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## Community News

8th – 22nd September 2023 | Volume 40 – Issue 18  
Local Stories, Local Events, Local People and Local Businesses



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FULL STORY ON PAGE 13

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# Hawkesbury Remakery Now Open

BY JOSH KERWICK

**Beloved community shop and creative space Hawkesbury Remakery is open once again after having to move locations earlier this year.**



The new location at 160 George Street in the Windsor Mall, the former St. George Bank, is being transformed by the work of Hawkesbury creatives to regain the old Remakery charm.

The process of moving has been a difficult one, co-founder Liz Germani explains, due to the sheer number of items that had to be moved from the old Loder House location: "We got a storage unit, we packed a shipping container. Ten of our volunteers took a mini-truck of things home, and I got to the point where I couldn't move in my house! The tonnage would be amazing."

It wasn't just Remakery volunteers who helped with the move, as the community rallied together to help the team make the transition: "Ladie Tradie turned up one morning when we just needed the muscles to put things in a truck. I want to mention Prismatic Productions, who turned up with a truck for two days to load things in and take it to storage. RuffTrack came in for a day when we needed nine males with energy! But then everybody who turned up would tell their friends about it. Those friends would come for a day, and they just moved and cleaned and sorted things. It was like a cascade of connections."

Though the new space wasn't particularly inspiring when they first moved in, Liz and

the team have begun to inject some of the old Remakery charm into the building. Furthermore, they've begun to uncover and restore the tiles from when the space was a milk bar and a butcher. "The fact we found some history has given more life to the place and the story we can tell – people telling us their stories of the milk bar is a fun aspect. We have one person whose uncle ran this in the 1950s, and she's bringing in a couple pieces of crockery from the milk bar that we'll frame and put up, as well as the history for people to read."

Although there's plenty of work yet to be done, the new Remakery Space is already beginning to look like a cosy hub to create and buy from, ahead of its planned Grand Opening in October. Liz asks readers to keep Hawkesbury Remakery in mind when out shopping: "Purchase something from a maker to support a maker and us, that's the best thing you can do." The team is also often in need of a handyperson, electricians and muscle to help move things – if you're interested, please let them know.

Keep up to date with Hawkesbury Remakery on their Facebook page: <https://www.facebook.com/hawkesburyRemakery>

# Hills to Hawkesbury Community News

Local Stories, Local Events, Local People and Local Businesses

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

Please follow us on Facebook @hillstohawkesbury. Printed copies are available at local shopping centres and other outlets. For a full list visit our website [www.hillstohawkesbury.com.au](http://www.hillstohawkesbury.com.au).

# Hawkesbury Council

Hawkesbury Independent Councillor Nathan Zamprogno has laid into the Liberal Party and into Hawkesbury City Mayor Sarah McMahon following his expulsion from the NSW Liberal Party after 32 years of membership.



Sarah McMahon



Nathan Zamprogno



Barry Calvert

In an email and on social media he said the move followed "a years-long orchestrated campaign of bullying from a minority within the party".

"People in the Hawkesbury expect their Councillors to be focused on the issues, such as the condition of our roads, how high their rates are, and in making the Hawkesbury a pleasant and prosperous city as we continue to recover from multiple disasters. They expect their Councillors to work together as a team for the benefit of all. It is frustrating to have to deal with petty attacks and I resent the distraction."

Hawkesbury City Mayor Sarah McMahon is Vice-President of the NSW Division.

In a response to Clr Zamprogno on social media she said he was suspended from the Liberal Party, not expelled.

"I hold firm that I have never bullied Nathan. However the mountain of evidence tendered against Nathan that led to the alleged

misconduct finding, shows a pattern of bullying towards me, my family members and other Liberals."

The public fall-out has come days before the election of Hawkesbury City Mayor which is scheduled to take place on Tuesday, September 14th at 6.30pm.

Clr Sarah McMahon was elected to the position of Hawkesbury Mayor in August last year following the resignation of fellow Liberal councillor Patrick Conolly for personal reasons.

Barry Calvert (ALP) remained as Deputy Mayor. The 12-member Hawkesbury City Council elects its own Mayor rather than have a publicly elected Mayor. The position of Deputy Mayor is also up for election.

It's a diverse council with 4 Liberal councillors (Richards, Connolly, Reardon and Veigel), 2 ALP councillors (Calvert and Kotlash), 2 Independents (Zamprogno and Lyons-Buckett) 1 Shooters Fishers and Farmers ( Djuric );

1 Small Business Party (Dogramaci) 1 The Greens (Wheeler) and Les Sheather so anything could happen.

The Hills to Hawkesbury Community News has been unable to ascertain if the current Mayor Sarah McMahon will nominate for the position but Nathan Zamprogno has told the paper that he will be standing for the Mayoral role.

Deputy Mayor Barry Calvert said he had been talking to his ALP colleague Amanda Kotlash about whether she would stand for Mayor and his voting preference would depend on her decision.

"There are no iron-clad agreements in place," he told the *Hills to Hawkesbury Community News*. "I still have to talk to people this weekend about nominations."

He would not elaborate on whether he would nominate for Deputy Mayor again (a role he has held twice before).

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## TEENS CHARGED

Three teens have been charged following a crash in Norwest involving a car stolen from Kellyville earlier.

Emergency services responded to reports of a single vehicle crash at the intersection of Windsor Road and Barina Downs Road, Norwest at about 2.15am on Thursday, 31st August.

Officers from The Hills Police Area Command attended the scene and found the vehicle unoccupied.

Inquiries established that the vehicle had been stolen a short time earlier from a Kellyville address, along with three other vehicles.

A crime was established, and officers under Strike Force Sweetenham, commenced an investigation into the circumstances surrounding the incident.

Following extensive inquiries, two separate search warrants were executed at properties in Constitution Hill on Friday 1st September.

At a property on May Street, police arrested two teenage boys, both aged 16, who were taken to Merrylands Police Station. During the search, police located and seized car keys and mobile phones.

One teen was charged with nine offences including four counts of be carried in conveyance taken without consent of owner, four counts of aggravated break and enter commit serious indictable offence-in company-steal, and participate criminal group contribute criminal activity. The other boy was charged with five offences including aggravated break and enter commit serious indictable offence -in company -steal, aggravated break and enter and commit serious indictable offence-people there, be carried in conveyance taken without consent of owner, participate criminal group contribute criminal activity, and take and drive conveyance without consent of owner.

## SPEEDSTERS STOPPED

The Hills Highway Patrol arrested a 21-year-old man on Sunday, 27th August after he was allegedly detected driving a grey Mercedes Coupe at 130kph in a 60kph on Green Rd, Kellyville at 5.20pm. After passing several cars the international licence holder was stopped. He will face court after being handed a court attendance notice for "drive in a speed dangerous to the public" and exceed speed limit by 45kph.

- A 41-year-old man travelling in an Audi S4 at nearly double the speed limit on the M2 has had his licence suspended for six months and his car confiscated for three months. He is also due to face court on several charges including, driving at a speed that is dangerous to the public and exceeding the speed limit by more than 45km/h. The Hills Highway Patrol detected the Audi travelling at 199km/h in the 100km/h zone on the M2 Motorway at Baulkham Hills at 1.35pm on Thursday 27th



During the second search warrant executed at a property on Killylea Way, a 15-year-old boy was arrested and taken to Merrylands Police Station.

He was charged with seven offences including two counts of aggravation break and enter commit serious indictable offence-in company-steal, two counts of take & drive conveyance without consent of owner, two counts of enter vehicle or boat without consent of owner/occupier, and participate criminal group contribute criminal activity.

Investigators have also charged the teens over their alleged involvement in multiple break and enters across the Kellyville, Longueville, and Russell Lea areas.

As inquiries continue, anyone with information into this incident is urged to contact Crime Stoppers on 1800 333 000.

Anyone with information about this incident is urged to contact Crime Stoppers: 1800 333 000 or <https://nsw.crimestoppers.com.au>. Information is treated in strict confidence.

July. The 41 year old driver allegedly told police that he was testing the vehicle's acceleration.

- \* A P-Plate driver has been fined for speeding after he was stopped at Glenhaven. The Hills Highway Patrol were conducting stationary speed enforcement duties at about 9.45pm on Saturday 12th August on Old Northern Road at Glenhaven when they observed a black Honda Civic bearing travelling in a southerly direction along Old Northern Road. The speed of the vehicle was checked by Lidar at 93 kph in a 60 kph zone.

Police approached the 19-year-old male driver and whilst speaking to him police could smell intoxicating liquor omitting from within the vehicle. The driver underwent a roadside breath test which proved positive, he was arrested and conveyed to Castle Hill Police Station. He was charged with drive with low range PCA and P2 Driver Exceed Speed Limit - Over 20km/h.



## MISSING MAN

A large-scale search of Galston Gorge over several days has failed to find 52-year-old Adam Coulson who was last seen at an address on the Old Northern Road, Middle Dural, about 10pm Thursday, 24th August.

When he could not be located or contacted, officers attached to The Hills Police Area Command were notified and commenced inquiries into his whereabouts.

His vehicle – a white Toyota Hilux - was located two days later near a bridge on the Galston Road, Galston. Nearly 100 volunteers from SES and RFS joined police in a search of the area. The road through Galston Gorge was closed for several days.

Anyone with information is urged to call police or Crime Stoppers on 1800 333 000. Police are reviewing all information.

For people in stress Life Line offers a 24-hour seven day support service on 13 11 14. The Beyond Blue 24-hour service is on 1300 224 636.

## CITIZEN ACTION

Police have said a concerned citizen may have saved a life when they took keys from a driver of a car that crashed in Carlingford on Friday, 1st September.

Hills Police who were called to the scene said that a member of the public noticed a Black Audi SUV driving erratically on North Rocks Road at about 11.45am on Friday. The witness then noticed the car turn onto Oakes Road, Carlingford.

It is alleged that the vehicle collided with the median strip, a pole and kerb before stopping in a carpark on Oakes Road and Carmen Drive at Carlingford.

The concerned member of the public took the keys to the vehicle and called police, who arrived a short time later.

The 46-year-old driver returned a positive roadside alcohol test. He was arrested and taken to Castle Hill Police Station where he returned a reading of 0.266 - High Range Drink Driving.

He was over 5 times the legal limit. His licence was immediately suspended and he was given a court attendance notice to appear in Parramatta Local Court later this month.

Police said while they didn't encourage members of the public intervening like this a life or lives may have been saved.



# Police Award Winners

BY BEV JORDAN

Tik Tok sensation and Hills Youth liaison officer Snr Constable Ethan West was named Hills Area Police Command winner of the Irene Juergens APM Fellowship at a recent dinner to celebrate Excellence in Policing organised by the Rotary Club of Castle Hill.

At Hawkesbury Police Area Command the Bryson Anderson Police Officer of the Year Award was presented to Constable James de Canto at a special dinner organised by the Rotary Club of Windsor.

The awards recognise outstanding individual contributions to community-based policing and acknowledges those who demonstrate a personal commitment to engagement and crime prevention above and beyond their job requirements.

Now in its 13th year, the annual Rotary Clubs of NSW Police Officer of the Year Awards was created through a partnership between the Rotary Clubs of NSW and the NSW Police Force and they are considered the most prestigious event in the NSW Police Force calendar.

The Hawkesbury PAC Commander's Excellence in Police Award was won by Detective Senior Constable Gary Burns.

The Hills Police Customer service Excellence Award was presented to veteran



police officer Chief Inspector Phillip Brooks who has served for 36 years. He said he was humbled to receive the award which recognised his work in the areas of mental health and domestic violence and his work with at-risk youth and their families in finding meaningful pathways.

Hills PAC Constable of the Year Award was Hamish McKenzie and Field Operations police Constable of the year was Leading Senior Constable Shane Corcoran.

The Hawkesbury PAC Customer Service Excellence Award was won by Senior Constable Carmen Bagust. Presented by the Hawkesbury City Chamber of Commerce, this recognises outstanding service to the Hawkesbury community by a sworn officer.

The winner of the Hawkesbury Police Area Command award for Employee of the Year was won by Louise Steer. The award recognises the outstanding service to the Command by a civilian employee.

Each Police Area Command nominates finalists for a variety of categories. The winners

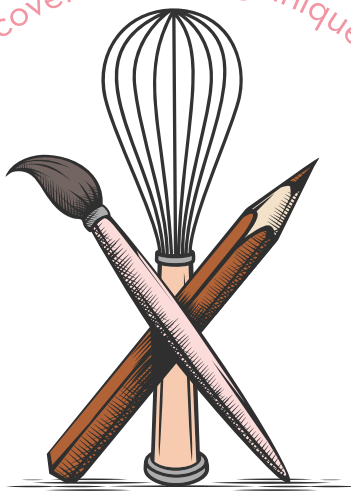
Winners of the Hills Police Area Command Awards with Castle Hill Rotary President Amanda Firkins, Castle Hill MP Mark Hodges, Chief Insp Jason McSweeney and Rotarian Lisa Pelayo.

across the State will attend the finals of The Rotary Clubs of NSW 2023 NSW Police Officer of the Year Awards on Friday 3 November 2023 at the Hyatt Regency. It is considered the most prestigious event in the NSW Police Force calendar.



President Windsor Rotary Club Greg Hoile and Supt Andrew Garner with the winner of the Bryson Anderson Police Officer of the Year Award Constable James de Canto

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# EXHIBITION OPENING

## 11 Stories from the River Dyarubbin

**HAWKESBURY REGIONAL MUSEUM** will open a new exhibition, *11 Stories from the River Dyarubbin* on Saturday, 9 September at 8 Baker Street, Windsor. All welcome from 12:30pm!

The launch will be celebrated with a Welcome to Dharug Country, an official opening at 1pm by the Deputy Mayor, Councillor Barry Calvert, and a live performance from Oonagh Sherrard, Jasmine Seymour and Barbara Webb. Free entry and light refreshments will be provided. This is a collaborative exhibition containing stories, videos, objects, and artwork between the Museum and local community members who shared their stories and music of the river. The exhibition asks audiences to follow the river and listen to how they may understand and care for it.

Dyarubbin is the Dharug word for the Hawkesbury River. *11 Stories from the River Dyarubbin* is a public work formed by over 80 contributions from the wider Hawkesbury area including Dharug educators, long term residents, historians, scientists, descendants from early settlers and school and university students.

The exhibition forms part of the 11 Stories Project commenced in 2018 by composer and producer Oonagh Sherrard. As part of the project, Sherrard developed a series of 11 audio walks located along the banks of Dyarubbin between Yarramundi and Sackville. The audio walks feature the river's history and focus on

environmental concerns and aspects of ecology, geography, and geomorphology. The audio experience is carried by an original score of music, featuring contemporary Dharug singers and voices, inspired by the stories of the river. "I grew up playing in the bush around Upper Cowan Creek on Lower Hawkesbury and lived on the Upper Hawkesbury for the last 20 years," Oonagh Sherrard said. "The ancient river system flowing across Dharug and Darkinjung Country is a constant source of inspiration to me."

### PROJECT ACKNOWLEDGEMENTS:

A collaborative public artwork led by composer/producer Oonagh Sherrard with Hawkesbury Regional Museum, Dharug Custodian Aboriginal Corporation, Western Sydney University Sustainable Futures, Hawkesbury Historical Society, and support from the NSW Government through Create NSW, Museums and Galleries NSW and the Australia Council for the Arts, the Australian Governments Arts funding and advisory body.

### ACKNOWLEDGEMENT:

*11 Stories from the River Dyarubbin* acknowledges the Dharug and Darkinjung



peoples as the Traditional Custodians of Country on which the project has its home and recognises their continuing connection to Country, Culture and Community.

The Hawkesbury Regional Museum is located at 8 Baker Street, Windsor and is open six days a week. Monday, Wednesday, Thursday, Friday 10am to 4pm Saturday and Sunday 10am to 4pm. Closed Tuesdays.

[www.hawkesbury.nsw.gov.au/museum](http://www.hawkesbury.nsw.gov.au/museum), [museum@hawkesbury.nsw.gov.au](mailto:museum@hawkesbury.nsw.gov.au)

Bookings <http://hawkesburymuseum.eventbrite.com> 4560 4655

## You Raized Me Up

BY REJIMON PUNCHAYIL

Falls are common as people get older. We can implement a falls prevention strategy. But what if we did have a fall?

There are several techniques that can be applied by a person who had a fall to get up on their own, provided there is no injury or no medical attention is required. Your Occupational Therapist would provide a technique that is personally suitable to you. It is important to consult your GP to understand and attend to the root cause for a fall. In many situations at home, in a retirement village or in an aged care facility, it would be challenging and most times unsafe, for a single person to assist. Raizer Lifter Chair comes handy in a situation, if no medical attention is required.

Raizer is a battery-operated mobile lifting chair that helps a fallen person up to almost

standing position within a few minutes. Raizer can, with ease, be assembled and operated by only one person and does not require any physical effort, besides a supportive hand. It's easy to transport in two light bags, assembles quickly and the safe working load is 150kgs.

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# Suicide Awareness BY BEV JORDAN

**They are deeply disturbing statistics: Around 65,000 people attempt suicide every year in Australia and about 3,500 people take their own lives.**

Suicide is a topic that retired Chief inspector Gary Raymond wants people to talk about in a bid to raise awareness on how to recognise the signs that someone may be thinking of taking their own life and what to do the next.

A former member of the Police Rescue and a suicide crisis negotiator, he is a Chaplain Police Post Trauma Support Group and a Chaplain with NSW Ambulance.

He has developed the SMIT program (Sixteen Minutes Intensive Training) in suicide prevention and has been working with fellow members of Blacktown City Rotary Club to take it to workplaces, clubs and groups to give people the confidence to train others.

It started to be rolled out this year and so far 427 people have been trained.

Suicide is the leading cause of preventable death in Australia and yet it is a topic, he says, people are frightened to talk about.

Gary says it is important to ask people you are concerned about if they are considering self-harm and spoke about the DASH approach.

**Detect, Act, Stay, Help.**

If they need immediate help because they are suicidal call 000 (Triple zero). If they need someone to talk to, Lifeline on 13 11 14 is available 24-hours a day seven days a week along with other services.

"Suicide is one of the leading causes of death in our community. We can't sweep it under the carpet," he said. "Nearly all suicides are planned," He says it is a permanent answer to a temporary situation triggered by challenging life changing events such as the rising cost of living which is having a big impact on the resilience of many."

"People who talk about killing themselves or someone else MUST be taken seriously. Sudden unexplained mood improvement (happy, settled, calm) for no apparent reason after contemplating suicide may mean a decision to actually suicide has been made. So-called reverse psychology is very dangerous. Never dare, challenge, suggest, assist or encourage a person to suicide," he says.

"As well as young people being in a high risk group, the elderly are also becoming a high risk group. "Some feel lonely, not wanted, misunderstood or are a burden to family and the world," says Gary. "Some have a terminal illness or debilitating life changing injuries. Some have overwhelming grief from an unwanted loss or change in their life."

"The best way to find out someone is suicidal is to ASK," says Gary. "Are you suicidal or homicidal? Are you thinking of taking or ending your own life?"

**HOW WHEN WHERE WHY**  
*They are planning their suicide."*



"If they are really upset, ring triple 000. Don't delay. Offer them help and resources and make an agreement with them not to suicide or harm someone else but seek help."

**Organisations that can help are:**

- **Lifeline:** 13 11 14  
24-hour Australian crisis counselling service
- **Suicide Call Back Service:** 1300 659 467  
24-hour Australian counselling service
- **beyondblue:** 1300 22 4636  
24-hour phone support and online chat service and links to resources and apps
- **NSW Mental Health Access Line:** 1800 011 511 (24/7)
- **MensLine:** 1300 78 99 78 (24/7)
- **Open Arms for veterans:** 1800 011 046 (24/7)

If you want to know about the SMIT program contact Gary at 0432 569 589



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*out and about*  
with MICHELLE BYRNE

## Sydney Zoo

Sydney Zoo, found in Bungaribee Park, near Eastern Creek forms part of the Western Sydney Parklands and is only a stone's throw away from the Hills and Hawkesbury LGAs.

Officially opened in 2019, Sydney Zoo is home to over 4000 animals including exotic animals like lions, hyenas, apes and baboons as well as Australian species including wombats, koalas and kangaroos. It also contains the World's largest Reptile and Nocturnal House and is the only Zoo in NSW that also contains an aquarium.

Sydney Zoo, although not as large as other Zoos has no steep hills or steps making it easily one of the most accessible visitor attractions for both wheelchair users and prams. The Zoo is divided into different zones including Africa, South East Asia, Australia, Primates, Reptiles & nocturnal and the Aquarium. You can take a walk along the boardwalk overlooking the animals of Africa including the giraffes, zebras, hyenas as well as the lions as they sit on pride rock or take a stroll down Primate Boulevard and watch the baboons chase after each other as well as the Tufted Capuchin playing in their tree house. For us our animal highlights were seeing the crocodile up close and watching him open and shut his eyes as well as seeing the koalas eating and the penguins playing.

Sydney Zoo is education and conservation oriented, providing an opportunity for visitors to learn about the animals and the threats to them in the wild. There are daily talks from the Zoo keepers as well as animal

encounters for hands on experiences with the animals as well as a mini Zookeeper program for 8-12 year olds. Sydney Zoo also goes beyond this and runs programs such as the schools challenge that encourages schools to collect old phones to recycle in order to save the great Apes in Asia whose biggest threat is the destruction of their habitat as result of mining of minerals such as coltan, a metallic ore used in mobile phones and other electronic devices. Last year Rouse Hill Primary and Caddies Creek Primary were two of the winners of this competition. Sydney Zoo also has developed the Koala Schools project to educate the next generation about bushfires and the impact on local wildlife and in particular Koalas.

There are plenty of cafes available onsite as well as picnic areas to enjoy a bite to eat including near the kids zone which contains a large sandpit and an opportunity to dig for buried dinosaur bones. We also enjoyed a ride on the 7News Ferris Wheel overlooking the Sydney Zoo and beyond.

For us it was the perfect afternoon out and with unlimited tickets that allows 12 month's worth of entry we have already been a couple more times! For more information on Sydney Zoo go to <https://sydneyzoo.com>



## Bonsai Society of Australia

Founded in August 1965 by Dorothy and Vita Koreschoff, the Bonsai Society of Australia Inc. is one of the first Australian bonsai societies. As a non-profit association, its purpose is to promote knowledge of, and interest in bonsai and to serve as a national focal point for bonsai fanciers.

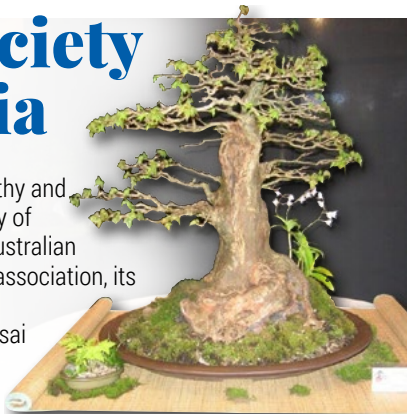
A Bonsai newsletter is published monthly and a variety of educational and support services are provided to the bonsai community. Committee members of the Bonsai Society of Australia Inc. are unpaid volunteers who are dedicated to spreading the word about this wonderful, satisfying and challenging hobby.

Meetings are held on the first Tuesday of each month.

- Time: 7.15pm for 7.30pm start
- Location: main hall at West Pennant Hills Community Centre, 42 Hill Rd, West Pennant Hills.

The meetings are friendly and informal as well as providing much information. The lecturers and demonstrators are qualified, and their work is of seminar quality. There is a bench display of members' trees each month and members are encouraged to bring a tree and give a short discussion on it after the demonstration if they wish. Free workshops are held for members on the third Tuesday of the month (except December) at 7.30pm start in the Activity Room at the same location as meetings.

For further information go to [www.bonsai.asn.au](http://www.bonsai.asn.au) and [@bonsaisocietyofaustralia](https://www.facebook.com/BonsaiSocietyOfAustralia)



Bonsai Society of Australia in conjunction with the Orange Blossom Festival presents the

## Bonsai Society of Australia Annual Show

15-17th September 2023

10am-5pm Friday, Saturday • 10am-4pm Sunday  
Harvey Lowe Pavilion, Castle Hill Showground



DISPLAYS • DEMONSTRATIONS • SALES  
Admission: Adults \$5.00, Concession \$3.00,  
Children under 12 free



# Hawkesbury Builder Conquers Kokoda

BY JOSH KERWICK

Completing the Kokoda Trail had long been on the mind of Michael Braund, the local owner and Managing Director of GJ Gardner Hawkesbury – so when members of the GJ Gardner head office had suggested taking on the difficult trek for charity, Michael immediately put his hand up.

“One of the charities is Legacy who work with veterans, families of veterans and people who have worked in the force,” Michael says. “The other is MATES in Construction, which is all about the people in our industry who have committed suicide. And they’re all our peers. So Kokoda was mentioned and I thought ‘What other fitting purpose, really?’”

The GJ Gardner Homes NSW Kokoda Track team comprised 16 staff members from 7 franchises who took on the gruelling trek from the 5th-14th of August. Their goal was to raise \$120,000 for the two charities; at time of writing, the team has exceeded their goal with \$147,540 raised for Legacy and MATES.

Awaiting Michael and the rest of the GJ Gardner team was the difficult 96km, single-file trail in eastern Papua New Guinea that was the site of a battle between Australian and Japanese forces during World War II. After months of training and preparation that Michael

fitted around a loaded work schedule, he was well on his way towards the starting point of the famously tough trek. He says: “I was working hard that week before I had to go, so I wasn’t really thinking about it too much. But in PNG that morning, getting on a small plane to travel over to Kokoda, the nerves started to kick in a little bit.”

Besides the difficult terrain, one of the greatest challenges for Michael was the consistency needed to complete the whole 10-day program. He says: “Getting up every morning at 5am and doing it again, even when you’ve got tired legs is difficult. It’s about getting that mental state to keep doing it.”

Despite how tough the trip often was, Michael found solace in the people he was travelling with, such as Rob McLeod and Simon Curtis. “I don’t think I could have asked to do it with any better people,” Michael comments. “You’d get into conversations with people you

knew and have a chat about family and life, all that type of stuff. If no one was talking about anything, it seemed that day went longer. But when you’re talking, maybe that 10 minutes feels like 1 minute. So that made a big difference, getting close to everyone in those last few days.”

Upon returning home, Michael’s not had much time to reflect on the whole experience: “I haven’t even sat down and had a good think about it. I have thought about how bad it is in PNG with poverty and unemployment; that hit hard.” He says. “But we’re hoping to do a bit more over there as a whole franchise which would be good. And I would love to try and think of what my next challenge will be.”

If you’re in the construction industry and struggling, call the MATES Helpline at 1300 642 111 or visit <https://mates.org.au>. Call Lifeline at 13 11 14 for general mental health help.



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# Sales and display centre set to open at Living Choice Galston

It's been a long time coming but it will be worth the wait. That's the reassurance from the team at Living Choice Galston, a premium retirement village that is under construction at 330-334 Galston Road.

Living Choice Regional Manager, Gail Eyres, said the sales and display centre would open its doors to invited clients on Thursday 14th September with interested members of the public welcome to visit from 15th September.

"Initially, the centre will be open Wednesdays to Saturdays from 10am to 4pm. The opening hours will be extended as the first homes near completion," she said.

"Many clients have already expressed their interest in Stage 1, comprising 13 two and three-bedroom villas with one or two garages. We are looking forward to working with them to ensure the moving-in experience is stress-free. We also have an experienced panel of real estate agents who can assist them to get the best possible price for their home."

When complete, Living Choice Galston will comprise 40 villas, 48 apartments, a magnificent leisure centre and extensive outdoor facilities, including a putting green, bocce court, BBQ area and terrace garden.

The sales/display centre is located adjacent to the entrance to the village and there is safe access, away from the construction activity, and plenty of parking. To ensure that a sales consultant is available at your preferred time, it's advisable to book an appointment. Phone Gail or Carlie at 1800 797 333 or email [sales@livingchoice.com.au](mailto:sales@livingchoice.com.au)



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SALES  
OFFICE  
OPENING  
15th SEPT



## Discover Galston's finest retirement living

Construction is underway at Living Choice Galston and our Sales Office and Display Centre will open to the public on **Friday 15th September**, following an invitation-only opening to current clients on 14th September. Come and learn more about the progress of this beautiful village, which is set to become Galston's finest retirement community.

### IN BRIEF:

- ✔ 40 x 2 and 3-bedroom villas with one or two garages
- ✔ 48 x 1, 2 and 3-bedroom apartments with undercover secure parking
- ✔ 5-star leisure centre & extensive outdoor areas
- ✔ Putting green, bocce court, BBQ area & terrace garden

Open Wednesday to Saturday from 10am to 4pm.

Living Choice Galston, 330-334 Galston Road, Galston. Follow signs to sales office.

Book an appointment: Phone Gail or Carlie at 1800 797 333 or email [sales@livingchoice.com.au](mailto:sales@livingchoice.com.au)



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# Write a Will for FREE and Help Sick Kids

Monday 4 September marks the beginning of **Include a Charity Week 2023**, a social change campaign that aims to raise awareness of the importance of having a Will and encourages more people to include a charitable gift in their Will.

At Sydney Children's Hospitals Foundation (SCHF), we know that including a charity in your Will is a very personal decision. It is an important and lasting declaration of your values and beliefs that you and your loved ones can be proud of for a long time to come.

Small but mighty Abigail and her family have experienced the **wonders** made possible by generous SCHF supporters. By her first birthday, Abigail had received care from many of the expert clinical teams across Sydney Children's Hospitals Network. This included an emergency transfer to Sydney Children's Hospital, Randwick (SCH) via Newborn Emergency and Paediatric Transport Service (NETS), many weeks in the Neonatal Intensive Care Unit (NICU), and the discovery of a rare, potentially life threatening, genetic condition Hypopituitarism.

Abigail's parents Adrienne and Aaron say they are forever grateful to the extraordinary clinicians who cared for Abigail in those critical moments. It is thanks to the generosity of SCHF supporters that we were able to fund two senior positions in the Gene Therapy

Research Unit at Sydney Children's Hospitals Network to help transform the lives of children with rare genetic conditions, like Abigail.

It may surprise you to learn that over **50% of Australians do not have a Will**. Without one, their assets will be divided according to a legal formula that may not reflect their true wishes. *'Leaving a gift in your Will is a big decision, but what better gift, what better legacy to leave, than the gift of life'*. Anne McFadden, Head of Planned Giving, SCHF. By leaving a gift in your Will to SCHF, even **as little as 1%, can help elevate great healthcare, to extraordinary healthcare.**

SCHF has partnered with **Safewill**, Australia's highest rated Will writing platform. Safewill makes it quick, easy, and affordable to write your Will online. You will be able to write a Will in as little as 20 minutes, and have

it reviewed by Safewill's legal team to ensure it has been filled out correctly.

From **4-10 September** as part of Include a Charity Week 2023, SCHF is pleased to offer the opportunity to **write a Will for FREE**.

To learn more, scan the QR code above, contact us on 1800 770 122, [plannedgiving@schf.org.au](mailto:plannedgiving@schf.org.au) or visit [www.schf.org.au/gift-in-will](http://www.schf.org.au/gift-in-will)



**1 in 2 Australians don't have a valid Will.**



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# RFS Get Ready Weekend for Bushfire Awareness

BY BEV JORDAN

RFS stations all over the Hills to Hawkesbury will be opening their doors on the weekend of 16th and 17th of September to show what they are doing to prepare for the bushfire season and what residents can do to keep themselves safe.

Preparing a bushfire plan takes minutes and will make all the difference if planned ahead.

Supt Glen McCartney, District Manager for The Hills RFS, joined the RFS as a volunteer Junior Brigade member at the age of 12. He now heads up over 1,000 RFS volunteers in The Hills.

He said several Hazard reduction burns had been carried out in the past few months at Sackville, Kenthurst, Cattai and Maraylya with plans for more at Annangrove and Maroota before the official start of the NSW Fire season on 1st October.

In the past 12 months over 70 community engagement activities have also taken place ahead of the Get Ready Weekend on 6th and 17th September.

"We are going into the fire season and the Get ready Weekend is about brigades preparing their community. It's about preparing properties and having a fire safety plan."

He said certain areas were more at risk because of their urban bush interface such as Glenorie.

"We are definitely going into a warmer and drier fire season than we have seen in the last three years which brings a high risk of bushfires in areas like The Hills which haven't seen significant fires for about 20 years," said Supt McCartney.

He is urging people not to be complacent because of the lack of significant fires and to take action by making their property and themselves prepared.

There are 15 fire fighting brigades in The Hills and 21 in The Hawkesbury.

Residents are being urged to attend their local brigades to find out information about what to do now to be prepared. There will be children's activities and a chance to see fire trucks.

See below for stations and opening day and times.

- Saturday, 16th September:**  
 Wiseman Ferry RFS (Wiseman Ferry Shops) 8am to 1pm.  
 16th September 10am to 2pm:  
 Glenhaven RFS (11 Glenhaven Rd); Kenthurst RFS (1, Porters Rd, Kenthurst); Rouse Hill RFS (402 Withers Road) from 10am to 2pm;  
 Hawkesbury HQ RFS 10am to 3pm (Cnr Thorley and George St South Windsor) and North Rocks RFS (18, Tracey Ave, Carlingford) 2pm to 8pm.
- Sunday, 17th September:** 10am to 2pm Box Hill Nelson (142A Old Pitt Town Rd Box Hill); Kellyville RFB 11am to 2pm (Barry Rd Reserve, North Kellyville); Sackville North RFS 11am to 3pm (cnr River Rd and Sackville Ferry Rd).

There is a range of information available on the Rural Fire Service website [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) and [www.myfireplan.com.au](http://www.myfireplan.com.au)

The Bushfire Information Line is: **1800 NSW RFS (1800 679 737)**

The AIDER program has been set up by NSW RFS to assist infirm, disabled and elderly residents who cannot access support to prepare their property call **02 8741 4955**.



## 5 TOP STEPS TO MAKE YOUR HOME SAFER

- 1. TRIM:** Trim overhanging trees and shrubs. This can stop the re spreading to your home.
- 2. MOW:** Mow grass and remove the cuttings. Have a cleared area around your home.
- 3. REMOVE:** Remove material that can burn around your home (e.g. Door mats, wood piles, mulch, leaves, paint, outdoor furniture).
- 4. CLEAR:** Clear and remove all the debris and leaves from the gutters surrounding your home. Burning embers can set your home on fire.
- 5. PREPARE:** Prepare a sturdy hose or hoses that will reach all around your home. Make sure you've got a reliable source of water.

## LEAVE OR STAY

- Is your home well prepared to make it as safe as possible during a fire?
- Are we putting anyone in our family at risk by staying? For example children, the elderly, or people with asthma.
- Will we cope in an emergency situation? In a fire, it will be hot, smokey and physically draining. Even trained firefighters can find it challenging.

If you're not sure or aren't prepared, you should leave early.

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# Cherrybrook Concerns

BY BEV JORDAN

Concerns have been raised that the State Government may increase the number of dwellings approved in the plans for Cherrybrook Precinct to meet housing needs.

In a Mayoral minute tabled last month Hills Mayor Dr Peter Gangemi called for residents to write to their local MP as well as the Premier Chris Minns and Planning Minister Paul Scully to voice their concerns if the heights and densities within the Cherrybrook Place Strategy are further lifted.

He said: "We've done our part in providing sufficient land for homes to be built. It is now time for the Government to look to other LGAs to deliver Sydney's housing needs."

Under the Place Strategy approved in December 2022, there will be 3,200 homes built in the village green area with approval for medium density housing of up to five storeys high.

An additional 410 homes will be constructed in the new town centre (next to Cherrybrook Metro station), along with cafes, shops, new open space, pathways and a library.

The land to be rezoned falls in both The Hills Shire and Hornsby Local Government Areas.

Hills Mayor Peter Gangemi said: "This Council is pleased with the progress towards achieving the goals outlined in the adopted Place Strategy. However, the second last paragraph of a correspondence received by Council last week from the Department of Planning and Environment does raise questions.

*"The Government's election commitments include investigating opportunities to increase*

*housing supply, particularly around metro stations. The department will keep Council updated if there are any changes needed to the state-led rezoning to support delivery of this commitment."*

The Mayoral minute continued: "The correspondence on the Cherrybrook Precinct also follows the unveiling of a State Government initiative that would give developers an extra 30% height and density over local controls if they allocate a minimum of 15 % of their development to affordable housing for 15 years. Under the proposal, applicants would also be able to fast-track their projects without council approval.

"The Hills community expects the Cherrybrook Place Strategy to be implemented as approved and as supported by Council.

"Any changes to the place strategy may result in excessive development beyond what has been deemed suitable and manageable for the area. It could also place a burden on local amenities, such as parks, sports fields, roads, schools, and hospitals, which are already overwhelmed."

He said residents are battling traffic congestion every day, struggling to find schools and hospital beds, and driving long distances to access sporting fields.

"They blame this Council for contributing to over-development. Meanwhile, the NSW Government is blaming councils for the housing

undersupply. Over the last ten years, more than 30,000 dwelling approvals have been given within our Council area but only 18,800 dwellings have been built – so it is certainly not a question of approvals."

The plans for the Cherrybrook Precinct were put on public exhibition from 22nd July to 28th August 2022. Following the exhibition period there were 256 submissions, 52 per cent objecting to the proposals.

The most frequent comments raised throughout submissions relate to:

- The need to ensure adequate car parking in the area
- Potential impacts on the road network
- Proposed development controls, including heights and density
- Potential impacts on the environment and sustainability
- Need to ensure the provision of adequate infrastructure, including schools



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# The Hills Shire Council News

## Let's Connect on Currawong Reserve

Council invites you to have your say on a waterways improvement project planned for Currawong Reserve in West Pennant Hills.

The project aims to enhance and protect the local waterways and increase opportunities for recreation and connectivity in the reserve. Council is looking to install seating and a boardwalk, which will link to existing bridges. A new bridge is also planned in the upper reach, connecting to gravel paths along the creek banks.

To have your say, visit Council's website and search 'Currawong Reserve'. Submissions close on Friday 15 September at 5:00pm.



## An Evening with Sophie Green

Join Australian best-selling author, Sophie Green, at the Pioneer Theatre on Wednesday 20 September at 6:30pm.

Delve into the story behind her newest literary creation, *Weekends with the Sunshine Gardening Society* – an enchanting tale that explores the bonds of female companionship, the spirit of community, and the promise of fresh starts.

As the evening unfolds, immerse yourself in an insightful discussion and later, seize the chance for a personally signed copy during the book sales and signing session.

Book your tickets now by visiting [www.pioneertheatre.com.au](http://www.pioneertheatre.com.au)

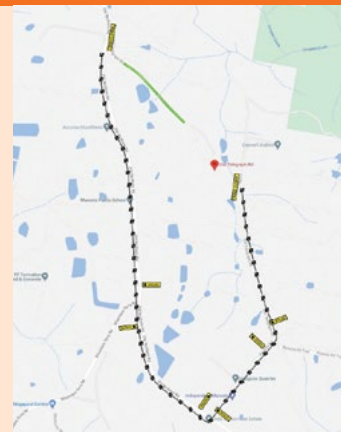


## Temporary Road Closure – Old Telegraph Road, Maroota

A section of Old Telegraph Road, Maroota will be closed temporarily, from Old Northern Road to Hart Place, from 27 September.

Detours will be in place while the road is being reconstructed with completion expected in December 2023 (weather permitting).

Council has agreed to the temporary closure in accordance with Section 115 of the Roads Act 1993. Further information, including the full detour map, can be found on Council's website by searching 'Temporary Road Closures'.



## Help YOU-th-self Get Job Ready

If you or someone young you may know is looking at joining the workforce but is not too sure where to begin, the following FREE in-person workshops below are the perfect opportunity.

### Resumes and Cover Letters

Tuesday 12 September 2023 from 3:30pm – 5:00pm

### Interview Skills

Tuesday 26 September 2023 from 3:30pm – 5:00pm

The workshops are available to all young people who live, work and/or study in The Hills. For more information, scan the QR code.







Mayor Gangemi pictured with CEO of Little Blue Dinosaur Foundation, Michelle McLaughlin at Stargazing Park, Box Hill.

## Little Blue Dinosaur donates 20 Hold My Hand signs to The Hills

20 new 'Hold My Hand' signs have been installed at various locations throughout The Hills as part of the Little Blue Dinosaur Foundation's 'Hold My Hand' campaign.

The campaign aims to raise awareness about pedestrian road safety and the importance of holding hands when crossing a road, driveway or car park, especially for children under 10 years of age.

Mayor of The Hills Shire Council, Dr Peter Gangemi said he was grateful for the signs provided by Little Blue Dinosaur, which were funded as part of Transport for NSW's Community Road Safety Grants program.

CEO of Little Blue Dinosaur Foundation, Michelle McLaughlin said the organisation was proud to partner with The Hills Shire Council on the 'Hold My Hand' campaign.

The Little Blue Dinosaur Foundation is a not-for-profit organisation whose mission is to protect child pedestrians from the ever-present danger of roadways and moving motor vehicles through community education and road safety collaborations with government stakeholder partnerships.

The foundation was established in 2014, following the death of Michelle McLaughlin's four-year-old son, Tom McLaughlin due to a pedestrian-motor vehicle crash while on a family holiday. To find out more about the foundation, visit [www.littlebluedinosaur.org](http://www.littlebluedinosaur.org)

## Join The Hills Shire Council's Design Advisory Panel

The Hills Shire Council is seeking architectural, urban design and landscape design experts to become members of The Hills Design Advisory Panel. Panel members are being sought to commence in January 2024.

The panel of experts evaluate the design and quality of development and public projects across The Hills Shire Local Government Area. For more information and to apply, visit Council's website and search 'Design Advisory Panel'. Applications close on Friday 15 September at 2:00pm.

## Pop-up Book Sale

Head over to Castle Hill Library on Saturday 16 September from 9:30am to 3pm to see the range of pre-loved books on sale, organised by The Friends of The Hills Library. The funds collected from this event will help in enhancing The Hills Shire Library Service resources.

## Council Meetings

Tuesday, 12 September, 2023 – 7pm

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



Are you enjoying  
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Sydney's Garden Shire





## Carrington Road

Property developer, Ellipse Property has appointed construction company, Decode Group to build Stage One of its landmark \$850 million Carrington Place development with construction to start this month.

When completed Carrington Place (opposite the Showground Metro) will comprise 771 apartments across five, 8-12 storey buildings.

The first stage, Atrium, will comprise 151 apartments within one mid-rise eight storey building.

Designed by award winning architectural firms Tony Owen Partners in collaboration with Stanisic Architects, Carrington Place has been bespoke designed to immerse with its surrounding natural landscapes while complementing the curve of the tranquil Cattai Creek which runs along the western border of the development.

The precinct will be home to over 20,000 square metres of outdoor recreational space and lush gardens. A key feature of the project will be a one-kilometre boardwalk running the length of the Cattai Creek connecting to Fred Caterson Reserve, a 58-hectare local reserve featuring picnic tables, children's playgrounds, along with multiple sports facilities.

Stage One Atrium at Carrington Place is due for completion in the third quarter of 2025. The entire five-stage precinct is due for completion in 2032.

For further information, please visit [www.carrington-place.com.au](http://www.carrington-place.com.au) or call 1800 355 477.

## Maureen's a Winner

Keen *Hills to Hawkesbury Community News* reader Maureen Edwards is the very happy winner of a \$100 voucher to the Richmond Inn after subscribing to receive the FREE *Hills to Hawkesbury Community News* online newsletter.



Maureen Edwards \$100 voucher winner

The Richmond resident said she doesn't normally win anything so was delighted to have her name drawn out in our subscription draw.

She said: "I have been reading the paper for years. I always go to the police pages first but I read (*Hills to Hawkesbury Community News*) from cover to cover. I always enjoy doing the puzzles too."

Maureen says she picks up the paper from her local fruit shop or Richmond Market Place.

"I like to know what is going on in the area."

*The Hills to Hawkesbury Community News* is a FREE family-run community newspaper which is printed fortnightly and is available in shopping centres and clubs in the Hills to Hawkesbury area. Stories, information and news are also available for free on its website [hillstohawkesbury.com.au](http://hillstohawkesbury.com.au)

If you want to register to receive our newsletter online visit [hillstohawkesbury.com.au/subscribe/](http://hillstohawkesbury.com.au/subscribe/)

We will be putting all names into a draw to find another winner. The next draw will be at noon on September 28th. Terms and Conditions are on our website [www.hillstohawkesbury.com](http://www.hillstohawkesbury.com).



## NEW SPORTS FIELDS

Stockland has received development application (DA) approval for the Northern Playing Fields, a 6.5-hectare sports and recreation facility located at Elara in Marsden Park. The facility will include a full-size AFL playing field and a junior playing field, amenities building, cricket nets, walking and cycling paths, a playground, and car park.

Stockland Project Director Mike Milligan said the Northern Playing Fields will add active open space at Elara and allow for AFL and cricket teams to play and train in their community.

"We're pleased to have received DA approval, which will bring an additional 6.5 hectares of active recreational space for the community to enjoy. This follows the opening of our 24-hectare Riparian Parklands which we completed at the end of last year," he said.

Stockland will also be developing hockey fields at the Gables.

The \$11.2 million development, which has been approved, will include two synthetic hockey fields, two interchangeable basketball / netball courts, athletics track, informal sports facilities, playground and amenities building.

## SUBURB RECORD

A Norwest apartment record has been set with a four-bed luxury penthouse sold in Veve for \$3.2 million to a local downsizer.

The launch of Veve Central saw Sekisui House securing over 50 sales valued at more than \$63 million in stage 4 of The Orchards, the tallest and most prominent stage in the \$1 billion masterplanned community in Norwest. The 53 sales comprised 8 one beds, 38 two beds, 5 three beds and 2 four bed penthouses. Over 200 people attended the public launch event.

David Lee, Sales Manager, Apartments & Mixed-Use Developments – The Orchards at Sekisui House Australia, said: "Sales in The Orchards continue to demonstrate strength in Norwest and the Sydney market generally. Over 60 per cent of purchases came from locals, whilst the remainder was mostly spread across 15 Sydney suburbs.

"There was a diverse mix of buyers from owner-occupiers and downsizers to first home buyers and renewed interest from overseas investors from South-East Asia. This cohort of purchasers recognize the benefits of buying in a well-located area such as Norwest, a north-west growth suburb."

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# Keeping Fit

Staying active is so important to one's quality of life. It reduces the chances of illness and can prevent chronic disease. It also helps to reduce the risk of falls and reduce the risk of injury if and when you do fall.

The Australian Department of Health and Aged Care says staying active as you get older is important for good mental and physical health and wellbeing. It reduces the risk of many diseases, including some cancers, and helps maintain a healthy weight.

Terms like "healthy aging" and "positive aging" are heard more frequently in the media these days but "Active Aging" is not just a trendy phrase or thrown together program. It is a measurable concept defined by the World Health Organisation as "the process of optimising opportunities for health, participation and security in order to enhance quality of life as people age."

The Australian Physical Activity Guidelines encourage older people (over the age of 65) to

do 30 minutes of medium intensity exercise each day.

This means increasing your heart rate to a level where you can talk but not sing. You don't have to do 30 minutes all at once, it can be done as three lots of ten minutes each day if you prefer. There are many great ways you can exercise around the house, by doing some gardening, grabbing a chair and sitting and standing repeatedly, or walking around the block or down to the shop (to buy something healthy of course).

Brett Andrews, Group Head of Sport and Wellness at Castle Hill Fitness & Aquatic Centre says it is important for older people to stay fit and moving and they have hundreds of members who do just that.

"At Castle Hill Fitness we have 900 members over the age of 70. They get together for workouts, do classes together and socialise afterwards, which looks after their mental, emotional and physical health.

"Castle Hill Fitness runs over 40 aqua aerobics classes every week. There are Super Seniors classes for the experienced workout participant, through to our Strong Bones program and Fitter For Life programs which support those a little less mobile.

"We also run yoga and Pilates classes for all levels and are set to soon introduce Tai Chi which is great for helping with balance and flexibility which helps reduce the risk of fall injuries."

The advice for a fitter future is, check out Castle Hill Fitness at [www.CHFAC.com.au](http://www.CHFAC.com.au) or your local health district, or check out [www.activeandhealthy.nsw.gov.au/](http://www.activeandhealthy.nsw.gov.au/) where you will find great ideas for introducing exercise into your day, staying active and living healthier.

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# SOPHIE GREEN ON **Weekends with the Sunshine Gardening Society**

BY JOSH KERWICK

Motherhood and friendship take centre stage in bestselling author Sophie Green's new book *Weekends With The Sunshine Gardening Society*, a touching novel about four women at vastly different stages of life coming together over an unexpected love of gardening in late-80s Noosa Heads.



Following newly-divorced Cynthia, busybody Lorraine, recently-widowed Elizabeth and heartbroken Kathy, the novel sees their lives interweave as they become members of volunteer group The Sunshine Gardening Society. The group is a welcome reprieve for each woman from the worries of their life, as well as an avenue to discover more about one another and themselves.

When writing about these women, Sophie says that her characters largely told her who they are and what happens to them. "I decide what it's about, what the device is - gardening, in this case - where it's set. And then I kind of say 'Alright, who's out there, who wants their story told, and at that particular time and place?' It wasn't actually intentional that they were all mothers, it just came through that way."

The genuine depth of Cynthia, Elizabeth, Lorraine and Kathy is part of what makes

*WWTSGS* such an enjoyable read. Each character feels human and likeable, making each of their individual stories and struggles genuinely compelling. Sophie's writing is always dialled into the tone of a scene – often fun, but always knowing when to let the emotion of a scene play out in a natural way.

It's a terrific tool in the arsenal of *WWTSGS* that allows Sophie to tell a narrative that is equal parts entertaining and thoughtful. In her willingness to approach the story with empathy and humour in spades, Sophie writes a deeply human story about what it means to find purpose in the little things, even when in the midst of personal crises.

"I find that's one of the most moving parts of being human," Sophie comments on the novel's themes. "We can handle these things and keep functioning to show up for our loved ones, our jobs, our community groups. In the

stories I write, I try to reflect that a lot of people are dealing with very tough things, but they're still showing up. They're getting out of bed every morning, doing their best every single day. And I think that's true of humans generally."

Sophie is looking forward to the author event happening at the Pioneer Theatre on September 20th: "It's always great to meet readers and see them live in person, especially because it's going to be a Q&A. I really enjoy that format, because I think it's a good rhythm for the audience. And I'm always just amazed when anyone wants to come out and see me talk about my books. I look forward to meeting those people!"

*Weekends With The Sunshine Gardening Society* is available for RRP\$32.99 through Hachette AU.

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# Are Using Headphones Bad for Your Hearing?



Many people who use headphones to listen to music, take online meetings or while watching TV, ask this question. This can also be a common question for concerned parents of kids or teens who seem to live with headphones in or on their ears.

So, what are the risks associated with the use of headphones and which ones are best to use?

## Headphones (over the ear) or Earphones (in the ear)?

This comes down to personal preference. Quite often the sound is better with over the ear headphones as there is a greater dynamic range due to the size of the speaker. Where as the portability of earphones may be a factor for you to consider. Neither is "safer" for your ears so long as you use them at an appropriate level for an appropriate period of time – this is explained further below:

### Active Noise Cancelling – with or without?

Active Noise Cancelling is a technology which has been around for some years. It is a built-in algorithm in many ear or headphones which can reduce the noise from the outside by up to 20dB (A) which is very significant. Not only is the outside sound softer, but we don't need to crank up the volume as much. Most people like setting

their listening volume to a level somewhat above the ambient noise level. By reducing that noise level, we can decrease the listening level of music to even safer levels. (Be sure to keep in mind that such devices used in traffic may significantly reduce your environmental awareness and should be used with caution, if at all.)

### Damaging Noise Levels:

The risk of permanent hearing loss increases the higher the volume and duration you are exposed. The loudness of sound is measured in units called decibels (dB):

- Conversation is around 60dB
- Traffic noise is generally 80dB
- A plane taking off, a motorcycle or firecrackers range from 120-140dB
- The volume on some music playing devices (such as smart phones) can reach more than 130dB.

The Australian Medical Association advises that listening to music at levels above 80dB will in fact damage your hearing. The damage will occur sooner if you continue to expose your ears to high volumes for extended periods of time because it is cumulative. This damage can occur at any age and is irreversible once it happens.

### Conclusion:

#### Noise induced hearing loss is preventable!

Here are some helpful suggestions to take care of your ears and protect them from permanent hearing damage, especially when using headphones.

- A good guide is that if you can't hear someone talking to you when you have the music on in your headphones, you should turn it down.
- If headphones are used at normal conversation level (60dB – you can limit this in your devices in the settings), they do not damage the ears and can be used all day long if need be.
- Take regular breaks (every hour or so).

Hearing is one of our most important senses. It connects us to people, loved ones and keeps communities connected. Take care of your hearing and if you are concerned about your hearing – please call our clinic on 9159 6122 to book a hearing assessment.

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## STAMP DUTY IS BACK UNDER THE NEW LABOR STATE GOVERNMENT

The Labor Government has passed laws to reimpose crippling stamp duty and remove choice for thousands of first homebuyers. The repeal of the Liberals' successful First Home Buyer Choice reforms means that first homebuyers can no longer opt out of stamp duty in favour of a smaller annual property tax. As a result, all properties valued at over \$800,000 will now attract stamp duty. First homebuyers will need to save more, and wait longer, to achieve the dream of home ownership. The Labor Government doesn't have a plan to address housing affordability. Its actions to date remove choice and drive up the cost for first home buyers. The Liberals will continue to fight for choice – and to reduce the barriers to home ownership across NSW.



## 150 YEARS OF KELLYVILLE PUBLIC SCHOOL

Congratulations to Kellyville Public School which is celebrating its 150th year since opening. In 1873, the school began with only 60 students. Today with over 600 students, Kellyville Public continues to provide a vibrant learning environment for the Kellyville Community. Under the leadership of Principal

Jenny Walker (our 2023 Local Woman the Year), the staff are committed to promoting student wellbeing, personal best, leadership and academic excellence. Congratulations to the teachers, staff and students of Kellyville Public School. From humble beginnings, to one of the leading schools in the Kellyville electorate.

## PETS OF THE WEEK

### The Hawkesbury Companion Animal Shelter

is at 10 Mulgrave Rd, Mulgrave.

Call 4560 4644 or visit Hawkesbury

Council's Facebook page

[www.facebook.com/hawkesburycitycouncil](http://www.facebook.com/hawkesburycitycouncil)



#### AT A GLANCE

NAME: BENNY  
 BREED: German Shepherd X Malinois  
 SEX: Male  
 AGE: 1 yr old  
 PRICE: \$49

**BENNY** is a beautiful boy with loads of potential according to staff at the Hawkesbury Companion Animal Shelter. Staff say Benny walks well on a lead and will be only too happy to just be with you. They say he will benefit from a little further training and will need daily exercise as he is a very active dog. If you can give this lovely boy a caring home please come to the shelter with your family dog and children to meet him. As one of the featured dogs Benny's 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: PIPPA  
 BREED: Domestic short hair  
 SEX: Female  
 AGE: 7 yrs old  
 PRICE: \$29

**PIPPA** is a sweet girl according to staff at the Hawkesbury Companion Animal Shelter who is always ready for a chin scratch. Pippa is already desexed so is able to leave the shelter with her new family. If you are interested in adopting lovely Pippa please come to the shelter to meet her during opening hours. As cat of the week her adoption price has been reduced to \$29. The adoption price includes the first vaccination, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



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## NEW HOPE FOR ENDO SUFFERERS

There is good news for endometriosis sufferers in the Hawkesbury with the opening of a new Endometriosis and Pelvic Pain Clinic at Rouse Hill Town Medical and Dental Centre. "Endo" is something that many women suffer but finding the right help can take years. Research tells us that approximately 1 in 2 Australian women experience pelvic pain and sadly half of those women won't discuss their symptoms with a doctor.

It typically takes an average of seven years for an individual to get an endometriosis diagnosis, and we want to change that.

The new clinic is part of an Australia-first rollout to give women access to specialised

multidisciplinary care to help diagnose and treat endometriosis and pelvic pain. The Albanese Government have established twenty two of these Endometriosis and Pelvic Pain Clinics, with the latest for western Sydney women.

It's part of the federal government's National Action Plan for Endometriosis, and backed by research that shows us the toll endometriosis has on sufferers.

Ask any woman who suffers with pelvic pain and they will tell you what an impact it has on their lives. It affects their ability to work, study or care for their families. We want women to feel confident that they can go to one of these clinics and get the care they desperately need.

The clinic at Rouse Hill is an important addition to the two other Sydney-based clinics in Hunters Hill and Leichhardt.

Bringing together these specialised services under one roof helps remove the barriers for women seeking treatments, it also helps build professional knowledge and skills so that the standard of care for women can continue to improve.

I encourage anyone not satisfied with the treatment they're receiving for pelvic pain to make an appointment directly with the clinic.

The pain is real and I'm proud that the government has taken real action so women don't have to suffer in silence.

## WE'RE DOING WHAT WE PROMISED – UP-SKILLING THE NATION

By MICHELLE ROWLAND MP

I've always believed that educational opportunities have the ability to transform lives.

And it's a key objective of the Albanese Government to ensure that all Australians, no matter their postcode or income, can access the very best educational opportunities.

For decades, TAFE has been a highly regarded educational institution which has supported and provided opportunities for individuals, communities and employers.

At the Federal Election 15 months ago, we promised that we would deliver 180,000 Fee Free TAFE places to assist in up-skilling the nation.

Since then, the Albanese Labor Government has delivered on its commitments to place TAFE at the heart of our vocational education and training (VET) sector.

All over Australia, TAFE is helping Australians to gain new skills and train for the jobs of the future.

In fact, we've now seen over 214,000 enrolments occur under Labor's Fee-Free TAFE policy, far surpassing our goal of 180,000.

Our Fee-Free TAFE policy is improving access to training for jobs that are in high demand.

We're also working with the States and Territories to provide a further 300,000 Fee-Free TAFE places from next year.

This is because we understand the importance of TAFE and the role that it will continue to play to give Australians the skills they need for the careers and opportunities of the future.



As your Federal Member for Greenway,  
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Albanese Labor Government Delivers for Greenway in 2023-24 Budget

### Minister Michelle Rowland MP

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



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# MEMORIES OF ORANGE BLOSSOM FESTIVAL

Now that the Orange Blossom Festival Parade in the Hills has returned it has brought back a few memories from the past. As a member of the Orange Blossom Festival Management Committee during the mayoral term of Clr. Sonya Phillips, I attended the Street Parade, then held at Castle Hill.



A photograph was taken by a press photographer from one of the local newspapers at the time of two clowns taking part in the parade. One of the clowns had the surname "Jones". The following week the photograph appeared on the front page of the paper naming the clown in the caption of the photo and saying "the son of Ivor Jones of the OBF Committee". I wrote to the newspaper concerned, pointing out that I did not have any sons. As my wife and I only have daughters, I wonder if my dear wife thought that I had a son that she didn't know about. But that aside, this article is to give some background about past Orange Blossom Festivals.

My colleague on this magazine, Bev Jordan, wrote in "The Hills Shire Times" of September 10, 2002, which was the second year that the street parade was held in the Saturday evening rather than midday Saturday. This is what she wrote "The loudest cheer in the OBF parade was for the message of unity promoted by the Baha'i people as they walked along Old Northern Road at Castle Hill and the biggest laugh was for the pizza boy who danced through the parade with that night's special offer. More than 800 people took part in the parade celebrating a rich diversity of life in The Hills".

Scottish pipers and the Marching Kangaroos also took part in the parade and, as Bev told readers at the time, "The parade

was a culmination of a day of colour and fun at Castle Hill Park with rides, side shows, a cultural festival and non-stop entertainment".

Earlier OBF Parades were conducted travelling along Old Northern Road between the shopping centres of Baulkham Hills and Castle Hill. Later parades were conducted in various localities throughout the Hills including North Rocks, Kellyville and Kenthurst with Kenthurst continuing to conduct an annual parade each year organised by the Kenthurst Rotary Club.

In preparing this article, I contacted a friend, Pam Wilson, The Secretary of the Hills District Historical Society and asked if she could provide some detail on the history of the festival and she advised me of the following -

**"In 1957, Councillor Eric Mobbs suggested that the Baulkham Hills Shire Council should hold a footpath and garden competition to encourage neighbourhood pride.**

**The following year, September 1958, a one-day Orange Blossom Festival was held in recognition of the part orange cultivation had played in the Shire's early history. By 1969, the Garden Competition and Festival ran in the second week of September. It developed into an annual event for over 40 years".**

The Historical Society currently holds copies of the official programmes of past festivals at their Museum at Building 10, Masonic Schools, 92 Seven Hills Road, Baulkham Hills. The Museum is open on the

first and third Saturday of every month between 12pm and 3pm.

Growing in size and community participation with numerous fairs in different parts of the Shire and differing events becoming part of the overall festivities, it was a much-anticipated event for many decades. Amongst the many events, one of the most popular, especially among the teenagers and twenty somethings, was the Orange Blossom Princess Contest. There were also Vintage Car displays, Talent Quests, Balls and Art Competitions. Local Community groups were encouraged to join in the parades and activities. Members of Scouting groups, Girl Guides, School Bands, Church groups, dancing schools, migrant

groups, Bush Fire Brigades and Emergency Services all took part in the street parades as well as a number of car clubs often transporting the reigning Orange Blossom Princess, adding to the colour, vitality and variation of parade entrants.

The OBF mascot of "Pippa" the Orange was introduced in the 2000s and remains so to this day. I would be interested in hearing from readers who have participated over the years in Orange Blossom events or parades.

Write and tell us of your experiences. I am always on the lookout for interesting items for these pages. Contact details are on Page 2 of this magazine.



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Castle Hill Procession



## Kellyville Procession



## North Rocks Procession



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# Dural Pony Club has plenty to celebrate as it turns 60

Dural & Districts Pony Club, which celebrates its 60th anniversary on Saturday, September 16, was the brainchild of Gael Gilroy and Sue Horton who began a social riding club in 1962.

The first meeting of the Dural and Districts Riding Club, chaired by Roy King, was held opposite the Gilroy's house at the Best's 'Halfway House', in Middle Dural – which was later burnt down. Roy King became the first president and Jean Barker was secretary. Other foundation members were Jean Ayres, Ian Snell, and Ron and Joan Jones.

In 1981, the Dural & Districts Pony Club relocated its 100 members to the Bannerman Rd side of Holland Reserve. To raise funds for the move, Amy McGowan, later a zone chief instructor, donated a part Arabian gelding as the prize in a raffle that generated around \$9000. The council provided money to clear and fence the site and provide a toilet/canteen block.

Don Lawson planned the site, laid the irrigation pipes, and did all the plumbing. The clubhouse was moved from Pellitt Lane and rebuilt on top of the toilet block where it stands today. The current president is Sylvana Boyd and she, along with the hard-working committee, has planned a special day to mark this milestone.

The Dural Pony Club will mark its 60th Anniversary with many events, including a dinner on Saturday, September 16. The committee is inviting everyone who has any association with the club to attend.

The day is divided into two events: Session One from 10am-4pm is free of charge. It includes show jumping and sporting competition, and the cutting of the 60th anniversary cake. Session Two features the celebration dinner and is ticketed to include the fully-catered spit roast. The evening event commences at 5pm with plenty of former members, sponsors and special guests expected to mingle with the present committee and members.

The club offers something for all riders, including a dedicated beginners area, dressage arena, cross country, show riding, show-jumping, training days, social days, and many other events. The club encourages all riders from beginners to experienced, aged from four to 25, with members learning all aspects of horsemanship.



Dural & Districts Polo Club have come a long way.

The club holds its rally days on the first and third Sundays of the month while there are regular closed competitions as well as Zone 23 events across all the equestrian disciplines.

Booking site:  
Dural Pony Club 60th Anniversary Celebrations



Clarisse Boyd and Natasha Naylor-Melki



Hawkesbury Riding Club committee members

# Hawkesbury Riding Club marks milestone

From humble beginnings and 17 members in Kellyville way back in 1977, the Hawkesbury Riding Club is now one of the most recognised in NSW for its pioneering efforts and hard-working core group.

Remarkably, many of the founder members are still active in the club which celebrates their 45th anniversary on Friday, September 29, at Riverside Oaks Golf Resort from 6.30pm.

One of the club's highlights is winning the prestigious Club of the Year honour at the Equestrian Australia Awards in 2017.

HRC started as Kellyville Riding Club at a member's property in Curtis Rd, Kellyville in 1977. After one of its founding members, Gillian McCall, vigorously petitioned The Hills Shire Council, the club moved to the previous tip site on Commercial Rd, Kellyville.

The members worked hard to develop four dressage arenas, a beginners ring, cross country course, show jumps, and other facilities over the next two decades.

The next big relocation came in 2005 when the club moved to Clarendon

and later changed its name to Hawkesbury Riding. Today it boasts a committee of 24 and a membership of more than 300 members. The extremely impressive equestrian centre hosts over 30 events each year culminating at the end-of-year gymkhana, annual awards and trophy presentation.

The site is shared with two other clubs, the Sydney Show Jump Club and the Hawkesbury Sheepdog Trialling Club. All three clubs share common facilities and get along harmoniously.

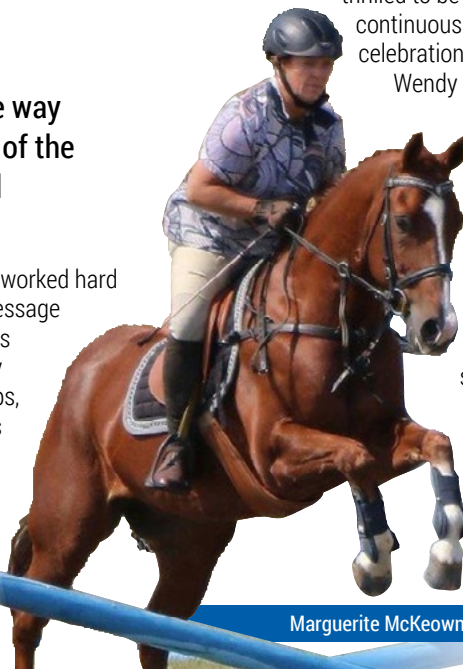
Club President Wendy Pike said she was "thrilled to be celebrating 45 years of the continuous running of the club with a celebration at Riverside Oaks".

Wendy said she hopes that those who have been a part of Hawkesbury Riding Club's journey throughout the years will be present to celebrate this amazing achievement.

"The Hawkesbury Riding Club only exists due to the hardworking volunteers and the club's generous sponsors," said a club spokeswoman.

"In 2021, the club was successful in obtaining an NSW government grant to build the indoor riding arena after many years of fundraising."

Contact details:  
mgbenson@bigpond.com



Marguerite McKeown of Hawkesbury Riding Club in action





# PUZZLE

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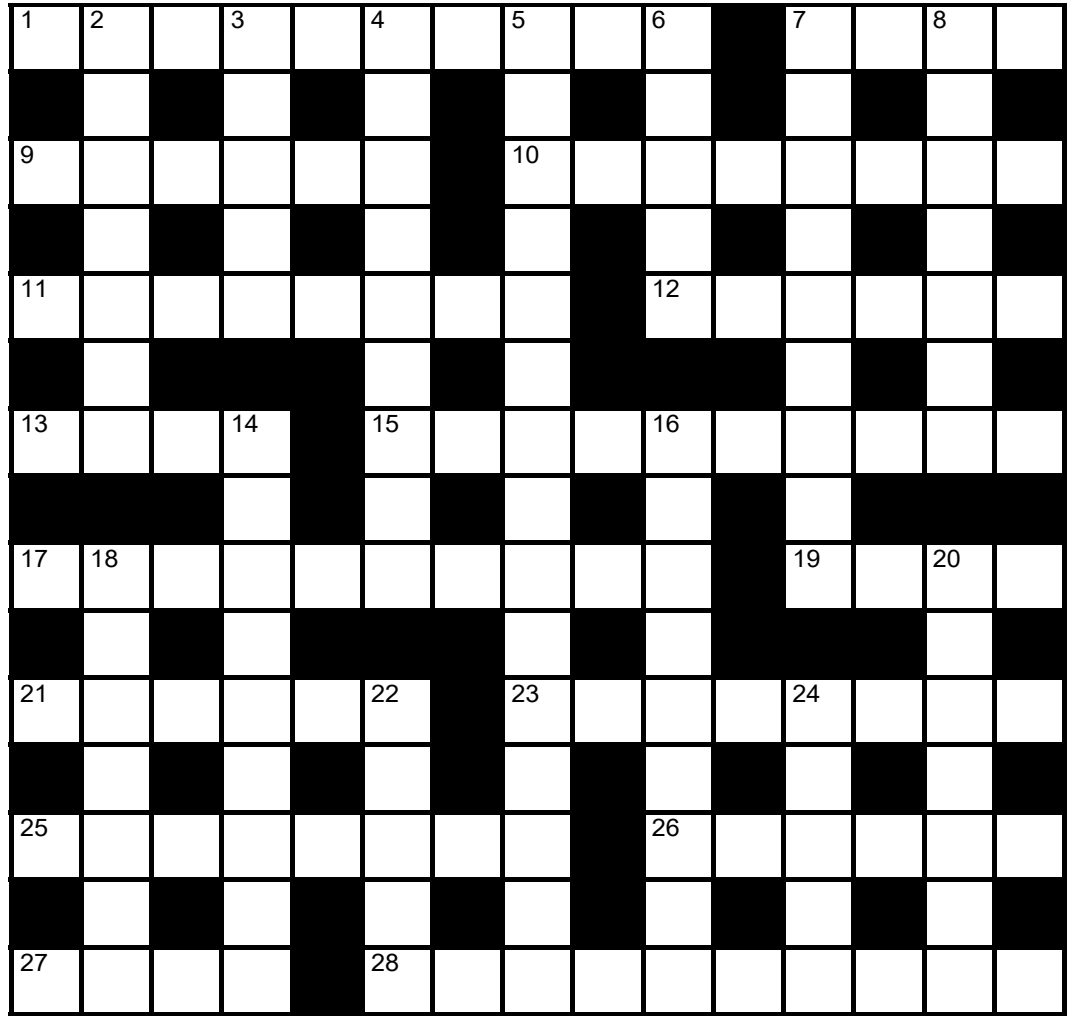
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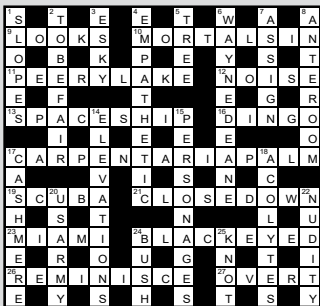
1. Like rings on a target
7. Allegedly factual TV programme
9. Ramble
10. Having considerable worth
11. Shirley Temple or Manhattan, maybe
12. Outback horror
13. Swamp menace
15. Pesky
17. Generally useful (3-7)
19. Small blemish
21. Croatian capital
23. One way to order a meal (1, 2, 5)
25. Huge fins adjusted for Chinese space system (4, 4)
26. Stand for hot dishes
27. Body of soldiers
28. Chaotic

### Down

2. Alfresco
3. Its produce can be poached
4. It's plain short of trees
5. Stirrers unveil oratories, stirring things up
6. Big star
7. Doctor's news
8. Bone-building element
14. Author's protection
16. Eternally (4,5)
18. Stet (5,2)
20. Breakfast dish
22. Get taken (2,3)
24. She meets a smoking caterpillar

Answers from last issue

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

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

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SOHO  
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Answers from last issue

## WORD SEARCH

N	O	I	T	U	L	O	S	S	I	D	I	L	V	E
G	D	U	P	L	I	C	I	T	Y	X	N	R	P	A
C	R	F	K	L	I	N	J	U	N	C	T	I	O	N
O	T	E	Y	N	G	N	R	O	T	U	C	E	X	E
E	Q	L	N	K	O	O	E	C	N	E	D	I	V	E
R	M	O	M	S	I	D	O	A	N	L	T	O	A	
C	E	N	M	P	I	T	D	O	E	P	S	X	P	
I	J	Y	I	L	A	A	N	A	F	R	P	F	V	P
O	U	B	L	A	R	M	Y	I	G	A	C	E	X	E
N	E	T	A	B	O	R	P	O	A	I	S	A	L	
P	T	J	I	O	O	I	B	Q	S	L	T	T	E	L
Q	R	I	B	A	D	F	A	I	T	H	P	I	H	A
T	N	A	D	N	E	F	E	D	T	M	L	M	L	N
T	Q	I	H	A	R	A	S	S	M	E	N	T	O	T
Q	I	S	K	I	N	O	I	S	S	E	F	N	O	C

## CODE WORD

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

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	25	23	12	24	21	17	17		11	22	21	10													
13		7		26		21		25		6		21													
20	7	21	20	15		19		4	26	21	14	7													
22		9		22		15		4		10		25													
			13	12	21	14	14	13	10	15	12	18													
22		16		2		7		5		12		21													
14	10	22	17	17	14		4	21	19	22	26	12													
4		21		15		8		9		14		16													
21	22	26	25	12	21	13	9	15	4																
5		11		22		21		25		21		3													
15	2	25	17	14		26		12	13	2	18	22													
14		25		14		9		21		3		14													
9	21	20	22		1	25	17	17	15	22	14	9													
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	X	7	8	9	10	11	B	12	13											
14	15	16	17	L	18	19	20	21	22	23	24	25	26												

# SUDOKU

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

Rating: ★ ★ ★ ★ ☆

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





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