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Community News

16th - 30th July 2021 | Volume 38 - Issue 14
Local Stories, Local Events, Local People and Local Businesses

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BOOST FOR MENTAL HEALTH

Mental Health services dealing with growing needs during the Coronavirus COVID-19 outbreak have been given a multi-million boost by both Federal and the NSW Governments.

Federal Minister for Health and Aged Care, Greg Hunt MP, said while fighting the spread of the virus in NSW, it is vital to guard against the devastating mental health impacts the virus can bring. The funding includes:

- **\$3.5 million to headspace for additional youth support**, with a particular focus on support for Year 11 and 12 students, with funding to be matched by the NSW Government.
- **\$1.5 million to Lifeline** to boost crisis counselling and increase community engagement.
- **\$1.5 million to Sonder** to enhance mental health support for those in mandatory isolation, with funding to be matched by the NSW Government.
- **\$4 million to Primary Health Networks (PHNs)**: \$2 million to boost commissioned mental health services, including for Aboriginal and Torres Strait Islander people and \$2 million to provide targeted support and to work with CALD communities and leaders in impacted areas.
- **\$500,000 for a communications campaign** to increase awareness of available mental health services and support, aimed at CALD communities.
- **\$500,000 to Beyond Blue** for services and to increase community engagement with NSW residents.
- **\$300,000 to Kids Helpline** to extend online wellbeing sessions into secondary schools.
- **\$300,000 to the Butterfly Foundation** to provide additional support for young people with, or at risk of, an eating disorder and their carers.
- **\$150,000 to the Gidget Foundation** to boost services for parents suffering from perinatal depression and anxiety.

COVID-19

➤ Look after your mental health during the COVID-19 (coronavirus) pandemic

1. Stay active

Exercise is good for your mind and body. You can leave home to exercise outdoors but remember to stay 1.5 metres away from others. Exercise regularly and choose activities you enjoy. This could be walking, tai-chi, jogging, yoga or an indoor workout.



2. Eat healthy

Eating healthy food is good for your mental and physical health. Eat a lots of different fruits and vegetables and other foods high in fibre such as brown rice, oats, wholemeal breads, lentils and beans.



Limit unhealthy snacks and drinks which are high in sugar, unhealthy fats and salt. Unhealthy snacks leave less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep.

3. Stay Connected

Social connection is important for your mental health. Stay in touch with family and friends over the phone or online. Share your feelings with loved ones and trusted people from your community and invite them to share with you. Limit your visits with your family and friends. If you do visit, practice physical distancing and keep 1.5 metres apart, and maintain good personal hygiene. Don't visit if you're unwell.



4. Take a break from the news and social media

Social media can help you stay connected, but too much time can make us feel stressed. It's good to stay informed, but choose trusted sources of information, like the government.



5. Stick to a routine

Have a regular bedtime and meal times. Plan your day so you have time for household chores, connecting with others, activities you enjoy, and rest.



6. Monitor your mental health and wellbeing

It's really important to monitor your mental health and wellbeing. It is also good to be aware of family, friends and neighbours who may be worried or stressed. Things to look out for include difficulty concentrating, poor sleep, and feeling distressed or overwhelmed. These are signs that it's time to reach out.



7. Seek support

Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling. You're not being a burden.



If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line: **1800 512 348**. For a free telephone interpreter call **131 450** and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

Adapted from Look after your Mental Health Australia, Mental Health Australia, March 2020



SUPPORT SERVICES

The Beyond Blue Coronavirus Wellbeing Support Service can be accessed anytime via telephone at 1800 512 348 or online at coronavirus.beyondblue.org.au.

Anyone experiencing distress can seek immediate advice and support through Lifeline (13 11 14), Kids Helpline (1800 55 1800)

If you are concerned about suicide, living with someone who is considering suicide, or bereaved by suicide, the Suicide Call Back Service is available at 1300 659 467 or www.suicidecallbackservice.org.au.

Through COVID-19,
we're here for you.

 Lifeline 13 11 14

FOLLOWING HIS DREAM

John Iredale celebrates his 22nd birthday next month but while the football player is a long way from his Cherrybrook home he is forging a career in European football and loving every moment.

Iredale, currently playing in Germany, told *Hills to Hawkesbury Community News* reporter Lawrence Machado that his dream is to wear the Socceroos shirt consistently and represent his country.

The former Oakhill College student was disappointed not to make the cut for the Tokyo Olympic Games but he's looking forward to a busy year ahead.

The full story is featured on page 23 in Sport.



Iredale training in the "green and gold".

Hills to Hawkesbury

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Owner: Compton Media Group

Publisher: Diana Paton, Adelphi Printing Pty Ltd

ATF Paton Family Trust



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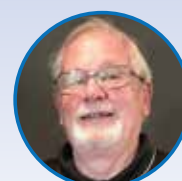
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BUSHFIRE AND FLOOD AID

Government funding to help flood victims and funding to help in the aftermath of the bushfires have been announced, including money for business support and money to plan for future disaster response.

Member for Hawkesbury, Robyn Preston MP, said over \$1.5m will be provided to Hawkesbury City Council through Stage Two of the Bushfire Local Economic Recovery Fund, co-funded by the Australian and NSW governments.

The projects funded are:

- \$200,700 for the Hawkesbury Business Support and Resilience Program.
- \$455,700 to construct a concrete footpath and cycleway on Bells Line of Road in Bilpin between the town centre, school and community hall.
- \$368,547 for Hawkesbury Community Continuity Project which works with key stakeholders to plan for emergency responses for future disasters.
- \$498,240 to create community advice and support service hubs.

Ms Preston said: "It's been a tough time for Hawkesbury and these projects will support a community that is healing and wants to bounce back".

Federal MP for Berowra Julian Leaser also announced a \$400M recovery fund package to provide support for communities affected by the February and March 2021 storms and floods funded jointly by the Australian and NSW governments.

"The impact of the severe storms and flooding on our community and properties in Wisemans Ferry, Leets Vale, Lower Portland and Sackville North in particular has been significant, with damage to the oyster industry around Brooklyn as well as commercial fisherman who make their living from the Hawkesbury", Mr Leaser said.

"This third phase of recovery support is in recognition and appreciation of the work involved to repair and rebuild these major public assets and infrastructure and will provide support for the local economy".

\$79.8m for the NSW Flood Industry Recovery Package: funding for the agriculture, aquaculture and horticulture industries to support immediate and longer-term recovery needs and retention of jobs for eligible producers and businesses.

\$25.2 million for \$10,000 Rural Landholder Grants: grants of up to \$10,000 to reimburse rural landholders for the



cost of clean-up activities, losses or damages beyond the vicinity of the residential dwelling, not covered by insurance, and for rural landholders who do not qualify for the \$75,000 primary producer grant or the \$50,000 small business grant.

\$18.5m for the restoration of riverbanks: assistance for private landowners, NSW Government Agencies and Councils to ensure post-flood remediation works on riverbanks can be done quickly, are appropriate and consistent with Government policy and regulations, will support the long-term health of the rivers, and protect assets and businesses.

The National Recovery and Resilience Agency is working with the NSW Government to finalise the details of the programs. People requiring ongoing flood assistance, support and referral should contact Service NSW on 13 77 88 or online via service.nsw.gov.au/floods

Information on disaster assistance is available on the Australian Government's Disaster Assist website at Disasterassist.gov.au

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STAY AT HOME

Residents are being urged to comply with the current restrictions under the Public Health Act.

Officers from Riverstone Police Area Command stopped a 22-year-old Blacktown woman and a 39-year-old Mt Druitt man at Dean Park at about 1.30am on Wednesday July 14 who were found to be out in breach of the Public Health Orders.

They were each issued a \$1000 PIN before being directed home.

The pair were stopped at Quakers Hill about 7.30pm, again in breach of the stay home orders. Checks revealed the earlier interaction with police and legal action.

Following further inquiries, it was established that the pair did not return home as directed, instead had travelled on public transport to at least nine different suburbs – from Richmond to Sydney CBD – throughout the day. Their activities included visiting a fast food restaurant and a hotel, where they spent time with two other people.

They have been charged with not comply with noticed direction re: Section 7/8/9 – COVID-19 and are due to appear in court next month.

Hills police attended more than 420 jobs between June 26 and July 13 responding to COVID complaints or breaches in the Hills Police Local Area Command.

Detective Inspector Chris Laird said that 10 \$1000 Penalty Infringement Notices (PINs)

were issued to people not complying with restrictions.

Deputy Commissioner Gary Worboys, State Emergency Operations Controller, said the cooperation and support of the community – in the form of compliance – was key to the police operation.

"While the vast majority of the community is doing the right thing, it is concerning that three weeks into these restrictions, we are seeing an increase in non-compliance," Deputy Commissioner Worboys said.

"Police attended more than 960 COVID-related jobs (on July 14), with about 600 of those coming from reports to Crime Stoppers. In total, police detected almost 400 people breaching the Public Health Orders, resulting in about 220 legal actions, ranging from fines through to criminal charges. These numbers are concerning, as the more people do the wrong thing, the more chance there is of the virus spreading," Deputy Commissioner Worboys said.

Minister for Police and Emergency Services David Elliott reminded people of the serious risk that this Delta variant of COVID-19 poses to the entire state.

"We are dealing with an increased risk of transmission of the virus within the Greater Sydney and surrounding areas, and now is not the time to lose our resolve," Mr Elliott said.



"I want to remind people in the broader state of NSW not to be complacent, this Delta variant is highly transmissible, so please abide by the rules no matter where you are in the state."

Anyone who has information regarding individuals or businesses in contravention of a COVID-19-related ministerial direction is urged to contact Crime Stoppers: nsw.crimestoppers.com.au. Information is treated in strict confidence.



KENTHURST FIRE

Fire service crews attended a fire at Kenthurst on Sunday July 11.

A shed on a property on Lang Road, Kenthurst was totally destroyed in the blaze.

The shed was engulfed in flames when fire crews arrived. Firefighters began to extinguish the fire from the outside whilst wearing breathing apparatus. The shed which was made of tin presented some difficulties but crews were able to clear the tin and extinguish the fire. Multiple crews from the district, including Hills RFS Group 8, with units from Kenthurst Rural Fire Brigade, Kellyville, Rouse Hill and Round Corner Rural Fire Brigades working alongside Fire and Rescue NSW Riverstone Station.

NSW Police and energy providers also attended the incident. Fortunately nobody was injured.

RAPTOR ARREST

Raptor Squad investigators have charged a Finks outlaw motorcycle gang (OMCG) associate over the alleged supply of firearms uncovered during an extortion investigation.

In April this year, detectives from the State Crime Command's Raptor Squad established Strike Force Gilruth to investigate the alleged extortion of a 45-year-old male shopkeeper by members of the Finks outlaw motorcycle gang (OMCG) in Riverstone.

Following extensive investigations, Raptor Squad executed eight search warrants at homes at North Richmond, Riverstone, North St Marys, Tregear, Bidwell, Raymond Terrace and Chatswood, on June 2.

Three senior members of the Finks OMCG were arrested during the operation. The men – aged 25, 26 and 29 – were all charged and remain before the courts. As part of ongoing investigations, police received information relating to the supply of firearms. Following further inquiries officers arrested a 34-year-old man at Mt Druitt Police Station on July 1.

The man, who is a Finks OMCG associate, was charged with supply shortened firearm (not pistol) to other, supply prohibited firearm subject prohibition order, possess shortened firearm (not pistol) without authority and acquire firearm (subject to prohibition order).

Investigations are continuing.

Anyone with information, including relevant photos and videos, that may assist the Raptor Squad can report it directly to investigators via their online reporting page: www1.police.nsw.gov.au/Default.aspx?id=49 or call Crime Stoppers on 1800 333 000.

Information provided to investigators will be treated in the strictest of confidence.

HEALTH AND COVID

With lockdown extended for at least another two weeks until 11:59pm on Friday, 30 July, people are being urged to stay at home unless absolutely necessary to leave in a bid to reduce any spread.

Several local venues of concern have been named locally after someone who visited them tested positive to COVID-19.

People who visited the sites are considered casual contacts:

- **North Rocks:** Coles North Rocks from 10pm to 10.40pm on Friday July 9.
- **Windsor:** Coles Windsor from 1.20pm to 3pm on Saturday, July 10.
- **McGraths Hill:** BMX track Bismarck St from 11am to 1pm Wednesday, July 7
- **Windsor:** Riverview Shopping Centre from 1.30pm to 3pm Wednesday, July 7
- **Dural:** Caltex Petrol Station from 5.10pm to 5.20pm Tuesday, July 6

Everyone who is a casual contact must get a test and isolate until they get a negative result.

The NSW Health advice is:

If you were at the casual contact place less than 4 days ago:

- get a COVID-19 test at your closest testing location, and isolate
- **get another COVID-19 test on day 5** after you were at the casual contact place

- you can stop isolating when you get a negative result from your first test – but please:
 - wear a mask when in the same room as any other person
 - do not leave your home except if this is necessary, or to exercise outdoors
 - go to work only if this is essential for your workplace.
- monitor for COVID-19 symptoms and get tested again at any time if you develop any symptoms. You will need to isolate until you receive a negative test result.

If you were at the casual contact place 4 or more days ago:

- get a COVID-19 test at your closest testing location, and isolate
- stay in isolation until you receive a negative test result
- monitor for COVID-19 symptoms and get tested again at any time if you develop any symptoms. You will need to isolate until you receive a negative test result.

You must not leave your home to get a COVID-19 vaccination when you are isolating. Once you have received a negative

result, you can attend a vaccination centre. Isolation means you must stay at your home or accommodation, and stay apart from other people at all times. You can only leave for medical care (including a COVID-19 test), or in an emergency. You must not allow other people into your home or accommodation unless they usually live there, or they are entering for medical or emergency purposes.

The stay at home advice for everyone else from NSW Health is you should only be shopping for essential items, and only leaving the house for as short a period of time as possible. The advice is shop online or use click and collect options. If you do leave home for an essential reason, check in and out of anywhere you visit with the QR code.

On Thursday July 15 NSW Health said 929 locally acquired cases had been reported since June 16.

The figures include 11 people, five staff and six residents, from SummitCare Baulkham Hills aged care facility where two staff members worked while unknowingly infectious.

There are 73 COVID-19 cases in hospital, with 19 people in intensive care, five of whom require ventilation.

Anyone who has any symptoms, or is a close or casual contact of a person with COVID-19, isolates and is tested immediately.

Several testing clinics are now open seven days a week (8am to 10pm) for free tests with no GP referral required. They include: Castle Hill Showground, Blacktown Showground, Rouse Hill Drive-through Clinic at 32 Worcester Rd, Rouse Hill,

For your nearest testing centre visit. www.nsw.gov.au/covid-19/health-and-wellbeing/clinics



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DOB IN DUMPERS

Residents with any information or video footage on illegal dumping to report it directly to the Western Sydney Regional Illegal Dumping (RID) Squad.

The request from Hills Shire Council comes after seven tonnes of dirt was illegally dumped on a property in Aquarius Way, Box Hill. Unbeknown to the Council staff who began removing the dirt, a pad-mounted electricity transformer laid beneath the pile and was concealed by the dumped material.

Hills Shire Council General Manager, Michael Edgar said Council staff were very lucky not to be injured, or worse – killed in the waste retrieval.

"To illegally dump, let alone cover a transformer completely with soil is absolutely unacceptable. It's a disgrace," Mr Edgar said.

"Ultimately our ratepayers have been left with this clean-up bill and these illegal dumpers have got off scot-free. It is a disgrace that such illegal dumping is seen by many as acceptable and as a way to profit at ratepayers expense. Cleaning it up is a misuse of Council time and services," he said.

Dumping waste is illegal and can come with harsh fines if the perpetrators can be identified.

Council's procedure on illegal dumping includes referring the complaint onto RID for further investigation.

The RID Squad specialises in dealing with illegal dumping and illegal landfilling. If a complaint has been referred to the RID Squad by Council, the Squad then attempts to track down and take action against offenders, such as the issuing of fines and arranging with the offenders to remove the illegally dumped waste.

If they can't find the perpetrators, Council staff will then remove it and it's

ultimately the ratepayer who covers the cost.

Residents can report illegal dumping via the RID Squad webpage, ridonline.epa.nsw.gov.au.

The Western Sydney RID Squad is a joint project between the NSW Environment Protection Authority and local Councils, funded in part by the waste levy.

EPA PROSECUTION Story Page 10

ISAAC HAMER
from Hills
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Local Aussie pump dealer, Hills Irrigation has their shop fully stocked with quality Aussie Quik Prime pumps. The range comes with not only recoil start Honda engines but also electric start.

Available in trash pumps, high pressure fire pumps and transfer pumps, the range starts at 1" and goes up to 6"!

"Aussie have self-priming pumps for all applications. Our customers love the electric start convenience too. The Aussie Pump QPs range is backed with a 5-year warranty, sign of their confidence in the quality of the product" said Hills Irrigation's Vince Barbatano. "That's backed up by Honda's three year engine warranty", he said. Farmers and homeowners can have peace of mind, especially when it comes to fire pumps where performance is everything!

Hills Irrigation are warning homeowners that now is the time to plan and prepare for the coming fire season. The catastrophic fire season of 2019 began in July! The team can assist with pump selection, fire hoses and irrigation equipment and well as servicing existing pumps to maintain peak performance.

For more information on Aussie Pump's range of quality pumps contact Hills Irrigation on 1300 984 536.



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PUSH FOR PALLIATIVE CARE

By BEV JORDAN

A grassroots campaign that has swept Sydney in a bid to get a dedicated palliative care unit at Westmead hospital has taken a huge step forward.

Health minister Brad Hazzard has directed Western Sydney Local Health District to investigate opportunities to create an additional palliative care unit to complement current services. The only dedicated palliative care unit in Western Sydney at the moment is at Mt Druiitt Hospital.

The ministerial move is a huge relief for the Westmead Push for Palliative Care group which has harnessed community support since it was formed in October last year with a Facebook campaign, a 1300-name e-petition, and talks to clubs, community groups and civic leaders.

Hills To Hawkesbury Community News first wrote about the calls for the re-establishment of a stand-alone palliative care unit at Westmead in September 2020 after concerns were raised by Former palliative care director Dr Philip Lee and Hills resident and cancer patient advocate James Butler.

They were concerned that the lack of a dedicated unit and appropriately trained palliative care staff hindered the ability to care for complex end of life patients and meant a lack of single rooms and quiet rooms for family and carers.

Westmead Hospital's Acute Palliative Care Ward at Westmead Hospital was closed in 2009. Palliative Care nurse Ray Wilcox worked on the ward for nine years and for part of that time was acting Nurse Unit Manager.



FLASHBACK: The story run in the *Hills To Hawkesbury Community News* in September 2020



Anna Pelle with Dr Phillip Lee and Caroline Raunjak in April this year after speaking to members of Norwest Rotary Club.

"We were caring for about 300 patients a year in those eight beds and 50 to 60 per cent would pass away and the others went home with community based care," he said.

"The ward was quiet and controlled, we worked with chaplains and social workers .. it wasn't just a hospice .. we had a lot of acute care interventions and worked with the hospital's acute pain team and used their expertise. Westmead Hospital is a centre of excellence, there is no question, and the palliative care doctors could talk to the various teams and get interventions done to give people back their quality of life."

When Anna Pelle's father was admitted for palliative care at Westmead Hospital in 2011 he spent three weeks in a general ward with four beds.

"He was in a room with other people. It was not good for other people in the ward. We were there every day all day and all night," said Anna. "We felt guilty to say our father was dying, we didn't want to worry the other patients. We didn't want them to feel awkward. It was gut wrenching."

A week before he died her dad, who had liver cancer, was moved to a private room.

"We were in that whirlwind of grief and we were not thinking of what the possibilities could be, having a private room from day dot (and) having support from day dot."

"It would have been a 100 percent different experience if there was a palliative care ward."

She said just being able to talk to trained palliative care nurses would have made a huge difference.

"They would have given us an insight as to what was happening to dad as he deteriorated in front of our eyes, it would have been comforting to know what to expect, rather than being on edge the entire time."

Since her father passed away Anna retrained as end-of-life doula helping terminally ill people and their families organise the practical things that needed to be done, giving families valuable time back with their loved one.

"In my line of work everyone says they want to die at home but not everyone can. I want those who are dying to have a safe space to be," she said.

HEALTH SERVICE RESPONSE

A spokesperson from the Western Sydney Local Health District provided the following statement to the *Hills to Hawkesbury Community News*

"Western Sydney Local Health District (WSLHD) welcomes the 2021-22 Budget announcement to further boost palliative care funding by \$82.8 million over the next four years to improve support for people with a life-limiting or terminal illness. The announcement includes support for hospital-based palliative care services in our District, which will include additional patient beds and is on top of more than \$220 million that the NSW Government invests each year in palliative care services and support."

"A review of our palliative care services will continue to be undertaken by WSLHD, so that we can ensure we are providing the most appropriate care to the people of western Sydney, now and in the future."

"Palliative and supportive care continues to be provided at Westmead Hospital, where an extensive \$3.8 million refurbishment to the cancer and haematology ward was completed in 2017."

"Under the refurbishment the ward was remodelled to create more single rooms, ensuring the area is suitable and appropriate for both cancer and palliative care patients."

"Patients can also be referred to our facility at Mount Druiitt Hospital, which has an award-winning, purpose-built and specialised palliative and supportive care service."

"To meet changing community expectations, we have partnered with palliative care provider Silver Chain to provide in-home palliative care to patients in western Sydney who have advanced, progressive and life-limiting illnesses."

"The service provides free access to an expert team for clinical care, support for daily activities, counselling and spiritual care, and bereavement support."



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WORLD STAGE FOR TAMSIN

By **BEV JORDAN**

At the age of 19 **TAMSIN LANCASTER** is currently topping the triple j unearthed chart with her song **SOS** which also happened to win the 2020 International Songwriting Contest 'Unpublished' category, beating entries from around the world.

If those highlights weren't enough, singing with Delta Goodrem and the Sister2Sister choir before 80,000 people last year at Sydney's bushfire relief concert *Fire Fight Australia* was a huge experience for the talented singer, songwriter and dancer from Cherrybrook.

Tamsin was 9 years old when she migrated from England with her family in 2011.

She attended John Purchase Public School before attending Cherrybrook Technical High School.

Singing was always in the background.

"While I used to sing in my parent's bedroom when I was a little London girl (and secretly record it on my dad's camera), I only started official singing lessons when I moved to Sydney," she told the *Hills to Hawkesbury Community News*.

"It was just after my 10th birthday and I wanted to try EVERYTHING. I started jazz/funk, acro, private singing, group singing, girl guides, and later on swimming. However, funnily enough, when my mum said that I had to limit the activities, I wanted to cut out singing."

Tamsin says she hated her voice when she was in the school choir in England, fortunately her mum loved it.

"She told me to stick to it so I could improve my confidence levels. Well, I did and it was the only activity that I've stuck to over the years till I've recently started dancing again."

Tamsin has spent nine years at the Sister2Sister school of singing with Award winning sisters Sharon Muscat and Christine Muscat and has performed quarterly open mic performances Dural Country Club over that time.

Her first attempt at song-writing was at 16 when she penned *Blooming Flower*.

Her winning song *SOS* was produced by Chris Arnott. "I've written with plenty of producers over

the past 2 1/2 years, yet I find when writing with Chris I have to push myself (which is great!).

"Generally, I tend to speed write and use the first melody that comes to mind then tweak it a little, melody and lyrics-wise.

"With Chris, once we start a song we like or think has potential, we work on singling out the weak points and drilling over the imperfections. If it's not good enough, we scrap the topline/lyrics/production and start again.

"It's great because it forces me to be able to figure out the inconsistencies and weaknesses in my songwriting."

Following up from her successful debut with *SOS*, Tamsin released *Shadow* at the end of last year, despite it being one of the first songs she wrote, it took nearly a year to release.

"We had difficulties during COVID trying to organize shoot dates for the music video and so ended up only releasing *Shadow* in November 2020. It was quite a long process," she says.

Since graduating from High School Tamsin has done several courses including music production and interior design and has signed up for Korean language classes.

She is also working two jobs, one in retail at Castle Towers and the other as a music tutor and she is dancing again, Hip-Hop and K-Pop.

On top of her busy schedule she plans to release an EP of her songs in October or November.

Both *SOS* and *Shadow* are available on all music platforms including Apple iTunes and Spotify.



Tamsin Lancaster Photo by John Wallace (Johnnyshoots)



FRONT PAGE PHOTO CREDIT: Sean Cheng (Advanced Drone Photography)

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MAN FINED FOR “DIRTY FILL” AT PITT TOWN

The Environment Protection Authority is warning property owners to check fill before accepting it after a man who used fill contaminated with asbestos at two properties in Pitt Town was found guilty of causing land pollution and fined.

EPA Director Major Compliance and Investigations Greg Sheehy said: “Fill may be free or cheap to bring on to a property, but if it is contaminated, the clean-up costs can be high – and the property owners can be left footing the removal bill as well as dealing with environmental pollution.”

Michael Anthony Laird pleaded guilty to two charges of causing land pollution in June 2017 at the properties in Cleary Drive, Pitt Town. He was convicted at Windsor Local Court on Wednesday May 12th, 2021 following a prosecution by the NSW Environment Protection Authority.

He was ordered to pay over \$220,000 in financial penalties and costs. The penalties included a fine of \$28,000, the payment of clean-up costs of over \$173,000, and legal and investigation costs of \$20,000.

The court was told that the property owners engaged Mr Laird to bring in dirt to create building pads and to level out a section of land for a retaining wall.

During an inspection of the properties in late July 2017, Hawkesbury City Council officers stopped the works after they observed bricks, concrete, metal, glass, clay pipes, timber and small fragments of fibro in the fill material.

Sampling carried out by the EPA confirmed that the presence of asbestos in the fill materials was widespread.

As a result of the incident 1,351 tonnes of contaminated fill had to be cleaned up and removed.

EPA Director Major Compliance and Investigations Greg Sheehy said the EPA prosecuted Mr Laird after a lengthy investigation.

He said property owners should never accept fill without first checking it was legal, accompanied by a written report certifying the quality of the fill and its origins, and if council approval was required.

“The EPA’s message is do not accept promises the fill will be clean. Make sure you check. Contaminated fill can contain anything from building waste to asbestos or chemicals and heavy metals that you do not want to expose your family to.”

Hawkesbury City Council’s Director City Planning, Linda Perrine, said: “Council is committed to ensuring that construction works in our City are done safely and do not pose any threat to our community or the environment.

“Laws around the use and disposal of contaminated fill exist for a reason and we will not hesitate to act when these rules are being broken.

“We hope this successful prosecution serves as a reminder to everyone of their responsibilities to keep our environment and suburbs free from potentially dangerous waste.

“We thank the Environmental Protection Authority for their continued vigilance.”

For more information on how to protect your property from dirty fill visit the EPA website and search illegal dumping epa.nsw.gov.au



SOIL AND CLIMATE ACTION

Soil expert and Arcadia resident Carolyn Hall will talk about the huge benefits of improving soil in both farmland and the backyard at a community information evening on August 12 at Castle Hill.

The talk is one of a series organised by members of Hills 4 Climate Action and Hills Doctors Association to help raise awareness of climate change issues.

Carolyn Hall is Chief Executive Officer with the Mulloon Institute, a globally recognised organisation in the field. She will explain how regenerative agriculture is supporting farmers to build the quality of their soil, an outcome that affects the quality of the food on the table.

The information evening will also highlight the practices that enable soil to store more carbon.

Greg and Vera Meyer from Western Sydney Permaculture will outline steps towards having a backyard garden that is more sustainable and resilient.

Kris Needham from Hills 4 Climate Action said: “While our own backyard garden may feel insignificant in relation to agriculture across the country, there are practices we can do too, for the food we grow and to be

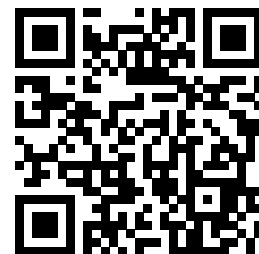
part of the cumulative effect of actions mitigating the impact of climate change.”

She said healthy soil is important for nutrient dense food and for healthy ecosystems.

“Significant changes are now happening in agricultural practices not only with rehydrating drought-affected landscapes but also with learning how to store more carbon in the soil – carbon sequestration. Soil-based carbon sequestration is about promoting practices that enable soil to store more carbon, improving soil health and food production, and also reducing the amount of carbon released into the atmosphere and adding to climate change.”

Hills 4 Climate Action and Hills Doctors Association invite you to learn more at their next Community Information Evening on the topic of Healthy Soil, 7.30pm Thursday, August 12th at the Rebellion Room, Castle Hill Cultural Centre.

Scan the QR Code to register for the free event.



Carolyn Hall



Special Offer

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Councillors Chris Quilkey and Moninder Singh, Mayor Tony Bleasdale, Simon Fawcett from Council's Construction and Maintenance team, John Lewis, the son of Judith and Kevin Lewis, John's wife Vicki Lewis, and Council's property officer, Nicole Winram pay their respects at the new Columbarium Walls in Riverstone Cemetery.

FITTING MEMORIAL

The woman who was at the forefront of the campaign for a memorial wall and garden to be built at Riverstone cemetery, has been honoured by being the first person to be interred there.

In a short ceremony, the ashes of Judith Lewis OAM and her husband Kevin were placed in a niche in the new Riverstone Cemetery Columbarium Walls and Memorial Garden.

Mrs Lewis was one of Riverstone's leading citizens. She was born in Riverstone and was a pupil, librarian, teacher, historian and relieving principal at Riverstone Public School.

Judith Lewis was a founding member and President of the Riverstone Historical Society as well as being a leading light in many other local organisations including the Riverstone Festival committee.

She was awarded the OAM in 2009 for services to education and to the community of Riverstone.



JUDITH LEWIS in 2009 when she received her OAM for services to education and her community.

Blacktown City Council recently completed work at Riverstone Cemetery consisting of the memorial walls, garden and areas for peaceful reflection.

Blacktown Mayor Tony Bleasdale said it was fitting that Mr and Mrs Lewis were the first people to have their ashes placed in the new Columbarium Walls.

"Judith campaigned tirelessly for the creation of the memorial wall and garden," he said.

"Judith and Kevin were much-loved and respected members of the local community, and I am pleased that they can be honoured in this way."

He said the Columbarium Walls and memorial garden demonstrated Council's commitment to ensuring members of the community could farewell their loved ones in a manner that suited their wishes and culture.

Riverstone Cemetery is a traditional rural cemetery of monumental graves, set among stands of gum trees with sections set aside to cater for Catholic, Anglican,

Methodist, Muslim, Presbyterian and non-sectarian denominations.

More than 5000 burials have been conducted on the 5.6-hectare site since it opened in 1894.

The cemetery is heritage-listed due to the Aboriginal artefacts found at the site and due to the fact that many early settlers were buried there.

For more information visit: www.blacktown.nsw.gov.au/Community/Cemeteries/Riverstone-Cemetery

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0488 089 951

HILLS HOMELESS SLEEPOUT

Next month's Hills Winter Sleepout will be pressing ahead on August 14 but it won't be camping out it will be hosted online by community radio station Alive 90.5

Last year COVID restrictions forced changes to the annual event which moved from Bella Vista Farm into people's homes, cars and backyards to highlight the plight of the homeless and those at risk of homelessness.

Mici Beer, Executive Officer at Hills Community Aid said: "The biggest message we want people to know is that The Hills Winter Sleepout is still on and we need people's support this year more than ever.

"There has been an unprecedented demand for our financial support services over the past 17 months and with continued lockdowns and less financial support offered by the Government we do not see this easing any time soon."

Money raised by The Hills Winter Sleepout goes to the Hills Homeless Prevention Initiative run by Hills Community Aid which helps Hills Shire Council residents experiencing financial hardship (usually short term, due to change in family circumstances, illness, employment changes and family violence) with rent and Bond.

In the past three years, it has helped 92 adults and 98 children.

One of those helped was about to leave a women's refuge for victims of domestic violence who was offered a place through Women's Housing but had no access to any affordable credit to pay for the required rental bond.

"Thanks to the grant from the Hills Homeless Prevention Initiative she was able to move out from the refuge to safe accommodation," said Mici Beer.

She said budgets were created to ensure rent was sustainable in the long term and clients were referred to a Financial Counsellor if relevant (as well as other organisations), which further assisted with their financial resilience.



Since mid-2018 The Hills Homeless Prevention Initiative has provided:

\$59,375 in total grants – (\$1000 per grant)

Hills Shire Mayor, Michelle Byrne, who established the Hills Winter sleepout eight years ago, said: "A lot of people in our community are in need and if we don't see it we don't realise that it exists. "The fact is that it is here."

Last year's event was broadcast by Hills-based community radio station Alive 90.5 FM which it will be doing again this year.

"We are so grateful that Community Radio Station Alive 90.5 will broadcast a program on the Hills Winter Sleepout on Saturday August 14 from 6pm and will run a telethon so that people can donate during the evening wherever they are watching from," said Mici.

Join online on August 14 from your car, lounge, or yard. For information visit the-hills-winter-sleepout-2021.raisely.com/

BREAKOUT: Figures released by the Australian Bureau of Statistics (ABS) which captured homelessness in the 2016 Census were examined by Amy Lawton, Social Research and Information Officer, with Western Sydney Regional Information and Research Service.

Her report, Estimating Homelessness in Greater Western Sydney, found that there were 14,147 homeless persons across the 13 local government areas in Greater Western Sydney in 2016 (including Hawkesbury and The Hills LGAs) an increase of 57.8% since 2011.

- Baulkham Hills 209 (up 61.6 percent from 2011)
- Castle Hill 56
- Dural/Kenthurst 44
- Glenwood 36 (up 71 percent)
- Hawkesbury 80
- Kellyville 42
- Richmond-Windsor 187
- Riverstone – Marsden Park 55
- Rouse Hill – McGrath's Hill 19
- Quakers Hill 41

VINEYARD VIEWS SOUGHT

A Public Hearing will be held via Zoom to provide community members with the opportunity to share their views about a proposal to reclassify land at 9 Industry Road, Vineyard, 312 Windsor Road, Vineyard, and 7 Fernadell Drive, Pitt Town from 'Community' land to 'Operational' land.

The Public Hearing is scheduled to be held on Thursday, August 5th at 6pm, online via Zoom in accordance with the Public Health (COVID-19 Temporary Movement and Gathering Restrictions) Order 2021.

The hearing will be chaired by an independent person from Parkland Planners.

Interested persons will need to register at eventbrite.com.au/e/public-hearing-planning-proposal-lep00119-tickets-161985989455 by close of business on **Friday, July 30th** to virtually attend, listen to the hearing or make a submission at the hearing.

Documentation providing details of the proposed Reclassification of Land can be viewed on Hawkesbury City Council's community engagement site

yourhawkesbury-yoursay.com.au under the banner 'Public Hearing LEP001/19'.

If you would like to make a formal written submission to the Independent Chairperson, you can do this by forwarding your submission via email to sandy@parklandplanners.com.au or by post to Sandy Hoy, Parkland Planners, PO Box 41,

FRESHWATER NSW 2096. The last day for receipt of written submissions is **Monday, August 9.**

Any enquiries should be directed to Council's Senior Strategic Land Use Planner **Colleen Haron** on (02) 4560 4564 or email enquiries to council@hawkesbury.nsw.gov.au



IN A BPPV SPIN? Benign Paroxysmal Positional Vertigo explained

By **CHELSEA SPOKES** | CLINICAL AUDIOLOGIST at EAR STUDIO

In Australia, 30% of adults over the age of 65 years' experience a type of vertigo caused by changing their head or body position, with the prevalence increasing linearly with age.

This feels as though you or the room are spinning. This spinning sensation can be caused by a movement of head position, laying down, sitting up, or turning left or right quickly. It is often brief and intense, lasting less than one minute in duration.

Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo resulting in a spinning sensation. It is called 'benign' because it is not life-threatening, but it can be a very distressing and unpleasant feeling. 'Paroxysmal' means that it starts

suddenly lasting only a short time and it can come and go over time.

'Positional' is in the name as it's triggered by a change in posture and head or body movements, while vertigo refers to the false sense of rotational movement or spinning present.

People often experience a loss of balance, unsteadiness, light-headedness, nausea, and vomiting. These symptoms can disappear for periods of time from months to years but reoccur at any time and can increase a person's fall risk as it causes a sense of unsteadiness.

BPPV is caused by a mechanical problem in the inner ear where tiny carbonate crystals are usually attached to a gel in an organ called

the utricle. Sometimes, these tiny crystals become dislodged and start to move into the semicircular canals in the vestibular system.

EAR STUDIO offers testing to identify BPPV. This is called the Dix Hallpike manoeuvre where an audiologist moves your head and body to identify what position causes you vertigo.

This allows us to tailor the treatment of the BPPV through a repositioning manoeuvre to put the crystals back where they belong. At EAR STUDIO, we can complete the assessment and treatment of BPPV in the same appointment to provide relief of these spinning sensations and reduce your risk of potential falls.



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GREAT COMMUNITY SPIRIT

While the past year has had a sense of uncertainty, it has made people reprioritise their relationships and value their local community, according to John Collins, President of the Norwest Community Association.

"The past year has influenced many people to reflect on the value of their local community and relationships. While we have missed not being able to hold any major events this past year due to restrictions on numbers, a big positive from this experience is that it has given residents a greater appreciation of their homes, their local environment and their community," he said.

"We are hoping to tap into that community spirit as we begin to emerge

from the pandemic. We have all chosen to live in Norwest not just because of the lifestyle it affords us, but because we are part of something bigger.

"As The Norwest Community Association is owned by the community, we'd like as many new members as possible to join and get involved. "We encourage our community to contribute their ideas on how we can continue to grow and enrich our great community spirit."

The primary role of the Association is to foster a strong sense of belonging and community in Norwest, organise a variety of events and social groups where you can meet people and build friendships, be a united voice for the community when

dealing with authorities and residents, and support local businesses.

Tuula Schaeffer, Community Facilitator, Norwest Community Association: "Norwest is a wonderful growing community that has already established its reputation for warmth and a high level of participation," she said.

Karen Francis and her partner John Gilbert who reside in the Haven apartments in Norwest said they first joined the Association when they moved to Bella Vista eight years ago.

"We have made some wonderful, lifelong friendships through the Association and the regular social events that are organised. I don't know of any other community that is as strong and supportive as this one."

Membership is open to anyone living or working in the West Ward of Hills Shire.

Visit norwestcommunity.com.au and facebook/norwestcommunity for more information.

As well, members receive a regular newsletter covering local issues of interest and invitations to community events.

Mulpha Executive General Manager, Tim Spencer, said:

"As the parent developer in Norwest and a key supporter of the Norwest Community Association we have always been about creating a strong, active and engaged community.

"Residents in Norwest love the strong community built in Norwest. They value living in an area that is walking distance to neighbourhood amenities, including parks, pathways, public transport, services, recreation and an array of social opportunities.

"We look forward to continuing to support events and activities that reflect the great community spirit of Norwest."



Looking for the latest information on Retirement Living? Visit the

Hills District Retirement Village & Resort Expo

***** EVENT DATE HAS CHANGED *****

Sunday 29 & Monday 30 August 2021
Castle Hill RSL Club (77 Castle St, Castle Hill)
10am-3pm each day | FREE ADMISSION

On display will be the latest resort style developments as well as established villages from many different organisations, offering a wide range of services & facilities, sizes, prices and locations. This is a wonderful opportunity to ask questions and gather information about many different villages and resorts under one roof, all with Free Admission. If you or a loved one is considering on making the move to a retirement village or resort, don't miss this event. It could change your life!

Don't miss this life changing event!

www.retirementexpo.com.au

The Hills Shire Council News

Kangaroo Dreaming Colouring Challenge

To contribute to NAIDOC Week Celebrations which ran from 4 – 11 July 2021, a colouring template, hand crafted by Aboriginal artist Thomas Smith, is now available to download on Council's website.

Hills Shire residents of all ages are invited to colour in the Kangaroo Dreaming colouring template.

Completed artworks will be displayed online on The Hills Shire Library Service's webpage and on their Facebook page. Library members can also take their original artwork to their local library branch, once restrictions are eased and Hills Shire libraries are open, to receive a reward, including a special commemorative bookmark.

The Kangaroo Colouring Challenge is open until 5pm on Thursday, 12 August 2021. To download the colouring template, visit www.thehills.nsw.gov.au and search for 'Kangaroo Dreaming.'

The Hills Shire Library has also put together a range of resources for NAIDOC Week, such as story times and activities on Story Box, and NAIDOC Week top reads on Overdrive. To access these resources, visit www.thehills.nsw.gov.au/Library and search for 'NAIDOC Week' or download The Hills Shire Library App for free from the App Store or Google Play.



Kangaroo Dreaming Colouring Challenge prize pack.



Did you know that if you find an abandoned shopping trolley, you can report it to the retailer?

For Woolworths, Big W, Dan Murphy's, IGA or IKEA

To report abandoned trolleys from retailers using Trolley Tracker, visit trolleytracker.com.au, download the Trolley Tracker App or call 1800 641 497.

For Coles

To report abandoned trolleys from Coles, visit www.coles.com.au/customer-care/abandoned-trolleys, download the Coles app or call 1800 TROLLEY.

For Target

To report abandoned trolleys from Target, call 1800 163 900.

Council has been addressing this issue using the following methods:

- Liaising with shopping centre management and supermarket chains
- Imposing conditions on development approvals requiring geo-spatial fencing to prevent trolleys leaving shopping centres and
- Impounding trolleys

Council has met with and written to all local retailers who use trolleys to encourage them to consider using geospatial fenced trolley containment systems if they don't already.

In 2020, Council made a submission to the Review of the Impounding Act 1993, with an emphasis on retailers being more accountable for abandoned trolleys. The Department of Local Government received 85 submissions for the Review and have referred their findings to the Minister for Local Government. The Minister is currently considering the outcome of the review.

For more information on abandoned trolleys, visit www.thehills.nsw.gov.au and search for 'Trolleys.'

Council Meetings

Ordinary Meeting: Tuesday, 13 July 2021 – 7pm, Council Chambers

Due to the current NSW lockdown restrictions, the Ordinary Council Meeting on Tuesday, 13 July 2021 will be broadcast live from YouTube. To watch the live recording, visit www.thehills.nsw.gov.au on Tuesday, 13 July at 7:00pm and click on the Council Meeting tile on the homepage.



New ash niches available

Have you seen the upgraded Castle Hill Cemetery? Drive through the remodelled entry and along the widened central avenue to discover a new memorial wall incorporating 2000 ash interment niches.

The contemporary circular design of the memorial creates a sense of peace and tranquillity, embracing natural light.

The Castle Hill Cemetery is surrounded by natural bushland, and provides a serene place for contemplation.

If you, or someone you know, is looking for a special place of rest for a loved one, contact The Hills Shire Council on 8848 6724, or visit Council's website and search for 'Cemeteries.'



Save the date
2021 NSW Local Government elections
Saturday 4 September

Voting is compulsory

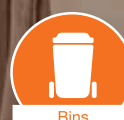
elections.nsw.gov.au/lge21
1300 135 736

Visit www.thehills.nsw.gov.au to find out which ward you're in.

To register to vote, check your enrolment or to update your enrolment details, visit <https://www.elections.nsw.gov.au>

Report it to Council

ANY DEVICE, ANYWHERE, ANY TIME



Have you seen something that needs our attention? You can report an issue from anywhere, on any device, at any time.

To get started, visit www.thehills.nsw.gov.au and search 'Report it to Council.'

Making a Submission to Council?

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



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



THE HILLS
Sydney's Garden Shire



The start of the 2019 Cross-Country Challenge

CHALLENGE FOR A CAUSE

There are so many good reasons to sign up for next month's Hills Cross-Country Challenge at Bella Vista Farm which will not only get you fit but will raise money for four local charities.

Castle Hill Rotary Club hopes to attract more than 400 runners to the event which will be held on Sunday, August 29.

Registrations are now open for the much-loved fun run which, due to COVID restrictions, was held online last year.

The 2019 Cross-Country Challenge attracted 350 entrants and raised over \$20,000 for mental health charities in the Hills.

The event attracts serious runners as well as groups of families and friends. It is open to people of all ages and fitness

levels and offers a variety of distances, 11.1km, 7.4km and 3.7km.

This year includes a "Colour Run" for kids and families. The club is encouraging participants to run, walk, skip or dance their way around the course and the family pooch is welcome on the lead.

The participant who raises the most money for this year's Cross-Country Challenge will win two night's accommodation at a luxurious penthouse in Hamilton Island plus two return flights departing from Sydney.

All proceeds will be used to support four local organisations: Headspace, Positive Vibes Foundation, Youth Insearch and the Lisa Harnum Foundation.

Castle Hill Rotary Club President Ray Wooster said: "We are thrilled to see the Cross-Country Challenge back again in 2021 for the 5th year running, as a key event in the Hills Shire Orange Blossom Festival calendar. Not only is it an opportunity for a fun day out but it also offers the community an opportunity to support some very worthy local mental health charities"

Entry fees are: \$30 adult, \$10 child and seniors. If the event is cancelled due to COVID restrictions or lockdown 100 per cent of entry fees paid will be refunded. Register at www.crosscountrychallenge.com.au and enjoy early bird fee reduction before August 18!

The run is sponsored by Allan Drew Funerals, Orion Creative, Medibank, Hills Self Storage and Castle Hill RSL.



Super figure action from 2016 Cross-Country Challenge

SOME SMART ACTION

Australia's international smartphone film festival, the SmartFone Flick Fest (SF3) returns for its seventh big year – and entries have been extended until September 1st.

Among SF3 Kids category entries already received are films from sisters Sonya and Jamie Clark of Beaumont Hills; Gillian McCall, Cash Daley and Olivia Charlotte from The Hills Drama School in Castle Hill; and Willow Speers from East Kurrajong

Sonya and Jamie have completed SF3 workshops in the past and Sonya is a former SF3 Kids finalist with "Alive!" in 2020, starring Jaime.

Last year the festival weathered the COVID storm with a combination of online and live screenings.

This year with the current Sydney lockdown – the SF3 Mini category (formerly the 'ISO' Award) has – for better or worse – come into its own again 3 minutes or less, shot inside or out with only phones and tablets – and imaginations.

Festival founders and co-directors Angela Blake and Ali Crew have set the Mini film theme as "RISE" and it's partnered with the United Nations Association of Australia.

Says Angela: "For more inspiration check out their 17 Sustainable Development Goals

There are over \$40,000 in prizes, including mentorships, classes, memberships, apps, lenses, mics, phones and tablets... plus more.

The main rule is that all movies must be shot entirely on a mobile phone or tablet!

Categories include:

- the SF3 Gala Awards - short films up to 20 mins in length;
- SF3 Kids and SF3 Teens - short films made by filmmakers 16 years and younger
- SF3 Feature Film Award - feature films 40 mins and longer;
- SF360 – Virtual Reality (VR) and 3D/360 degree films up to 20 mins in length;
- SF3 Mini: 'RISE' – shorts with a maximum three minute time limit.



Enter by September 1st at www.sf3.com.au. This year the Gala Awards Final – in partnership with the Australian Film Television and Radio School (AFTRS) – is confirmed for Saturday 27 November 8pm at the Chauvel Cinema Paddington.

GETTING GREENER

Hawkesbury City Council has won a \$382,000 Greening Our City grant from the NSW Government to plant 301 trees.

As well as buying the trees the grant will be used to install new irrigation pipework to supply Church Street Reserve, South Windsor with recycled water from Council's South Windsor Sewage Treatment Plant.

The trees will be planted across the suburbs of Bligh Park, Hobartville, South Windsor and Windsor, along with a 12 month maintenance and watering program to establish the trees.

Hawkesbury Mayor Councillor Patrick Conolly said the funding will increase tree cover and create cooler suburbs.

"Increasing the tree canopy within our community will provide more green areas for an active, healthy and cooler environment," Mayor Conolly said.

"Trees improve air quality, increase biodiversity, and remove carbon dioxide from the air, so this

will help to lower our greenhouse gas emissions.

"This links in well with Council's Net Zero Emissions and Water Efficiency Strategy under the actions addressing greener suburbs, better design and drought resilient, green centres," Mayor Conolly said.

When announcing the grant success, State Member for Hawkesbury, Ms Robyn Preston acknowledged that quality green and open public spaces are important to everyone.

"This is an excellent initiative to boost the number of trees in Hawkesbury to make it an even more comfortable and vibrant place for the community to enjoy," she said.

The aim of the program is to plant 1 million trees by 2022. For details visit www.nsw.gov.au/premiers-priorities/greening-our-city



Hawkesbury Patrick Conolly with Community Bushcare Officer Martin Gauci at Church Street Reserve, South Windsor



SYDNEY'S
— PLANT MARKET —
NURSERY GARDEN HOMEWARES

Bare root season is here - stock from \$50

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Weeping Cherries
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ADDAMS FAMILY RISE

By HELOISE TOLAR

The names Morticia, Gomez, Wednesday, Pugsley and Uncle Fester conjure up black and white images of a finger-clicking, creepy and all-round kooky family.

The residents of 0001 Cemetery Lane are still internationally loved, more than 50 years after the TV series debuted.

The Richmond Players is thrilled to bring the Addams Family to life on stage this August with The Addams Family Musical.

A relatively new production, The Addams Family Musical picks up the life of the popular family-of-darkness 10 years on.

Wednesday (Jacqueline Attard of Maraylya) doesn't know how to break the news of her engagement to a 'normal' boy, Lucas Beineke (Brennan Zuniga Terre), to her mother so she enlists the help of Gomez (Troy Lennon) to try and keep it from Morticia (Samantha O'Hare).

The rest of the family all try (and fail) to behave normally when the Beinekes join them for a dinner party with a difference.

Supported by a dancing/singing ensemble of the Addams' ghostly ancestors, unexpected turns and chaos ensue.

One for the whole family, this delightful musical carries a message of tolerance and acceptance in a world where there is no such thing as 'normal'.

"We have been blessed to gather the perfect cast to portray these well-loved, off-the-wall characters," Director, Carol Dicker said.

"To have the extra layer of music, to create an all-singing, all-dancing Addams' experience, makes it a unique night of entertainment for the whole community."

It is a real community affair too with musical director Scott Turner a music teacher from Richmond High.

The Addams Family Musical is at the Richmond School of Arts from August 13 to 21.

Opening night is auspiciously being held on Friday the 13th, and audience members encouraged to come in 'mysterious and spooky' fancy dress with a special prize for best dressed.

Tickets are selling quickly, book online soon at www.RichmondPlayers.com.au



The Addams Family. Photo by Madz O'Hare

Richmond Players is one of Australia's oldest continually operating theatre groups. It has been performing to the people of Richmond since 1952.



GALSTON CWA SCONES

Galston CWA members want to remind everyone that while they are more than just tea and scones ... who doesn't love a good scone!

In the midst of public health orders and endless restrictions, what could be more comforting than freshly baked scones, hot out of the oven, piled high with jam and cream.

So here is the CWA secret no-fail recipe super simple to make, keeps well and tastes amazing!

LEMONADE SCONES

INGREDIENTS:

1 cup pure cream
1 cup cold lemonade
3 cups self-raising flour
Pinch of salt
Flour for dusting
Jam and cream to serve

METHOD:

- Preheat oven to 180°C fan forced or 200°C conventional. Sift the flour into a large bowl. Add the cream and then the lemonade. Quickly (but gently) combine the ingredients till a dough forms in order to trap as many bubbles as possible into the mixture.
- Turn the dough onto a floured surface and gently roll it out to a thickness of about 2cm. Cut dough into rounds using a 5cm scone cutter. Arrange evenly on a tray and bake for about 15 minutes or until lightly golden.
- Serve with jam and cream.

HOT TIP: Avoid over mixing or kneading the dough too much, you definitely don't need a food processor or electric mixer for this one. Not even to whip your cream - try a dollop cream instead. If you still want to whip, start by putting your heavy whipping cream in the freezer for about 10 minutes (and even your bowl and whisk if you have room for it).

You'll have whipped cream in under a minute. Just remember to put the kettle on too because what's a scone without a cup of tea!

For details about when Galston CWA monthly meetings will resume call Jann 0439 222 217 or Pam 02 9653 1036. www.facebook.com/CWAGalston | galston.cwa@gmail.com

NEW RECRUIT AT BELLA VISTA FARM

By GISELA HORNER | BELLA VISTA FARM VOLUNTEER

Don't be surprised if you recognise the smiling face of IVOR JONES (pictured) welcoming you to Bella Vista Farm.

He is the contributor of a two-page article in every edition of *Hills to Hawkesbury Community News* and his picture by-line appears inside the front cover.

Born in Bristol England, the family moved to Australia in December 1959. With his parents and two sisters (known as the three little pigs! – Pat, Ivor and Gloria) they landed in Melbourne, going straight to a migrant camp at Brooklyn which happened to be next door to the abattoirs.

After a hot, odorous summer and a visit to Sydney, Ivor's mother said they were not staying in Melbourne and in early 1960, the family moved to Cabramatta where Ivor spent his teenage years and early working life as a retail shop assistant.

In 1971, he joined the Australian Electoral Commission where he remained until his retirement in 1996. Ivor remembers two historic elections vividly – the Australian constitutional crisis on November 11th 1975 which caused the dismissal of the Prime Minister Gough Whitlam and the first multi-racial election resulting in Nelson Mandela becoming President of

South Africa on May 10th 1994, when Ivor was in charge of the polling booth for expatriate South Africans.

On December 10th 1977, after Labor lost the election to Malcolm Fraser, a phone call came into Ivor's Liverpool office. Ivor took the call. The speaker was Gough Whitlam, whose office for Werriwa was in Liverpool, wanting pertinent electoral information. He resigned as Leader of the Opposition shortly after. Following Ivor's retirement, he and his wife Maree planned a new project and established Metro-Poll, a private election and ballot company. In 2017 it became a division of the Australian Election Company in Queensland and continues today, serving clubs and associations.

Ivor has always been interested in history and writing historical stories. His other interests are geography, stamp collecting, photography, local radio and he was once a ballroom dancing aficionado.

As a resident of the Hills Shire for the past 37 years, he has been involved in community radio serving as Chairman of 2CCR (now Alive 90.5fm). He also served on Council committees volunteering on local events, festivals and writing for the Hills TV Magazine. Over six years ago, when that magazine became Hills to Hawkesbury Community News, he was invited by the new owner to contribute his stories.

He accepted on the proviso he could write about history. He has been married to Maree for 36 years, they have two daughters and three grandchildren.

Their late dog Katie, a Maltese Shiatzu Cross, played her part in Ivor joining Friends of Bella Vista Farm.

He used to take her for walks in the park surrounding Bella Vista Farm and became interested in knowing more about the property.

* Due to the current Covid situation Bella Vista Farm will NOT be open on Sunday August 1st. The next monthly open day will be on Sunday,

September 5th for Orange Blossom Festival from 9am to 2pm. Entry is free. QR code will apply. Bella Vista Farm is located on the corner of Elizabeth Macarthur Drive and Norwest Boulevard, Bella Vista.

More information about Bella Vista Farm can be found at www.thehills.nsw.gov.au. Type in Bella Vista Farm in the search option.

If you are interested in becoming a member and would like to contribute to the Farm, email friends.bellavistafarm@gmail.com



RON'S A GOOD FELLOW

By GISELA HORNER

I have written many stories about Friends of Bella Vista Farm.

Ron Ray has appeared in *Hills to Hawkesbury Community News* in July 2019 and February 2020.

The reason I'm writing about him this time is that on June 23rd this year, the Western Sydney University made him a Community Fellow in recognition of his volunteering contribution in the Western Sydney region.

He says: "I see the need to stay active and be involved in preserving history for future generations".

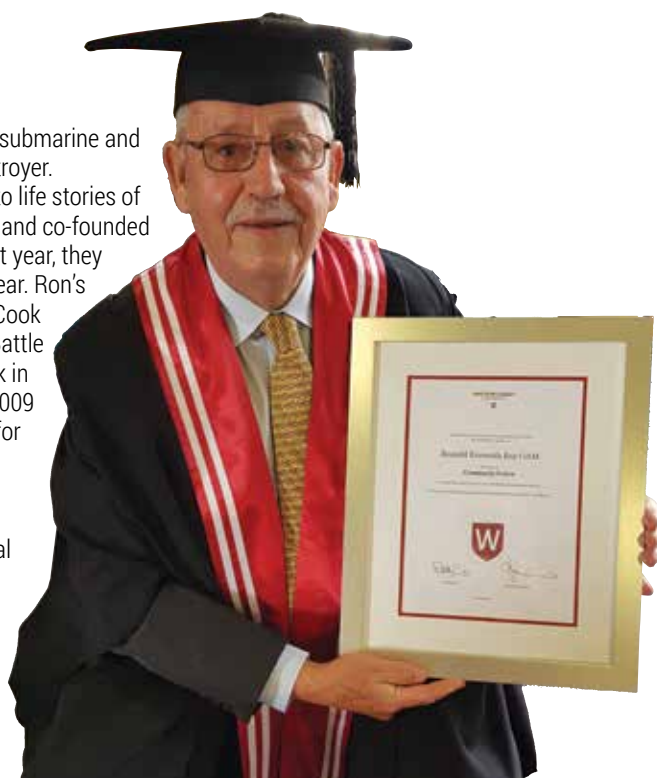
The organisations for which Ron volunteers all have an historic connection in one form or another. Bella Vista Farm is one which Ron joined 16 years ago. With his army background, he and a volunteer group from the NSW Corps of Marines dress in 18th century scarlet livery and demonstrate drill and weaponry during special events at the Farm.

He is a guide at the Australian National Maritime Museum, Darling Harbour taking visitors

on board the Onslow, an Oberon submarine and the Vampire, a Daring Class Destroyer.

He felt it important to bring to life stories of historical events at the Museum and co-founded the Speakers' Group. Up until last year, they were conducting 100 talks per year. Ron's subjects are Bass and Flinders; Cook and the Endeavour; the Emden Battle and the Midget submarine attack in Sydney Harbour in 1942. From 2009 Ron has been conducting tours for The Sydney Harbour Federation Trust to Cockatoo Island, North Head and Middle Head.

He also belongs to The Royal Australian Artillery Historical Company. As its title suggests, the core purpose of the RAAHC is to promote the significance of Australia's artillery, its history and heritage.





ARTISTIC JOURNEY

Artist Marilyn Chappel is opening up her Dural gallery and surrounding property for the next ART AND ... exhibition for two weekends in September.

Last year it was ART AND Celebrate. This year's theme is ART AND Discover Something New.

Marilyn says the idea is for visitors to see what the whole area has to offer, not just view the exhibition at The Art House Pavilion Gallery at 25 Muraban Road, Dural.

The much-anticipated exhibition will showcase about 250 of her paintings and highlight the work of nine other creative talents working with prints, textiles, fashion, jewellery, sculpture as well as hand-made and unique collectables in resin and wood.

There will be about 1000 pieces on display in the gallery and throughout the garden where there will also be workshops.

The exhibition has been organised by Artists And Incorporated, a not-for-profit organisation, which aims to boost local businesses.

"We want visitors to not just look at things but to get involved," said Marilyn. "People can try things out."

As well as Marilyn exhibitors are: Trish Fraunfelter (screen printed textiles and homewares), Stuart Weir (carved sandstone and iron garden embellishments), Jill Davis (handcrafted jewellery), John Woulfe (sculptor) Lisa Shepherd (textile design), Amanda Morters and Dennis Hicks (wearable and usable resin art), Mack Calder (wood turner), Grace Levis (textiles and ceramics) and Roy Davi (traditional woodcrafter).

It's an opportunity to talk to them but also try out some new skills.

"Last year's event was just after COVID Lockdown," said Merelyn. "It was



such a successful event. About 2000 people came through over the two weekends."

She thinks after the current lockdown people will be keen to get out and explore again. Like last year's event COVIDSafe regulations apply and everyone will have to register for free tickets.

To find out more and book a free ticket visit artand.com.au

NEW PLAYGROUND

Turon Avenue Reserve, in Baulkham Hills, has emerged from a major playground upgrade and relocation which has seen it move closer to BMX track and located within the Reserve.

The fit out includes the installation of a new play unit, swings, and a combination of rockers and springers, as well as a shade sail over the entire playground.

Fundraising by Crestwood Lions Club enabled the provision of picnic seating, a shelter, bubbler facilities and a bench.

President of the Crestwood Lions Club, John Ebbott said the club held sausage sizzles at a Bunnings Warehouse and book sales at Crestwood Shops and raised \$1500.

"It's great to see that Council has relocated the playground closer to the BMX track. This makes it safer for parents to supervise their children enjoying time at both the playground and track," Mr Ebbott said.

"It's also fantastic to see families and residents once again using the playground and immersing themselves in the natural beauty of the Reserve."

Hills Shire Mayor Dr Michelle Byrne said she was pleased the playground was open to residents and families: "This new play space provides opportunities for physical activity, as well as recreation and social interaction."

The upgrades come after the BMX track was expanded almost seven months earlier, with the inclusion of a mix of new and individual jumps and pumps.



IREDALE KICKS ON AFTER MISSING OLYMPICS

By **LAWRENCE MACHADO**

JOHN IREDALE is plying his football skills in Europe and is loving it.

The Cherrybrook local, who has recovered from a crippling leg injury, just missed the cut for the Tokyo Games but is determined to turn it into a positive.

Iredale, who turns 22 next month, started his career at West Pennant Hills Cherrybrook FC aged four, playing as striker, a position he has since made his own.

He later played for Spirit FC's U-11s and U-12s, Marconi, Blacktown City and Sydney FC youth before heading overseas.

"I started two of the three games with the Olyroos in the latest camp in Spain," Iredale told the Hills and Hawkesbury Community News from his German base.

"It's been difficult preparing over the past two seasons (due to the Corona pandemic). I was finally fit and ready to play, so it was annoying to now have no games, but I put all my focus on preparing for the Olympics and the next season.

"To represent my country at the world's biggest sporting event would be an honor and a very proud moment for my family and friends. Unfortunately, I wasn't named

in the final Olympic squad, which of course hurts right now.

"But it just wasn't meant to be, this just isn't my time. I can focus on having a successful pre-season with my new club SC Paderborn 07, which in the long term has the possibility to have a greater impact on my career than a single tournament."

He said Australian team is in a tough group at the Olympics, with Spain, Argentina and Egypt, "but I know the Aussie boys will not go down without a fight and I wish them lots of success."

Iredale, who studied at Cherrybrook Public School and Oakhill College, moved to Dutch club SC Heerenveen on a trial. Incidentally, Iredale's younger siblings, Scott and Rachel, also play football in The Netherlands. "As a youngster in Australia, you always dream of playing in Europe and in the world's biggest leagues," Iredale said.

"I'm now in the second week of pre-season with SC Paderborn 07 in Germany

(having moved from Wolfsburg II)," Iredale said.

"I'm playing and training with men everyday who have experience in top leagues and I'm excited to push myself and learn from these players. This move will definitely bring me to the next level as a player."

"I miss my family and friends back in Australia as well as the beautiful beaches. But I moved to Europe to play football and that's what I love. Being in Europe has its benefits as I've been able to visit places and countries that you wouldn't think of, while living in Australia.

"My short term goals are to prove myself at Paderborn and in the 2. Bundesliga. I want to complete a full season with many match minutes and many goals!

"My biggest long term goal is to become the Socceroos' main striker; I believe in myself and know that as I keep growing and developing as a player, this is a goal I can achieve.

"To play for my country is something I've dreamt of since I was a little boy."



PLAYERS FOCUSSED DESPITE BREAK

By **LAWRENCE MACHADO**

Players from the Hills District Bulls and the Windsor Wolves continue to train, despite all the rugby league competitions, save the NRL, suspended due to the lockdown.

Bulls coach Mick Withers said he is in touch with his players regularly, chatting with them via Zoom chats or individually, saying it is important they maintain their training on their own.

"We really have no idea if and when the Ron Massey Cup resumes," Withers said. "This is a harder situation than what we had last season because we had a short

break before matches resumed with the President's Cup.

"We are fortunate that we are sitting in second place and will make the finals, even if the season is curtailed.

"However, I am involved with the players and do a bit of coaching, where I discuss any playing issues and ask them to focus on this.

"The boys are all doing well and keeping fit. I think even if the competition resumes, we will need another two weeks for the teams to get ready."

LOCK THE FRIDGE AT 7PM!

Chris Yates, the coach of seventh-placed Windsor Wolves knows how hard it is to keep his team motivated during lockdowns. But the seasoned coach is keen his players don't pile on the extra kilos and has instructed their wives, partners and families to make sure their fridges are locked after 7pm!

"I want to make sure the boys don't put on weight because when you are at home, you tend to snack more," Yates said. "I ask them to send me pictures of their fridges being locked.

"I am in close contact with all of them and make sure they are training regularly. "We are one point out of the finals and at the moment, all the cancelled games mean they are treated as draws and the teams get a point each."

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FREE QUOTES





David Elliott MP with West Ward Hills Shire Councillor Reena Jethi at Matthew Pearce Public School which will receive \$2.2 million planned upgrades from the 2021-22 NSW Budget

2021-22 NSW BUDGET HIGHLIGHTS FOR BAULKHAM HILLS

The key highlights from the 2021-22 NSW Budget for Baulkham Hills are as follows:

- \$2.2 million planned upgrades, which include fit-for-purpose learning spaces, at Matthew Pearce Public School in Baulkham Hills;
- \$43.3 million for the Rouse Hill Health Service;
- \$201.4 million for the Western Sydney Growth Roads Program, which includes the Memorial Avenue upgrade;
- \$2.9 billion to progress construction of Sydney Metro West between Westmead and the CBD; and,
- An increase of \$100,000 per year for the next two years to boost the Community Building Partnership program in the Baulkham Hills electorate.

COVID-19 BUSINESS SUPPORT GRANTS

If you're a business, sole trader or not-for-profit organisation impacted by the current Greater Sydney COVID-19 restrictions, you may be able to apply for up to \$10,000 in grants from late July 2021.

Grants can be used for business expenses such as rent, utilities and wages, for which no other government support is available.

Full eligibility criteria will be available soon through Service NSW by visiting <https://www.service.nsw.gov.au/>.

The Hon
David Elliott MP
Member for Baulkham Hills
Minister for Police and Emergency Services

As your local Member in the NSW Parliament, I am here to help.

- ✓ Assisting with accessing NSW Government services
- ✓ Preparing congratulatory messages
- ✓ Providing Justice of the Peace Services
- ✓ Attending your local community event

Please contact my office if I can be of assistance.

📍 Suite 1, 25-33 Old Northern Road, Baulkham Hills NSW 2153
📞 02 9686 3110 📧 baulkhamhills@parliament.nsw.gov.au 🌐 davidelliott.com.au

Proudly serving the people and communities of Baulkham Hills, Bella Vista, Carlingford, Castle Hill, Kellyville, North Rocks, Norwest and West Pennant Hills.

Authorised by David Elliott MP, Suite 1, 25-33 Old Northern Road, Baulkham Hills NSW 2153. This publication is funded using parliamentary entitlements.

EXPANDED COVID-SAFE CHECK-IN MANDATE TAKES EFFECT

Customers and businesses are reminded that from Monday, 12 July, the use of the NSW Government's COVID-Safe Check-In will be mandatory at most workplaces and retail businesses across the state.

More information regarding the expanded COVID-Safe Check-In mandate, including affected businesses and industries, can be found on www.nsw.gov.au.

Businesses who need to register for the NSW Government QR code can find the application form and more information at <https://www.nsw.gov.au/register-your-business-as-covid-safe>.

For those without a digital device, businesses must provide a tablet or other device to assist customers complete the online check-in form.



HAVE YOUR SAY ABOUT THE FUTURE OF NEW LINE ROAD

Traffic on New Line Road has a huge impact on our community. The road was built for a time when our community had more orchards and fewer homes. People are stuck in traffic jams every day of the week and at various points it is unsafe for pedestrians to cross.

New Line Road is a NSW Government responsibility however my concern about the road, led me to fight for and secure federal funds to fast track planning for an upgrade of the road to make it ready for State Government investment.

You will have seen surveyors and other workers scoping out the work along New Line Road over the last six months. During this time many of you have contacted me wanting to give your feedback on what the upgrade should look like.

Have your say by using the following options:

- Call 1800 314 601 (during business hours)
- Email newlineroad@transport.nsw.gov.au
- Send your feedback to New Line Road Project, PO Box 973, Parramatta, NSW 2124

Transport for NSW has stated that they are currently investigating options to upgrade New Line Road and that they will carefully review all feedback received.

Having your say will help make the case for investment of further funds by the NSW Government.

Its great the NSW and Federal Governments have worked together to ensure the planning happened and I hope the community input will help make the case for the NSW Government to invest in this road.

JULIAN LEESER MP
Federal Member for **Berowra**


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

As your MP, I am here to:

- ➡ Assist with accessing federal government services
- ➡ Attend your local community event
- ➡ Arrange congratulatory messages

Please contact my office if I can be of assistance.

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



ROBYN PRESTON MP
MEMBER FOR HAWKESBURY

How my office and I can help you

- Represent you in Parliament and raise local issues with the appropriate Minister or Department
- Answer questions, help you access government services and provide information about community groups and events
- Facilitate applications to become a Justice of the Peace or to obtain a Seniors Card
- Update your electoral enrolment details
- Send a congratulatory letter for anniversaries and birthdays of significance
- Provide you with details on how to apply for government grants

The office is located at Western Sydney University, Hawkesbury Campus Building R4, College Drive, Richmond. M: PO Box 505 Richmond NSW 2753 T: 02 4578 0300 E: hawkesbury@parliament.nsw.gov.au

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For those without a digital device, businesses must provide a tablet or other device to assist customers complete the online check-in form.

NEW RICHMOND BRIDGE AND BYPASS – PREFERRED ROUTE ANNOUNCED

I was joined by the Prime Minister Scott Morrison and Premier Gladys Berejiklian as we recently unveiled the new preferred route of the new Richmond Bridge and Bypass. This vital infrastructure will provide traffic solutions and will reduce travel times in the area, as well as restoring the village environment to both North Richmond and Richmond. For more information about this project visit rms.nsw.gov.au/richmond-bridge.

COVID-19 FIGHTING FUND SUPPORT PACKAGE

Recent announcements by the NSW and Australian Governments have provided a comprehensive economic support package worth \$5.1 billion. The package supports businesses earning from \$30,000 up, and more information is available at www.service.nsw.gov.au/covid-19-business-support-2021 or call Service NSW on 13 77 88. If you need income support visit www.servicesaustralia.gov.au/individuals/news/financial-help-if-youre-affected-covid-19 or call Services Australia on 1800 22 66.



NEW BIKE PATH

Hills Shire Council has opened a brand new cycleway and bridge over Smalls Creek.

The 38 metre pedestrian bridge links Balfour Avenue in Beaumont Hills to the McMillian Circuit Reserve, as well as to the shops, schools and other amenities in North Kellyville.

Whilst the cycleway connection stretches 140 meters on the North Kellyville side, and provides a safe off-road link for pedestrians and cyclists moving between the two suburbs.

Council funded the project, and ensured construction could continue in a safe manner during the COVID-19 pandemic.

Hills Shire Mayor Michelle Byrne said: "This project required a vast team of professionals

and skilled tradesman who oversaw the planning, designing, approvals, manufacturing and construction of the bridge and cycleway.

"Continuing work on this project in such an uncertain time provided employment opportunities, which is particularly important in driving the local and national economy during the pandemic.

"I'm proud of Council's commitment to this project, as well as to the providing vital pedestrian links. This creates better connectivity in our Shire and promotes active and healthy lifestyles," Mayor Byrne added.

This new link forms part of the more than 100 kilometres of dedicated cycle pathways that already exist across the Sydney Hills.

ONLINE SOCIAL GROUPS

Hills Community Aid is hosting a range of online social groups, Join Belinda on Mondays for all things Family, and Children, Tuesday it is Crystal for Tuesday Talking Topics, Anita on Thursdays for Arts and Craft Social Catch Up or Paul on Fridays for Men's Online Social Catch Up.

For further information about all the Online Social Groups visit hca.org.au/whatson-old or phone (02) 9639 8620.

GIRL GUIDES AUSTRALIA

There are great programs for girls aged from 6 to 18.

They meet once a week in groups relevant to their age groups which are run by trained Leaders and Unit helpers. There are Girl Guide groups established at Castle Hill, Kellyville, North Rocks, Baulkham Hills, Crestwood and Galston.

To find out more about the best day, time and group for your daughter call Margo | 0417 657 433



PLEASURABLE PICNICS PAST

While none of us know when we will be able to enjoy big picnics again, our much-loved writer of all things historic IVOR JONES has enjoyed looking at how bush picnics used to be. This is the first half of his nostalgic journey.

Remember when Mum and Dad would say "We're going on a picnic"? Dependent on where they intended to drive to, was how they would pack the car. "Can you fill the thermos Mum would say to Dad" whilst she may have been boiling eggs to put on sandwiches.

Dad would pack the picnic blankets (can you still buy those?). The picnic basket with cups, plates, cutlery etc would be placed in the boot. Perhaps a folding table and folding chairs may also be packed if the planned picnic was to take place on a riverbank or the side of a country road.

Maybe Mum or Dad would suggest taking your swimming costume and a towel in case the picnic was at a beach or riverbank. "Don't forget the suntan lotion and a hat" Mum would suggest.

This would often be a scenario in a home of past decades.

Picnics have always been a popular pastime in our history since European settlement. Many early free settlers would have enjoyed the pleasure of a picnic along the shores of Port Jackson.

Elizabeth Macarthur had enjoyed the views of Port Jackson from her travels to her daughter's holiday home at Watsons Bay. Lady Macquarie's Chair was also a popular spot for Elizabeth Macarthur and not forgetting her then

front garden alongside the Parramatta River at Rosehill which would have provided an ideal location for her to entertain her children with perhaps a picnic or two on the riverbank.

As Australia developed into a place of commerce and industry some trades, unions and companies organised picnics for their members or employees and their families.

The journal of the "Australasian Coachbuilders and Wheelwrights" reported on a picnic held at the Hampton Tea Gardens in Melbourne, organised in early 1903, that "about 1000 persons, a large proportion of whom were ladies, were present" Many of the attendees had travelled by special train or had driven out in carriages.

I found the description of some of the events held at that particular picnic to be of interest. One of which was where the participants were to bowl a heavy furniture-van wheel, 1.5m high over a given distance.

There was also a "Hurry Skurry" race for Travellers (Salesmen) and Ladies participated. The Travellers were required to run 50 yards to where his lady stood and the lady being then required to adjust his collar, tie, vest and coat before he had to return to the starting point.

I have also read of a report on a picnic held in Sydney held by the boot and shoe

manufacturer of McMurtrie & Co. where, in February of 1906, employees and their wives, children and friends boarded the SS Erina at a jetty near Circular Quay for a trip across the harbour to their annual picnic at Clontarf. The report contained descriptions of some of the activities where some passengers had donned comical looking hats, false noses and the trip was accompanied by music from violin, piano and cornet and, whilst disembarking the vessel at Clontarf, the strain of bagpipes.

It also appeared that some found any excuse to organise a picnic for members or employees. One example being David Jones Ltd who organised a picnic for staff to welcome back Mr Charles Lloyd Jones on his return from London on the 29th April 1911.

In the Hills and Hawkesbury districts we still have many locations where one could enjoy a relaxing picnic (when allowed). Perhaps along the banks of the Hawkesbury River or the many creeks throughout the district or maybe in one of the parks or reserves in our area.

Write and tell us of some of the memorable picnics you have attended and their location. Either email me at ivor.jones47@optusnet.com.au or write to 17, Rose St, Baulkham Hills NSW 2153.

AS WE WERE

PHOTOS FROM THE PAST

COLLECTION COMPILED BY
IVOR JONES SHOWING LIFE IN
THE HILLS AND HAWKESBURY
AREA DURING PAST DECADES.



WE LOVE SEEING PHOTOS CAPTURING THE
PAST OF THE HILLS AND HAWKESBURY AREA.

EITHER EMAIL IVOR AT
IVOR.JONES47@OPTUSNET.COM.AU

OR WRITE TO
17 ROSE ST, BAULKHAM HILLS NSW 2153.



COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

02 9654 3571 (Thurs) |
02 9843 0533 (Wed-Fri)
gnolan@thehills.nsw.gov.au

Arcadian Quilters

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

Australian Sikh Association

0433 580 539 | www.asainc.org.au

Bushrangers Hash House Harriers

04 0828 9562

Castle Hill Art Society

Castle Hill Art Society offers a place of art practice for artists of all ages, either in groups of various art media or classes for adults and children. Demonstrations and workshops by well-know artists are held monthly and members can participate in several exhibitions during the year. New members always welcome.

www.castlehillartsociety.org.au |
9899 3179 (ans. machine)

Castle Hill Senior Citizens Club Inc.,

Club members invite anyone over 55 to come and meet a very active and friendly group of Seniors who play Carpet Bowls, Cards and Rummikub. Our Club building is on the corner of McMullen Ave. and Old Northern Rd., Castle Hill (opposite the new Metro station) with parking at the rear.

9680 3958
castlehillseniors@gmail.com

Christ Church

An Anglican church located at 26 Pitt Town Road, Kenthurst, has a service at 9.30am every Sunday morning. You are most welcome to join us.
Rev. Chris Baxter | 0423 119 131

Combined Probus Club of Cherrybrook

We are a mixed gender club and have an active membership of over 170 retirees and semi retirees. Our meetings are held on the first Thursday of each month at the Cherrybrook Community and Cultural Centre.
Ross | 0411 104 863
rossfitzpatrick@icloud.com
www.probusouthpacific.org/microsites/cherrybrook/Welcome

Cumberland Bird Observers Club

The Club conducts three outings a month to observe birds in their natural environment. General meetings are held at Castle Hill on the 3rd Tuesday of the month. New members are always welcome.
Peter 0412 770 757 or Cathy 9809 5668
www.cboc.org.au

CWA of NSW – Galston Branch

Our monthly meetings are held on the second Wednesday of each month from 10am at the Galston Health & Resource Centre.
Jann | 0439 222 217

CWA of NSW – Castle Hill Branch

Holds its monthly meeting every second 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 Tuesday's of the month from 10 to 12. Bring along your lunch if you wish to stay longer.
Maureen | 0411 724 925

Dural and District Prostate Cancer Support Group

Meets on the 3rd Monday of the month at the Blue Gum Centre, ARV Glenhaven Green, 599-607 Old Northern Rd, Glenhaven. The next meeting is August 16 with guest speaker Bernie Riley, who is General Manager PCFA (Telenursing service).
Denis | 9629 2645 or Maurice | 9654 2138

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498
www.duralmensshed.org

East Kurrajong School of Arts

First Tuesday each month 10am to 1pm. Bring along any sort of craft activity you're interested in, bring pencil's or brushes to practice your drawing or painting with Ruth, browse the library for a book to read or simply just relax, have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.
Ann | 02 4576 5031

Galston VIEW Club

Which raises money for The Smith Family "Learning for Life" program will hold its next Luncheon /Meeting at 11am on Wednesday, June 23 at The Galston Club, 21-25 Arcadia Rd, Galston. Guest is Ambre Hammond on "An Unorthodox Life in Music". Bookings essential.
Merle 9634 2378 | 0412 110 698.

Glenhaven Probus 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

James | 04 0333 8450

Hawkesbury Artists & Artisans Trail

02 4567 7400
Leanne@mellowcrest.com
www.haat.com.au

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the First Fleeters

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

Hawkesbury Woodcraft Cooperative Ltd

4721 8709

Hills District Women's Bowling Club

Jenner Street, Baulkham Hills
9639 2733
www.thehillswomensbowls.com.au

Hills Older Men's Network INC

The Hills Older Men's Network Inc (Hills OMNI) meets fortnightly on the first and third 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
HillsOMNI@gmail.com

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

Ladies Probus Club of Baulkham Hills inc

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

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

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

National Seniors Australia (Hills Branch)

Meets on the first Thursday of each month at Muirfield Golf Club, 58 Barclay Road, North Rocks. 9.30am for 10am. The group has day outings, short tours and interesting speakers. This very friendly group welcomes visitors.
May | 0414 634 572
maybruce@bigpond.com

North Rocks Evening VIEW Club

Muirfield Golf Club, 58 Barclay Rd, North Rocks. Visit view.org.au
Toni | 9871 1926 or 0411 693 076, or Margaret on 9872 1405

North Richmond Probus Club

Our meetings are on the 2nd Wednesday of the month at 10.30am at Panthers, North Richmond, Beaumont Rd, N. Richmond.
Joan Bruce | 0404 290 484
northrichmondprobus@gmail.com

Norwest Sunrise Rotary Club

We are a breakfast Club and meet every Friday morning at 7am at the Hills Cafe at Hills Shire Council, 3 Columbia Court, Norwest. The Rotary Motto is Service Above Self. If you want to meet like-minded people please join us.
norwestrotary.org.au

Pennant Hills Mens Probus Club

John | 9487 1385

Pennant Hills Combined Probus Club

Meets at Hotel Pennant Hills every third Monday of the month at 10am. New members and visitors welcome.
Lorene | 0429 396594

Pennant Hills VIEW Club

Meets for lunch at 11am at Oatlands Golf Club on the second Tuesday of each month. Meetings include a 2 course meal followed by an interesting guest speaker. Visitors and new members are welcome.
Margaret | 9873 2402

Pitt Town Probus Club

Meets at 10:00am on the 2nd Tuesday of the month at the Pitt Town and District Sports Club, 139 Old Pitt Town Rd Pitt Town. New members welcome.
Denise Fairfax | 0435 447 414

Probus Club Of Round Corner (Dural)

Secretary, Julie
PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

Ken | 02 96296459

Probus Combined Kellyville Club

Meet 2nd Monday of the month at 10am. At The Glenhaven Community Centre: 76 Glenhaven Road, Glenhaven. New members welcome.
Glenys | 0419 616 431 OR
Veronica | 0408 025 577
glenysclarke@hotmail.com

Probus Club – Winston Hills Northmead Combined

Meets at 10am at Toongabbie Sports Club, 12 Station St, Toongabbie, 2nd Thursday of the month. New members welcome.
secretary@winstonhillsnorthmeadprobusclub.com.au
Membership Officer | 0421 410 305

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 Which Supports The Smith Family Learning for Life meet on 2nd Wednesday of the month starting at 11.30 at The Richmond Club
Christine Walshaw | 0416073483

Scouts Australia - Greater Western Sydney Region

9639 2488
www.greaterwestscouts.com.au

Sleep Disorders Australia - NSW

02 9990 3514
www.sleepoz.org.au

Soroptimist International The Hills

Meets on the 3rd Monday of the Month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start. Visitors are always welcome.
Soroptimists International The Hills is the local branch of a world-wide organisation for women that has been promoting advocacy and action for 100 years.

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@thehillslc.com.au.
facebook.com/thehillslarningcentre

The Hills Shire Garden Club

9624 5034

The Hills District Pipe Band

Practices in the Harvey Lowe Pavilion at Castle Hill Showground every Tuesday night from 7.30pm-9pm. The band warmly welcomes new members and gig enquiries. Facebook and Instagram: @hillsdistrictpipeband
Suzie Whitaker
suz801@live.com.au
www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

Meets at Aveo Retirement Village, Bella Vista on the 4th Monday of each month at 6.00pm (dinner optional), for meeting at 7.00pm.
Robyn | 9639 2742

The Sydney Hills Branch of the Association of Independent Retirees

Meeting on Friday, at Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting commences at 10.45am. The future topics will be Health, Centrelink, Retirement, Technology Safety and others.
Lauris Rennie | 9634 1186
Pam | 0412 737 234
airsydneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

Meet every second Tuesday in the month at Crestwood Community Centre, Drive, Baulkham Hills at 8 pm
0452 465 906
www.bushwalkingnsw.org.au/wanderers

Windsor Probus Club

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

Winston Hills Joey Scouts

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

PUZZLE

WORD SEARCH

DANCES

| | |
|------------|-----------|
| BALLET | JIVE |
| BARN DANCE | LINDY HOP |
| BEGUINE | MAMBO |
| BOLERO | MERENGUE |
| BREAKDANCE | QUICKSTEP |
| CHA-CHA | RUMBA |
| FANDANGO | SALSA |
| FLAMENCO | SAMBA |
| FOXTROT | TANGO |
| JITTERBUG | TWO-STEP |

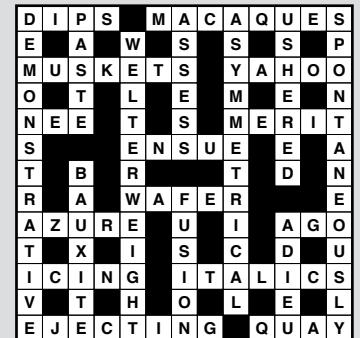


WORD SEARCH



Answers from last issue

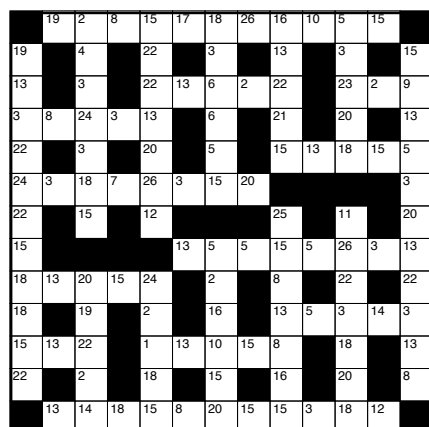
CODE WORD



CODE WORD

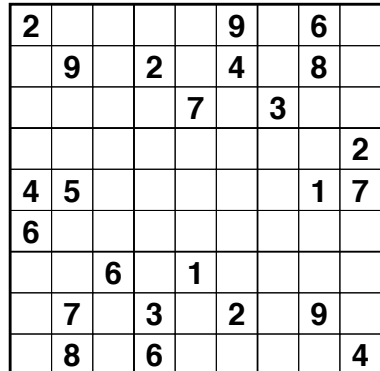
Numbers in the grid (1-26) correspond to each of the letters of the alphabet from A-Z in some order. Solve the puzzle and fill in the letters in the key provided as you find them. Three letters are provided to give you a start.

| | | | | | | |
|----|----|----|----|----|----|----|
| 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 | | |

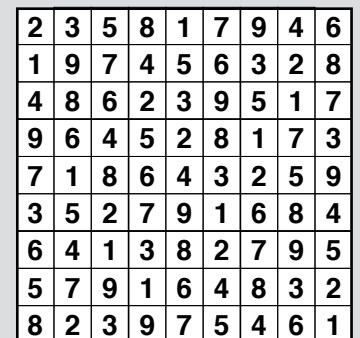


SUDOKU

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



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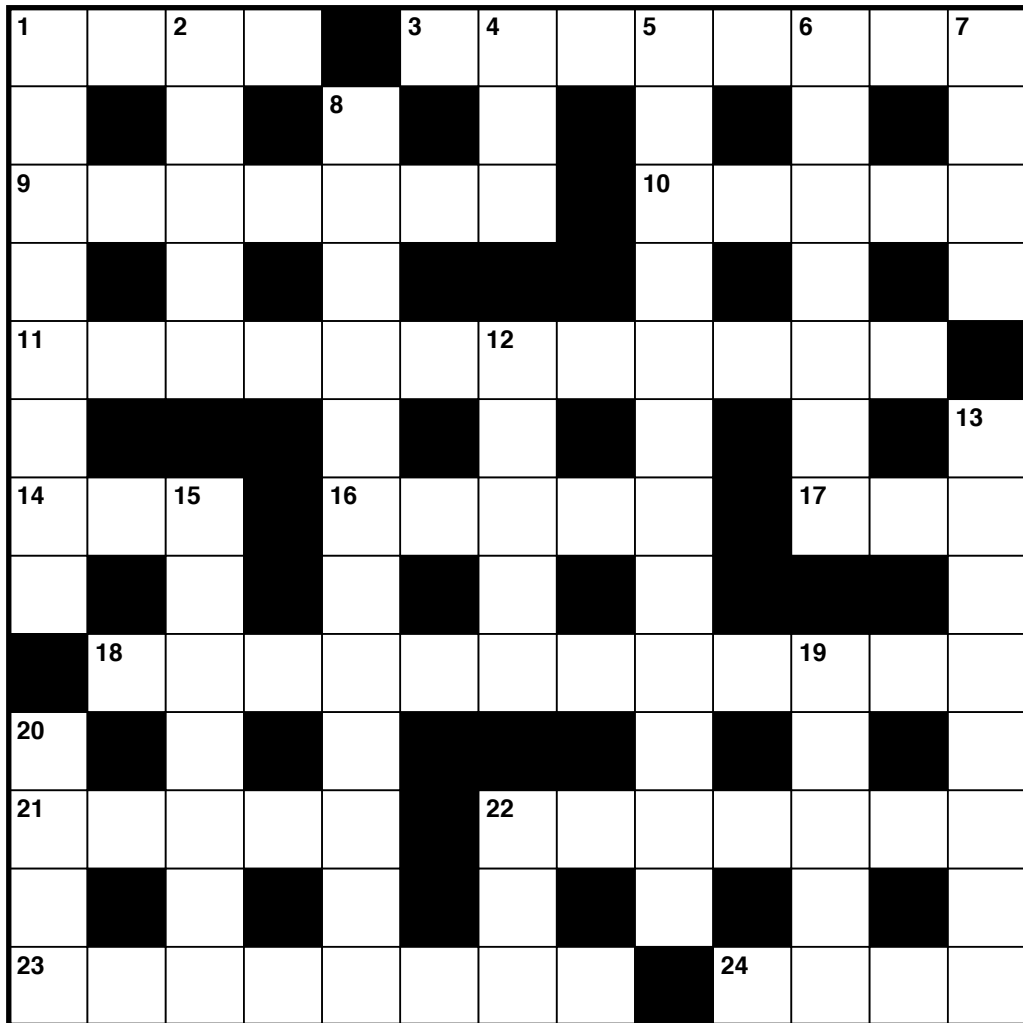
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Across

1. Engrossed
3. Responded to
9. Soothsayer
10. The beginning of something
11. Large Brazilian city (3,2,7)
14. Flightless bird
16. Cleanse the body
17. Gang
18. Malfunction or fail (of an electrical device) (5-7)
21. State of the USA
22. Resistance to change
23. Go beyond a limit
24. Vegetable matter used as fuel

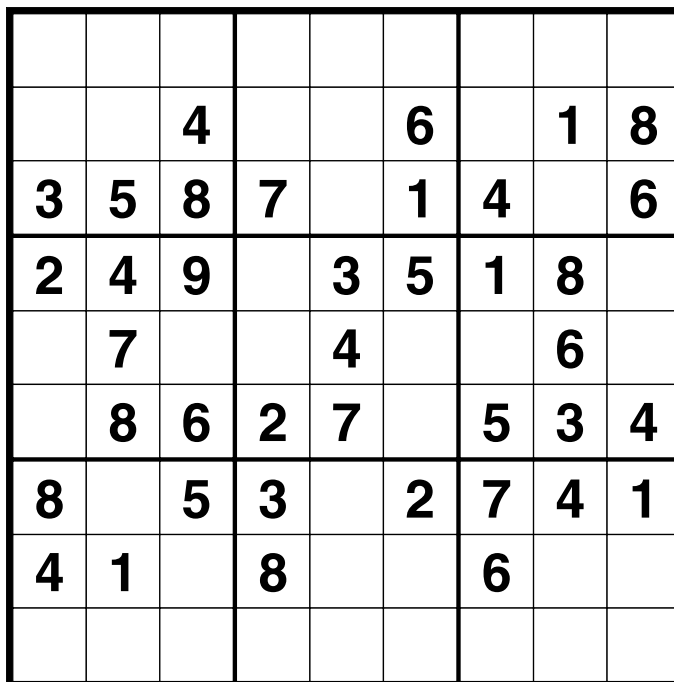
Down

1. News journalist
2. Camera image (abbrev.)
4. Item for catching fish
5. Showing total commitment
6. Platform
7. Facts and statistics collectively
8. Small garden carts
12. Loft
13. Theoretical
15. Lift up
19. Unfasten
20. Italian acknowledgement
22. Frozen water

SUDOKU

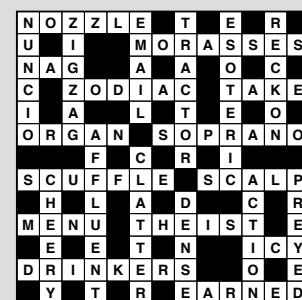
Rating: ★ ★ ★ ★ ☆

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

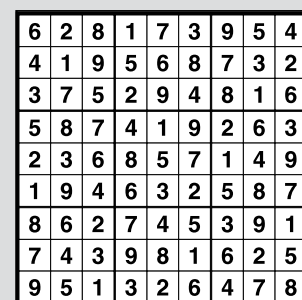


Answers from last issue

CROSSWORD



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