

Hills to Hawkesbury

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Community News

30th July – 13th August 2021 | Vol 38 – Issue 15
Local Stories, Local Events, Local People and Local Businesses



JORDAN'S CRAZY SOCK SHOCK!

STORY PAGE 15

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ARE YOU OWED MONEY?

Thousands of injured workers living in the Hills and Hawkesbury region may be owed higher workers' compensation payments.

The NSW Government agency, icare is reaching out to injured workers to look at their compensation and see if they may be owed money

Workers living in The Hills Shire Council and Hawkesbury City Council Local Government Areas who sustained a workplace injury between October 2012 and October 2019 are being urged to come forward following a review of weekly workers compensation payments.

A statement released on July 27 said icare, the State workers' compensation manager (formerly WorkCover NSW), is encouraging more than 8,000 workers

from the two local government areas to have their past compensation payments reassessed to ensure they have received the correct entitlements.

A review of historic payments has indicated earnings information used to determine weekly compensation payments was in some cases not provided to the insurer at the time.

Identified workers have received a letter from icare outlining the reassessment process for a review.

For more information visit www.icare.nsw.gov.au/assessment or call 02 6714 8003.

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 our 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 our 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



PUBLICATION NEWS

By DIANA PATON

The dedicated staff on the Hills to Hawkesbury Community News hope you enjoy this edition.

It's been a tough month and as we head into Lockdown for a second month we acknowledge it has not been easy for many people in our community.

While we have distributed this current issue of the Hills to Hawkesbury Community News at local shopping centres we have decided not to print our next fortnightly edition which is due out on August 13.

Although it is important to stay connected we do not want our delivery drivers moving around the suburbs and with so many outlets not operating at the moment it seemed timely for our staff to take a break themselves.

We will still have stories and items on our website and on our social media during this time and plan to return in print as soon as we can.

This week's edition has a third puzzle page to keep you occupied as well as a huge collection of stories about people and issues that impact on our area.

Keep safe and remember if you do need help there are services to turn to:

- The Beyond Blue Coronavirus Wellbeing Support Service can be accessed via phone on 1800 512 348 or online at coronavirus.beyondblue.org.au
- Lifeline is on 13 11 14.
- Kids Helpline is 1800 55 1800
- For anyone experiencing domestic or family violence there is help at:
 - 1800 RESPECT (1800 737 732)
 - NSW Domestic Violence Line (1800 65 64 63)
 - Men's Referral Service (1300 766 491)
 - Link2Home (1800 152 152)

A huge thank you to all our loyal readers and our advertisers who make it possible to publish the Hills to Hawkesbury on a fortnightly basis.

Our website is www.hillstohawkesbury.com.au our contact details are below.

All the best,

Diana Paton



Hills to Hawkesbury

Community News | Local Stories, Local Events, Local People and Local Businesses

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PLEA FROM GP By DR KIM LOO

I have been working as a medical practitioner for 32 years in Western Sydney. Never in my working life have I been in a pandemic and seen our community locked down.

As a doctor, and knowing how infectious the Delta strain is, I am worried about the community and the potential burden on an already stressed health sector.

In this current outbreak, one out every 250 people who catch covid die. There are young people admitted to hospital and intensive care. Currently (as of July 29) there are 182 people in hospital and 54 are in intensive care.

We have enough AstraZeneca COVID-19 vaccine to immunise 80 percent of the population.

COVID AZ has been demonised when it is a safe and effective vaccine. Unfortunately, 25 percent of those aged over 60 are waiting for a Pfizer dose and are left unprotected.

What is everyone afraid of? The *Thrombosis Thrombocytopenic Syndrome* is rare. It can occur 4-40 days after the immunisation. It is entirely treatable with intravenous therapy of immunoglobulins and anticoagulants if diagnosed early and there is a blood test that can diagnose it early.

So let's see how common TTS is. The risk is 1.9 per 100,000 for 18 to 29-year-olds, 1.6/100,000 in 29 to 39-year-olds, 5/100 000 in 40 to 49-year-olds, 2.7/100,000 in 50-59 year olds, 1.4/100,000 in 60-69 year olds, 1.8/100,000 in 70 to 79-year-olds, 1.9/100,000 in over 80-year-olds.

Our hospitals know how to treat TTS. Compare this with the risk of catching the virus and dying, which is 1/250, or being sick with this. There are documented long-term impacts of COVID including long COVID in young people where their working memory is impacted.

The AZ vaccine is effective in stopping you from being sick and dying. At this point in time the AZ vaccine is the only choice in many places. I give my patients having AZ vaccine a blood test form so that if they feel at all unwell they have the blood test done. This gives autonomy and reassurance.

My patients have the control so that if they are unwell a train of events will occur that will keep them safe and appropriately treated. Keeping in mind that TTS is rare.

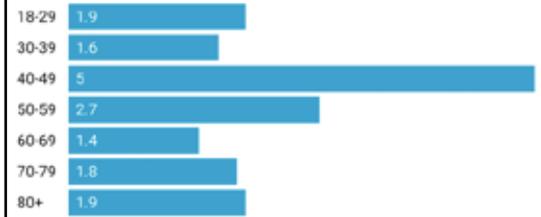
Please get vaccinated because we are not safe until we are all safe.



Dr Kim Loo receiving an AstraZeneca vaccine

Estimated risk of clotting

for every 100,000 people vaccinated with the first dose of AstraZeneca, by age group



Statistics from ATAGI (The Australian Technical Advisory Group on Immunisation)

Dr Kim Loo

GP Riverstone Family Practice
Council Member NSW AMA

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EX-TEACHER CHARGED

A former school teacher has been charged following an investigation into the alleged sexual touching of a student in Sydney's west two years ago.

In April this year, detectives from the Child Abuse and Sex Crimes Squad's North West Metropolitan Unit commenced an investigation following reports a female student had been sexually touched by a male teacher while at a school in Sydney's west.

Following extensive inquiries, detectives arrested a 65-year-old man at a home at Rouse Hill about Friday, July 2.

He was taken to Riverstone Police Station and charged with five counts of intentionally sexually touch child (between 10 and 16 years).

Police will allege in court that the man sexually touched the female student – then aged between 10 and 11 – on several occasions while at a school in Sydney's west in 2019.

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

ROUSE HILL STABBING

Two men and a teenager were taken to hospital following a fight in Rouse Hill on Thursday July 22.

Emergency services were called to a reserve on Withers Road, Rouse Hill, at about 6.10pm on Thursday evening following reports of a stabbing.

Two men – both aged 21 – were found with stab wounds and were treated at the scene by NSW Ambulance paramedics before being taken to Westmead Hospital with non life-threatening injuries.

Officers from The Hills Police Area Command established a crime scene and commenced a canvas of the surrounding area with assistance from the Dog Unit.

A short time later, a 16-year-old boy was treated by paramedics for minor hand injuries at a home in Schofields.

An investigation into the circumstances surrounding the incident is underway and anyone with information is urged to contact Crime Stoppers: 1800 333 000 or <https://nsw.crimestoppers.com.au>. Information is treated in strict confidence.

Police have now increased patrols in parks targeting knife crime. On July 23 at Fred Catterton Reserve police stopped a 21-year-old at 6pm who was found in possession of several knives. They were seized and he was issued with penalty notices for possessing knives in a public place and warned for COVID breaches.

PARTY GOERS FINED \$7,000

Hills Police have fined seven people attending a house party at a home in Windsor Rd, Baulkham Hills in contravention of the COVID-19 lockdown regulations.

Police were alerted to an illegal party at the premises in the early hours on Thursday morning (July 29). Officers attended at 12.15am and issued a \$1000 fine to all seven people for breaching the current Public Health Order.

Police Minister and Baulkham Hills MP David Elliott said: "They have put their community at unnecessary risk and their community demands that such selfish behaviour be stopped."

Anyone who has information regarding individuals or businesses in contravention of a COVID-19-related ministerial direction is urged to contact Crime Stoppers: <https://nsw.crimestoppers.com.au>. Information is treated in strict confidence. The public is reminded not to report crime via NSW Police social media pages.

HOUSE FIRE

A candle that was left burning in a teenager's bedroom is believed to have caused the fire which burnt down a house in Connelly Way Kellyville at 2am on Monday, July 26th.

No-one was injured in the blaze which caused extensive damage to the four bedroom two-storey home.

The fire started just before 2am. Family members tried to put out the blaze before evacuating the house and calling emergency services.

The house was alight when emergency services arrived. The roof partially collapsed.

About 20 firefighters battled the blaze for nearly an hour.

FIREARMS AMNESTY

The National Firearms Amnesty (amnesty) started on July 1 with the aim of reducing the number of unregistered firearms in Australia. In New South Wales, the amnesty allows for:

- Firearms or firearm related articles to be registered, supplied or surrendered to a participating firearm dealer without fear of prosecution.
- Firearms or firearm related articles to be surrendered to a police station without fear of prosecution.
- Prohibited weapons to be surrendered to a participating firearms dealer or police station without fear of prosecution.

NSW police are urging people to contact the participating firearms dealer or their local police station, prior to attending the location with a firearm, firearm related article or prohibited weapon.

Before taking a firearm to a participating firearms dealer or a police station, make sure the firearm is unloaded and where possible, remove the bolt or other method to render the firearm safe. Place the firearm in a gun bag or wrap in a blanket. Ammunition can be taken at the same time as a firearm; however, it must be stored in a separate bag, box or container.

- Comply with all other COVID health order obligations, including physical distancing and wearing a mask
- Make an appointment with a licensed participating dealer or police station
- Carry evidence of your appointment while transporting the firearm to be surrendered. This will mean that if you are asked to evidence your reasonable excuse for leaving the house, you can do so easily
- Consider surrendering your firearm at a time of day that is less busy so as to reduce exposure possibilities and ensure your travel arrangements are efficient to reduce time out of the house

ROBBERY AT CHARITY BIN

A man unloading items into a charity bin during the week was confronted and had his wallet stolen. Hills Police say the confrontation happened at 12.15am on Tuesday, July 27th at the carpark next to the Knightsbridge Shops off Ridgecrop Drive, Glenhaven.

They say a 34-year-old man drove into the carpark and commenced to load clothing into a charity bin while his girlfriend remained in their vehicle. Police say as he placed items in the bins he heard a vehicle door close and male yell "give me your phone and your wallet".

The man refused. He told police that as he turned around he was struck a number of times in the face. The offender grabbed his wallet and ran to a nearby car not further described. The man who hit him is described as caucasian, approximately 25-30 years old, short light brown hair, short beard/facial hair. He was wearing a red T-shirt and red shorts at the time.

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

Services Available

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

1800 RESPECT (1800 737 732)

A confidential information, counselling and support service.

NSW Domestic Violence Line (1800 65 64 63)

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

Men's Referral Service (1300 768 481)

Provides telephone counselling, information and referrals for men.

Link2Home (1800 152 152)

Can help with tenancy, homelessness, domestic violence, crisis accommodation.

Lifeline (13 11 14)

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



45 AND COUNTING COMMUNITY DEFIB PROJECT

By **BEV JORDAN**

Lives will be saved thanks to the Community Defib Project started by Wisemans Ferry local and paramedic, 22-year-old Sophie Wills.

The Community Defib Project installs community accessible defibrillators to remote communities, harnessing the power of community fundraisers. The most recent were installed on July 17 at Upper Colo Rd, Upper Colo and Cedar Ridge Rd, Kurrajong.

The not-for-profit campaign was founded by Sophie while studying to be a paramedic at Western Sydney University. She wanted to get a defibrillator – an AED (automated external defibrillator) – for Wisemans Ferry Bowling Club to enable anyone to respond to a sudden cardiac arrest victim.

In less than two years since the club AED was installed at Wisemans Ferry and the second at Wisemans Ferry Crossing, she and her army of volunteers have fundraised and installed 45 publicly accessible defibrillators across 15 communities along the Hawkesbury River.

She says by giving residents in the community the tools to respond to a sudden cardiac arrest they could save

a life. “With every minute that goes by during a sudden cardiac arrest without a defibrillator, the victim’s chance of survival is reduced by 7-10per cent.”

Each set up costs approximately \$3000 to install and it’s been locals who have been fundraising to ensure that there is a defibrillator available for public use. The money raised also goes to maintenance, education and community resources.

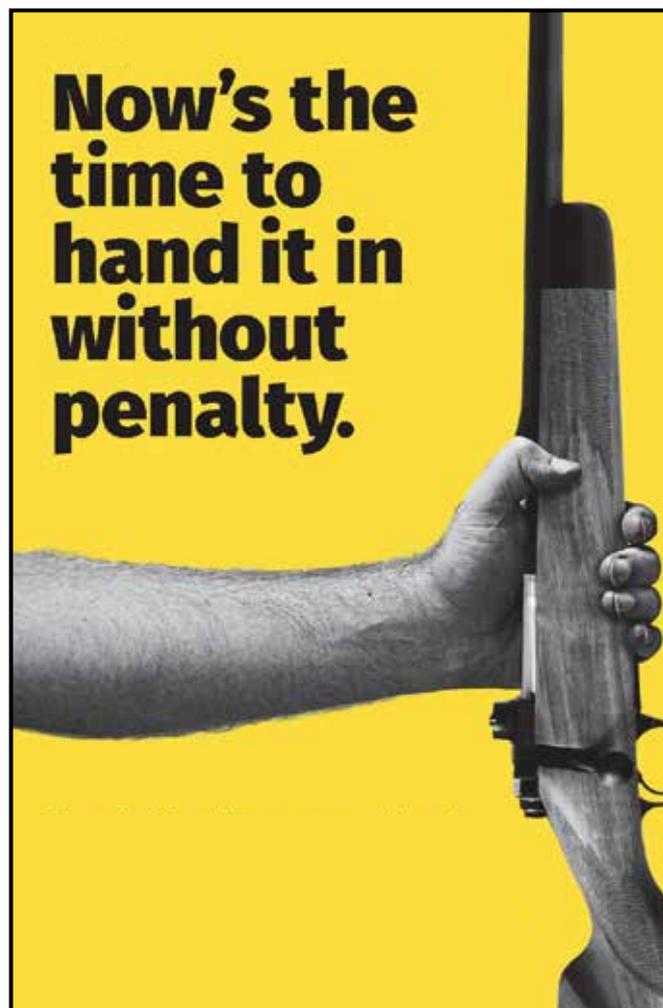
“The uptake in the Hawkesbury LGA has been incredible,” said Sophie. “The communities within the Hawkesbury can see the value in the project and have been supporting it. As a Hawkesbury Local I know how special this community is, I know how much of a privilege it is to live where we do. But we also must be realistic about how far we are from help. We must come together as a community to create a more prepared and safer community. That’s what the Community Defib Project is about.”

Sophie Wills with one of the Community Defib machines. Photo courtesy ABC Central Coast: Sofie Wainwright.



Sophie said the Community Defib Project would like to thank the more than 40 volunteers from the Hawkesbury communities who had been responsible including community Team Leaders; Gillian Jessup (St Albans), Richie Benson (Cumberland Reach), Rod Cumming (Upper Colo), Melissa Barry (Blaxlands Ridge), Tanya Little (Sackville-Ebenezer) and Chris Dickinson (Oakville-Maraylya-Pitt Town).

A full list of where the community AEDs have been placed and the sponsors are on the website www.communitydefibproject.org.au. There are more community AEDs planned, to get involved or support the project email info@communitydefibproject.org.au or visit the Facebook page www.facebook.com/communitydefibproject



NSW POLICE GUN AMNESTY

Do you have any unregistered firearms/military weapons or militaria to hand in/sell to a licensed firearms dealer with no questions asked?

Call **Mr Ammo** on
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during the amnesty to arrange.



ROUSE HILL RFS WINS COMPETITION WHAT MOTIVATES A RFS VOLUNTEER

Congratulations to Rouse Hill Rural Fire Service on winning the Australian Pump Industries *What Motivates an RFS Volunteer* competition.



Deputy Captain Gabe D'Eustachio and fire fighter Luke Batten totally exhausted after fighting fires at Wheelbarrow Track Road at the Gospers Mountain fire back in November 2019
Photo credit ... NSW Rural Fire Service

As the winning prize, the brigade will receive an Aussie Fire Captain Plus high pressure fire fighting pump, part of the Aussie Pumps Red Brigade produce line.

The quality and number of responses were mind blowing and the team at Aussie Pumps whittled down the entries to three finalists including:

- Manyana Rural Fire Service
- Glenhaven Rural Fire Service
- Rouse Hill Rural Fire Service

The winning entry submission reads as follows:

Motivation is driven from an intrinsic desire to assist people in need. This need can manifest itself in the form of fire, flood, motor vehicle accidents, ambulance assists, or even helping the elderly prepare their home for fire season. This desire is the glue that binds volunteers together and is displayed through mateship, sharing knowledge and skills plus supporting each other during the good times and the bad times.

The Rouse Hill RFS winning entry was written by Neridene Goss who said, "We are **extremely** excited to be announced as the winner of the Aussie Fire Captain Plus

pump. It was great to be able to share this fabulous news with all the brigade."

Neridene also supported her entry with a number of photos of the Rouse Hill RFS in action including an inspiring photo showing Deputy Captain Gabe D'Eustachio and fire fighter Luke Batten totally exhausted after fighting fires at Wheelbarrow Track Road at the Gospers Mountain fire back in November 2019.

The Aussie **Fire Captain Plus** fire fighting pump will be delivered to Rouse Hill RFS as soon as the current Covid lockdown restrictions are lifted.

Aussie Pumps Brad Farrugia said, "We decided to award a prize to the brigade that could best express exactly what makes an ordinary citizen take on the role of volunteer fire fighter in 50 words or less."

"The more we get to understand the RFS and its people giving up their time to train

and fight fires, the more we realise what a huge debt we owe. We applaud the RFS members who selflessly protect the lives and properties of others."

"We are touched by the work, the attitude and the sacrifice made by fire fighting volunteers that give up their time and risk their lives to help others. They set an example that is an inspiration to us all," added Aussie Pumps Product Manager, Brad Farrugia.

Australian Pump Industries is the builder of the high pressure fire fighting pumps that have been supplied to key government departments including NSW Fire and Rescue, NSW National Parks, plus other fire authorities throughout Australia.

Further information on Aussie Pumps Support Programs for RFS Brigades is available from www.aussiepumps.com.au and from Aussie Pumps distributors throughout Australia.

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STROKE WEEK

FAST SIGNS TO ACT ON

National Stroke Week is **August 2 to August 8** when the Stroke Foundation is urging everyone to learn and share the FAST signs of stroke and call triple zero (000) immediately if a stroke is suspected.

At least 80 percent of strokes will show at least one the FAST signs of strokes.

LIZ DAVIDSON, Nurse Unit Manager at The Hills Private Hospital wrote the following. This week we acknowledge National Stroke Week. This year the national Stroke Foundation asks that we all learn and share the F.A.S.T signs of stroke.

This acronym helps us to recognise the signs of Stroke and act FAST.

F is for **FACE**: Check their Face. Has their mouth drooped?

A is for **ARMS**: Can they lift both arms?

S is for **SPEECH**: Is their speech slurred, can they understand you?

T is for **TIME critical**. If you see any of these signs, call triple zero 000 immediately.

According to the National Stroke Foundation, 27,428 Australians have experienced stroke in 2020, which equates to one stroke every 19 minutes.

In Australia, there are currently more than 470,000 people living with the effects of

stroke. This figure is expected to increase with improved survival rates for stroke.

A stroke happens when the blood supply to the brain is impeded, either through a blockage in an artery in the brain or a bleed from a blood vessel in the brain. Several factors impact recovery after strokes, including which part of the brain was affected and the general health before the stroke.

Some of the problems people may encounter after stroke include weakness on one side of the body, difficulty coordinating movements, and difficulty with speech and communication.

Rehabilitation after stroke helps patients to relearn ways of doing the things that have been affected by stroke.

The brain has the ability to adapt after stroke and develop new neural pathways, essentially learning to use other parts of the brain, known as neuroplasticity. Rehabilitation helps to stimulate neuroplasticity.

Stroke recovery requires a dedicated team of professionals working together with patients to manage the impact of stroke. A stroke team is made up of doctors and nursing staff, as well as Allied Health specialists such as physiotherapists, occupational therapists, speech pathologists, and psychologists.



The pathway to recovery from stroke usually involves a short time in acute hospital care of 1-2 weeks on average, followed by a longer period in a rehabilitation area which may take up to a month.

Following inpatient rehabilitation, many patients benefit from returning for outpatient rehabilitation as they continue to develop new strength and coordination.

The recovery time and amount of therapy needed following a stroke is dependent on the needs of each individual and each person recovers differently following a stroke.

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INFINITY PARK AT NORWEST

Strong sales are being reported for Infinity Park at Norwest, the new residential and business master-planned project by developers, Haitchin Group.

Infinity Residential includes 290 luxury apartments surrounding a resort-style swimming pool, topped by landscaped sky terraces. The three residential buildings will range in height from six to 23-stories.

Infinity Commercial will feature the area's first rooftop restaurant and will have award-winning chef Joshua Mason of Quoi fame at the helm. Mason returned to the Hills to open Quoi Dining in 2017 after working at the Michelin-starred San Francisco restaurant Atelier Crenn under celebrated chef Dominique Crenn. He has several awards to his name with Quoi Dining earning a coveted Chef Hat Award.

Designed by Turner Architects, Infinity Commercial is set over seven storeys and features 95 business units. The innovative office complex has been embraced by business owners who have snapped up more than \$37m worth of property - \$10M within the last month.

David Inkster from PRD Norwest said the market response is a positive sign ahead of the first residential release at Infinity Park before the end of the year.

Since late March, more than 84 percent of the 72 offices released in stage one have sold, averaging around \$9,400 per sqm – a new benchmark for office space in The Hills.

"We expect that fewer people will want to stay working from home, but they will demand life- work balance and having the chance to live close to the office will be a huge drawcard. This makes Infinity Park at Norwest the ideal location," he said.

Robert Tasevski, General Manager at Haitchin Group, said: "We wanted to create a building that breaks the mould of traditional office space, somewhere that is not just extraordinary to look at but that provides an amazing place to work.

"Wellness is important to supporting productivity and performance and this is something business owners are beginning to appreciate – particularly now as many navigate a hybrid work from home model in the workplace."

Office suites will be connected to nature with alfresco meeting rooms and windows

that open, allowing for natural ventilation. The landscaped rooftop terrace will include yoga decks and designated areas for mindfulness, calm and connectivity.

There will be common meeting rooms, rooftop breakout areas and 'end of trip' facilities including change rooms and showers to encourage workers to cycle, walk and exercise. The street-level Market Hall will provide a cafe with a large covered outdoor and indoor space.

Infinity Residential has also been designed by award-winning Turner Architects. The first release, called Marque, includes one-, two- and three-bedroom residences featuring organic curved balconies with views extending across the Castle Hill Country Club golf course, Sydney CBD and to the Blue Mountains,

A commercial and residential display suite for Infinity Park is located on the ground floor at suite 1.05 10 Century Circuit, Norwest.

Haitchin hopes to appoint a builder before the end of the year. Construction is expected to take two years. infinitypark.com.au

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A Mum's Journey

Kerrie Whitby's life changed forever in 2019 when her son Harrison tragically lost his life in a motor vehicle accident.

Harrison was only 17 and just 10 days shy of collecting his HSC. Instead, his 14-year-old sister Arabella bravely stood beside his Hawkesbury High School classmates and collected Harrison's accolades in his stead.

"I decided at that moment to push myself. I wanted to stand up at the end of 2020 and collect my Diploma of Nursing in his honour," Kerrie said.

Despite her incredible loss, Kerrie found a measure of solace in study, and with the support of her teachers at TAFE NSW Kingswood, completed her diploma with flying colours.

Earlier this year, she was nominated for 2021 Vocational Student of the Year at the NSW Government's Western Sydney Training Awards.

"I found studying during COVID-19 rough, but it only made me more determined to succeed and make my teachers proud," Kerrie said.



Kerrie Whitby with her late son Harrison, husband Tony, and daughters Tilly and Arabella in happier times on a trip to England.

"I have gained a better love for myself as a person through this journey. Juggling personal grief and study was hard but it only made me stronger and hungrier for success. Sometimes the pressure felt too much, but the TAFE NSW teachers were always there for me. There was such an amazing network of support."

Kerrie, who lives in Ebenezer with husband Tony and daughters Arabella and Tilly, now works at the Day Surgery Unit at St John of God Hawkesbury District Health Service.

"I enjoy how in the Day Surgery Unit we form a circle of care, which involves many health care workers, to treat a patient," Kerrie explained.

"Working and being part of an effective team is vital, and the practical skills and work experience I gained at TAFE NSW are essential in my current role. You need everyone coming together as a team to help save a life."

Nursing Teacher Mohamed Helmy said Kerrie had impressed her teachers and fellow students at TAFE NSW Kingswood.

"Her support of others despite her own personal hardship reflects her unique character and her great passion for the nursing profession," Mr Helmy said.

"Kerrie had been an operating theatre assistant and an assistant in nursing, so she had more knowledge than some of her classmates. She took real pride in supporting them whenever she could and won the admiration of both staff and students."



KERRIE WHITBY (centre) at the Western Sydney Training Awards with her daughter Arabella (left) and colleagues from the St John of God Hawkesbury District Health Service (l-r) Melissa Jory, Fiona Montford and Toni Harrison.

Kerrie's daughter Arabella, who is in Year 10, is now determined to follow her mother's example and undertake a school-based traineeship with TAFE NSW as the first step toward a career as a theatre nurse.

"I needed to show my girls what it meant to keep living," Kerrie said.

"I've already inspired Arabella to pursue further study and I have TAFE NSW to thank for helping me achieve that. I want people to know you can do anything you put your mind to."

Explore hundreds of courses and pursue your passion with life-changing training at TAFE NSW. For more information visit www.tafensw.edu.au or phone 131 601.

NEW DOG PARKS

The Hills Shire Council will create two new dog off-leash areas for residents and their pet pooches to enjoy. One of the new off-leash areas will be located at Indwarra Avenue Reserve in North Kellyville and the other at Colbarra Reserve, in West Pennant Hills.

Hills Shire Mayor Michelle Byrne said with dog ownership growing in the Hills it was a great time to create new places to go.

"We saw a 26 per cent increase in the number of residents owning dogs [in the last financial year], prompting a need for more of these facilities,



Hills Shire Mayor Michelle Byrne with Dennis at the Crestwood Reserve Dog Park.

which provide a place to exercise, socialise and enjoy the great outdoors," she said.

Now that Council has confirmed the selected sites, the designs for each of the dog off-leash areas will be completed, enabling the projects to be included in the 2022/23 Capital Works Program or to potentially be funded earlier through government grant programs that may become available during the current financial year.

Currently there are 7 off-leash areas for dogs and their owners in The Hills LGA.

- Balcombe Heights Reserve Seven Hills Road, Baulkham Hills (within the fenced area)
- Bernie Mullane Sports Complex, Marella Ave, Kellyville (within the fenced area)
- Connie Lowe Reserve Adelphi Street, Rouse Hill (within the fenced area)
- Coolong Reserve, Coolong Street, Castle Hill (within the fenced area)
- Crestwood Reserve, Peel Road, Baulkham Hills (within the fenced area)
- Castle Hill Showground (lower dog arenas) - please note lower dog arenas to be generally

off-leash for all dogs at all times. However when formal training or competitions organised by Clubs or Associations are taking place, only participating dogs may be off-leash.

- Rutherford Avenue Reserve, Rutherford Avenue, North Kellyville (within the fenced area)

In Hawkesbury LGA there are four off-leash park areas for dogs..

- Pool Park, corner of Ham and Cox Streets South Windsor – (a fenced area)
- Peel Park, Arthur Phillip Drive North Richmond (fenced area)
- Yarramundi Reserve, Springwood Road Agnes Banks (not fenced)
- Pound Paddock, – corner of Blacktown and Bourke Street, Richmond (small area fenced area).

If you have a favourite dog park we would love to hear which one. Email contribute@hillstohawkesbury.com.au



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SAVE THE DATE: 2021 CENSUS AUGUST 10

By BEV JORDAN

Look out for your 2021 Census in your letter box. The Australian Bureau of Statistics will be sending out the Census form and instructions over the next few days.

Australia's 18th Census, on Tuesday, August 10, is one of the largest and most important statistical collections undertaken by the ABS.

According to the ABS you don't have to wait until Census night to do The Census. People can complete it as soon as they receive their instructions if they know

where they'll be on August 10. The Census can be completed online, on a mobile device or on paper.

Andrew Henderson, Census Executive Director and National Spokesperson said, "in the lead up to Census, we've undertaken extensive planning about how we engage with the community and ensure the safety of our staff during the pandemic.

"For the vast majority of people, the Census is going to be contact free. Most people will receive instructions by mail in early August and we expect 75 per cent online completion which means they will have no interaction with Census staff.

"Field activity by Census staff is more common in areas where internet access or postal services are less reliable or where communities need extra help to complete the Census. Where we do need to work in the community, we will do so safely and in accordance with all public health orders.

"Ultimately, the health and safety of our Census staff and members of the community is our highest priority."

Census data provides a snapshot of the nation, providing

important information about the country's economic, social and cultural make-up.

The statistics inform decisions on transport, schools, health care, roads and buildings but are also used at a local and community level.

The first census (recording people at their dwelling) was held in NSW in November 1828. The first national census was held in 1911. Since 1961 they have been held every five years.

Chris Libreri, Census General Manager, said the 2016 Census showed that the country's diversity is increasing.

"With nearly half of Australians either born overseas or with one or both parents born overseas, it's important for our multicultural communities to have information about the Census in their language, in particular new migrants who will be doing the Australian Census for the first time," he said.

Many people don't realise that information collected in the Census, such as country of birth and languages spoken at home, helps inform important services and support for migrant and refugee communities across Australia.

There are two new questions in the 2021 Census - they are on long-term health conditions, such as arthritis and diabetes, and on defence force participation.

For more information, visit www.census.abs.gov.au or call 1800 512 441.



GOVERNMENT HELP

A support package for businesses in NSW has been expanded following the decision to continue the lockdown in Greater Sydney to at least August 28th.

Under the expanded payment, approved by both the Federal and NSW Governments, eligible entities, including not-for-profits, will now receive payments of between \$1,500 and \$100,000 per week based on the level of their payroll, with the maximum turnover threshold increased from \$50 million to \$250 million.

The payment will continue to be calculated based on 40 per cent of payroll for businesses that have suffered a 30 per cent or more decline in turnover. For non-employing businesses, such as sole traders, the payment will remain set at \$1,000 per week. The payment will also provide more substantial support for businesses to cover unavoidable costs such as rent, insurance and maintenance as well as employee costs during an extended lockdown.

The expanded support will continue to be conditional on businesses maintaining their employee headcount as at July 13th (covering permanent and long-term casual employees) by not taking active steps to terminate their employment.

Federal Member for Mitchell, Alex Hawke, said that with NSW's restrictions set to continue, it was important the Morrison and Berejiklian Governments work together to assist businesses and protect jobs across the State.

"This expanded payment will help local businesses and their staff in our community to get to the other side during the current COVID-19 lockdown," said Mr Hawke.

"Local businesses play a key role in our community and have done it extremely tough throughout the COVID-19 pandemic."

Businesses should contact Service NSW or visit www.service.nsw.gov.au/ for more information.

LOCAL ELECTIONS POSTPONED

The Local Government Elections planned for September 4 have been put back until December 4.

It doesn't matter which Local Government Area you are in, by law you are expected to vote.

The message is: make sure your details are correct on the electoral register.

The new cut off date for making sure you are enrolled to vote is 6pm on Monday, October 25.

For details of the elections or if you are registered to vote or not visit www.elections.nsw.gov.au



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THE ORANGE BLOSSOM FESTIVAL 2021

By BEV JORDAN

The much-loved Orange Blossom festival has fallen victim to the current COVID spread.

Hills Shire Council had made the decision to postpone the start of the iconic festival before the lockdown extension was announced.

The Lights, Beats and Eats Festival was due to be held at Castle Hill Showground on August 28. It was hoped to announce a date later in the year.

The fully packed Orange Blossom Program which stretches across several weeks to September 17th also includes art shows, concerts, a schools expo, Bonsai Show and Kenthurst Fair.

The Cross Country Challenge fun run

at Bella Vista Park, organised by Castle Hill Rotary Club, planned for August 29th has already been moved to October 10.

It is not known yet if other events will be moved.

Hills Shire Mayor Michelle Byrne said: "I understand how much our community is looking forward to celebrating at this year's Orange Blossom Festival (OBF), so rather than cancel our iconic Lights, Beats and Eats event ... we've decided to postpone it to later in the year in the interests of public health.

"We've been monitoring the COVID-19 updates, and with the lockdown now extended, it's unlikely the Festival can run in its current format.

"Even if restrictions were to ease in time, it will be difficult to stage an event the size of Orange Blossom Festival within such a short timeframe. Orange Blossom Festival requires countless hours of work from all sectors, including Council, private businesses and volunteers. The advice from NSW Health changes almost daily and we are unsure what the health guidelines will look like in five weeks time. We understand this situation is challenging for everyone, but the health and safety of residents must come first. We will continue to watch and consider all viable event options, but for now, we believe postponing our Lights, Beats and Eats Festival until it is safe to do so is the best course of action.

The Hills Shire Orange Blossom Festival was cancelled last year due to Covid. The idea for OBF started in 1969 when a group of locals envisioned an event that would bring the community together and celebrate life in the Hills.

When it came to naming their local community event, the festival planners turned to history for inspiration.

From the 1800s, the Hills Shire was known as a major citrus producing region.

Citrus orchards were plentiful and the Shire was renowned for its agriculture, in particular its fruit which is how the Orange Blossom Festival.

What began as a parade through the main street of Castle Hill culminating in a fair at Arthur Whitting Park, grew into a month-long Shire wide festival which included a Gala ball, photography competition, talent search and the Hills Garden Competition.

The Lights, Beats and Eats Festival has become its signature event with its enchanted orchard themed format with LED light displays, live music and food trucks.

For more information visit www.orangeblossomfestival.com.au

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JORDAN'S CRAZY SOCK SHOCK!

By LAWRENCE MACHADO

JORDAN FENBOW does not just get excited about socks, she goes crazy over them.

So crazy that the Kellyville teenager is now the poster girl for rugby league's annual fundraiser, along with her sporting idol, James Tedesco, after her design was selected for the Crazy Sock campaign.

The Crazy Sock round is scheduled to run between July 31st to August 8th to raise money for the Men of League Foundation which supports those in need within the rugby league community.

Jordan's odd sock design was originally going to be used in the 2020 campaign which was postponed due to the Covid pandemic. This year the sale of the Crazy Socks has been so strong that they have sold out ... all 6,000 pairs of them!

NRL 1st Grade teams will be wearing the Crazy Socks over the two rounds as will other junior teams nationwide however local Sydney junior rugby league teams in lockdown may not be able to get back on the field to play but will wear



their socks at home and are encouraged to post a photo on their social and tag the Men of League Foundation in support. A long-time Oztag player and now Kellyville Bushranger, Jordan is very creative and was motivated to enter the design competition because it enabled her to combine her love of sport with her love of creative design.

The Year 11 Kellyville High student hopes to study graphic design when she leaves school. "When I was told by email that I had won the Crazy Socks design competition, I could not believe it and had to read it a few times for it to sink in," Jordan said. "I am just so happy that something I created is helping people," she said. "One of the designs was inspired by old school comics and the other by the emblem of the Men in League Foundation."

The 16-year-old's next major surprise occurred a few months ago when she turned up for the presentation at Rugby League HQ. She was in the middle of a major photography session to promote the Crazy Sock round when her sporting hero, Rooster James Tedesco walked into the room to join her. "I was so happy," she said. "It was like being in a dream. I love the way he plays ... he is really inspiring."

While full back is her favourite position at Kellyville Bushrangers JRLFC, Jordan usually plays centre or wing. She gets her love for league from dad Andrew who played the game for years. Her Mum Rhonda played netball and touch footy.

To find out more or to make a donation to the fundraiser visit menofleague.com

Photographs of Jordan with James Tedesco (front cover) and Jordan Fenbow (this page) are courtesy of the Men of League Foundation.

MORE SPORT page 22

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The Hills Shire Council News

Orange Blossom Festival postponed

The community's much-loved Spring celebration, the Orange Blossom Festival, has been postponed in the interests of public health. The iconic *Lights, Beats and Eats* event that was due to run on Saturday, August 28 at Castle Hill Showground, with the 2021 theme of 'Enchanted Orchard'.

Council will be monitoring advice from Health NSW and will consider holding the event once restrictions ease and in accordance with Public Health Orders.

Some Orange Blossom Festival community events may still be able to run in a COVID-safe manner, so please check with the event organisers closer to the date.

For updates, visit www.orangeblossomfestival.com.au



Bouncing babies

Virtual Baby Bounce sessions are now available online via the Hills Shire Library Services webpage. They can also be enjoyed on The Hills Shire Library Facebook page every Tuesday at 10am.

These 'stay-home-and-play' sessions include songs, rhymes and activities designed to build literacy skills in infants aged 0-2 years.

Discover the fun of Baby Bounce at www.thehills.nsw.gov.au/Library

Stay Home and Read

Did you know you can access the library collection during COVID-19 restrictions with The Hills Shire Library Service's Stay Home and Read delivery service?

The free book delivery service is open to Hills residents aged 65 years or older. Participants will be provided with a selection of up to 10 items delivered to their door while restrictions are in place.

The service received an overwhelmingly positive response when it was first launched in response to the 2020 lockdown.

Library members can also access the eLibrary via the free Hills Shire Library App which can be downloaded from the App Store and Google Play.

To find out more and the eligibility criteria for the Stay Home and Read delivery service, visit The Hills Shire Council Library webpage, www.thehills.nsw.gov.au/Library

Council Meetings

Ordinary Meeting: Tuesday, 27 July 2021 – 7pm, Council Chambers

Due to the current NSW lockdown restrictions, the Ordinary Council Meeting on Tuesday 27 July 2021 will be broadcast live from YouTube. To watch the live recording, visit www.thehills.nsw.gov.au on Tuesday 27 July at 7:00pm and click on the Council Meeting tile on the homepage.

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.'



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Crocodile in Glenhaven!

More than 500 submissions were made in the Glenhaven Oval Play Space community consultation, with community members contributing additional ideas to refine the overall design.

Option 2, the crocodile-theme playground, emerged as the most popular choice.

The playground is central to the Glenhaven community, located adjacent to the oval, local shopping centre, school and community centre.

This project is being funded under the Federal Government's Phase Two of the Local Roads and Community Infrastructure (LRCI) Program, which aims to support local councils to deliver essential infrastructure, while creating vital jobs and boosting the economy during the COVID-19 pandemic.

Council is currently considering all feedback and will share the final design once completed.



Save the date

2021 NSW Local Government elections

Saturday 4 December

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>

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THE HILLS

Sydney's Garden Shire



CREATIVE THINKING

Hills Grammar teacher Sarah-Jayne Dooner keeps thinking of new ways to engage positively with her students in online lessons, including her Year 12 Ancient History class.

Her efforts do not go unnoticed, as shown in this papyrus for the modern age (pictured) by student Josh Granger which features the teacher and her cat on the far right.

"My cat sometimes makes a celebrity appearance in my online classes, so I'm glad that he made the cut," said Ms Dooner.

"The student also captured COVID-19 and MS Teams-related icons, which I loved, and put his hieroglyphs skills to the test."

Director of Learning and Teaching, Geoff Gates, adds, "The balancing act for schools is to find ways to connect with the students to keep them motivated, but also provide a well-structured program that allows the students time to complete learning activities."

"We found last year how important it is to keep the lines of communication open with students, parents and teachers. This has enabled us to make adjustments and to improve the experience of Distance Learning from week to week."

Hills Grammar uses Microsoft Office 365 Teams for video conference calls and OneNote for organising learning materials online for Years 3-12 (K-2 parents receive learning materials as PDFs).

Lessons have been shortened from 60 minutes to 50 minutes to allow time for a stretch between classes, and teachers are encouraged to think of creative ways to engage students in their learning.

"We have a number of learning challenges going at the moment to motivate students. For example our PDHPE staff have put up a points challenge using an online App for both students and teachers. The English department then set up a fun challenge to help our Year 7 students learn about Shakespeare, with points awarded for dressing a pet in Shakespearean costume, or turning a sonnet into a rap."

Whether it be creative ideas to engage students, or simply organising learning materials clearly, Hills Grammar teachers are doing their best to be a positive force in a challenging year.

FREE ONLINE TALKS RETURN

The Hills Shire Library Service has organised two free virtual author talks, with more to be added in the coming weeks as residents continue to isolate during the extended lockdown.

First up is Kyle Perry, bestselling author of the *The Bluffs*, who will be in conversation with Bad Sydney Crime Writers' Festival Director, Catherine du Peloux Menage on **Thursday, August 5**.

During the online author talk, Kyle will also discuss his brand new thriller, *The Deep*. Set on the rugged Tasman Peninsula, the story follows a family that holds many deep and dark secrets that have only begun to wash ashore.

Next up is writer Larissa Behrendt, who will discuss her latest novel, *After Story*, on **Thursday, August 19**.

In her anticipated third novel, she introduces readers to young Indigenous lawyer Jasmine and her mother Della as they take on an overseas literary tour. Following the lives of the great English writers, while haunted by tragic events from their family's past, the two women look for inspiration and for healing through storytelling.

These presentations will be broadcasted online, via Zoom. To book your free place, visit The Hills Shire Library Service: www.thehills.nsw.gov.au/Library.



happy thoughts

By Masie

Do not be downhearted in these difficult days,
There is much to appreciate, displayed in many ways.
Look out into nature and what do you see?
The lovely greenery of grass, bush and tree.

The flowers will come, go search for some sign,
The orchids are budding – others will in time.
Soon there will be lovely blooms, it's true,
Beautiful shades of pink, red, yellow and blue.

The birds are still about and also butterflies,
Great colours and patterns, a feast for our eyes.
Kookaburras laugh, birds twitter and sing,
Listen, enjoy and happiness it will bring.

The ducks still swim and splash on the lake,
Many things you notice as a little walk you take.
The waves still roll in on to the sandy beach,
The beautiful sea is there, never out of reach.

What happiness we find in the words of a book,
Such interesting things to discover, when we take a look,
Sit outside and feel the warm sun on your back,
Peace and reflection will help you get on track.

Don't forget to look upwards to the sky,
See those white, fluffy clouds passing by.
What glorious colours at sunrise and sunset,
Much joy and delight you will surely get.

We know that times are hard, sadly for many,
To escape every problem, there would not be any.
We miss family and friends, who may be all alone,
But we can send a card, an e mail or talk on the phone.

So try to be cheerful and keep busy too,
Keep to the rules and we will pull through.
We all have warm beds, the homeless do not,
Let's all be grateful for the things that we've got.

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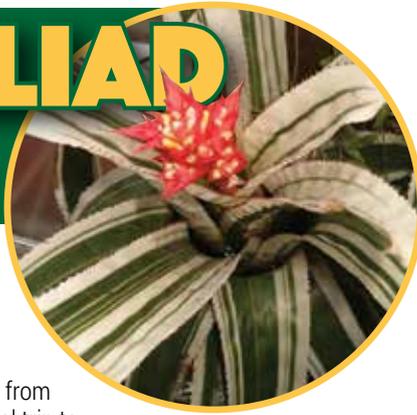
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ONLINE SOCIAL GROUPS

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.

BROMELIAD DAY



The next meeting of the Bromeliad Society of Australia is due to be held on Saturday, August 14 at the Federation Pavilion at Castle Hill Showground.

Guest speaker will be Jan Townsend, Bonville Bromeliads, Bonville NSW not far from Coffs Harbour. Jan will be making a special trip to Sydney to give her talk to the BSA regarding one of her very favourite bromeliads. Jan and hubby Jon will also bring some of their magnificent *Aechmea orlandiana* for members and guests to purchase.

Aechmea orlandiana is a real must for all plant enthusiasts. *Aechmea orlandiana* is not only a standout in the Bromeliad world, it is also one of the most spectacular for the home gardeners.

A species collected by Mullford and Racine Foster in 1939 in Espirito Santo, Brazil. Named for the city of Orlando, Florida, Foster's adopted home town, and the orange bracts and white flowers, being the city colors of Orlando. The species has over 20 known cultivars and is highly variable.

Due to the COVID lockdown Allan Beard has promised to give his presentation at a later date to be announced.

Bromeliad sales at 10am and the meeting commencing at 12noon.

Normal meeting activities such as competitions, Raffle, Show & Tell, and a new activity called just "Show" for people who would just like to share a plant with others without it being critically judged or discussed.

The group meets at the Federation Pavilion, Castle Hill Showground, Showground Road, Castle Hill off Doran Drive.

Please note COVIDSafe restrictions do apply and for further information please contact Ian Hook, President of BSA on mobile 0408 202 269, email: ianhook1@bigpond.com or refer to www.bromeliad.org.au for the latest update.

PLANT OF THE MONTH

COMMON NAME:

TRIM GREENHOOD ORCHID

BOTANICAL NAME:
Pterostylis concinna
FAMILY: *Orchidaceae*

By LACHLAN TURNER



Pterostylis: From the Greek words *pteron* and *stylos* meaning winged style, referring to the winged column of the flower.

concinna: From Latin, meaning trim or neat, referring to the plants habit.

Usually grows on mossy rocks and in damp leaf litter in dense colonies. Pollinated by insects, usually flies or fungus gnats, which are attracted to a nectar gland at the base of the flower. Insects become trapped inside the flower by the hood. They can escape, but being trapped ensures that they become covered in pollen.

These plants may be killed out if there are frequent fires.

HABITAT: Sclerophyll forests and coastal scrub.

SOILS: Moist.

HABIT: Perennial herb, flowering stem 10 – 30cm tall.

LEAVES: Between 4 and 6 leaves in a basal rosette.

FLOWERS: Singular, translucent with green stripes and red markings around the mouth.

FLOWERING TIME: May to September.

RANGE: NSW south of Mudgee, Victoria, Tasmania and South Australia.

There is a colony in Baulkham Hills, in Sydney Turpentine Ironbark Forest amongst damp leaves.



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Willow Speers directing *The Window* with members of The Hills Drama School, William Hanks, Fintan Hogan, Emily Wood and Sylvia.

JOIN THE SF3 SMART SET

By BEV JORDAN

Filming is a team sport between sisters Jaime and Sonya Clarke from Beaumont Hills according to their mum Amanda.

The William Clarke College students have both submitted entries in this year's SmartFone Flick Fest (SF3).

Waste Wisely at School is the title of 14-year-old Jaime's entry while 12-year-old Sonya's movie is called *Lockdown Nuts*.

Amanda Clarke says it has kept them busy. "Filmmaking for both Jaime and Sonya has become a team sport. Especially during times of isolation. The whole family appeared this year, including the family dog (Rosie the Moodle).

"They pick up the camera. Shoot something and anything. No matter how tiny, no matter how cheesy, no matter who stars in it. They put their name on it, own it, and just like that they're suddenly the directors.

"I enjoyed watching them develop their films. They made sure everyone had a role."

Jaime's entry this year is part of a school project: "I noticed last year that there were some documentary films entered, I thought that would be different. So this it would be a good idea to give it a go," she said.

Sonya said: "I have entered each year. I enjoy meeting other people on-line. Using your phone to make video's is something we can all do."

Students from Hills Drama School have also entered the contest making a collection of films between them.

For 12-year-old Willow Speers from East Kurrajong, it was a novel experience being behind the camera instead of in front of it.

Willow has a few big roles under her belt already, playing Ruby Rafter in the upcoming

Back To The Rafter series and Shani in the feature film *Mother Mountain*. She is also in the short film *Giants* playing during the August Melbourne International Film Festival.

Her entry, *The Window*, in the SF3 competition was her very first experience behind the camera and was made with the help of her classmates at Hills' Drama School. It's a short film about a family of Vampires who have decided to 'go vegetarian', however the lapse of one family member comes with a hefty price.

Willow said that her story was inspired after her experience on 'Giants' where she learned that you can make a movie without much dialogue, yet the audience can still be made to feel something.

"She really wanted her audience to feel moved," said her mum Trish.

"What she enjoyed most, was finding out how to use editing software to overcome the challenges outside of her control, such as location, absent cast members and filming times and also the fun and support she had in working with her fellow drama students at Hills Drama School.

Aaron Scully who teaches acting at The Hills Drama School said the SF3 project had been a great project for students in his Advanced Kids Class.

"Each term we give ourselves a goal - to write, shoot and edit a film project. Previously we have made comedy sketches, a drama, a murder mystery as well as several other short films. When we came across the Kids category of SF3 and we thought it would be a great



Sisters Sonya and Jaime Clarke on screen during Smart Fone filming.

opportunity to submit. We came up with three different film ideas and allocated a writer, director and editor for each of them. "

As well as *The Window*, the other projects include *Lucy Loco*, about a funny interrogation and *Always Watching*, about a teen who is forced to go to a therapy session in juvenile prison.

"Although almost all of the students in this class have acting agents and are committed to performing, it was also their first time making a film on their own. It was a great challenge for them and I'm proud of what they achieved," he said.

Australia's international smartphone film festival (SF3) is now in its seventh year and the deadline for entries has been extended to September 1.

There is over \$40,000-worth of prizes, including mentorships, classes, memberships, apps, lenses, mics, phones and tablets.

All movies must be shot entirely on a mobile phone or tablet.

Categories include:

- SF3 Kids and SF3 Teens - short films by filmmakers 16 years and younger
- SF3 Feature Film Award - feature films 40 mins and longer;
- SF3 Mini: 'RISE' – shorts with a maximum three minute time limit.
- SF3 Gala Awards - short films up to 20 mins in length;
- Enter at www.sf3.com.au

THE SHOW WILL GO ON (EVENTUALLY)

By ANNETTE SNARS

It's during tough times such as COVID restrictions, health concerns and job security worries, that we would like to draw on our entertainment venues to help us through, but sadly, with lockdown, theatres are amongst the hardest hit with immediate closure and no clear indication of reopening.

Saturday, June 26th was to be closing night for Castle Hill Players' highly successful season of Martin McDonagh's *The Cripple of Inishmaan*, however, a government announcement of a lockdown commencing at 6pm that day forced the cancellation of the performance.

Director, Dave Went felt a deep loss for his 18 strong cast and crew who were unable to perform one last time, share in the success, the fun and excitement of that final audience, and



Rebekah Mowbray and Amy Austin in *Entertaining Angels* (photo Penny Johnson)

get together at the end of the show to say thank you and farewell to each other.

'What we really need after all this is a really great party to properly lay rest to our many visits to the Isle of Inishmaan!' Dave relayed to his cast via the group Facebook page, promising the traditional closing night party will definitely go ahead at some point in the future.

Not to be forgotten in all this, the 12 member cast and crew of the incoming play, *Entertaining Angels* by Rupert Everett, directed by Jennifer Willison, have been placed on hold, with their rehearsals now being conducted via Zoom.

They have no access to the stage (at the Pavilion Theatre, Castle Hill Showground), denying them any opportunity to build their set, let alone make the Green Room their own, and work towards opening night.

The play was originally due to open this Friday, July 30, however that became impossible with the announcement of an extended lockdown period.

The complex set of 'Inishmaan' remains onstage and when the theatre is finally reopened it will be all hands on deck to bump out and commence building the 'Angels' set in the shortest time possible.

While a set bump out takes 3 to 4 hours, the build and set dressing can take up to three weeks, but it is highly likely the team won't have anything like that amount of time, in the hope of getting *Entertaining Angels* on stage and in front of audiences at the very first opportunity.

We would like to think we could present 'Angels' and Roald Dahl's *The Witches* this year, but it is all completely dependent on lockdown ending and the theatre being open to the public. Until then, performance dates are very much up in the air.

CHP President, Bernard Teuben, stated in the July edition of the members' Newsletter: "If the lockdown continues much longer the remainder of the season will be a bit of a shambles, but the committee is constantly monitoring the latest and reviewing the options, so keep an ear out and book your tickets early when the dates are confirmed and on sale again."

Sound advice from Bernard, who knows all too well 'the show must go on!'

Announcements will be made on the CHP website www.paviliontheatre.org.au and on the Facebook Pavilion Theatre - Castle Hill Players.



Cast and crew on the set of *The Cripple of Inishmaan* (photo Chris Lundie)

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OLYMPIC DREAMS NO HURDLE TOO BIG

By **BEV JORDAN**

There are 24 records that Nic Hough still holds at Hills District Little Athletics including age records in running, high jump, shot put, triple jump, long jump and, of course, hurdles.

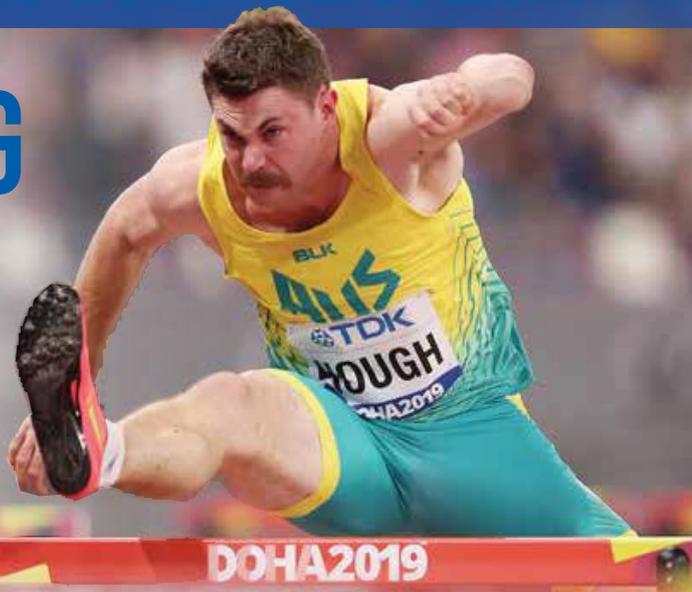
The 27-year-old Baulkham Hills resident is due to compete in his first Olympics in the 110m hurdles this week. He did qualify for the Rio Olympics in 2016 but injury a few months before the competition kept him away.

Hough has represented Australia at four world championships and two Commonwealth Games and captured a Bronze medal at the Gold Coast Commonwealth Games in 2018 achieving a personal best time.

The former King's School Captain's international debut came at the age of 16 at the inaugural 2010 Summer Youth Olympics in Singapore, Hough won Gold in the 110m hurdles in a new personal best of 13.37 seconds to become the first ever Youth Olympic Games hurdles champion. He followed this up in 2012 with silver at the IAAF World Junior Championships.

He continued his international development and in 2014 competed for Australia at the Commonwealth Games reaching the final.

He then competed at his home Gold Coast Commonwealth Games in 2018, claiming a bronze medal, and most recently competed at the 2019 Doha World Championships securing



a semi-final spot. He is currently studying a combined degree of Bachelor of Information Technology and Bachelor of Laws at Sydney University.

Former Baulkham Hills resident and Hills Sport High student Brandon Starc is also representing Australia at the Tokyo Olympics, his second Olympics.

GEORGIA'S BIG RACE

By **LAWRENCE MACHADO**

Georgia Winkcup, 24, who runs in the 3000m steeplechase, has a rich pedigree: Her grandmother Betty Moore was an 80m hurdles world record holder.

Moore set hurdles records for NSW during the 1950s while at university and travelled to England where she started training with the British athletics team, winning the British hurdles championship.

She was selected to represent Great Britain in the 1960 Olympic Games in Rome but was disqualified from competing because she had lived in Britain for only 22 months, two months short of the required time.

Her Olympic dream has now been passed down to her granddaughter who

juggles her corporate law career with her love of athletics

"I started athletics at Cherrybrook Little Athletics because my grandma had been a fantastic hurdler when she was younger and she encouraged my cousins, brothers and I to have a go," Winkcup says in her Olympic profile.

Initially a distance runner, in her teens she started steeplechasing under her then coach Ross Forster. She enjoyed the event and had some success.

She won the 2013 All-Australian under-18 2000m steeplechase title and was a finalist at the 2016 World Junior Championships. Winkcup's success is impressive as she had to overcome injuries and setbacks.

In 2019, Winkcup broke the national 3000m steeplechase record while winning gold.



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STARS ON SHOW

RY FOR MANY TALENTED
E 2020 TOKYO OLYMPICS.

Our representatives include Jenny Blundell, Georgia Winkcup and Rachel Lack (softball) - who all started their careers at Cherrybrook Little Athletics - while Matildas star Kyah Simon played for Quakers Hills Junior Soccer Club and Hills Brumbies and athlete Nicholas Hough from Baukham Hills has a list of titles to his name.

BLUNDELL BORN TO COMPETE

By LAWRENCE MACHADO

Olympian Jenny Blundell will be one of Australia's medal hopes in Tokyo but her journey started more than 20 years ago at Cherrybrook Little Athletics.

Blundell, 27, who runs in the 5000m in Tokyo, made the semi-finals in the 1500m at the 2016 Rio Olympics.

She stood out at Cherrybrook LA, regularly smashing state records and remarkably at just 15, won the Australian 800m title in the U20 category. "I feel that in some way, athletics chose me, from such a small age, I had the talent and will to compete," she says in her Australian Olympic Committee comments.

The Cherrybrook Technology High student, who finished fifth in the 800m at the 2010 Youth Olympics, credits her club coach Valmé Kruger for turning her into a champion.

"I would not be the runner I am today without (Valmé's) guidance for 10-plus years," Blundell told The Aussie Runner podcast.

"She has bred me to be a low mileage but very good runner. There was never junk mileage and my now coach Jimbo (James Fitzgerald), he is very for that as well.

"Valmé bred speed into me, she didn't want me to touch the 1500m until I was in Year 11, Year 12, even though I was really good at cross country ... as soon as cross country season was finished it was like 'Right, 400s and 800s ... you'll never get this opportunity to do speed ever again in your life. You're in this for the long haul'.

"She knew I had talent and she just made sure that I was never pushed too much ... she is a gem."

Blundell speaks regularly to Kruger, saying she was like a second mother to her.

"I often reflect on the sessions we used to do and make sure that we are incorporating philosophies of that," Blundell said. "(Valmé) was very time-orientated, because growing up I didn't have too much competition so I was time-trialling all the time. So I did reflect on that over the last month to do my races by myself - it was very fitting to draw upon how I ran growing up."

She visited Cherrybrook LA last season to support the cross country runners.

- Top international photo finish official Janet Nixon is also associated with Cherrybrook LA as her children did athletics here.
- Cherrybrook LA season runs from September to March, offering Friday night competitions on a rotating roster of events for children aged 5-16 of all abilities.

Registrations are open during August. Details: cherrybrookathletics.org.au.



Jenny Blundell has been racing for many years at the highest levels



Jenny Blundell and her former coach Valmé Kruger.

TEAM PLAYERS SHINE

By LAWRENCE MACHADO

KYAH SIMON (FOOTBALL)

KYAH SIMON, one of Australia's most capped and award-winning footballers, has battled injuries throughout her career. She never lacked confidence. At her first training session at Quakers Hill, Simon, then eight, famously told her mum she would one day represent Australia in the Olympics.

In 2011, Simon became the first Indigenous Australian to score a goal in a FIFA World Cup, having made her debut for the Matildas in 2007, aged just 16.

A veteran of World Cups, Asian Cups and the 2016 Rio Olympics, Simon has thrived in the top leagues in Europe, the US and Australia.



Matilda star Kyah Simon in action

The ace striker regularly runs coaching camps for juniors in the Hills and around NSW.

"I come from a rugby league-playing family and began playing football at the Quakers Hill Juniors where I was one of the two females in the team," Simon told me a few years ago. "I like to go back to the club and help them because they have given me the first opportunity to play rep football. It's a huge honour they have named the golden boot after me and that will always keep me tied to the club."

The Matildas play Great Britain in the Olympic quarter finals tonight (Friday, July 28).

RACHEL LACK (SOFTBALL)

Rachel Lack, 26, who was named Softball Australia's Female Athlete of the Year in 2013, took to the sport aged nine.

Lack helped Australia win bronze at the 2014 World Softball Championships and in 2019, was named Most Valuable Player and Player of the Grand Final at the Australian Championships. Growing up, she also took part in hockey, cross country, football, futsal, netball and swimming.

Lack, who worked as an exotic animal keeper at the Zamboni Native Wildlife Retreat, said her stint at the University of Hawaii enhanced her game. "It was eye-opening," she says in her Olympic profile. "It definitely gave me a bigger perspective on the sport... it was a real learning curve."

Although beating Italy, the newly named Aussie Spirit team missed out on the quarter finals leaving host country Japan to win the Gold medal, USA claimed silver and Canada bronze.



Softballer Rachel Lack



Ray Williams MP

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Phone: (02) 8882-9555 Email: castlehill@parliament.nsw.gov.au Website: www.raywilliamsmp.com.au



COVID-19 SUPPORT

The joint NSW Government and Commonwealth support programs have been significantly boosted to give greater support to businesses and individuals impacted by the 2021 COVID-19 lockdown.

Business: Register for a call back from the Service NSW business Concierge via: www.mybusiness.service.nsw.gov.au/concierge

Individuals: Visit the Services Australia website for information and to apply for the COVID-19 support: www.servicesaustralia.gov.au

Households: There are more than 70 rebates and savings that the NSW Government offers to help ease the cost of living. Call Service NSW 24/7 on **13 77 88** or visit: service.nsw.gov.au.

Congratulations!

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NORMAN ANDRE JONES

A CALL TO LOCAL VETERANS

The RSL is the largest veteran not-for profit organization in Australia with sub-Branches in most suburbs and towns in its states and territories. In NSW, there are over 350 sub-Branches where veterans gather to observe commemorative activities such as ANZAC Day, get support for themselves and families, enjoy camaraderie with fellow veterans, participate

in social activities themselves with their families and much more. The Castle Hill RSL sub-Branch would welcome veterans joining it and for them to be involved in what it does for veterans and their families. Contact details are (02) 8858 4809 or Castle-HillsB@rslnsw.org.au

MORE PARKING AT WINSTON HILLS

Construction works will recommence soon on new commuter parking on Junction Road, in Winston Hills to provide more than 100 much-needed car parking spaces for people using the bus services along the M2 motorway.

Hills Shire Mayor, Michelle Byrne said: "Easy, safe and convenient parking not only benefits those who drive part of their journey to access the bus services, it's also an incentive to use public transport."



She said the work will create 60 jobs across a variety of fields.

Parramatta City Lord Mayor Bob Dwyer said the car park was going to make "a big difference" for many residents who have long been asking for more safe and convenient commuter parking in Winston Hills.

State Member for Seven Hills, Mark Taylor MP said he was pleased to see the carpark - a NSW Government election commitment - being delivered for the Winston Hills community.

"More car parking spaces means better access to M2 buses for all commuters," Mr Taylor added.

The Hills Shire Council is delivering the new spaces, drainage and footpaths upgrades as part of a \$2.5 million NSW Government grant.

So far, the detailed design is complete and preliminary site works have commenced.

Meanwhile, community consultation was completed by the City of Parramatta Council, as the adjoining residents reside within their Local Government Area (LGA).

During construction, there will be no parking on either side of Junction Road, between Romulus Street and Hillcrest Avenue. Alternate parking is available nearby.

For further details and alternate parking locations, visit: www.thehills.nsw.gov.au.

WINDSOR BRIDGE WORK

Major work is now complete on the entire Windsor Bridge replacement project, marking the end of almost three years of construction.

State Member for Hawkesbury, Robyn Preston MP, said the opening of the whole of Thompson Square, including the park, terrace and viewing platform, gives back to the community 500 square metres of recreational space and marks the end of major work on the project.

"Since the late 1700s, the historical Thompson Square has undergone many significant changes to transform into the recreational space it is today," Ms Preston said.

"The most recent changes will provide better access for pedestrians and cyclists including to The Terrace carpark and Windsor Wharf, as well as improved safety and amenity with new lighting and landscaping.

"Transport for NSW has also paid homage to Windsor's history by installing heritage interpretation signs throughout the square as well as a viewing platform made from parts of the original Windsor Bridge.

"In addition, thousands of artefacts including Aboriginal stone artefacts used for hunting and fishing were salvaged during the project and many of them are now on display at the Hawkesbury Regional Museum in Windsor."

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-known 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

rossfzpatrick@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 pencils or brushes to practice your drawing or painting with Ruth, browse the library for a book to read or simply just relax, have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.

Ann | 02 4576 5031

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.

Allan | 0439 831 531

alldavisguitar@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 - Kellyville Castle Hill Mixed

Meets at 10am on 2nd Thursday of each month at Muirfield Golf Club, Barclay Rd North Rocks. New members welcome.

Pam | 0417 667 067

pamelaloves66@gmail.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

sitthehills@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/thehillslclearningcentre

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



PICNICS PAST REMEMBERED

As we cope with Lockdown restrictions our regular writer of all things historic IVOR JONES continues with his story of picnics past and the places he loved to visit.

In the memoirs of writer Graham McInnes, he wrote of a typical family picnic in the bush in the early 1930s describing how, as a child, he was “awarded the special and coveted task of swirling the billy” and making the tea.

He went on to write “When the billy was on the boil, hung by its handle from a pole supported over the fire on two forked sticks, I would throw tea by the handful into the bubbling water then quickly, before it would stew, unthread the billy, grab the handle firmly and swirl it around in a vertical circular motion among admiring friends who were amazed, so they said, that when the billy was upside down above my head its contents did not drench me with boiling tea.”

My late mother-in-law once regaled my wife and I with a tale of going on a picnic at Parramatta Park many decades ago, possibly in the 1920s.

“We were taken to Parramatta Park where there was a little waterhole on part of the river, called “Little Coogee”. One day it rained very

heavily and we hastened to shelter under the railway bridge. Only the rich had umbrellas and we weren't rich.

“The ladies wore Crinoline hats in those days, a light mesh stiffened with a type of glue. Dainty, wide brimmed and colourful when dry, a gooey, floppy mess when wet. Mum's was a lovely rose pink and it wasn't long before a pink goo was running down her neck. We all came home on the train draped in baby nappies, but it was fun and a great day was had by all.”

“During the Depression years, Mr McDonald, who lived close by, had a produce store in Lidcombe. During the weekends he often took his wife and family of five girls and five boys and as many other families as he could fit on his lorry on picnics.

“The ladies baked and shared their cakes around. Dads came too, we loved those trips, lorries were often seen loaded such as this, but when more cars clogged the roads and became capable of higher speeds it became illegal to carry people this way.”

When I came to Australia my parents would often take the family on picnics to Bobbin Head, Coal and Candle Creek and to Wallacia in the early 1960s.

In the past my wife and I have enjoyed a picnic lunch at Macquarie Park at Windsor, Wisemans Ferry Park, the park at Berowra Waters, Lake Parramatta and at the park alongside Ebenezer Church among others and often taking our dogs for walks with us.

There are so many parks and reserves throughout the district to be explored. Why not go for a drive and check some of them out. You may be amazed at the variety and beauty of our district.

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 2153.

AS WE WERE

PHOTOS FROM THE PAST

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AREA DURING PAST DECADES.



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17 ROSE ST, BAULKHAM HILLS NSW 2153.



KANGAROO DREAMING

Hills artist Dr Leonard Smith who goes by the name Thomas (to honour his late twin brother) has designed a special Kangaroo Dreaming colouring-in template for Hills Shire Council.

Residents young and old are being urged to colour in the work and submit their entries online at www.thehills.nsw.gov.au/Library/Kangaroo-Dreaming-Colouring-Challenge

A council spokesperson said the online Kangaroo Dreaming exhibition will continue through lockdown.

Once restrictions are eased and Hills Shire library branches are open, residents are encouraged to bring in their completed artwork to go on display at Castle Hill Library. Those who submit will also receive a thank you gift.

Dr Smith, a descendant of the Biripi people on the mid-north coast of NSW, is passionate about telling the story of his people and his ancient culture through his art.

"My whole aim of my art is to educate from the ground up – children and adults alike – about Aboriginal culture and history with its storytelling," he told council's Focus Magazine.

"Aboriginal and Torres Strait Islanders have occupied Australia for more than 65,000 years. We are the oldest continuous nation on Earth."

Dr Smith says he is proud to take part in the challenge and is encouraging residents to get involved.

"I hope children and adults learn more about the beauty of Aboriginal art, particularly dot art," he says.



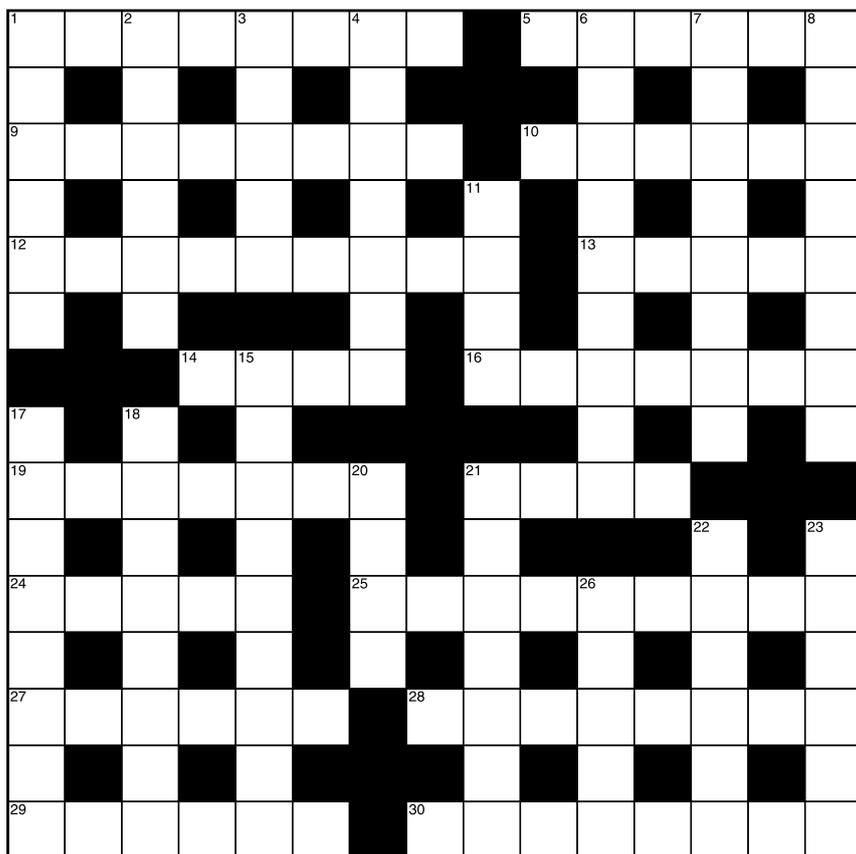
CROSSWORD PUZZLE

Across

- | | |
|-------------------------|------------------------|
| 1. Forefather | 19. Skies |
| 5. Madman | 21. Uses spade |
| 9. Exterior | 24. Period of darkness |
| 10. Two-piece swimsuit | 25. Woven roofing |
| 12. London's ... Square | 27. Polar covering |
| 13. Store away greedily | 28. Grow |
| 14. Not as much | 29. Sifted |
| 16. Inheritance | 30. Counsellors |

DOWN

- | | |
|----------------------------|-------------------|
| 1. Salesmen | 15. Ensur |
| 2. Airline, ... Pacific | 17. Neighs |
| 3. Middle Eastern country | 18. Tissue rot |
| 4. Navels & Seville | 20. Solidifies |
| 6. Descending (from train) | 21. Sapped |
| 7. Mimicked | 22. Heat illusion |
| 8. Juvenile | 23. Concur |
| 11. Curved entrance | 26. Royal dog |



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- | | |
|-----------|-----------|
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| BARRACUDA | HAGFISH |
| BASS | LAMPREY |
| BIGEYE | MACKEREL |
| BLEAK | MONKFISH |
| CARP | PERCH |
| CATFISH | SALMON |
| FLOUNDER | SWORDFISH |
| GROUPE | TENCH |
| GUPPY | TROUT |

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

WORD SEARCH

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

Answers from last issue

CODE WORD

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

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
					X	
8	9	10	11	12	13	14
			B			
15	16	17	18	19	20	21
		L				
22	23	24	25	26		

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

SUDOKU

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

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

SUDOKU

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



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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					

Across

- 1. Recreate
- 7. Eg from Tokyo
- 8. Form of public transport
- 9. High-kicking dance
- 10. Speak indistinctly
- 11. Mournful poem
- 13. Noisiest
- 15. Bodyguards
- 17. Lazy person
- 21. Rounded protuberance on a camel
- 22. Humorously sarcastic
- 23. North American nation (abbrev.)
- 24. Lengthen
- 25. Molecule that binds to another

Down

- 1. Mob
- 2. Brawn; strength
- 3. Expel
- 4. Underwriter
- 5. Unequal (3-5)
- 6. Important topics for debate
- 12. Putting into categories
- 14. Uncomplaining
- 16. Bitterly
- 18. Small pit or cavity
- 19. Esteem
- 20. Lowed (anag)

SUDOKU
Rating: ★ ★ ★ ★ ☆

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

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

Answers from last issue

CROSSWORD

R	A	P	T	A	N	S	W	E	R	E	D	
E	H	W	E	H	O	A						
P	R	O	P	H	E	T	O	N	S	E	T	
O	T	E		L	T	A						
R	I	O	D	E	J	A	N	E	I	R	O	
T		L	T	H	U	A						
E	M	U	B	A	T	H	E	M	O	B		
R	P	A	I	A								
S	H	O	R	T	C	I	R	C	U	I	T	
C	E	R		T	N	R						
I	D	A	H	O		I	N	E	R	T	I	A
A	V	W		C	D	I	C					
O	V	E	R	S	T	E	P	E	A	T		

SUDOKU

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

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