryl was 18 years old when she joined the Australian Navy in 1968. She had grown up in Nauru with her parents where her father taught boilermaking at TAFE. From the age of 12 she attended boarding school in Queensland and after graduating it was a choice between nursing and the Navy.

“My father had always wanted to join the Navy so that’s what I chose,” she said. “My plan was to become a Radio Operator and run a Radio Communication

Station in the Pacific, the Navy had other ideas and I became a Radar Operator and Weapons Analyst.”

Her 4 years of service saw her posted to HMAS Watson, and then RANTAU (Royal Australian Naval Trials and Assessment Unit) at Rushcutters Bay but then a desire to go to the UK via the Olympic Games in Munich saw her head overseas.

She met her late husband Alan in the UK and stayed for 10 years while working as a legal secretary before the family headed back to Australia.

Cheryl says she originally joined the Darra Sub-Branch in Queensland where her uncle had been President and then joined Castle Hill sub-branch when she moved to Sydney with her husband Alan in 1986.

Her long association with the Castle Hill sub-Branch included involvement with the Castle Hill & District RSL Youth Club in 1989-1993, when both her son and daughter were competing in gymnastics and she became Youth Club secretary and President of the Gymnastics Club.

Cheryl has been the Castle Hill sub-branch welfare officer for 14 years and Vice President for 4 years.

When you ask Cheryl what her proudest achievement in the sub-branch has been she says it’s reinstating the Auxiliary in 2020 after it had been disbanded in 1994



Naval cadet Cheryl Brown at 18

from lack of members. There are now 34 members in the Auxiliary.

Cheryl urged people to join the sub-Branch and Auxiliary for “a feeling of purpose, camaraderie, helping others and meeting new and interesting people”. There are nearly 400 members of the sub-branch.

The mother of two who has 5 grandchildren told the Hills to Hawkesbury Community News: “My priorities are the welfare of the members of both the sub-Branch and the Auxiliary and our major commemorative events ANZAC Day and Remembrance Day.”

*“For many years, Cheryl has demonstrated her ability to be an exceptional leader for the sub-Branch, heading up the Welfare and Auxiliary Team and as the Vice President Personnel. With Cheryl as the President, the sub-Branch will continue to grow and support our Veterans and their families.”*

~ David Hand



Incoming President Cheryl Hill with former President David Hand  
Photo: Chris Bennett

# SHORT CUT

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# The Hills Shire Council News

## Hills Shire Council volunteer celebrates 45 years of service

Terence 'Terry' Blanch began volunteering with The Hills Shire Council at 39.

More than 45 years later, Terry remains committed to serving his community, particularly his work in protecting the local environment.

This dedication was acknowledged during Council's Volunteer Thank You event held during National Volunteer Week.

Terry is a founding member of Council's nursery, Bidjiwong Community Nursery, in Baulkham Hills, which produces up to 60,000 local native plants annually for residents to use in their homes, and for Council to plant in its parks and use at other community facilities.

"Volunteering has been an enjoyable experience and it's been a big part of my life," Terry said.

Terry has been involved with the nursery for more than four decades and still loves what he does, which includes

seedling raising, plant care and sometimes mentoring the new volunteers.

"It's the camaraderie I enjoy most about volunteering," Terry said.

"I get to learn about new things and have training opportunities. You also make friendships that last a lifetime."

Council offers diverse volunteering programs, such as Bushcare, Meals on Wheels, Justice of the Peace and 355 committees. Numerous other opportunities are also available through the Community Environment Centre, Roxborough Park Rose Garden, Council's youth volunteer program, Hills Youth Army, and the community nursery.

To find out more or to sign-up, visit Council's website and search 'volunteering'.



Terence "Terry" Blanch with Mayor Gangemi at Council's Volunteer Thank You Event.

## Improve your business performance!

Let us know how your business is going via the annual Hills Business Performance Sentiment Index (PSI) Survey. The survey takes approximately 10 minutes to complete, providing Council with data on business performance, conditions and sentiment.

Hills businesses are encouraged to complete the survey as it will help inform us on how best to assist our local businesses in the following year. The survey is open until Friday, 30 June at 5pm. To participate, visit Council's website and search 'PSI'.

## Make life easier with longer day care

Located in the leafy, rural setting of Round Corner, Dural, Ellerman Child Care Centre has been servicing the community and preparing children for school for over 30 years.

Open from 7am – 6pm, our 40 place Centre features a large shaded outdoor playground, sandpit, veggie patch, fruit trees, dry creek and cubby house.

Educators are nurturing, qualified and experienced, and nutritious meals are prepared freshly each day by an on-site cook.

Start Strong funding is available for children aged 4 years old on or before 31 July 2023.

Places are now available for 2 - 5-year-olds. To book a tour, or to make enquiries, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for 'Ellerman.'







## Kenthurst Seniors Tai Chi group welcomes new uniform

The Kenthurst Seniors Tai Chi Group can easily move through their exercise routine thanks to their new team shirts.

The personalised blue polo shirts were funded by The Hills Shire Council, which allocated a \$900 Community Grant to the group to make their dream request a reality.

“Having these shirts creates a sense of identity for our members,” Meryl Mifsud, the group’s Coordinator said.

This was seconded by the group’s Secretary and Treasurer, Rosalie Chaloner.

“It promotes our group and also the benefits of Tai Chi which helps with balance, breathing and a sense of calmness,” she added.

Meryl and Rosalie started the group more than 15 years ago with five people and it has now grown into a team of more than thirty like-minded individuals who seek out the physical, social and spiritual benefits of Tai Chi.

They meet weekly on Wednesday mornings during the school term at John Benyon Rotary Park, in Kenthurst, to practice the soft-moving Chinese martial arts with its two teachers Frank and Jan Lee.

The group members enjoy social interaction after class over a coffee at the café opposite the park.

For more information, contact Meryl on 0439 645 321 or Rosalie on 0410 911 917.

## Council Meetings

Tuesday, 27 June 2023 – 7pm

For more information, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for ‘Meeting Agendas and Minutes.’

## Help Shape Council’s Vision for the Future

Council’s Vision for the future of its strategic centres at Norwest, Castle Hill and Rouse Hill have been drafted along with the Economic Growth Plan. They are now available for viewing and comments on the website by searching ‘Help Plan For The Future’.

If you are interested in exploring what each draft plan entails and would like to help shape the final strategic documents, you are invited to attend one of our in-person consultation sessions and workshops.

The first two facilitated workshops are for the:

- **Draft Economic Growth Plan**  
Thursday, 29 June 2023 from 7pm-9pm at Council Administration Centre, 3 Columbia Court, Norwest.
- **Draft Rouse Hill Precinct Plan**  
Thursday, 6 July 2023 from 7pm-9pm at Rex Money Room - Vinegar Hill Memorial Community Centre.

Head to Council’s website and search ‘Help Plan For The Future’ to RSVP and to see the full extent of the consultation activities.



Artist impression of the Fiddler and surrounds in Rouse Hill.



Are you enjoying  
The Hills Shire Council News?  
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# DINING OUT

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## Hills Palace Chinese Kitchen is now in a new, fabulous location in Carmel Village Shopping Centre, Box Hill.

With a highly experienced Chef and a wide variety of delicious dishes, they have something for every fan of a good Chinese meal.

From their spicy Laksa... to traditional stir fry options... a tasty chow mein... or a variety of vegetarian dishes... you will definitely walk away satisfied!

Located with a play area for children right outside, plus a children's menu... it's the perfect place to head to for an enjoyable family meal.

Or why not grab a quick Takeaway banquet to enjoy in the comfort of your home this Winter?

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So drop by and try some delicious dishes.

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# A RARE PASSION

## *A drink and a chat with Yang Sun*

Bar Manager Sarino's Restaurant & Bar

**B**ack in 2012, when I had just graduated from high school in China, my family sent me to Australia for my University degree.

I still remember the first few weeks of my University life as I was trying to adjust to this new country, culture, language. Pretty much everything.

One day, I was walking to the bus station and passed a random bar. Through the window, was one bartender making cocktails. The sounds of cocktails being shaken, and the vibe of the venue deeply attracted me. That was something I never experienced before, and it was then that I decided to work in a bar.

I started working at a pub as 'glassy', which is just picking up glasses. While working there I thought that Jack Daniel's and coke was a fancy and mysterious drink (laughs) Lucky that pub carried a nice selection of spirits and I found myself always picking up bottles, taking photos of them and researching them when I got home. I then became a bartender in that pub. That job went through my whole University life.

In 2017 I went straight back to China when I finished University, however, Engineering really was not my thing. I missed my time behind the bar and the vibe of a hospitality business. I started



looking for a bar job in China and luckily enough received an offer from YIHE MASHIONS (Relais & Chateaux) luxury hotel which had an impressive whisky bar.

At that time, I was addicted to Single Malts whiskies, and I was spending an extra 4-5 hours after my shifts searching for and improving my knowledge of single malts. A few months later, the bar manager left the venue, and I got promoted. I was very nervous but excited as well and I found myself even studying harder to improve my knowledge.

Over the last 7 years as a bartender, I think I have purchased every single book on spirits, techniques, philosophies of drinks and their history as well as bar operations and management. I just love it!

I still remember the 1st day I got an interview at Sarinos when it was still bare concrete. The Bar Manager told me of their vision to create something different, special and a city-like experience for people in the Hills.

Sarino's Restaurant & Bar was opened in November 2019. I took over the position of Bar Manager last year and I continue to work on our vision.

Sarino's Restaurant & Bar is open Wed-Friday lunch and dinner, Sat-dinner, Sunday lunch starting July 2nd.



**Momento**  
HOSPITALITY

# SARINO'S

Level 1, 36 Brookhollow Avenue Baulkham Hills 2153

02 8884 2828 | [www.sarinos.com.au](http://www.sarinos.com.au)



### AT A GLANCE

NAME: MITCH  
 SEX: Male  
 BREED: American  
 Staffy  
 AGE: 1 year old  
 PRICE: \$49

**MITCH** is a friendly, well behaved boy. Staff at the Hawkesbury Companion Animal Shelter say Mitch would be best-suited to a home where he will be allowed to spend his time with the family. If you feel you can give Mitch a home please bring your family dog (if you have one) and the children to meet him just so staff can be sure they will all get on well together. As this week's featured dog his adoption price has been reduced to \$49. The adoption price includes the first vaccination, desexing, microchipping and life-time council registration.

*Hawkesbury Council's Rehoming Organisation  
 Number is: R251000145.*



### AT A GLANCE

NAME: ANNIE  
 BREED: Domestic  
 short hair cat  
 SEX: Female  
 AGE: 18 months  
 PRICE: \$29

**ANNIE** is a gentle girl. Staff at the Hawkesbury Companion Animal Shelter say Annie has a very loving nature. If you would like to offer Annie a new home please come to the shelter to meet her. As cat of the week her adoption price has been reduced to \$29. The adoption price includes the first vaccination, desexing, microchipping and life-time registration.

*Hawkesbury Council's Rehoming Organisation Number is: R251000145.*



## Young Sporting Stars Honoured at Council

Aspiring young athletes have been recognised for their contribution to sport during a special ceremony at The Hills Shire Council on Wednesday, May 31.

Mayor of The Hills Shire, Dr Peter Gangemi congratulated 25 up-and-coming sporting stars and four coaches from the Western Sydney Academy of Sport (WSAS) and presented them with a certificate of recognition.

Mayor Gangemi, a WSAS Council Director, said it was an incredible honour for the young athletes to be selected into the Academy, a not-for-profit community-based organisation offering development training.

Many of the athletes who complete the Academy's program go on to represent their state and even their country, including Olympian and softball player Rachel Lack of West Pennant Hills.

"The Hills is home to so many talented young athletes," Mayor Gangemi said.

"It's fantastic that WSAS supports them with elite training programs, which helps them grow as sportspeople and to be the best they can be. Council is a big supporter of grassroots sport. We build the fields, the courts, parks and provide green spaces where our future Olympians and athletes can play, train and realise their potential."

WSAS CEO Martin Bullock said The Hills Shire Council had been a strong supporter and advocate of their athletes and programs since the Academy's inception in 2004.

"In that time, the Academy has provided 530 scholarships to young, local Hills Shire athletes across various sports," Mr Bullock said. "Council's ongoing support means we can continue to provide educational, sporting and personal development services through our programs. This also means that our athletes can enhance their skills and knowledge within their chosen sport."

The Hills Shire is one of seven Local Government Areas (LGAs), along with Penrith, Parramatta, Blacktown, Blue Mountains, Fairfield and Hawkesbury, that make up WSAS's catchment.

Council has contributed more than \$130,000 in funding to WSAS (since 2014), which supports the cost of supporting athletes with their education, uniforms, training programs and Academy events.

# Winterfest Lands at Hawkesbury

Immerse yourself into a different world when Winterfest descends on Hawkesbury Showground on 1st and 2nd July.

Vikings, knights, orcs, unicorns and mermaids will be doing what they do best at the two-day show which has something to delight all members of the family.

The action includes jousting competitions and medieval battles, and extends over the whole weekend from 10am to 5pm on both days.

The best from Australia compete in the Historical Medieval Battles (HMB) tournament to represent their team in the Battle of the Nations Championships.

From jousting, archery and combat to crafts, cooking and games, this popular two-day event features an extensive program to delight the whole family!

You can learn about birds of prey in Australia, the history of falconry, and get a sneak peek at other birds in history.

Melee Battles with knights in armour from a range of historical periods, the mounted skill-at-arms, demonstrates the many skills required for knights in training and for battle.

'Artisan Alley' will have displays throughout the day, including blacksmithing, woodworking, and leatherwork. Visitors can also take a stroll through the 'Merchant's Row' to browse the

vibrant range of stalls, including quality artisan and handcrafted wares.

Roaming entertainers will amaze, including musicians and minstrels, and 'Feldergast the Fool', Winterfest's wandering jester. Treat yourself to many delicious foods to choose from, including slow-cooked pulled pork and mini Dutch pancakes. Vegetarian, vegan, and gluten-free options will also be available.

Have a go at hands-on activities, including a traditional archery range, Celtic drumming workshops, and the chance to learn to use a rapier. Have your photo taken with a unicorn, and kids can have a go of a (safe) sword and shield at the Kids' Knight School. There will even be free rides in a horse-drawn carriage.

Come dressed up, and join in with the Winterfest Costume parade and Cosplay competition. Visitors are encouraged to come along in a medieval-inspired outfit or fantasy-style clothing; all medieval periods, cultures, and styles are welcome.



There is extensive free on-site parking, including disability and seniors' spaces close to the entrance gate. Clarendon railway station is only two minutes' walk from the gates.

Pre-purchase your tickets online for discounts, or you can buy at the gate.

For details or tickets visit [www.winterfest.com.au](http://www.winterfest.com.au). Hawkesbury Showground is at 40 Racecourse Road, Clarendon NSW 2756 (opposite the RAAF Base).

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# Hills teen Isabella to make debut for the Philippines

By LAWRENCE MACHADO

**Kellyville Ridge teenager Isabella de Jesus, who has played competitive basketball for many years, will make her dream debut for the Philippines Under-16 team for the FIBA Asian Cup in Jordan in July**

After being inspired by her Dad, a former professional basketballer in the Philippines, Isabella, 15, is on the cusp of creating her own slice of history.

Isabella, whose Dad Charles is Filipino, and Mum Melissa, a Filipino-Australian, was chosen to represent The Philippines after standout performances at the inaugural NBTC women's basketball tournament. She represented the Filipino-Nation Select (including female talent from the US) in Manila in April. The Select team blew their competition away to win the title after an unbeaten run.

Isabella, whose first club was Hills Hornets, was then invited to trial for the U16 Philippine national team to play in the FIBA Asia Cup in July 2023, in the USA.

"I was honestly so happy that I cried because I know I have worked so hard," Isabella said of her selection to the Filipino team. "I am very proud of what I have accomplished as I got here by myself. It was a really good experience (playing for the Select team), as I got to meet really nice girls. Our chemistry was great and it was another type of ball game that I experienced because it was a lot more physical and fast. I got to compete at the higher levels."

The shooting guard, who last played for the Hornets Spiders in the Waratah Junior

Basketball League, has been putting in the hard yards through the Talented Athlete Program and Developing Athlete Program while trialling for the NSW PSSA teams.

Isabella, one of four children, caught the eye of selectors after attending a Filipino-Australian Basketball Combine scouting camp in Sydney earlier this year.

A student of St John Paul II Catholic College at Schofields, Isabella is honing her skills by training with the NBL1 Inner West Bulls team, though she is too young to represent them. The versatile athlete represents her school in basketball, netball, Oztag, and cross-country running.

"I would love to play college basketball and hopefully even go pro in the Women's National Basketball League," Isabella said. "My short-term goals are to do well at the Asia Cup, help the Philippines to do well, and get to finish my high school years in America."

Remarkably, Isabella is also a level 2 accredited basketball coach. She coaches the Royals Basketball club under the highly-experienced Rodger Mantua. Isabella is now undergoing a four-week training camp in Manila before the national team competes in the Asia Cup in Amman, Jordan from July 10-16.



Isabella de Jesus starred for the Filipino-Nation Select team in the NBTC tournament in Manila.

Isabella de Jesus will represent The Philippines at the Under-16 Asian Cup basketball tournament in Jordan.

# Hills United teams up for the challenge

By LAWRENCE MACHADO

**Table leaders Hills United came from behind to share the spoils in their FNSW League One Men's first grade football game against SD Raiders.**

Glen Kelshaw scored the equaliser in the 66th minute after the third-placed Raiders had claimed a 2-1 lead through Klime Sekutkoski and Mihael Marcic. The in-form Mitchell Smith scored the opening goal for the Hills outfit in the seventh minute of their round 19 game at Ernie Smith Reserve last Saturday.

Despite their 2-2 draw, Hills United continue to dominate the championship, sitting on 43 points from 19 matches with 13 wins, two losses, and four draws. They are followed by Bonnyrigg White Eagles (39 from 18 matches), and SD Raiders (36).

Hills United take on ninth-placed Rydalmere Lions this Saturday (June 17) at 7pm, at Landen Stadium, Seven Hills.

Meanwhile in the FNSW League One Women's First Grade, Hills United have a blockbuster match this Sunday (June 18), against the formidable UNSW. If the Hills women can pull off a victory against the competition's most impressive side, it will be a major boost to their title hopes. It's a 3pm kick off at The Village Green, Kensington.

As it stands, Hills United lie third on 29 points in the Women's First Grade after 14 matches. UNSW stay on top with 35 points, with the Mariners one point behind, both teams on 13 matches.

The Hills side drew 1-1 with South Coast Flame last Sunday. \$10,000 boost for Nepean FA (with picture/no caption)

Nepean Football Association received a \$10,000 grant from Commonwealth Bank for their efforts in creating an inclusive environment for kids playing the game across ages, gender, and abilities. The grant will help them to promote and run accreditation courses for aspiring referees, and to purchase uniforms, with a focus on new female referees.

The grant was announced during last week's FIFA Women's World Cup Original Trophy tour in Western Sydney. The World Cup is jointly hosted by Australia and New Zealand from July 20-August 20, with 32 nations in the fray. Sydney will host a semi-final and the final, making it one of the biggest sporting championships in our state.



# SUSAN TEMPLEMAN MP

Federal Member for Macquarie

## AVAILABLE TO HELP

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## Improving animal welfare

It's not surprising that when news reports of horrific heat leading to the death of sheep being exported to the Middle East that people call on the government to act. For the last 7 years, I've received hundreds of emails and phone calls on this issue, pleading for the government to do more to prevent animal cruelty.

The Albanese Government is taking a leadership role, as government should. We took a commitment to the last election - and the one before - to end live sheep exports, and last month in Parliament, legislation passed through the lower house to improve the animal welfare rules.

Prioritising animal welfare just makes sense: the industry acknowledges it, the community knows it and our trading partners expect it.

Our improvements expand the role of the Inspector-General of Live Animal Exports to include additional animal welfare-related objectives. One of the first things that will happen, when the legislation passes the Senate, is a review of the effectiveness of the things livestock export officials do, to identify any gaps that are affecting animal welfare.

The package of changes will increase the oversight, accountability and transparency for exported livestock, part of our commitment to a science-based approach to animal welfare.

Work is underway to consult with the agricultural sector on the timeline for phasing out the live sheep trade. It will not end in this term of Parliament, because we want to allow time for individuals and businesses to adapt and prepare for that transition.

This provides the space to look at what opportunities open up in terms of expanding domestic processing and increasing sheepmeat export overall. I think that is appropriate, but in the meantime, I'm pleased to see higher standards and greater transparency of this sector.

## THERE'S MORE TO DO, BUT WE'RE GETTING ON WITH THE JOB

Recently I spent my Monday morning hosting a mobile office in Seven Hills Station. It was great to chat with local residents and small business owners commuting to work.

By far, the main concern from the good people of Greenway that I spoke to was the rising cost of living that most Australians are really feeling right now.

Providing responsible, targeted cost of living relief is a key priority in our 2023-24 Budget announced this May because we know lots of people are doing it tough right now.

The Albanese Government 2023-24 Budget includes:

- Up to \$500 of energy bill relief for more than 5 million households.
- Getting wages moving, including a 15% pay rise for aged care workers.

- Halving medicine costs for more than 6 million Australians.
- 300,000 extra fee-free TAFE places.
- Investing in housing and making renting fairer.

One of the things that makes this the best country in the world is our shared belief that every Australian should be able to access affordable, reliable healthcare.

But right now, too many people are finding it more and more difficult to see a doctor. We're changing that by:

- Boosting bulk billing, which will help more than 11 million Australians see a doctor for free.
- More health care at local pharmacies.
- Halving medicine costs for more than 6 million Australians.

We know the best long-term guarantee of rising living standards, stronger wages and a better quality of life is a growing and productive economy. That's why our budget is underpinned by a plan to modernise our economy and maximise our strengths by:

- Investing over \$40 billion to make Australia a renewable energy superpower.
- Investing in advanced manufacturing, critical minerals and the digital economy.
- Boosting training and skills, with 300,000 fee-free TAFE places.
- Incentivising small businesses to reduce their energy costs, and providing support for digital adaptation.

We know that there's always more to do, but we're getting on with the job.

As your Federal Member for Greenway,

# I'm here to help.

Albanese Labor Government Delivers for Greenway in 2023-24 Budget

## Minister Michelle Rowland MP

PO Box 8525, Blacktown NSW 2148

(02) 9671 4780

Level 1, Suite 101C, 130 Main Street, Blacktown

@mrowlandmp

Michelle.rowland.MP@aph.gov.au

michellerowland.com.au

Authorised by Michelle Rowland MP, Australian Labor Party, Blacktown NSW 2148



# ROUGHLEY SPEAKING ABOUT AN OLD MATE

Having lived in The Hills for quite some time I have met some wonderful characters whom I remember fondly. One such person, I would have to say, was a guy who sold his home to the local council for just \$1.

The fellow I called an old mate was Gordon "Clive" Roughley who lived in the home in which he was born in 1914, known as "The Pines" at Dural. Old Clive was known locally as the "Honey & Egg Man". One recollection I have is calling on Clive one evening when it was getting dark. Knowing that he spent much of his time in the rear kitchen I went to his back door and knocked. He came to the door with a lump of 4" x 2" wood in his hand ready to "knock me head over heels". You see Clive had been robbed a number of times and was fearful that I may have been a burglar. He always had a dog at the house. I can recall three dogs that he owned during the years that I knew him. They were "Sally", "Jackson" and "P.C." (for Police Constable), so named as he had obtained it from the local Police who gave him "P.C." after a robbery to help frighten off any burglars.

Clive was often seen pulling out wads of notes from his pocket as he gave out change to purchasers of his honey or eggs. No doubt this would have been an attraction to those who wished to rob him of his hard-earned cash. Among the robberies was a situation where his dog "Sally" attacked a pair of burglars who stole \$600 he had collected for a childrens' cancer charity. Clive loved to chat with visitors particularly during "Jazz at The Pines" concerts which were being held on his front lawn.

It was through the original "Jazz at The Pines" events that I first came to know Clive. My wife and I were members of a local tourist association and, at a meeting where the establishment of a Tourist Information Centre was being discussed, a suggestion was put that such a centre should be sought to be built at Mt.

Wilberforce, West Pennant Hills. Later it came to the group's notice that the local council had built a building that would suit our purpose. The building was located alongside the driveway to "The Pines" and had been built with funds being donated by way of a grant to council in 1988 for the Bi-centennial year. The group formed a new Tourist Association taking in the Greater Hills area, with representatives from tourist related business. Thus, Sydney Hills Tourism Inc. stationed at "The Pines", was formed with Lisa Pegler as Chairperson, my wife as Secretary, myself as Public Officer and Jennifer Touzel, daughter of this magazine's founder, handling publicity. The Committee then established "Jazz at The Pines" as a way of introducing the new Tourist Information Centre to the local community.

Clive always made us feel welcome and would sit on his front verandah listening to the



Clive Roughley  
Courtesy Hills Shire Council

various jazz bands and other performers that would entertain the visitors once a month on what became an enjoyable afternoon. Later the Council decided to form a management committee to manage the event as it was on Council owned property and even later handed the operation of "Jazz at The Pines" to a local Rotary Club where it is still held on a regular basis during the warmer months of the year.

Clive's home is a time capsule of the five generations of Roughley family that once lived at "The Pines". Clive, being the last member of the family to reside there, died during February 2002. At his funeral which I attended, his dog "P.C." was also in attendance.



Jazz at the Pines Courtesy of NSW Govt.

## CUMBERLAND COMMUNITY RADIO INC.

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# Companion cards welcome in the Hawkesbury!

Hawkesbury City Council welcomes NSW Companion Card users to its local community facilities.

The Companion Card is for people with significant and permanent disabilities who need a carer with them to participate in community-based activities and to accompany them to venues. It aims to promote a person's right to fair ticketing and to make community access and participation more affordable.

NSW Companion Card stickers are displayed at their facilities of Hawkesbury Oasis Aquatic and Leisure Centre, Richmond Swimming Centre, the Hawkesbury Regional Gallery, the Hawkesbury Regional Museum, Richmond Branch Library and Hawkesbury Central Library to alert visitors that NSW Companion Cards are accepted.

Council also encourages local businesses and organisations to support the NSW Companion Card program.

Becoming an affiliated business is free.



When you sign up as an affiliated business, you can use the Companion Card logo on your premises and marketing materials. This will show your customers that:

- you want to help people with disabilities be active members of your community
- you're committed to social inclusion and community access for all people
- you're committed to corporate citizenship and take your social responsibilities seriously.

It also:

- helps you meet certain obligations under anti-discrimination legislation
- provides connection to an extensive and often untapped market – people with disability
- helps you identify customers who may need significant help from a carer to participate in activities and to visit venues.

For more information about the NSW Companion Card program, visit [www.nsw.gov.au/community-services/companion-card](http://www.nsw.gov.au/community-services/companion-card) or call 1800 893 044.

For more information about Council's facilities, visit [www.hawkesbury.nsw.gov.au](http://www.hawkesbury.nsw.gov.au) or call 4560 4444.



## EXCITING NIGHT AT DURAL SCOUTS

Cubs and Scouts from Dural Scout Group held a combined meeting at their Galston hall last week and all had a GREAT NIGHT, full of fun, games, and a pioneering activity. They played many games, including Indoor Hockey (the Scout Way) and it was exciting for all ages, including the Leaders' challenge!

The Pioneering activity in Patrols was to build a Chariot using poles and lashings and then compete in a light-hearted competition of racing them around the hall. The end results were interesting, as some barely made one lap of the hall before collapsing! The old adage 'Practice makes Perfect' certainly applies to Scouts tying lashings, as they become easier to do correctly, and that means that pioneering structures will be sturdy and more successful.

They finished off the night learning about fire-lighting techniques and toasting marshmallows. Leaders, Cubs and Scouts are all looking forward to their next combined meeting and exciting activities.

Dural Scout Group has vacancies for Girls and Boys from 5 to 25 years. Joeys (5yo), Cubs (8yo), Scouts (12yo) and Venturers (16yo).

Please contact Phirooza: 0411 731 976 or [phirooza@bigpond.net.au](mailto:phirooza@bigpond.net.au) or Simon: [thewolf\\_1stdural@bigpond.com](mailto:thewolf_1stdural@bigpond.com)

## King's Birthday Honours

Continued from page 5

**DR STUART BRAGA OAM** from Castle Hill was awarded a Medal of the Order of Australia for service to education administration, and to community history.

A history buff, educator and author of multiple books, Dr Braga is a Life Member of the Australian College of Educators and has held several executive positions with the Teachers' Guild of NSW. He has been a member of the Anglican Historical Society since 1966 and is a life member of the Royal Australian Historical Society and Beecroft-Cheltenham History Group.

A former Deputy Headmaster of Trinity Grammar School (1985 to 1998) and House Master and Senior History Master at Barker College (1964-1984) Dr Braga was also Inaugural Chairman of the Association of Deputy Heads.

His extensive roles include consultant with the National Library of Australia, NSW Representative, Australian National Museum of Education and member of numerous history associations.

*His books include: Five Hundred Years of Macau; John Paton, VC, Hero of Lucknow; Kokoda Commander: The Life of Major-General 'Tubby' Allen and Anzac Doctor: The Life of Sir Neville Howse, Australia's First VC.*



Dr Stuart Braga OAM

**MICHAEL MORRIS OAM** from Norwest was recognised for service to the Jewish community of Parramatta. The current president of the Parramatta and District Synagogue has held various executive positions including Treasurer and Vice-President, since 1981.

**BORTOLO (TAS) BAITIERI OAM** from Castle Hill was awarded his OAM for service to rugby league through administrative roles including International Development Manager, Asia Pacific Confederation, Coaching Development Manager, NSW Rugby League and player with both Penrith Panthers Canterbury-Bankstown Bulldogs in the 70s and 80s.

\* Anyone can nominate any Australian for an award in the Order of Australia. If you know someone worthy, nominate them now at [www.gq.gov.au](http://www.gq.gov.au).

JOIN US

## Hills Relay For Life

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# 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 Wed mornings, evening group 2nd and 4th Mon. New members welcome  
Carole | 9894 7749

## Baulkham Hills Probus

Meets 1st Thurs of the month 1.30pm Muirfield Golf Club. Visitors welcome. Activities each Thurs.  
Betina | 0419 595 007  
probus56830@gmail.com

## Bonsai Society of Australia

Club meetings 1st Tues of the month 7.30pm; West Pennant Hills Community Centre, 42 Hill rd West Pennant Hills.  
Ingrid | 0409 963 438

## 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.

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.  
9680 3958 | castlehillseniors@gmail.com

## Combined Probud Club of Cherrybrook

We are a mixed gender club of over 170 retirees and semi retirees. Meetings on 1st Thurs of each month at the Cherrybrook Community & Cultural Centre.  
Ross | 0411 104 863  
rossfitzpatrick@icloud.com  
www.probusouthpacific.org/microsites/cherrybrook/Welcome

## Computer Pals for Seniors – The Hills

A non-profit club run by volunteers dedicated to providing low-cost tuition for Seniors in a friendly atmosphere, enabling them to stay safe online & become proficient in the many facets of computing.  
Colin Wright | 0479 137 131 | cphills.org.au

## 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 Tues 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

Meets 2nd Wed each month at the Galston Community Health Centre, cnr The Glade and 17 Arcadia Rd, Galston. 10am followed by business meeting and BYO lunch. Craft day 4th Wed each month. Visitors welcome.  
Jann | 0439 222 217 or Patricia | 0412 948 787

## 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 held 1st Tues of the month at Toongabbie Girl Guide Hall in Junia Avenue Toongabbie from 10am. We also hold craft mornings for members on 1st and 3rd Tues of the month from 10-12.  
ToongabbieCWA@gmail.com

## Dural and District Prostate Cancer Support Grp

We meet on the 3rd Mon of every month 7:00pm for 7:15pm at the Blue Gum Centre, Glenhaven Green, 607 Old Northern Road, Glenhaven  
Graham | 8677 7896 or 042421062

## Dural Country Club Bowls

04 2131 5074

## Dural Men's Shed

04 0247 8498 | www.duralmensshed.org

## East Kurrajong School of Arts

1st Tues each month 10am to 1pm. Bring along any sort of craft activity you're interested in, bring pencils 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 Grp

May 3rd Tues 16th, 10-2, 4th Tues 23rd, 6-10 at Windsor Library. Bring your own project or join the workshop – Start with a Stitch. Beginners upwards \$10. Bookings essential.  
Catherine Delaney | 0413 340 049  
cdelaney1@vtown.com.au

## Friends of Hills Library

Meets 2nd Thursday of the month at Castle Hill Library. New members welcome.  
Lesley Nelson, President - 0478 000 925

## Galston View Club

The Club who raises money for The Smith Family "Learning for Life program" holds its monthly lunch meeting on the 4th Wednesday at The Galston Club 21-25 Arcadia Rd Galston. 11am. President Lesley | 0413 996 783

## 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 Probud Club Inc

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 | www.haat.com.au  
Leanne@mellowcrest.com

## Hawkesbury Camera Club

Club meets at 7.30pm on the first 3 Wed of the mo at the Richmond Club, Francis Street, Richmond. Facebook Hawkesbury Camera Club.  
www.hawkesburycameraclub.com.au

## Hawkesbury District Agricultural Assn

4577 3591 (BH)  
www.hawkesburyshow.com.au

## Hawkesbury Nepean Chapter of the 1st Fleeters

Meets on 2nd Saturday of each month.  
Pamela Hempel | 0407 660 579  
www.fffhnc.com

## Hawkesbury West Probud Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond.  
Membership Officer Fay | 0414 341 253  
hawkeswest.probus@gmail.com

## Hawkesbury Woodcraft Cooperative Ltd

9.30am to 2pm Wed. & Sat.  
www.hawkesburywoodcraft.org.au  
Graham | 02 4576 1517

## 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 | HillsOM1@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 2nd Tues, 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 Probud 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

The Club meets at 2 pm on the 1st Thurs of the month, in the Tebbutt Room of Hawkesbury Central Library at Windsor.  
macquarietownsgardenclub.wordpress.com

## National Seniors Australia (Hills Branch)

Meets on the 1st Thurs of every month at Baulkham Hills Sports Club Renown Rd, Baulkham Hills at 9.30am for 10am. New members welcomed.  
May | 0414 634 572  
maybruce@bigpond.com

## North Rocks View Club

Meetings 2nd Thurs each month at 10.30am. The Vikings Club, 35 Quarry Rd, Dundas Valley.  
Pam | 047 420 4080 or Margaret | 9872 1405

## Norwest Sunrise Rotary Club

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.  
norwestrotary.org.au

## Pennant Hills Mens Probud Club

John | 9487 1385

## Pennant Hills Combined Probud 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 2nd Tuesday of each month - Oatlands Golf Club at 11am. A short meeting, a two course lunch & an interesting guest speaker. Visitors & new members welcome. On the 4th Tues of the month a social outing is organised.  
Margaret | 9873 2402

## Pitt Town Probud Club

Meets at 10:00am on the 2nd Tues 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

## Probud Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

## Probud Club of the Hills Inc

Is a mixed club and meets at the Galston Club 21-25 Arcadia Road, Galston on the 2nd Wed of each month commencing at 10.30 am. New members welcome.  
Ken | 02 96296459

## Probud Club – Glenorie

This Club meets every 4th Wed at 11.00am at Glenorie RSL Club. New members are welcome.  
Wendy | 9653 1022  
wendyreneblack@yahoo.com.au

## Probud Club - Kellyville Castle Hill Mixed

Meets at 10am on 2nd Thurs of each month at Baulkham Hills Sports Club, 11 Renown Road, Baulkham Hills 2153. New members welcome.  
Ian Sandercock | 0419 567 608  
patiansandercock@bigpond.com

## Probud Combined Castle Hill Club

General Meetings 3rd Tuesday of the month at 10am at Cherrybrook Community Centre.  
Helen | 0403 751 934  
enquiries@probudcastlehill.org.au

## Probud Combined Kellyville Club

Meet 2nd Mon 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

## Probud 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.  
winstonhillspobudclub@gmail.com

## RDA (NSW) Tall Timbers Centre

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.  
0419 431 084.

## Richmond/Windsor VIEW Club

Richmond/Windsor View Club Meets every 2nd Wednesday of the month at The Richmond Club. VIEW (voice, interest and education of woman) supports the Smith Family and Learning for Life  
Trish Carter | 0417 010 619

## 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 Wednesday of the month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start.  
Cathy | 0435 837 118 | sithehills@siwp.org

## The Hills Community Aid and Information Service Inc

9639 8620

## The Hills Learning Centre

02 8850 0555 | RSVP | info@thehillsc.com.au  
facebook.com/thehilllearningcentre

## 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.  
9624 5034

## The Hills District Pipe Band

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

Elaine | 0417 330 196

## The Inner Wheel Club of Baulkham Hills

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

Next meeting Friday 5th May, 2023. Welcome to Members and Visitors. Guest Speaker will be Judy Christian From COTA "Ageing Well" followed by Our Investors Discussion Group meeting at 12.30pm. Do you have a Retirement Income Plan?  
Mal Steel | airsdneyhills@gmail.com

## Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

## Wanderers Bushwalking and Outdoor Club

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

Meets on the last Tues 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 Probud Club

Meets at 10am on the 1st Wed of each month at Windsor Golf Club, McQuade Ave, South Windsor.  
Membership Officer Alan | 0407721461 or Secretary Ann | 0414298945

## Winston Hills Joy Scouts

9862 8482 | 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

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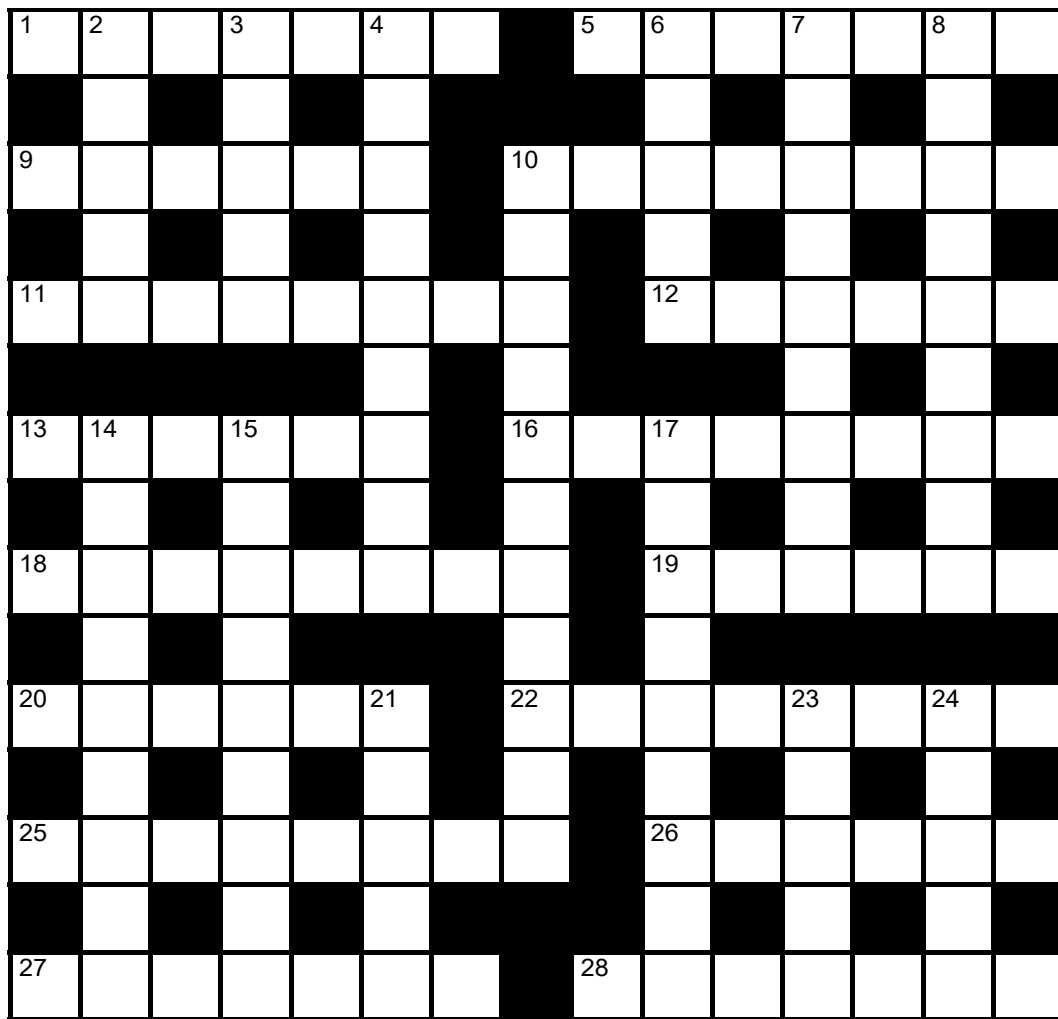


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**Across**

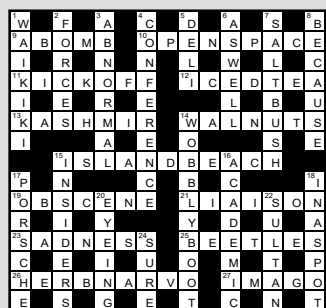
1. Short prayer
5. Bounded
9. Underlying structure
10. Football's "Captain Blood" of yesteryear (4,4)
11. Sole wetland in Central West Queensland (4,4)
12. Tallied
13. Keynote (1,5)
16. Rhett's belle
18. Software
19. Last movement
20. Designer McCartney
22. Group of spectators
25. Olive-green, black and white avian with a distinctive call
26. Chamber music instruments
27. Preparing for publication
28. 3-D artworks

**Down**

2. Japanese port city
3. Substantial
4. Red-flowered leafless shrub (6,3)
6. Obtained on Route 66?
7. Small brush wallaby
8. Primitive
10. Baird Bay, SA, pelican breeding site (5,6)
14. Out of the race
15. Sydney electronic music band
17. Sworn statement
21. One of 4.5 billion or so
23. Small German WW2 marine raider (1-4)
24. Pursue

Answers from last issue

CROSSWORD



SUDOKU

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



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**Spotlight Castle Hill**



# WORD SEARCH CARIBBEAN ISLANDS



ANGUILLA  
BAHAMAS  
BARBADOS  
BARBUDA  
CAYMAN

COZUMEL  
CUBA  
DOMINICA  
GRAND TURK  
GRENADA

GUADELOUPE  
JAMAICA  
MARTINIQUE  
MONTSERRAT  
NEVIS

PUERTO RICO  
TOBAGO  
TORTOLA  
TRINIDAD  
VIRGIN GORDA

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 start.

## CODE WORD

2	20	1	23	12	23	1	4		13	1	14	8													
7		19		19		21			2		21														
2	9	2	23	8		17	19	26	2	15	19	13													
17		13		19		22			23		23														
		19		6		14	25	11	1	19	19	8													
11	19	17	5	14	25	19		17		13		19													
19				19				2				13													
16			10		26		26	21	20	14	13	1	13												
23	3	19	24	2	8	2		1		20															
9		2				25		23		18		26													
17	2	12	23	21	26	23		20	17	19	16	21													
19		19				8		19		25		26													
19	2	17	26		18	2	17	16	24	2	26	26													
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13													
14	15	16	17	18	19	20	21	22	23	24	25	26													

## SUDOKU

Rating: ★ ★ ★ ★ ☆

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

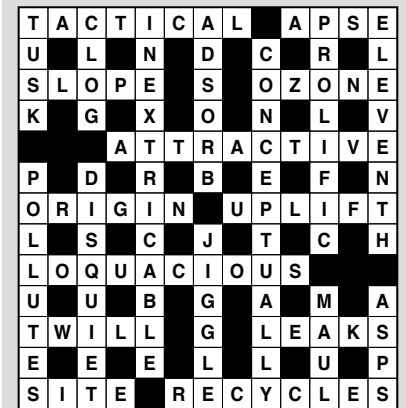
								5	
			3			9		8	
2	7			9		6			
	9		6					4	
		7	4		8	1			
1					9		6		
		8		4			7	2	
3		1			5				
	4								

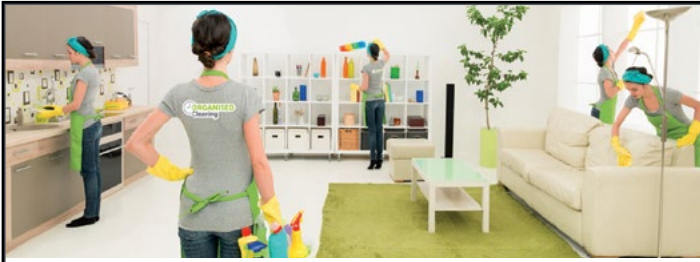
Answers from last issue

### CROSSWORD



### CODE WORD





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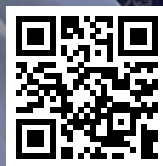
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