

# Hills to Hawkesbury

## Community News

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27th August - 10th Sept 2021 | Vol 38 - Issue 16  
Local Stories, Local Events, Local People and Local Businesses



## HANNAH'S HOPES IN JAPAN

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# THINGS TO SEE AND DO

From collections of painted spoons, to randomly placed painted rocks and colourful chalked designs on footpaths, the community is coping with lockdown the most creative way it can.

Hills Community Aid at Baulkham Hills has been thinking outside the box to actively support the local community to remain healthy and connected. Following the popularity of its Olympic Flag Treasure Hunt around Balcombe

Heights Estate it has now launched a Neighbourhood Treasure Hunt around the estate which is at 92 Seven Hills Road, Baulkham Hills opposite Jasper Road School.

Participants, who have to follow COVID regulations, can download a checklist of items to search for during local neighbourhood walks or pick up a copy of the treasure hunt via the Street Library outside Turner Building near the entrance of the

Balcombe Heights Estate. They are also launching a September Activity Challenge where people will be encouraged to undertake activities that promote new skills, wellbeing and meaningful connections (see page 31).

Hills Community Aid is also offering a range of free online forums including School Parent's Pick Up Chat, Playgroup Online with qualified staff, Tuesday Tech Talk and Crochet with a Cuppa. For those seeking fun and relaxing workshops, there are a range of affordable options including; Chair and Floor Yoga, Zumba and Meditation in Motion.

HCA's Community Engagement Officer Anita Fisher said: "We love receiving feedback from people on how the activities and forums we provide enable them to feel connected and an active part of their community. Many people we work with live alone and the social connection through online forums and classes is vital during lockdown"

More information visit the Hills Community Aid website. [www.hca.org.au/whatson-old](http://www.hca.org.au/whatson-old) or call **9639 8620**



Shelby (12) and Cady (10) with the treasure hunt list.

## HELP WHEN NEEDED

- The Beyond Blue Coronavirus Wellbeing Support Service can be accessed via phone on 1800 512 348 or online at [coronavirus.beyondblue.org.au](http://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)

## LIBRARY FUN ONLINE

The Hills Shire Library Service has partnered with Western Sydney Local Health District to deliver FREE live health talks, curated reading lists and expert tips and resources to keep people happy and healthy during the Sydney lockdown. For more information, visit The Hills Shire Library Service: [www.thehills.nsw.gov.au/Library](http://www.thehills.nsw.gov.au/Library)

Hills Shire Mayor Dr Michelle Byrne said it was the perfect time for people to start or re-engage on their health journey.

"It's such an overwhelming time, with COVID-19 disrupting our daily lives and schedules. It's easy to feel unmotivated, tired and stressed in lockdown.

"That's why initiatives such as Library Health Month are so important. They provide residents with free access to tips and resources that enable them to learn more about their body, living an active life and how to implement healthy habits into their day."

She said she and her daughter have enjoyed cooked during lockdown and so she was looking forward to the Healthy Snack and Lunch Ideas for Children Workshop."

**Hawkesbury Library Service** is bringing its popular drop-in pre-school programs Storytime and Rhymetime online via Zoom.

Zoomtime Rhymes are held every Monday from 10am to 10:30am and offer our younger

audience, the opportunity to rhyme and sing along to well know nursery rhymes, and the opportunity to interact with other children from the safety of their home. The session is fast paced and jammed full of songs and rhymes.

Zoomtime Stories are held every Thursday from 11am to 11:30am and is a fun and engaging event for children aged from 3-5 years, who enjoy listening to stories. The session includes stories, songs and rhymes based around a specific theme.

The free events will be held every week while the libraries remain closed. Bookings are essential and can be made using Eventbrite [hawkesburylibrary.eventbrite.com](http://hawkesburylibrary.eventbrite.com) The Zoom links are provided when the booking is made.

# Hills to Hawkesbury

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# VOLUNTEERS HONoured

By **BEV JORDAN**

Castle Hill United's Chris Kirk has been named the region's Volunteer of the Year by the The Centre for Volunteering and St John Ambulance volunteer Ethan Hariputhan has been named Young Volunteer of the Year for North West Sydney.

The NSW Volunteer of the Year Awards were announced on Tuesday (August 24) and cover the Hills to Hawkesbury region.

Senior Volunteer of the Year is Robin Deaves, a team leader with Parramatta Council's Community Care Volunteer Team and Volunteer Team of the Year is the Castle Hill Branch of the CWA of NSW.

The annual awards are run by The Centre for Volunteering to recognise the outstanding effort of volunteers throughout the state and supported the NSW Department of Communities and Justice and ClubsNSW.

## North-West Sydney Volunteer of the Year

**Chris Kirk** from Castle Hill has been involved with Castle Hill United since he migrated from the UK with work four years ago and volunteers as equipment manager, grounds manager and referee co-ordinator. A senior referee, Chris referees between three and 12 games a week and has grown the junior referee programme to 25 junior referees this season. He spends up to four hours on a Friday afternoon inspecting

fields and line-marking before weekend games and after a full day's work with a fire safety company.

Chris served in the British Army for 17 years, completing two tours of Iraq and suffers from PTSD, depression, and anxiety. He told the *Hills to Hawkesbury Community News* that it was his wife Katherine who suggested he volunteered at the club's grounds to help.

"I started line marking when I first came to Australia ... it's very therapeutic," he said. The youngest of the couple's five children play at the club, Chris coaches his son's Un14 team and the two younger girls (12 and 11) play on Sunday. He also plays for the over 35s team.

Chris said he and his wife and youngest daughter watched the awards via Zoom at their home. "There were so many people (nominated) and I have so much respect for them."

He said he was very shocked when he was announced the winner and "really proud."



Robin Deaves

Chris Kirk

Ethan Hariputhan

**Ethan Hariputhan**, from Bella Vista is a volunteer with St John Ambulance, starting with the North Rocks Cadet Unit. He is studying to be a paramedic.

## Senior Volunteer of the Year – Robin Deaves

works with elderly people in the local area to provide opportunities for social interaction. In 2020, when COVID-19 forced activities to be suspended, Robin regularly contacted each participant to make sure they were okay.

*Turn to page 7*

## Riverside GARDENS



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\$16m drug haul at East Kurrajong

## FIRES DESTROY CANNABIS CROPS

Police have seized more than \$16-million worth of cannabis following a fire at East Kurrajong on Wednesday, August 19th.

Emergency services were called at around 10.30am following reports of a shed fire. The blaze was extinguished by Fire & Rescue NSW, assisted by NSW Rural Fire service, when it was discovered that the property was being used for the large-scale cultivation of cannabis.

Officers from Hawkesbury Police Area Command established a crime scene and detectives from State Crime Command's Drug and Firearms Squad commenced inquiries, dismantling equipment consistent with the cultivation of cannabis and seizing 4,555 cannabis plants with an estimated potential street value of nearly \$16 million.

Meanwhile, Hills Police are investigating a fire after a suspected hydroponic cannabis



House fire Castle Hill

plantation was discovered in a burnt out house in Castle Hill.

Emergency services were called to Blackett Drive, Castle Hill at 12.30am on Wednesday August 18th, following reports of a house fire. Officers from The Hills Police Area Command and Fire and Rescue NSW attended and found a house well alight.

Fire and Rescue NSW extinguished the blaze, however the house, which was not occupied, was completely destroyed. The remains of the cannabis plants and hydroponic set-up were discovered in the burnt out building.

Anyone with information about the cultivation and supply of cannabis is urged to contact Crime Stoppers: **1800 333 000** or [nsw.crimestoppers.com.au](http://nsw.crimestoppers.com.au). Information is treated in strict confidence.

## FRAUD CHARGES

Raptor Squad investigators have charged a further seven people and seized a firearm, poker machine and luxury goods valued at \$60,000, as part of ongoing inquiries into fraudulent bushfire and flood claims.

In August last year, detectives from the State Crime Command's Raptor Squad established Strike Force Fireant to investigate outlaw motorcycle gang (OMCG) members and associates allegedly involved in obtaining fraudulent funds through NSW Government grant schemes.

In December 2020, officers executed 11 search warrants across Greater Sydney and arrested nine people – six men and three women. All nine were charged and remain before the courts.

Following further inquiries, Raptor Squad investigators effected a second phase resolution of Strike Force Fireant, and executed six search warrants at homes at Beecroft, North

Richmond, Seven Hills, Wilberforce, Shalvey and Werrington County on Thursday, August 5.

During the searches, police seized a replica Glock pistol, a poker machine, more than \$5000 cash, steroids and cannabis.

A 23-year-old North Richmond man – who is a Rebels OMCG associate – was charged with dishonestly obtain financial advantage by deception.

A 40-year-old North Richmond woman was charged with dishonestly obtain financial advantage by deception and attempt to dishonestly obtain financial advantage by deception.

A 28-year-old Wilberforce man – who is a Rebels OMCG associate – was charged with dishonestly obtain financial advantage by deception, attempt to dishonestly obtain financial advantage by deception and cultivate prohibited plant.

## FIREARM CHARGES

Police were called to a property on Days Road at South Maroota just before 6.30pm on Thursday, August 19th after reports a man had allegedly threatened the occupant with a firearm and fled into nearby bushland.

Officers from The Hills Police Area Command responded, along with PolAir and other specialist resources. The 48-year-old male occupant was uninjured. Following negotiations, a 50-year-old man presented himself to police. He was arrested and taken to Windsor Police Station.

A crime scene was established at the property and during a search, officers recovered three firearms and located a hydroponic cannabis setup.

The man has been charged with armed with intent commit indictable offence, cultivate prohibited plant, not keep firearm safely- not pistol/prohibited firearm, and stalk/intimidate intend fear physical harm (domestic.)

## IMPERSONATING POLICE

A 22 year Bligh Park man will appear in court next month after an investigation by Hills detectives following reports by a woman that she was intimidated on a social media platform by a male who was impersonating a police officer. It will be alleged that the man was in possession of a police uniform, and a replica pistol.

Following a Facebook Appeal on Monday August 23, a 22-year-old male handed himself in to Windsor Police Station where he was charged with intimidation, possessing police uniforms and possession of unauthorised pistol (replica). Any firearm, real or replica places members of the public and police at risk.

\*There is currently a firearms amnesty enabling people to surrender them to a registered firearms dealer or a police station without fear of prosecution.

Make an appointment first.

## MP INTIMIDATION

A 35-year-old Baulkham Hills man faces several charges after he allegedly verbally abused the Police Minister David Elliott on Friday, August 20th.

Mr Elliott was walking along Old Northern Road, Baulkham Hills near his electoral office at about 3pm when he was approached by a man, not known to him.

The man questioned the MP, recording the interaction on his mobile phone and allegedly continued to verbally abuse and intimate him as he followed him to the nearby shopping centre.

Police say a 47-year-old man attempted to intervene and was also verbally abused. Officers from The Hills Police Area Command were notified and commenced an investigation. Following inquiries, detectives attended a unit on Old Northern Road, Baulkham Hills just after 5pm, and arrested a 35-year-old man.

He was taken to Castle Hill Police Station and charged with two counts of stalk/intimidate intend fear physical harm (personal), and not comply with noticed direction re s 7/8/9 - COVID-19.

The man was granted conditional bail to appear at Parramatta Local Court on Tuesday August 31.

Mr Elliott told the *Hills to Hawkesbury Community News* he would like to thank the local resident who attempted to intervene. "Unfortunately for me, this is just another day in the office."



Man arrested in Baulkham Hills

## NEW COPS

There are new cops on the beat in the Hills and Hawkesbury areas with Probationary Constables from Class 348 assigned to their Local Police Commands on Monday, August 16.

There were three new recruits at The Hills Police Area Command (pictured), two at Hawkesbury PAC.

The probationary constables will undertake a year of on-the-job training and complete the Associate Degree in Policing Practice by distance education with Charles Sturt University before being confirmed to the rank of constable.

NSW Police Commissioner Mick Fuller welcomed the new probationary constables acknowledging they're commencing a challenging career at a challenging time.

"The pandemic is impacting many aspects of our lives but as police, we have taken an oath – a promise – to protect and serve the people of this state while exercising the highest level of integrity."



## COVID FINES

Four men have each been fined \$3000 for gathering at Centenary Park at Rouse Hill yesterday. Several people reported the four men. Officers from the Hills Police Area Command attended at 12.55pm and spoke to men who were from Rooty Hill, Blacktown and Schofields. They were each handed a \$3000 PIN (Penalty Infringement Notice).



### PROPOSAL TO UPGRADE EXISTING MOBILE PHONE BASE STATION WITH 5G ON MONOPOLE AT 589-601 SUNNYHOLT RD, GLENWOOD NSW 2768

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- Installation of three new 5G panel antennas for Vodafone and six new 5G panel antennas for Optus (nine in total). Antennas will be installed on a new mount
- Replacement of existing Vodafone panel antennas with new Vodafone and Optus panel antennas on new mounts. Each replacement antenna will measure no more than 2.8m in length
- Reconfiguration of existing and installation of new ancillary equipment including antenna mounts, RRUs, GPS antenna, cabling and other items associated with safety and operation of the facility
- Reconfiguration and installation of equipment within the existing equipment shelter.

#### 2. Vodafone regard the proposed installation as a Low impact facility under the Telecommunications (Low impact facilities) Determination 2018 based on the description above.

#### 3. In accordance with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Should you require further information or wish to comment, please contact: Kelvin Tang from Nokia Solutions & Networks on 0406 001 832 or at [communityrelations.vha@groups.nokia.com](mailto:communityrelations.vha@groups.nokia.com) by **Friday 10 September 2021**. Further information may also be obtained from: [www.rfnsa.com.au/2768001](http://www.rfnsa.com.au/2768001)



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# Practical tips for living well with DEMENTIA

## EFFECTIVELY SUPPORTING LOVED ONES

Dementia is a global issue which affects close to half a million Australians. It does not distinguish between gender, culture, geography or socio-economic circumstance.

Dementia encompasses a wide range of symptoms caused by disorders affecting the brain. While memory impairment is a symptom of the most common form of dementia, Alzheimer's Disease, dementia can also affect mood, mobility, thinking and the ability to complete daily activities.

"Dementia can happen to anybody, but it's more common after the age of 65 years," according to Maree McCabe, CEO Dementia Australia.

Maree recently spoke at a Catholic Healthcare Insight Exchange Webinar event where she shared how many of the challenges of dementia can be minimised with empathy and understanding.

"Everyone deserves to be treated with dignity and respect. People with dementia value independence and the ability to feel safe, which can be achieved best when relatives or carers understand their struggles. Building an understanding of dementia helps families build empathy and resilience in managing some of the more confronting behaviours associated with of disease."

Catholic Healthcare client, Elizabeth is 87 and living with dementia. Elizabeth's daughter and full-time carer, Christine,

made the decision five years ago to care for her Mum in her own home and has never regretted it.

"Mum has a Home Care Package which provides support and also some respite for myself and my husband."

"Our Care Advisor, Trudy, has worked with us to ensure Mum gets what she needs from the funding provided. She has organised fortnightly respite for us as well as personal care for Mum. A physiotherapist had also been arranged to visit the home and assess Mum, as she is needs help with flexibility to help her walk."

Trudy also supports Christine with information to better understand dementia and ways to support her Mum.

"We provide a long-term service," says Trudy. "If a loved one is diagnosed with dementia, we counsel clients on support services and support groups available in the community. Dementia Australia has some fantastic resources which provide advice, common sense approaches and practical strategies for people living with dementia and their carers. Everything from liaising with GPs and therapy options available."

## DEMENTIA AUSTRALIA'S TIPS

Understand an individual's background – their history, likes, dislikes and what's important to them. Engagement is incredibly important. Photos of family members or pets can prompt conversation and link to their inner world.

Treat people with dementia with dignity and include them in conversations. Talk with them rather than about them, as if they aren't present. People with dementia are especially sensitive to overstimulating environments, avoid excessive noise when possible.

Social isolation is particularly dangerous for people with dementia. It can have adverse effects on physical, cognitive, social and mental wellbeing, as well as the health of those providing care. People with dementia will enjoy activities they found fulfilling in the past, even if their condition requires adapting the activity to suit their current abilities.

Another valuable way to ensure people with dementia feel safe is by using a warm tone of voice.

**People living with dementia may not always remember what you said to them, but they will remember how you made them feel.**

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500** or visit the website at [dementia.org.au](http://dementia.org.au). For language assistance phone the Translating and Interpreting Service on **131 450**.

## VOLUNTEERS HONOURED *cont'd from page 3*

**Volunteer Team of the Year – CWA of NSW**, Castle Hill Branch organised a sewing bee to make face masks and raised more than \$10,000 to support the Women's Sanctuary at Castle Hill and St Gabriel's School, Castle Hill as well as cover the cost of much needed renovations to their CWA premises in Kenthurst.

CEO of The Centre for Volunteering, Gemma Rygate said: "The past 12 months have been tough for all of us, but volunteers have continued to dig deep to support their local communities through this adversity."

"In many cases they've had to find totally new ways of volunteering through the pandemic, but they've never given up, they've worked around it and shown enormous resilience."

The inaugural NSW State of Volunteering report found that volunteers contribute more than \$127 billion to NSW annually in social and economic benefits and that volunteers in NSW contributed 1.5 billion hours to their communities in the past year.



CWA of NSW, Castle Hill Branch





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# LETTER FOR AFGHANISTAN

By **BEV JORDAN**

A letter signed by 50 church leaders in the Mitchell electorate has been sent to Federal Minister Alex Hawke, Minister for Immigration voicing "deep concern" over the situation in Afghanistan.

Signed by leaders of Catholic, Anglican, Uniting, Baptist and Pentacostal churches in the electorate it urges the Minister to adopt the "7 steps" put forward by the Refugee Council of Australia to the Federal Government

The letter says:

*"As leaders of churches throughout your electorate, we wanted to take the time to write to you to share our deep concern at the situation in Afghanistan."*

*"We know that yourself and Prime Minister Morrison are caring people, and are no doubt personally moved by the plight of the Afghans, in particular the many women and girls who now fear for their lives and their futures."*

The letter backs Australia providing 20,000 additional places for Afghan refugees (as Canada is doing) as part of the "7 practical steps" it says the Government should take and calls for permanent protection to 4,300 Afghans on temporary protection visas.

The shortened version of the plea is:

1. Continue to do everything possible to evacuate people who are at grave risk within Afghanistan.
2. Urge governments in the region to keep borders open for people trying to flee persecution in Afghanistan.
3. Offer additional refugee resettlement places for Afghan refugees immediately, as the Australian Government did in 2015 with 12,000 additional places for Syrian and Iraqi refugees.

4. Increase Australian aid to the region to support programs to assist people who have been displaced across borders and support organisations offering assistance within Afghanistan.
5. Ensure that people whose asylum claims have been previously rejected be supported to submit new claims in the light of the change in Afghanistan.
6. Extend permanent protection to 4300 Afghans on temporary protection visas.
7. Assist Afghan Australians, including people with temporary and permanent protection visas, with urgent family reunion applications for relatives who are at particular risk.

The letter was emailed to Mr Hawke on Monday by Beck Wilesmith a NSW representative from **Micah Australia**, a non-for-profit coalition of churches.

To read the full letter visit [www.hillstohawkesbury.com.au](http://www.hillstohawkesbury.com.au) and to sign a petition of support please visit [www.unitedforafghanistan](http://www.unitedforafghanistan).

Australian citizens and visa holders prepare to board the Royal Australian Air Force C-17A Globemaster III aircraft, as Australian Army infantry personnel provide security and assist with cargo at Hamid Karzai International Airport, Kabul. Photo Defence Media

## WHO SIGNED

The 50 signatures are from representatives of several local Catholic parishes including St Michael's, St Madeleines, St Benadettes, Christ the King and St Monica's as well as the Sisters of St Joseph of the Sacred Heart and the Catholic Bishop of Parramatta; the Anglican Bishop of the Northern Region and Ministers from St Paul's Anglican Church, Rouse Hill Anglican Church, St Matthews, Kellyville Anglican, Holy Trinity and Norwest Anglican Church plus Wesley Uniting Church, Castle Hill; Northmead and Parramatta Centenary Uniting Church; Rouse Hill Baptist Church, Castle Hill Baptist Church, The Centre, Dural; Baulkham Hills Baptist and Riverstone; Dayspring and Hillsong churches and Redeemer Baptist.

## BOX HILL PARK BEGINS

Construction has started on Equinox Drive Reserve in Box Hill which should open to residents in December this year.

The works include bushland regeneration works.

The Reserve is at the junction of Terry Road and George Street in Box Hill is heavily vegetated and the park facilities are designed to blend into the existing on site setting.

Equinox Drive Reserve will feature a nature themed playground, turf kick-about area, basketball shooting circle, picnic areas with park furniture, concrete pathways and a shared pathway.

The construction works will also include a significant amount of bushland regeneration works as well as planting of trees and shrubs on the site. North Ward Councillor on The Hills Shire Council, Peter Gangemi, a Box Hill resident for over 30 years, said: "This park is one of the most eagerly awaited items in Box Hill in my time in the community."

"Local families are unbelievably excited to use the nature themed playground, walk amongst the trees and picnic in the shade at Equinox Drive Reserve. While the trend in many new release areas is to have parks that remove trees and have little vegetation, Equinox Drive Reserve is a leader in utilising the natural setting and having a high level of canopy cover for the community to enjoy".

## BUSHFIRE RECOVERY

Hawkesbury City Council will be delivering more bushfire recovery projects to the community thanks to \$1.5 million in funding from Stage Two of the Bushfire Local Economic Recovery Fund, co-funded by the Australian and NSW Governments.

The projects will deliver important infrastructure improvements, social and community outcomes and business support.

The projects include:

- Hawkesbury Business Support and Resilience Program - \$200,700
- Hawkesbury Community Continuity Project (working with key stakeholders to plan for emergency responses for future disasters) - \$368,547
- Community Advice and Support Service hubs - \$498,240.

The Mayor of Hawkesbury, Councillor Patrick Conolly, said the funding would help with the ongoing recovery of the Hawkesbury community.

"The Hawkesbury is a resilient, connected community and Council is committed to continuing to support individuals, families and businesses," he said.



# HANNAH'S TOKYO DREAM

By **BEV JORDAN**

The Paralympic Games kicked off in Tokyo on Tuesday (August 24) and for local woman Hannah Dodd it is her second opportunity to represent Australia on the world sporting arena.

The 29-year-old from Arcadia, is a proud member of The Gliders, Australian Women's Wheelchair Basketball team which played its first Group A match against host nation Japan on Wednesday.

At the 2012 London Paralympics Dodd represented Australia as the Grade 4 para equestrian rider and came just outside the top 10.

Phyllis Dodd says the youngest of her three children, was born with sacral agenesis (similar to spina bifida) as well as other medical conditions and underwent numerous operations as a tiny child. "She was in a lot of pain and was so miserable but one of her brothers put her in front of him on a horse and she just started giggling...she loved it, she was only about 18 months old," said Phyllis.

From then on she would ride as a passenger with her big brothers Phillip and David before her mother taught her to ride. She joined Pony Club at 4 years old and competed against her able bodied friends before being classified in Para-equestrian at the minimum age of 12. By the age of 13 she was competing at an elite level and was the youngest rider on the Australian Team at London in 2012.

It was at the London Paralympics that her parents, Phyllis and Brian met Jerry Hewson, a former wheelchair basketball coach, who suggested their daughter give it a go.

She did.

Dodd started playing local competitions in 2012 and by 2013 had progressed to the national league. By 2014 she was part of the Gliders extended squad and in 2015 helped the Australian team win silver at the U25s World Championships.

Dodd has been playing with the Sydney University Flames team in the Women's competition and the Wollongong RollerHawks in the men's competition.

Phyllis Dodd said: "Both teams and their respective coaches have greatly assisted and supported Hannah in her endeavours to understand the game and improve her playing. Last season The women's Sydney Flames were national champions and the men's Wollongong Roller Hawks won back to back national champions."

Dodd is one of only three Paralympic veterans in the Gliders even though her experience is in another discipline.

She has graduated with two degrees and is a qualified orthotist/prosthetist and is a public speaker for Wheelchair Sports NSW. She normally trains six days a week. Her job hunting has been on hold in the lead-up to the Tokyo Games.



Tokyo was a return to the Paralympics after a nine year absence for the Gliders which failed to qualify for Rio 2016. Sadly they lost to Japan 47-73 on Wednesday and 58 to 77 to Germany on Thursday.

The team has a big weekend ahead, taking on Great Britain on Saturday (August 28) and Canada on Sunday (August 29). Both games are at 9.30pm.

Channel 7 is televising the Paralympics.

# DOYLE'S POOL HOPES

By **LAWRENCE MACHADO**

Nathan Doyle, the high performance coach with the Australian Paralympic team in Tokyo, has strong links with Castle Hill. Nathan, who has an identical twin Brendan, worked at CHRG's Aquatic Centre for many years.

For long considered one of the top swim coaches in Australia, Nathan is at his second successive Paralympic Games. Incidentally his wife Daniele is a bio mechanist with the Australian team and is on maternity leave after the birth of their first daughter, Matilda.

Along with his mum Michelle Doyle, the manager at the CHRG Aquatic Centre, Nathan has been a great influence on many young swimmers at the centre.

"I am very proud of Nathan, who moved to Queensland in 2017 to work with the Paralympians at the University of Sunshine Coast," said Michelle, whose other children, Kahlee and Olivia are also swimmers.

Nathan was instrumental in getting Australia's top Paralympic swimmer Ellie Cole back into competition after the 2012 London Olympics. Ellie was coach and a member of the



Nathan Doyle talks to his athletes at the Tokyo Paralympic Games.  
Picture: Wade Brennan, Swimming Australia.

CHRG Dolphins squad after the 2012 London Games and until the 2016 Rio Olympics

In an interview with the *Hills to Hawkesbury Community News*, Nathan said he came close to joining the NSW Police before diving headlong into coaching.

"If I had not become a coach, I would probably have been a police officer," Nathan said from Tokyo. "I was going to join the academy in

NSW and had a job offer to be a head coach at the same time.

"It was only by chance, it was a sliding doors moment that I could have headed out to Goulburn and joined the Police Academy. I took an opportunity and had a go. So here I am sitting in the Tokyo village and not at some police station in the city CBD. So, I think I lucked out.

*Turn to page 25*





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# JERSEY DAY ACTION 2021

Jersey Day is on September 3 and was set up by the Gremmo family after local teenager Nathan Gremmo lost his life after a road accident in May 2015.

He had spoken to his family about organ donation not long before the accident and so his family agreed to donate his organs to help others. His father, Michael says the aim of Jersey Day is to encourage people to wear their favourite team jersey and have conversations with family and friends about the importance of becoming an organ and tissue donor.

This year people are being asked to post a video of themselves in their shirts doing a trick shot before September 2 and upload the video to social media using the hashtag #jerseydaytrickshot.

They should TAG @jerseydayau plus TAG a Registered Australian Charity or Sporting Club that they would donate a prize to if they won and TAG a friend with a challenge to post their own #jerseydaytrickshot

The top five top shots will win a \$1000 donation to their nominated Registered Australian Sporting Club or Charity. @jerseydayau on Social Media and [www.jerseyday.com.au/jersey-day-trick-shot](http://www.jerseyday.com.au/jersey-day-trick-shot)

Entries close Thursday, September 2 at 12pm. To register as an organ and tissue donor visit [donatelife.gov.au](http://donatelife.gov.au)



## WARNING COUNTERFEIT AUSSIE PUMPS COPIES

Although they say that imitation is one of the sincerest forms of flattery, one company, Australian Pump Industries recently caught out a scrupulous importer of third world products importing a copy of Aussie's top quality Fire Chief pumps, the world's best lightweight portable fire pump.

Australian Pump Industries introduced the Aussie Fire Chief to the market when the company kicked off it's operations around 27 years ago. Since that time, the Aussie Fire Chief has been used by major government departments, professional firefighters, farmers and even earthmoving contractors who use this great product for a wide range of duties.

The Aussie Fire Chief is claimed to out feature and out-perform all of its competitors and provides better value for money as well! Apart from that, the company backs it's product, part of the Aussie QP (Quik Prime) self priming pump range with a five year warranty!

The counterfeits first came on the market, some months ago. Our customers who bought them by mistake, thinking they were getting our product, at a lower price notified us about the poor finish of the product.

"Although the pump looks like the Fire Chief, when we went through tests and examinations of all components we found that it was purely a very poor counterfeit", said Aussie Pumps Chief Engineer, John Hales. "Apart from our own examinations, we also sent samples to a very high tech pump laboratory in Japan who also verified our initial findings", he said.

"The pump, that can be clearly identified as a counterfeit by its chrome plating of the aluminium pump housing and the way the brand name has been eliminated on the position where the Aussie QP brand is shown", said Hales. The company found major discrepancies with the counterfeit including poor machining, issues with castings and overall poor performance.

"Mistakes by the copiers in impeller design, means that the pump will overload the Honda engine that we use and which we understand they are using to drive this unit", said Hales.

Australian Pump claim this is a matter of dimensional errors that causes the Honda engine to overload and drop by around 10% of its speed with consequent loss of performance.

"Losing pressure performance could be the difference between whether you put out a fire or not", said Hales. "Tests also showed that the poor machining created leakage between the suction cap, the check valve and the delivery cover packing. That has a pressure of 7.5 kg per cm<sup>2</sup>", he said.

This leakage was generated by the aluminium burs that were around the ejector pin on the sealing surface of the suction and delivery covers.

"We suppose the counterfeit just copied the components without realising the importance of sealing of the priming's key point. From a casting point of view, the analysts observed that the gas purging structure of some of the components was poor.

Australian Pumps say that firefighting pumps are supposed to perform in line with the claims of the manufacturers and be capable of working in the most extreme conditions.

"Buying a counterfeit pump at a good price might seem like a good idea at the time", said Hales. "We understand that chrome plating is a cosmetic effect. However, we even found the chrome plating was uneven, indicating poor quality or rushed job", said Hales.

Summarising, in this particular case, the counterfeit pump weighs significantly less than the standard Aussie version, using less material. The performance was poor and fundamental quality issues were observed which would ultimately mean the pump would never perform in line with the performance of the original Aussie Fire Chief.

Both dealers and consumers need to be warned. Buying a counterfeit is always a risk and you have to question the integrity and ethics of the supplier, bearing in mind, copies are rarely an improvement of the original! As they say, be warned.

Further information on the copy product is readily available from Australian Pump Industries.



Genuine Aussie Fire Chief...  
Polished aluminium finish to body



Copy or fake pump...  
Chrome plated finished to body  
"no name" pump

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# COMMUNITY HELP FOR IVAR

By **BEV JORDAN**

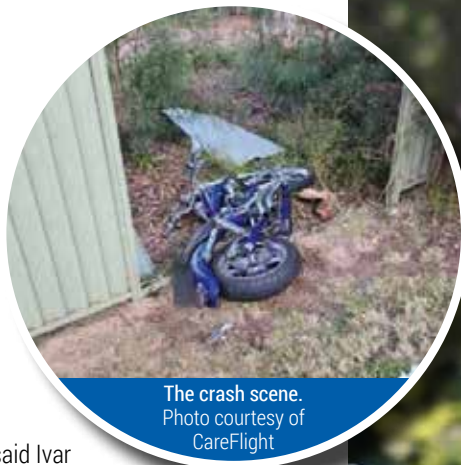
The Kenthurst community has rallied around to support a motorcyclist who lost his leg after a crash in Annangrove earlier this month.

Ivar Karklins is still gravely ill and faces a long recovery in hospital since his Harley Davidson motorcycle collided with a Ford ute about 2.30pm on Sunday August 1.

Four weeks later, he is still in ICU at Westmead Hospital and heavily medicated.

He was knocked unconscious when his motorbike rolled down an embankment before crashing into a metal fence on Annangrove Rd. Off-duty paramedics who lived nearby rushed to his aid before emergency services, including a CareFlight helicopter, arrived on scene. He was rushed to hospital in a critical condition.

The 55-year-old fencer who ran his own business has now found the community he helped, rushing to his aid after his friend and fellow Rotarian Phil Bishop created a Go Fund me page to help with on-going medical treatment. So far the page has raised over \$18,000.



The crash scene.  
Photo courtesy of  
CareFlight

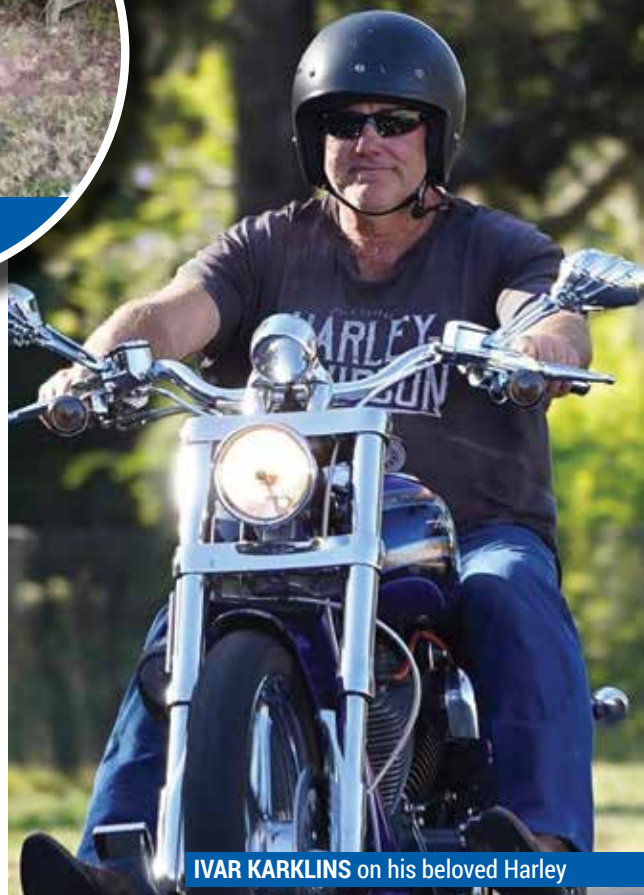
Phil said Ivar is a humble man who has given a lot of help to the community and through his volunteer work with Kenthurst Rotary Club.

"Ivar has given an enormous amount of time helping others, as a professional fencer he has replaced much of the John Benyon Rotary Park fencing (free of charge)."

Friends have helped by cleaning up the garden of his rented home and his work shed and truck. Another friend is looking after Ivar's dog Annie.

Phil said due to COVID no visitors were allowed. "When he comes out of hospital Ivar will be under significant financial pressure due to not being able to work and costs associated with the accident," said Phil. "He has a long way to go."

To donate visit [www.gofundme.com/f/help-ivar-in-his-recovery-and-rehabilitation](https://www.gofundme.com/f/help-ivar-in-his-recovery-and-rehabilitation)



IVAR KARKLINS on his beloved Harley

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# DIAMOND WOMEN

By **BEV JORDAN**

A vital support service for new mums and expectant mums has moved online and is finding that some mums appreciate the flexibility to attend, the move has given them.

Rose Pender, who coordinates the Mum2Mum program for Diamond Women, said: "A lot of women are struggling at the moment."

As well as providing support with group sessions, a mentor program, and trained counsellors it also provides care packages.

Set up as a face-to-face program, Mum2Mum group meetings are normally held in community halls and libraries.

"When lockdown happened we went online but it has enabled women who couldn't come to join the online sessions," said Rose. "The Mum2Mum sessions are held once a fortnight. It's a flexible structure."

The mums have access to counsellors and also a volunteer mentor.

Rose says: "Many feel very isolated and depressed. For a lot of young mums, their mentor and caseworker are the only people they have in Australia."

She said for many women, knowing others were going through a similar situation helped. The program helped them make connections.



Pre-COVID times. Rose Pender with Anusha and Ravinda

The free program helps women dealing with the stresses of an unwanted pregnancy and new mums by linking them up with like-minded mothers, mentors, health professionals and counsellors.

Guest speakers provide information on self-care, parenting, how to manage finances, health and nutrition, planning for the future employment skills, and relationship development.

The care packages include books, face masks, nappies, and cleaning products. Rose says a recent donation of \$1,000 from property developer Stockland will spread the joy to more women doing it tough.

For more details about the program call 1300 851 592 or visit the website [www.diamondwomen.com.au/how-we-help/mum2mum](http://www.diamondwomen.com.au/how-we-help/mum2mum)



## KEEP CONNECTED

Messages of hope and inspiration are being circulated across social media as part of the Keep Connected campaign.

Hills Mayor Michelle Byrne said she had loved looking at the many photos sent in already. "I would like to encourage everyone to get involved. It's a fun activity that you can do individually, with those in your household and with children during the extended lockdown."

Residents, business owners, charities and organisations can still send in a photo of themselves holding a message of hope and inspiration. These images will be later shared in a video produced by The Hills Shire Council.

Send your hi-res photo along with your first name and suburb to [media@thehills.nsw.gov.au](mailto:media@thehills.nsw.gov.au) until Friday, September 3.

Photos must be original and they should not breach copyright. They must also be appropriate for all ages and will be used at Council's sole discretion.



## MEALS FOR OTHERS

George's The Pizza Shop at Bella Vista and Stanhope Gardens has been helping families in need during the pandemic with its Pay It Forward Program.

The community initiative gives anybody who is ordering from them, the opportunity to purchase a meal for a local family in need. On one night last week the Bella Vista store sent out 24 - Pay it Forward Meals. If you want to donate visit [stanhopegardens.georges.pizza/](http://stanhopegardens.georges.pizza/). Donations start at just \$5.



# The Hills Shire Council News

## How The Hills Shire Council is responding to the latest COVID-19 outbreak

The Hills Shire Council announced practical support is available for those experiencing hardship during the COVID-19 crisis. Council approved a raft of measures that acknowledge the impacts of the pandemic on residents.

The new support measures include:

- Council will provide child care gap fee relief for the duration of this lockdown and for future lockdowns during this financial year to families who can conclusively demonstrate a financial hardship and that they cannot attend the centre;
- The General Manager can write-off interest charges for a period of six months on outstanding rates whereby the ratepayer is able to show conclusively they are experiencing financial hardship during this financial year and have entered into a payment plan as a result of the COVID-19 pandemic;
- The General Manager can negotiate and implement deferrals of rent payments to Council for a period of up to six months and to waiver rent payments

up to \$20,000 for tenants who can conclusively demonstrate financial hardship linked to the COVID-19 pandemic;

- Approvals of extensions for existing work zones and temporary full and part road closures for a period equivalent to the final construction industry suspension resulting from the relevant Public Health Order and subject to no additional fees being paid by the applicant; and
- The General Manager can amend, cancel or enter into new leases as required to facilitate the Local Government Election in December.

In addition to this, the Hills Shire Library Service has brought back their popular Stay Home and Read book delivery service for seniors aged over 65. This FREE service provides participants with a selection of up to 10 items to be delivered to their door while restrictions are in place.

Mayor of the Hills Shire Dr Michelle Byrne has also launched the Keep Connected initiative, which aims to boost community morale through a series of free, fun activities and online workshops. Some of the workshops that are now open for registration include artisan bread making, kids cooking classes, gardening in small spaces and more.

For more information on Council's support measures and to book a Keep Connected online workshop, visit Council's website, [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au).

## Enjoy your library at home

Library members can enjoy the library from the comfort of their own homes with The Hills Shire Library App.

With the app, you can access e-books and e-magazines, listen to podcasts and audiobooks, explore our digital collection, uncover the history of The Hills, find creative digital kids activities or even learn a new language.

The app can be downloaded for FREE from the App Store or Google Play.

For more information, visit The Hills Shire Library Service website, [www.thehills.nsw.gov.au/Library](http://www.thehills.nsw.gov.au/Library)



## Making a Submission to Council?

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

## Council Meetings

Due to the current NSW lockdown restrictions, Ordinary Meetings of Council will be broadcast live from Council's YouTube channel: <https://www.youtube.com/user/TheHillsShireCouncil>

To view Council meeting dates, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for 'Meeting Calendar.'



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## Results of the worm farming trial

In partnership with MRA Consulting Group, The Hills Shire Council conducted a worm farming trial at an apartment complex in North Kellyville, which was selected via an Expression of Interest process.

The trial aimed to provide insight into food waste generation rates, as well as capture behaviours in response to a vermicomposting (worm farming) system

being used on site for food scrap disposal. Through the trial, participating residents were able to divert 300 kg of food waste from their red lidded garbage bins, otherwise destined for landfill.

For more information about the trial, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for 'Worm farm trial.'



**Save the date**  
**2021 NSW Local Government elections**  
**Saturday 4 December**

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Visit [www.thehills.nsw.gov.au](http://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





Flautist Cathy Wainwright

# MUSIC AT THE FARM

By **GISELA HORNER** | VOLUNTEER FRIENDS OF BELLA VISTA FARM

**The universal language of music and an advertisement on a Woolworths noticeboard brought conductor Chris Upton together with, among others, flautist Cathy Wainwright three years ago.**

Chris wanted to set up an orchestra to expand opportunities for musicians in the Hills District.

Soon there were 10 musicians keen to start the orchestra. They are now a body of over 70 members, who were performing concerts in the Pioneer Theatre, Castle Hill and elsewhere in the district.

In 2019, their major concert for Orange Blossom Festival was a huge success and they looked forward to the following year, but 2020 and now 2021 were cancelled due to COVID-19.

It's hard work and these dedicated artists are all volunteers. Now their next challenge is to find a home – a venue where they can rehearse regularly and store their instruments securely.

Chris began his musical studies at eight trying many different instruments – piano, trumpet and trombone. He really wanted to play drums but as he had the longest arms, he got to play the trombone!

From 2008-2015 he was principal trombone of the Sydney Youth Orchestra and holds an Associate Diploma from Trinity College, London. He graduated from Sydney Conservatorium of Music with a Bachelor of Music (Performance) studying under prestigious Sydney Symphony Orchestra trombonists.

After attending two Music Summer Schools in Melbourne, he found his absolute passion – conducting. Chris describes it as solving a puzzle. He loves to look at a score and work out how all the parts fit together.

He is also a dedicated music tutor and is currently completing his Masters of Secondary Teaching. With his new bride Hayley, he feels lucky that his life is so full and rewarding.

Cathy started her music education at 11 learning piano and later violin. Eleven years later, after graduating with a Degree in Social Work, Cathy took up the flute. In 1990, Cathy won a full-time position as a flute and piccolo player in the Royal Australian Air Force Air Command Band.

In 2003, she joined the Royal Australian Navy Band for 11 years performing at international military tattoos in Brunei, UAE and China and the prestigious Royal Edinburgh Military Tattoo in 2012. In 2013 she performed at Gallipoli and Ankara as part of the ANZAC Day commemorations.

She holds a Fellowship Diploma of Trinity College, London, an Associate Diploma in Flute Performance and a Master of Music Degree. Cathy now runs a successful business as a private music teacher in Castle Hill.

With pedigrees such as these, Bella Vista Farm is fortunate to have the talented Hills Shire Symphony Orchestra entertain visitors every Open Day. It adds to the beauty and ambience of a perfect setting.

Look out for more stories featuring members of the Hills Shire Symphony Orchestra.

Bella Vista is closed at present. Open Days usually fall on the first Sunday of each month. We look forward to welcoming you again. In the meantime, earlier stories of Friends of Bella Vista Farm can be found on the digital editions of *Hills to Hawkesbury Community News* website: [www.hillstohawkesbury.com.au](http://www.hillstohawkesbury.com.au).



Hills Shire Symphony Orchestra playing at Bella Vista Farm

## GO WILD

Hawkesbury City Council is urging residents to help Science for Wildlife identify animals using food and water stations by watching surveillance camera footage over the internet.

Following the devastating bushfires of 2019/2020, emergency assistance for wildlife included putting out water stations and food for surviving wildlife in the Hawkesbury and other bushfire affected areas.

With funding support from their partner San Diego Zoo Wildlife Alliance, Science for Wildlife worked with local volunteers, Greater Sydney Local Land Services, WIRES, and property owners to put out water stations and do food drops.

Camera traps were then put in place to capture images showing a range of animals benefiting from the stations and how many animals escaped the fires.

Register at [zooniverse.org/projects/drkellie/s4w-bushfires-water-and-food-stations](https://www.zooniverse.org/projects/drkellie/s4w-bushfires-water-and-food-stations)

The team at Science for Wildlife would love your help to look through the camera trap images to see what can be discovered. More hot summers and droughts will come, and the findings will help to guide welfare efforts for koalas and other species during the next extreme weather event.

Here are the questions Science for Wildlife needs answered:

- Which water station designs were used, were some used more than others?
- Were the water stations still used after the heavy rains arrived?
- Which species used the water and the food drops?
- Which sites had more wildlife using the resources we put out, and how does that relate to fire intensity in that area?
- Where were feral animals present, and how many were there compared to native wildlife?



Due to the COVID-19 pandemic, the Science for Wildlife team were unable to bring the cameras back in to analyse the images and they had to leave them out for a few months.

To find out more about Science for Wildlife, visit [scienceforwildlife.org](https://scienceforwildlife.org)





# GET THOSE LAWNS READY IT IS WARMING UP

By **KAREN GODWIN** | HORTICULTURIST

Now that the weather is warming up and we move to our outdoor areas, it's the perfect time to take a good look at our lawns. There is no better feel than soft grass under your feet especially when it is green and weed free. Whether the children are playing on the lawn or you are using the lawn as an entertaining area, important tasks need to be done to keep your lawn healthy and beautiful this time of year.

The first step to achieving a healthy lawn is to bring weeds and bindii under control. Make sure the correct herbicide is used on your lawn as the product differs for broad leaf lawns such as buffalo and kikuyu. Thoroughly spray the selective herbicide making sure that every area has been adequately covered. It is best done on a wind free still day when the grass is dry and there is no impending rain. Spray before

bindii and other weeds start seeding to avoid unnecessary spread of the weeds. Within a few days, the weeds will start to wither away and you may need to repeat spray for any missed areas. Staff at the nursery can help you choose the correct weed control product for your lawn if you are unsure.

Next is a perfect time to check for any low spots in the lawn and repair with a good quality top dressing mix. The first reason to top dress is to add organic nutrients to the lawn, and the second reason is to level an uneven lawn. When top dressing the lawn, it is important to apply only a very thin layer of mix to any low spots throughout the area. Evenly rake it over the lawn and water in until most of the dressing mix has disappeared. Water the lawn every so often until the new green growth can be seen. The top dressing mixture is sold in bags at the nursery which makes this process very easy and convenient.

Finally every lawn needs to be fertilised with a good quality lawn food. Apply with a fertiliser spreader for even coverage. There are many different types of lawn food and there is certainly one which will suit your lawn area and budget. Keep up consistent mowing of the grass to maintain lawn health and to keep weeds under control. Following all of these steps will ensure you have a beautiful useable space during the warmer months. All that's left to do now is to kick off your shoes, lay back and enjoy.



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# NSW TRUSTEE & GUARDIAN'S WILLS VIDEO CONFERENCE SERVICE MEETS DEMAND AMID CHANGING RESTRICTIONS

Recent stay-at-home orders in NSW have left many in the community contemplating their financial and legal affairs and people are using the extra time at home to catch up on important life admin.

NSW Trustee & Guardian, the state's largest Will-maker, recognises this demand and offers video conference appointments for people to make a Will during COVID-19 restrictions.

"Video conference appointments mean people can stay home, reduce physical contact, and still complete this critical document," said Acting Chief Executive Officer Megan Osborne.

"It's the same level of professional service you would receive in-person: we verify your identity, conduct capacity checks, discuss your wishes and provide expert advice about a range of issues related to your Will, including the role of an executor. The only difference is how we do that, and that's through our flexible video conference service."



NSW government passed a regulation last year under the **Electronic Transactions Act 2020** to allow certain legal documents to be witnessed using video conference technology.

Since launching, NSW Trustee & Guardian has seen an uptake for the video conference service as an immediate solution to changing restrictions. It is estimated that almost 50 per cent of adults in NSW do not have a current Will in place.

"Making a Will is the best way people can protect themselves, their loved ones and futureproof their valuables and assets," said Ms Osborne. "This is our commitment to making our services as accessible as possible for NSW residents." The Will-making service is free for people on the full Centrelink Age Pension.

For more information about the video conference service or in-person appointments across NSW, visit [tag.nsw.gov.au/iwill](http://tag.nsw.gov.au/iwill)

## 1080 Poison- Wild Dog & Fox Baiting Programs

The NSW National Parks and Wildlife Service (NPWS) will be an conducting strategic aerial and ground wild dog and fox control program using 1080 poison with fresh meat, meat bait products and ejectors.

### Aerial Baiting: 30 August – 12 September 2021

1080 poison baits will be delivered aerially from a fixed wing/rotary aircraft in the Blue Mountains National Park.

### Ongoing Aerial and Ground Baiting: 17 May – 17 November 2021

1080 poison baits will be delivered on ground and aerially from a fixed wing/rotary aircraft in these reserves: Appletree Aboriginal Area, Dharug National Park (NP), Finchley Aboriginal Area, Manobalai Nature Reserve, Parr SCA, Wollemi NP, Wollemi SCA, Yengo NP and Yango SCA.

These programs are designed to minimise the impacts of wild dogs and foxes on neighbouring stock and wildlife including threatened species such as the brush-tailed rock-wallaby, following an unprecedented bushfire season in 2019-20.

Domestic animals may be affected. 1080 poison is lethal to cats and dogs. Residents should restrain domestic animals and ensure they do not enter the baiting location during poisoning operations. It is recommended that working dogs are muzzled if they are required to work near the baiting location during or after poisoning operations. In the event of accidental poisoning seek immediate veterinary assistance.



For further information contact the NPWS at Bulga on (02) 6574 5555 during business hours or check NPWS webpage alerts.

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# JULIAN LEESER MP

Federal Member for **Berowra**

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120  
9980 1822 @ julian.leeser.mp@aph.gov.au  
julianleeser.com.au f julianleesermp



## As your MP, I am here to:

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

Please contact my office if I can be of assistance.

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

## SUPPORT AVAILABLE DURING LOCKDOWN

This last couple of months has been incredibly difficult for many in our community. Whether it be parents homeschooling, businesses trying to stay afloat in any way they can or year 12 students studying for their HSC, our community has continued to show an enormous amount of resilience.

Thank you for the part you are playing in keeping this virus at bay and thank you to those who have been vaccinated.

We each have our own reason for being vaccinated,

I got vaccinated to protect my family, our community and so that I can see my wife's 95 year old grandmother when restrictions ease. Our electorate has some of the highest vaccination rates in Australia and it is more important than ever to get your vaccine if you are eligible. To check your eligibility and to book your vaccination, go to: [www.health.gov.au](http://www.health.gov.au)

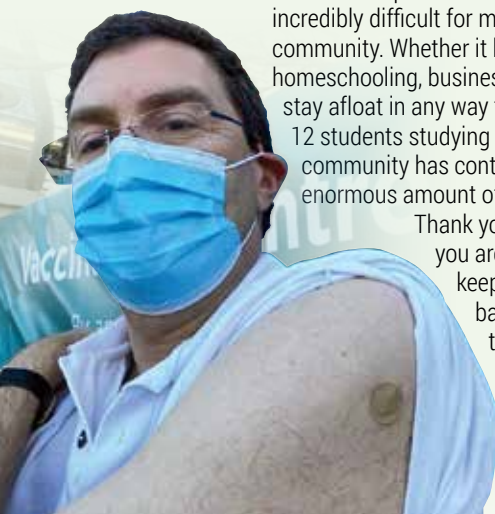
Support continues to be available to those who need it, whether it be financial, mental health or support for practical needs.

Individuals can apply for financial support through Services Australia and business supports are available through Services NSW.

Should you, or someone you know need mental health support, I would encourage you to make use of the crisis supports available below:

- Lifeline Australia on 13 11 14
- Kids Helpline on 1800 55 1800
- 1800 Respect on 1800 737 732
- Beyond Blue on 1300 224 636
- Suicide Call Back on 1300 659 467
- Headspace on 1800 650 890

My team and I are also working hard to respond to your phone calls and emails however due to the NSW Public Health Order, my electorate office in Pennant Hills is currently closed to visitors. We can be contacted at [Julian.leeser.mp@aph.gov.au](mailto:Julian.leeser.mp@aph.gov.au) or (02) 9980 1822.



## Congratulations!

CELEBRATING THEIR  
**90th BIRTHDAY**  
DOROTHY PITT  
AND  
MILAGROS LLAMAS

**100th BIRTHDAY**  
SIMON SOU TING  
YEUNG

CELEBRATING  
**60th Years**  
ANNIVERSARY

KEN & VALERIE  
**ROY**

**70th Years**  
ANNIVERSARY

ROY & IRIS  
**BAKTER**

## HAVE YOUR SAY

### ROUSE HILL HOSPITAL

It's an exciting time for the \$300 million Rouse Hill Hospital, with community consultation for the Clinical Services Planning commencing on the state-of-the-art project. This critical part of the hospital planning process allows us to understand what services the local community need, determining what will be included in the new hospital. To get involved in Macquarie Universities research, please complete the questionnaire at [redcap.mq.edu.au/surveys/?s=3FD7J7TCA](http://redcap.mq.edu.au/surveys/?s=3FD7J7TCA) to express your interest.



## FUNDING BOOST FOR GREENSPACE

The Hills Council will receive \$440,000 towards developing the Cattai Creek Shared Path, through the NSW Government's Metro Greenspace Program which includes the construction of shared pathway in accordance with the Castle Hill Showground Master Plan and Draft Cattai Creek Corridor Master Plan. This section forms part of the overall Cattai Creek Corridor link extending from Middleton Avenue to Fred Caterson Reserve, Castle Hill which has also received funding through the NSW Government's Precinct Support Scheme.

## ONLINE COVID-19 INFORMATION

Current rules and restrictions:  
[www.nsw.gov.au/covid-19/rules/greater-sydney](http://www.nsw.gov.au/covid-19/rules/greater-sydney)

Vaccine Eligibility: [www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker](http://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker)

Face Mask Rules: [www.nsw.gov.au/covid-19/rules/face-mask-rules](http://www.nsw.gov.au/covid-19/rules/face-mask-rules)

COVID-19 cases in local area:  
[www.nsw.gov.au/covid-19/find-the-facts-about-covid-19](http://www.nsw.gov.au/covid-19/find-the-facts-about-covid-19)

Nearest Testing Clinics:  
[www.nsw.gov.au/covid-19/health-and-wellbeing/clinics](http://www.nsw.gov.au/covid-19/health-and-wellbeing/clinics)

Reporting Public Health Orders Breaches: [nsw.crimestoppers.com.au/](http://nsw.crimestoppers.com.au/)

NSW & Federal Financial Support:  
[www.nsw.gov.au/covid-19/2021-covid-19-support-package](http://www.nsw.gov.au/covid-19/2021-covid-19-support-package) or [www.servicesaustralia.gov.au/individuals/services/centrelink/covid-19-disaster-payment](http://www.servicesaustralia.gov.au/individuals/services/centrelink/covid-19-disaster-payment)



## Ray Williams MP

MEMBER FOR CASTLE HILL  
PARLIAMENTARY SECRETARY TO  
THE PREMIER AND WESTERN SYDNEY

As your local Member, I will represent you in the NSW Parliament, communicate with Ministers and Government Departments on issues that concern you, attend local events, provide Justice of the Peace services, and prepare congratulatory messages for milestone birthdays and anniversaries.

Electorate Office: Suite 202 Rouse Hill Town Centre, 10-14 Market Lane, Rouse Hill NSW 2155  
Phone: (02) 8882-9555 Email: [castlehill@parliament.nsw.gov.au](mailto:castlehill@parliament.nsw.gov.au) Website: [www.raywilliamsmp.com.au](http://www.raywilliamsmp.com.au)





# COVID-19 CHECK-IN CARD



Residents who don't have smart phones or are not comfortable using the Service NSW webform can create a hard-copy COVID-19 check-in card with a unique QR code that contains their registered contact details.

Once you've created your card you can have it posted to you, or download a printable version immediately.

If you lose the card, or your contact details change, you simply create a new card. To create your COVID-19 check-in card, visit [www.service.nsw.gov.au/transaction/create-covid-19-check-card](http://www.service.nsw.gov.au/transaction/create-covid-19-check-card).

**Note:** This check-in method is only available at businesses that have a QR compatible device. It is not mandatory for businesses to accept COVID-19 check-in cards.



## REGISTRATION LINKS

Please see the following links related to travelling within NSW, workers leaving or entering a COVID-19 area of concern and registering a COVID-19 nominated visitor:

**Register to travel within NSW:** <https://www.service.nsw.gov.au/transaction/register-your-travel-within-nsw>

**Registration for workers leaving or entering a COVID-19 area of concern:** <https://www.service.nsw.gov.au/transaction/registration-workers-leaving-or-entering-covid-19-area-concern>

**COVID-19 Nominated Visitor:** <https://www.service.nsw.gov.au/transaction/register-your-nominated-visitor>

# SWIM SCHOOL PLEA

The YMCA NSW (the Y NSW) is calling on the NSW Government to support the community sport, aquatics and recreation sector to survive.

The not-for-profit organisation manages 22 leisure centres and pools across NSW – including the Hawkesbury Oasis and the Western Sydney University Hawkesbury Health & Fitness Centre.

Y NSW CEO Susannah Le Bron (pictured) said the sector has slipped through the cracks of the NSW Government's most recent \$5.1 billion industry support package.

She said, that without support industry staffing shortages would continue to balloon, the community would continue to disengage from physical fitness and wellness programs, learn-to-swim programs would suffer – putting young Australians at higher risk of drowning in the Summer.

Swim School Coordinator at the Hawkesbury Oasis, Katrina Schofield said she is concerned about the impact of the extended lockdown on children's swim skills.

"The Hawkesbury is a huge body of water. It wasn't that long ago, we had floods. In an area with rivers and dams everywhere, these are the hazards. Ensuring children can survive in their local environment is absolutely crucial and seven weeks is a long time for anyone not to be in the pool," she said.

Susannah Le Bron said: "Our organisation, and many like us, exist to better the health and wellness of NSW citizens and as a sector we are yet to receive any direct support like many other industries."

"Our income streams in the sport, aquatics and recreation space have been frozen by lockdown and we are seeing staff abandon the sector due to its uncertainty, customers are cancelling gym memberships and failing to enrol their children in swimming lessons," she said.

"We're very supportive of all measures being taken to protect the community from COVID-19 – we just want to ensure we're in good shape,

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

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

- Assisting with accessing NSW Government services
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02 9686 3110 [baulkhamhills@parliament.nsw.gov.au](mailto:baulkhamhills@parliament.nsw.gov.au) [davidelliott.com.au](http://davidelliott.com.au)

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

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

## ACCESSING MENTAL HEALTH SERVICES

Many people may be feeling anxious or worried as measures are introduced to stop the spread of COVID-19. Looking after the mental health of yourself, friends and family is an important part of staying well.

There are a number of high quality services we can access free from home. This includes a mixture of self-guided mental health resources and programs as well as one-on-one connection to professionals through webchat, online counselling and phone services.

To find out more about mental health services available across NSW, visit [www.health.nsw.gov.au/Infectious/factsheets/Pages/covid-19-accessing-mental-health.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/covid-19-accessing-mental-health.aspx). Online resources are available by visiting [www.headtohealth.gov.au/](http://www.headtohealth.gov.au/).



let alone exist to continue to service the community when we reopen in the future. The Government must extend the support other sectors have enjoyed to our struggling sector. This is a sector critical to a healthy Australian way of life."

More than 50 per cent of the Y NSW's recreation workforce is currently stood down and 15,630 memberships are suspended. The ongoing exodus of staff from these lifesaving positions exacerbates an existing shortage of qualified swim instructors and lifeguards across NSW.

# JACY'S DREAM CAREER

**JACY HAWKINS** is a true trailblazer in the male-dominated equine industry and is aiming to be a qualified farrier by completing a Certificate IV in Farriery at TAFE NSW Richmond.

With only 7 percent of Farriers in Australia being female, the 17-year-old is encouraging others to turn their love for horses into a career. She was 14 when she decided she wanted to work with horses.

"Growing up, some of my fondest memories have been made, being around horses, so I decided to follow my interest and pursue farriery. It's the perfect job for me," Jacy said. "I would encourage other women to take up the Farrier trade."

A farrier is a specialist in equine hoof care and combines skills traditionally associated with blacksmiths, with veterinarian-related skills in equine anatomy. A farrier's work includes the trimming of hooves to balance the horse, improving their performance, and the application of various types of shoes.

All horses need regular hoof care, and with Australia having the second-largest thoroughbred breeding industry in the world 1, there is a growing demand for people with specialist equine qualifications.

Jacy said: "I was aware of Farriers and did my own research into the course." She works for Ryan's Farrier Service and is just over half way into her four-year apprenticeship.

"The support from my TAFE NSW teachers and employer has been great," said Jacy. "I love every part of my job, but I especially like the fact I can work outdoors with animals."

TAFE NSW Head Teacher of Horse Industry Studies, Karlene Triffitt, said equine-industry expert teachers ensure students gain the confidence and skills to launch their career as a qualified farrier, with many going on to start their own business.

"We know the industry needs qualified farriers who understand animal welfare and anatomy and can shoe horses and perform corrective shoeing across a range of disciplines," she said.

The Richmond campus has industry-standard equine learning facilities and a large farrier workshop equipped with gas and fire forges. For more information about the range of horse industry courses available at TAFE NSW. Visit [www.tafensw.edu.au](http://www.tafensw.edu.au) or phone 131 601.



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# LOCKDOWN WOES

By **LAWRENCE MACHADO**

The rugby league season of the Hills District Bulls', which promised so much following one of their best-ever streaks, has come to an end with the Ron Massey Cup being abandoned due to the Covid lockdowns.

The Bulls were lying second and had their finals berth sealed when the NSW Rugby League announced the end of the season on August 16. Bulls coach Mick Withers said it was a bitter pill to swallow but he could understand the reasons behind the cancellation after round 15.

"We felt gutted because we were looking forward to the finals, but it is what it is," Withers said. "The pandemic was much worse than anyone thought.

"The league tried to hang on but if they wanted to restart the competition, the teams had to be back in training for at least two to three weeks, which would have stretched the season to October. We last played on June 20th (when they beat Mounties 12-8) and we were in a good place because things were falling in place for us."

Withers, a former Irish international, said they had between 50-60 players in training for the Ron Massey Cup and Sydney Shield squads. "I am in touch with the players, and we have to move on," he said.

St Mary's were the long-time leaders in the competition.



The Hills District Bulls enjoyed one of their best seasons. Picture: Rob Gleeson Photography

## WOLVES LOOK AHEAD

Windsor Wolves will aim to capitalise on their late run of form as they break up until the start of the next season. After a less than convincing start, the Wolves charged back into finals contention with four wins, two close losses and one draw to finish just a point outside the finals when the Ron Massey Cup was called off.

"I have spoken to all the players, and we are now thinking of the next season because of our excellent performances prior to the suspension of the league," Wolves coach Chris Yates said. "It has been tough on the players, who last played in June, but the pandemic is still with us.

"We want to keep as much of the squad together for the next season and plan on recruiting new players. We plan to start training in November and will also have our club awards shortly.

"The good thing about the break is being able to spend more time with the family because between training, the competition and my work, I did not have much time at home."

Meanwhile, the entertaining Kaiviti Silktales returned to Fiji earlier this month after an impressive six-place finish after 15 rounds. They plan to be back in November for pre-season training, depending on what restrictions are in place.

## NEW WAVES

Work is proceeding on the Waves Swimming Pool and Aquatic Centre at Baulkham Hills.

The \$55 million redevelopment of the much loved swimming centre started last year when the old Waves pool in Mileham Rd, opened on March 11, 1967, was demolished.

The rebuild includes a FINA Standard Olympic sized swimming pool with 10 lanes, a

combined indoor 25 metre learn to swim pool and family leisure pool, swimming clubhouse, and large gym and fitness centre.

It will also have an additional 20 metre warm water pool with spa and sauna facilities, a 25-metre outdoor pool, spectator seating, a café, water play structure and splash pad, plus additional parking.



## DOYLE'S POOL HOPES

*cont'd from  
paralympic news page 10*

"The Paralympic Village is a hive of activity, it's been a long time coming. Everyone is excited to finally put on the green and gold and start competing.

"The most challenging part is logistically and having all these moving parts, having a team of this size and it's always going to have difficulties. But we are very fortunate in having a professional team of people at Paralympics Australia and as well as the organising team here in Tokyo."

Nathan's athletes in Tokyo are Blake Cochrane, Keira Stephens, Ruby Storm, Braedan Jason, Katja Dedekind and Ben Hance.

Asked if he ever thought he would be the high performance coach for the Paralympic team, Nathan said: "No one sets out to have big end goals; it started for me as a swimmer earning an income, progressing to coaching and into a more professional role.

"My intention to begin with was to teach kids to swim and it is some small way, I am still doing the same, though I am teaching bigger kids who I am training to swim a little bit faster. It is the reason I got involved and the reason I am still involved today."

Nathan said his role models are fellow coaches Jan Cameron (who died in 2018) and Brendan Keogh, who taught him a lot. Brendan, he noted, had turned the amateur Paralympic team to a professional group over many years.

He said his biggest achievement in life is having a group of athletes who work hard and backs him as much as he backs them. "I think I always instill in my athletes that they have to be self-driven," Nathan said.

"Any sport is hard and difficult but specially for swimming, we have lots of training and we have maybe six competitions a year. To turn up and do 10 sessions a week to wait for maybe a 30-second race at the end of the year is a hard slog. You have to be self-driven and take charge of your destiny."

# SCHOOL FOR SOME CAMP FOR OTHERS



Children at The Migrant Camp at Scheyville in 1957  
Courtesy of the Migrant Heritage Centre.

Lodged between Maraylya and Pitt Town is Scheyville National Park.

The site has had various uses before becoming a National Park in the 1990s and is memorable to many who have stayed there under its varied guises.

Scheyville has a rich heritage that gives us a great insight into the past 175 years of Australian history. It has played host to a government co-operative farm and an agricultural training facility. In World War I, it was an internment camp, in World War II, a training base for the First Australian Parachute Battalion. It's also been a migrant camp for new Australians and an officer's training unit in the Vietnam War. Scheyville has seen it all. And its remarkable life continues too: around a quarter of a million Australians are linked to the Scheyville site through their ancestors. Because of this, Scheyville is recognised by the NSW State Heritage Register.

In 1896 a Casual Labour Farm was established to provide accommodation, food, training and short-term employment for the unemployed, alcoholics and down-and-out men in what was then a portion of Pitt Town.

It became known as Scheyville in 1907 due to the continuous involvement of the Director of Labour, William Francis Schey. A programme was introduced to teach basic farm skills to 'town boys' from the age of 12 who were then sent to jobs in the country.

A change in 1910 saw the commencement of the Dreadnought Scheme which brought able-bodied British youths aged from 14 to 19 years to Scheyville Agricultural Farm for training in farm skills before being apprenticed to NSW

farmers for up to three years.

The funding for the scheme was provided from £90,000 which had been raised in NSW by public subscription for the purchase of a Dreadnought class battleship for the British navy in defence of the Commonwealth.

With the commencement of WWI in 1914 the school was used briefly as an internment camp for crew from German vessels afterwards the school reverted to a farm school until 1939 due to outbreak of WWII.

As a Farm training school many a young man has received education on animal husbandry, crop raising and farming in general. The following is a copy of a letter to the Editor of the Sydney Morning

Herald dated 19 August 1936.

TO THE EDITOR OF THE HERALD.

Sir, May I again, through your valuable columns, draw attention to the wonderful opportunities the

Department of Labour and Industry offers to unemployed boys at its 3000 acre agricultural training farm at Scheyville (pronounced Skyville) in the beautiful Hawkesbury River district. Here under most favourable conditions, a lad may receive a three month's free course either in general agriculture or any special branch. He is comfortably housed and well fed and is provided with pocket money, free motor transport to and from Mulgrave Station (five miles away) when on week-end leave, and the honorary services, when required, of doctor dentist and chemist, whilst in case of emergency, expert first-aid is ever available. The physical, social and spiritual needs of the boy are also well catered for, and, at the conclusion of his term of training, a good position

is found for him. Visiting the farm about 18 times each year I can commend Scheyville most highly to unemployed boys and their parents.

I am etc

P. J. L. KENNY,

Director, Father and Son Welfare Movement,  
St. Barnabas Building, Broadway, Sydney.  
Broadway, Aug. 17.

So there we have a very brief outline of Scheyville as a Farm School in 1930s.

As a 7 year old migrant in 1953, Joe Kowalczyk recalled that he woke to discover what he remembers as "a summer camp, an adventure playground"; set in rolling bushland 45 kilometres north-west of Sydney.

"There were forests, and creeks and dams. We'd swim, make rafts and cubby houses, pick wild mulberries and blackberries, and fish. Oh, the fish, eels, catfish, carp, mullet. Mum would cook them in sweet and sour sauce, with slimy wild mushrooms. Mum's first impression was "Oh! It's a prison."

During 1964 with Australia joining the war in Vietnam the camp was converted once more to military use with the Army using it as an Officer Training School. Later the camp was used for Police training in tactical weapons use during which many buildings were destroyed or damaged. It has also been used for accommodation for students at the Hawkesbury Agricultural School.

In 1996 Scheyville was declared a National Park ensuring the preservation of the area's rich cultural and natural heritage. The park includes Longneck Lagoon, a significant wetland area and wildlife breeding ground.

## PICNICS PAST

A huge thank you to *Hills to Hawkesbury Community News* reader Alison Edwards from Bligh Park who sent in this wonderful family photo dating from around 1930s.

She says she is unsure where the Edwards family picnic was being held but it was most likely in the Maroota South area.

"My grandfather Tasman John Edwards operated a saw mill at Cattai in 1930s until his death in 1945," she wrote.

"In the photo are my great grandmother Charlotte Edwards, My grandmother Annie Edwards and Great Aunt Laura Lowe (formerly

Edwards). The children are Gloria Edwards (slightly obscured by Leura's hat) George Lowe and the baby might be Sylvia Lowe"

Alison said she loved reading Ivor's column in the *Hills to Hawkesbury Community News*.

We love hearing from readers about times past. We would also love to feature any old family photos you may have of the Hills to Hawkesbury area. Either email: [ivor.jones47@optusnet.com.au](mailto:ivor.jones47@optusnet.com.au) or write to Ivor Jones at 17, Rose Street, Baulkham Hills NSW 2153. All photos will be credited.





# AS WE WERE

PHOTOS FROM THE PAST

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

The Scheyville Farm School in 1926  
Photos are courtesy of NSW State Archives



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

EITHER EMAIL IVOR AT

[IVOR.JONES47@OPTUSNET.COM.AU](mailto:IVOR.JONES47@OPTUSNET.COM.AU)

OR WRITE TO

17 ROSE ST, BAULKHAM HILLS NSW 2153.





# COMMUNITY groups

## 2nd Castle Hill Rovers

www.gwsrovers.com.au

## Annangrove Environment Centre

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

gnolan@thehills.nsw.gov.au

## Arcadian Quilters

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

Carole | 9894 7749

## Australian Sikh Association

0433 580 539 | www.asainc.org.au  
Bushrangers Hash House Harriers

04 0828 9562

## Castle Hill Art Society

Castle Hill Art Society offers a place of art practice for artists of all ages, either in groups of various art media or classes for adults and children. Demonstrations and workshops by well-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 pencil's or brushes to practice your drawing or painting with Ruth, browse the library for a book to read or simply just relax, have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.

Ann | 02 4576 5031

## Galston VIEW Club

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

Merle 9634 2378 | 0412 110 698.

## Glenhaven Probus Club Inc

Meets 10 am on 2nd Tuesday of each month at Castle Hill Bowling Club.

secretary.glenhaven.probus@gmail.com

## Glenwood Men's Shed

James | 04 0333 8450  
Hawkesbury Artists & Artisans Trail

02 4567 7400

Leanne@mellowcrest.com

www.haat.com.au

## Hawkesbury District Agricultural Assn

4577 3591 (BH)

www.hawkesburyshow.com.au

## Hawkesbury Nepean Chapter of the First Fleeters

Meets on 2nd Saturday of each month.

Pamela Hempel | 0407 660 579

www.fffhnc.com

## Hawkesbury Woodcraft Cooperative Ltd

4721 8709

## Hills District Women's Bowling Club

Jenner Street, Baulkham Hills

9639 2733

www.thehillswomensbowls.com.au

## Hills Older Men's Network INC

The Hills Older Men's Network Inc (Hills OMNI) meets fortnightly on the first and third Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to chat in a non-judgemental, safe and supportive environment.

Ron | 0424 462 153

HillsOMI1@gmail.com

## Hills/Toongabbie Music Club

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

Allen | 0439 831 531

allendavisguitar@gmail.com

## Ladies Probus Club of Baulkham Hills inc

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

Suzanne Dennis | 0412 424 593

ladiesprobusbh@gmail.com

## Learning in the Hills

9639 7918

www.hca.org.au/learning-in-the-hills/

## Lions Club of Richmond Inc.

Geoff | 0412 969 651

## Lions Club of Windsor Inc

Pam | 0413 395 145

## Macquarie Towns Garden Club

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

macquarietownsgardenclub.wordpress.com

## National Seniors Australia (Hills Branch)

Meets on the first Thursday of each month at Muirfield Golf Club, 58 Barclay Road, North Rocks. 9.30am for 10am. The group has day outings, short tours

and interesting speakers. This very friendly group welcomes visitors.

May | 0414 634 572

maybruce@bigpond.com

## North Rocks Evening VIEW Club

Muirfield Golf Club, 58 Barclay Rd, North Rocks. Visit view.org.au

Toni | 9871 1926 or 0411 693 076, or Margaret on 9872 1405

## North Richmond Probus Club

Our meetings are on the 2nd Wednesday of the month at 10.30am at Panthers, North Richmond, Beaumont Rd, N. Richmond.

Joan Bruce | 0404 290 484

northrichmondprobus@gmail.com

## Norwest Sunrise Rotary Club

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

norwestrotary.org.au

## Pennant Hills Mens Probus Club

John | 9487 1385

## Pennant Hills Combined Probus Club

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

Lorene | 0429 396594

## Pennant Hills VIEW Club

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

Margaret | 9873 2402

## Pitt Town Probus Club

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

Denise Fairfax | 0435 447 414

## Probus Club of Round Corner (Dural)

Secretary, Julie

PO Box 822, Round Corner 2158

## Probus Club of the Hills Inc

Ken | 02 96296459

## Probus Combined Kellyville Club

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

Glenys | 0419 616 431 OR

Veronica | 0408 025 577

glenysclarke@hotmail.com

## Probus Club - 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

pamelaaloves66@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

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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

sithills@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



# PUZZLE

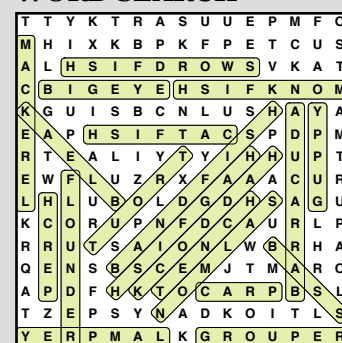
## WORD SEARCH

### IN THE JUNGLE

ANACONDA	JUNGLE CAT
ANTEATER	LEOPARD
APES	MONGOOSE
BABOON	OKAPI
CAPYBARA	PANDA
COATI	PARROT
COBRA	PYTHON
CROCODILE	SLOTH
GORILLA	TAPIR
JAGUAR	TIGER



## WORD SEARCH



Answers from last issue

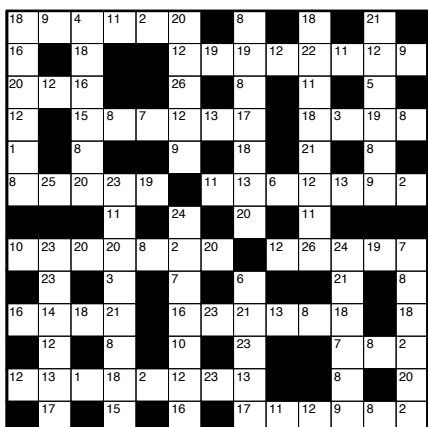
## CODE WORD



## CODE WORD

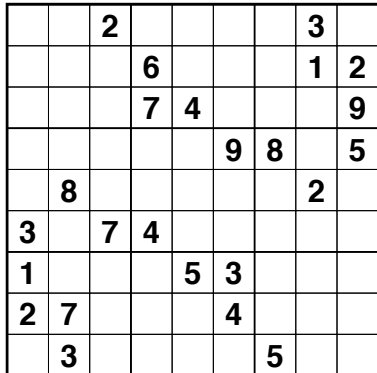
Numbers in the grid (1-26) correspond to each of the letters of the alphabet from A-Z in some order. Solve the puzzle and fill in the letters in the key provided as you find them. Three letters are provided to give you a start.

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

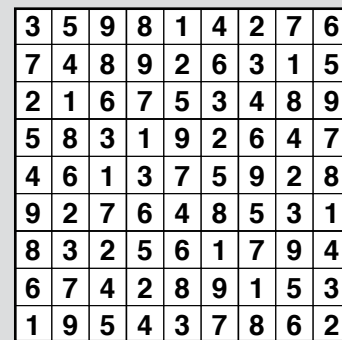


## SUDOKU

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



## SUDOKU



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# PUZZLES

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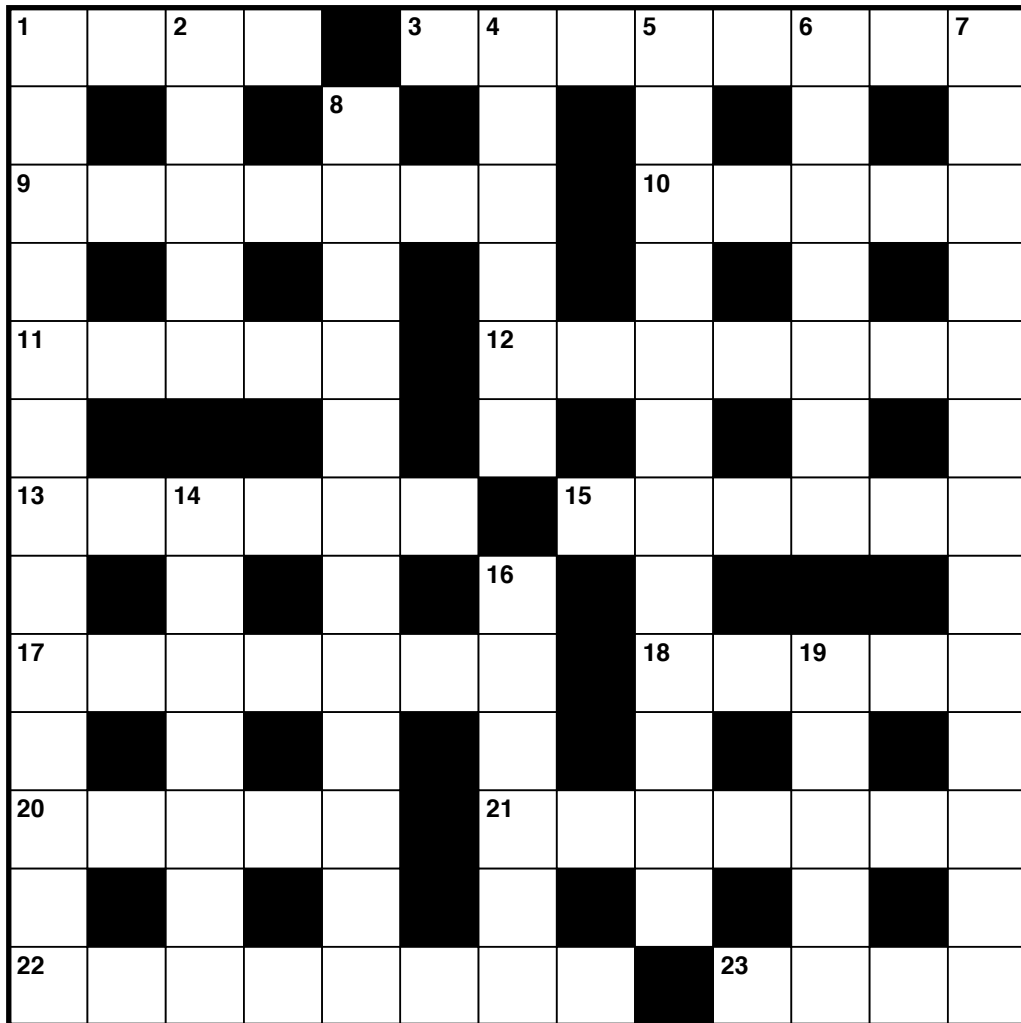
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[fergiestreeworks@gmail.com](mailto:fergiestreeworks@gmail.com)



## Across

1. Money that is owed
3. Supervisor
9. Part of an orchestra
10. Floral leaf
11. Takes a break
12. Rubbish
13. Routed (anag)
15. Simple; unrefined
17. Leaning at an angle
18. Latin American dance
20. Existing
21. Selfish person
22. Writer of literary works
23. Gelatinous substance

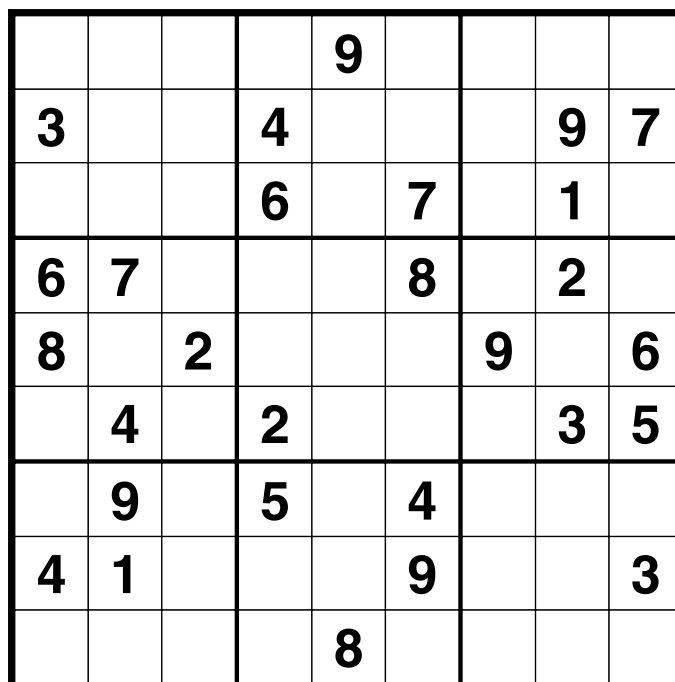
## Down

1. Disreputable
2. Shouts orders
4. Countenance
5. Consequence of an event
6. Take out
7. Amusement park ride (6, 7)
8. Modestly
14. Totals up
16. Go out of a place
19. Reclining

## SUDOKU

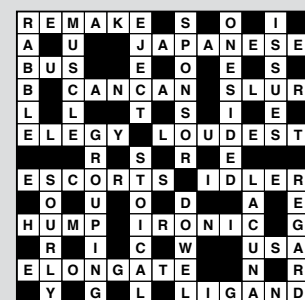
Rating: ★ ★ ★ ★ ☆

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

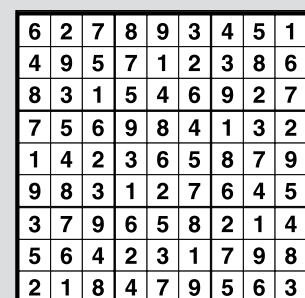


## Answers from last issue

### CROSSWORD



### SUDOKU








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# September Activity Challenge



**Hills Community Aid**  
Empowering Communities to Thrive




**Learning in the Hills**  
Hills Community Leisure Learning

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1 Set yourself 3 goals for the next 30 days	2 Create a daily routine focusing on self-care	3 Do 30 mins of Yoga	4* Make something with bacon!
5 Do a short meditation	6 Read your favourite book	7 Create a meal plan for the next week	8 Take a bath or other relaxing activity	9* Call a friend or family member and ask if they are OK	10 Do something creative	11 Make a healthy meal
12 Take a walk around your neighbourhood	13 Read a Roald Dahl story	14 Dance to your favourite song	15 HYDRATE drink plenty of water	16 Watch a TV show or movie	17 Organise your favourite spot in the house	18 Think about your posture
19* Talk like a PIRATE today	20 Perform a random act of kindness	21 Take a break from social media	22 Find a positive quote	23* Learn how to say hello in sign language	24 Learn or practice a new skill	25 Text someone "Good Morning" or "Good Night"
26 Tend to your garden or plants	27* Google a country you'd like to visit	28 Write a letter to a friend or family member and post it	29 Cook a dish and offer some to a neighbour	30 Watch the sunrise or sunset		

- International Bacon Day
- R U OK? Day
- Talk like a Pirate Day
- International Day of Sign Language
- International Day of Tourism

visit [www.hca.org.au](http://www.hca.org.au) for more info

 /hillscommunityaid



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