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Community News

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Local News, Local Events, Local People and Local Businesses

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CAROLS BY CANDLELIGHT

By BEV JORDAN

Glenhaven Carols by Candlelight will be celebrating 21 years when it bursts into life again at Glenhaven Oval on Sunday, December 12th.

The much-loved community event which has been attracting thousands of people each year was unable to be held last year due to COVID restrictions.

This year's event is a ticketed event for double vaccinated people only.

Mitchell Blue, volunteer firefighter at Glenhaven Rural Fire Brigade and Chair of the Glenhaven Carols Committee says it will be bigger and better than before.

"We are truly grateful for what the Carol's event has become and the support the community shows each year," he said. "As COVID restrictions did not permit the event to run last year, there is much excitement in the Carols returning. Each year the community comes together on this great night to relax and celebrate."

He says his favourite memory is the 2019 Glenhaven Carols held during the "horror" bushfire season.

"The community were deflated by the constant news of destruction and of homes and lives being lost due to the

fires. To be able to up the spirits of the community at this time was great. The community were in turn very supportive of the brigade and their assistance on the night and showed this by purchasing thousands of raffle tickets.

"We were not able to proceed with the fireworks that year due to Total Fire Bans but having the entire event hold candles in darkness and sing Merry Christmas was an amazing sight to see."

Organised by the Glenhaven Carols by Candlelight Committee and the Rotary Club of Greater Hills it showcases local talent with Reid the Music, Hills singer Cassidy-Rae Wilson, Jenna's Singing School, Sister 2 Sister School of Singing and the combined North West Wind Ensemble and Castle Hill Youth Orchestra all set to entertain. Entry is from 4pm where all the fun of the fair will be running with rides, food vans and stalls.

As well as a packed entertainment program Santa will also be visiting. The finale of the evening is a fireworks display.

Proceeds from this year's event will be donated to Glenhaven Rural Fire Brigade, The Hills SES, Rotary Club of Greater Hills,



Hills Community Aid, Glenhaven Community Defibrillator Project (two have already been purchased) and ONE80TC Rehabilitation Services which works to rebuild lives following alcohol and drug addiction.

"Without the generous support of local businesses such as fireworks sponsor Louis Carr Real Estate, our stage sponsor Element ICT, West Pennant Hills Sports Club, Kindalin, and the Rotary Club of Greater Hills amongst many other local businesses, this event simply wouldn't be able to proceed," he said.

WHAT: Glenhaven Carols by Candlelight

WHEN: Sunday, December 12th. 4pm to 10pm.

Tickets are \$5 and can be purchased at www.trybooking.com/BUZHX. Children under 3 are free. Proof of full vaccination is required for people over the age of 16.

CHARITY TREES

Rotary Club members will be out during the December weekends making sure that families can collect a fresh festive Christmas pine tree that will be helping others as well.

Norwest Sunrise Rotary Club will be selling the fresh trees, grown in the Southern Highlands, in the carpark at **Norwest Shopping Centre car park** near Coles this year (instead of Bunnings Castle Hill). Trees will be on sale from 8am on Saturday December 4th and Sunday, December 5th until 4pm (depending on stock) and then for the next two weekends (December 11th and 12th and December 18th and 19th).

The Rotary Club of The Hills – Kellyville will also be selling on the three December weekends leading up to Christmas (December 4th to December 19th depending on stocks) at both the **Bull & Bush Hotel car park**, corner of Windsor Rd and Seven Hills Rd, Baulkham Hills and **The Ettamogah Hotel car park**, corner of Windsor Rd and Merryville Rd, Kellyville Ridge. The trees are delivered fresh each weekend with 100 per cent of the proceeds of Rotary Christmas Trees sales going to local charities and Rotary projects.



Hills to Hawkesbury

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

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LIGHT UP WINDSOR

It will start snowing in Windsor on **Saturday December 18th** in the lead-up to the much-anticipated Light Up Windsor Festival.

Elves will be roaming Windsor Mall and George St in snow and shine and there will be free face painting as the town gets festive.

This year's Light Up Windsor Festival includes a light projection display on the Deerubbin Centre and the Old Hawkesbury Hospital every night from December 18th through to Christmas Eve, 8pm to 10pm.

The main event will be on **Wednesday, December 22nd** with a giant Christmas market, lights, snow and so much more from 5pm to 9pm including illuminated hula hoopers and stilt walking elves.

Local musicians, dance schools will be showcasing their talents and there will be an elf drumming and hula stage show from 6.40pm on the main stage.

With more than 50 stalls offering Christmas decorations, homewares, pet gifts, handmade jewellery and more, plus many of the Windsor Mall shops open for trading, it will be the perfect opportunity for a spot of last-minute Christmas shopping. Local cafes and restaurants will also be open, alongside carnival food vendors.

Santa and his special elf helper will be joining in the fun. At the Deerubbin Centre visitors can participate in a fun, interactive colour-by-numbers style street art and The Hawkesbury Central Library and Hawkesbury Regional Gallery will be open until 8pm on Wednesday 22.

PASSPORT FUN

Special Reindeer passports for children are available at Visitor Information Centre at Clarendon right now and include a bonus stamp.

On Wednesday, December 22, children can visit all the locations to collect stamps. Passports should be delivered to Council's tent on the night to collect a special prize.

All completed passports at the street fair, including getting the bonus stamp, go into a draw to win a \$500 Hawkesbury family pack, including:

- A Treetops family pass
- Madison Alpaca Retreat Day Trip family pass
- Hillbilly Cider gift voucher
- Windsor Ice Creamery gift voucher
- Hawkesbury products from the Visitor Information Centre

DATES TO NOTE

- **Saturday 18 December**
Roving Cheeky Elves and free face painting and snow flurries
- **Wednesday 22 December**
Snow flurries
- **Thursday 23 December**
Free face painting
- **Friday 24 December**
Free face painting and candy cane roving entertainment

Passports can also be collected on the night from Council's tent.

The Hawkesbury Visitor Information Centre at 328 Hawkesbury Valley Way (opposite RAAF Richmond) is open every day from 9am-4pm, including weekends.

*Hawkesbury City Council received \$60,500 from the Regional Tourism Bushfire Recovery Grant and \$22,000 from Destination Sydney Surrounds North to create light projections on buildings in Windsor.

Light Up Windsor is presented in conjunction with the Windsor Business Group, with sponsorship from Windsor RSL.

For more details and updates about our upcoming events, visit www.hawkesbury.nsw.gov.au or Council's Facebook page www.facebook.com/hawkesburycitycouncil



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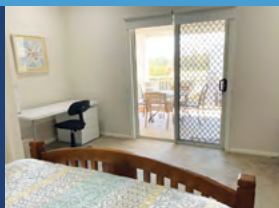
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CAR CHASE CHARGES

A man has been charged with several offences following a police pursuit that ended in Castle Hill after the car was stopped by the use of road spikes in Citadel Crescent on Monday, November 22nd.

Police from Riverstone Police Area Command attended a home at Acres Road, Kellyville, as part of ongoing inquiries into alleged firearm offences at about 12.15pm on Monday (November 22), and found a 22-year-old man and a 34-year-old woman at the property.

The man allegedly threw large rocks at police and threatened officers with a hammer, before fleeing the scene with the woman in a Toyota Yaris. A pursuit of the vehicle was initiated through Kellyville; however, terminated

twice due to the manner of driving, and safety concerns. It was re-engaged a short time later at Ridgecrop Drive, Castle Hill, where it was terminated again after the driver of the Yaris allegedly swerved at a police officer.

A short time later there was a further sighting of the Yaris, and another pursuit was initiated before the vehicle was successfully stopped using road spikes at Citadel Crescent, Castle Hill. Local police, with assistance from the Traffic & Highway Patrol Command, the Dog Unit, and officers attached to Riverstone and Blacktown Police Area Commands, arrested the man and woman.

They were taken to Castle Hill Police Station, where the man was charged with 14



offences including: Possess unauthorised firearm, aggravated break and enter, stalk/intimidate intend fear physical harm, police pursuit – not stop – drive recklessly, take and drive conveyance without consent of owner, resist officer in execution of duty.

The woman was charged with, be carried in conveyance taken without consent of owner. Investigations are continuing.

FIREARMS ARREST

A 42-year-old Kurrajong man has been charged after investigators seized almost 40 firearms and more than 250 kilograms of explosive material during a police operation targeting the importation and manufacture of prohibited firearms.

Detectives from the State Crime Command's Drug and Firearms Squad commenced an investigation in November (2021) and uncovered a Kurrajong property which was allegedly being used to store significant amounts of illicit explosive material and numerous prohibited weapons.

Following extensive inquiries, officers executed a crime scene warrant at the address on Wednesday, November 24th assisted by specialist police attached to the Rescue and Bomb Disposal Unit, Chemical Operations Team, North West Metropolitan Region Operations Support Group, Forensic Evidence and Technical Services Command, as well as Fire Rescue NSW HAZMAT and NSW Ambulance.

During the search, police located and seized a significant amount of prohibited weapons, including almost 40 firearms, seven improvised explosive devices (IEDs), seven pipe bombs, ammunition, a ballistic vest, as well as 250kg of Ammonium nitrate and various other chemicals.

Additionally, police located and seized 77 knives, six firearm silencers and five electronic stun devices.

A 42-year-old man was arrested and taken to Windsor Police Station where he was charged with six offences, including possess more than three unregistered firearms including a prohibited pistol, manufacturing firearms without licence or permit, three counts of possess or use a prohibited weapon without permit, and custody of knife in public place – first offence.

Anyone with information relating to the illegal manufacture or importation of firearms is urged to contact Crime Stoppers: **1800 333 000** or nsw.crimestoppers.com.au.

APPEAL FOR AUDI

Homicide Squad detectives are appealing for public assistance in locating a grey Audi TT RS, which was seen travelling in the vicinity of Tallowwood Avenue, Cherrybrook, prior to – and immediately after – the murder of an 86-year-old man last year.

Police say that just before 12.30am on April 29th 2020, emergency services were called to a home on Tallowwood Avenue, Cherrybrook, following reports two men had forced entry to the home. They found the occupants, an 86-year-old man and 83-year-old woman, with serious head injuries. They were treated at the scene before being taken by NSW Ambulance paramedics to Westmead Hospital, where the man, Kalim Saliba, later died.

Homicide Squad Commander, Detective Superintendent Daniel Doherty, said an extensive review of CCTV from the surrounding areas at the time of Mr Saliba's murder identified the Audi as a vehicle of interest.

"Over the last 18 months, investigators have worked tirelessly to locate the Audi, which we believe was used in this heinous crime, and we're now asking for public assistance in the hope someone may recognise it," Det Supt Doherty said.

Anyone with information that may assist Strike Force McCleery investigators is urged to contact Crime Stoppers: **1800 333 000** or nsw.crimestoppers.com.au. Information is treated in strict confidence.

TOW TRUCK FINES

NSW Fair Trading Director of Investigations and Operations Stephen French said consumers should exercise caution when tow trucks arrived at the scene of an incident.

"Motorists involved in incidents can refuse the services of a tow truck company for any reason. The first tow truck on the scene does not have the right to tow away the vehicle. If possible, motorists should contact their insurance company before signing a towing authorisation form as it may offer a service organising a tow. Motorists can also ask for their vehicle to be towed to any location, such as their home, and need not agree to having their vehicle towed to a particular repair shop."

His comments came after two tow truck operators were fined a total of \$23,000 and ordered to pay \$34,877 in costs after being found guilty of offences arising from their partnership operating a Blacktown towing business trading as Westside Towing Services.

The offences occurred between September 2018 and June 2020 and were investigated by NSW Fair Trading's Tow Truck Investigation and Australian Consumer Law units in response to complaints.

DRIVER ROBBED

Police are appealing for information following the armed robbery of a delivery driver in Carlingford at about 8am on Saturday, November 27th.

The 22-year-old driver parked a white Toyota Hiace van on Adderton Street, Carlingford, before delivering to a home on the street. Police were told when he returned, two men were standing outside the van – one armed with a knife – and demanded he hand over his keys.

One grabbed the keys and got in the driver's seat, while the second got into the front passenger seat, before driving off with 70 parcels, the driver's wallet, shoes and backpack inside.

Police would like to speak to anyone who was in the area at the time and might have dashcam vision, or who has seen the van, NSW Registration BK0 3PD.



PURPLE NAIL TRIBE

By BEV JORDAN

Hills Police Commander Superintendent Darrin Batchelor was one of several police officers who had purple nail varnish painted on the ring finger of their left hand last week.

The Purple Nail Tribe project was created by Aileen Mountifield, founder of the Lisa Harnum Foundation, to spark conversation about domestic violence all year round.

Supt Batchelor said at lunch that day everyone was asking why his nail was painted purple.

"It did spark a lot of conversations about domestic violence which is good," he told *the Hills to Hawkesbury Community News*.

Aileen Mountifield said: "The Purple Nail Tribe was created to provide an ongoing conversation and awareness regarding the issue of domestic violence/abuse.

"It is non-productive to have one or two weeks in November, to focus on the issues surrounding D/V then complete silence for the rest of the year. We have an epidemic in Australia so let's highlight it," she said.

"The main objective is for men to agree to wear purple nail varnish on the ring finger of their left hand, to signify their commitment in being a part of ending DV and creating a conversation with others."

Last week the Hills Domestic Violence Prevention Network held an online rose ceremony to remember the 37 women killed by a former partner or partner in this year in Australia.

Supt Darrin Batchelor said he realised more needed to be done after he lead the investigation into the murder of 31-year-old Rachel Yeo by her former lover on the Northern Beaches in 2012.

"There were so many missed opportunities for people to do something," he said. "In the weeks leading up to her murder she had spoken to her friends, she had spoken to her boss about her fears and she had gone to see a clinical psychologist worried about being stalked."



He said despite all the concerns, no report was ever made to the police. "We have to get the community to recognise the signs and report it."

He said The Hills PAC would be placing confirmed constables on a six week rotation with the domestic violence team of four full-time officers at Castle Hill.

"Educating our junior police is a priority, it's beneficial to the police and the community and to DV victims as well."

Aileen said 2021 had seen an increase in women seeking help.

"This year has been quite busy with referrals coming through other agencies and court. In the Hills, typically the type of abuse that we see is emotional, psychological, financial, isolation, stalking and harassment.

The Lisa Harnum Foundation has a safe room at both Rouse Hill Town Centre and at Castle Towers where a counsellor will meet with someone needing to talk about domestic abuse.

For more information about LHF services call **1300 732 848**. To take the pledge go to www.purplenailtribe.com

WEEKLY

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RECYCLING



 **Hawkesbury
City Council**



Donna Fraser, Elisabeth Shaw, Carol Baker, Shirley Purser, Michelle Byrne, Brenda Bradbury.

STATE AWARD FOR

By BEV JORDAN

Shirley Purser from Castle Hill was presented with the prestigious Jean Arnot Award from National Council of Women at a special Zonta Says No to Domestic Violence Dinner at Dural last week.

While the 90-year-old volunteer was shocked and surprised by the award no-one else was. The great grandmother has volunteered in the Hills community for nearly 70 years. A Club director and founding member of the Zonta Club Sydney Hills, Shirley was nominated for the State Award by the women's group, Soroptimist International The Hills.

The award was in "acknowledgement of her contribution to the advancement of women and her community over many years", and was presented by Carol Baker

from SI of the Hills, Elisabeth Shaw CEO of Relationships Australia NSW and Hills Mayor Michelle Byrne.

Shirley said she was "shocked" by the unexpected award. "It's in my nature (to volunteer)," she told the *Hills to Hawkesbury Community News*. "I have a God-given set of gifts which I use mostly to help women and children. We are the mothers of the future and we have to look after each other and the environment. I feel, often, there is no thought for the future, it is all about what people want now."

The list of things she has helped start are enormous and include the establishment of the Baulkham Hills Pre-School Kindergarten in Torrs Street which opened in 1963; the Gazelles Netball Club and Castle Hill Sports & Recreation Club.

She was a member Shire Youth Suicide Prevention Committee; Charter Secretary and member of Pennant (now Dural) Toastmasters Club; Charter member of Zonta Club of Sydney Hills and member for over 42 years; member of the Hills Domestic Violence Prevention Network since 2000; Member of The Hills International Women's Day Committee since 2007; founding Secretary Western Sydney IWD Breakfast Committee to name a few.

She is still active in many groups in executive roles including secretary of Castle Hill Red Cross.

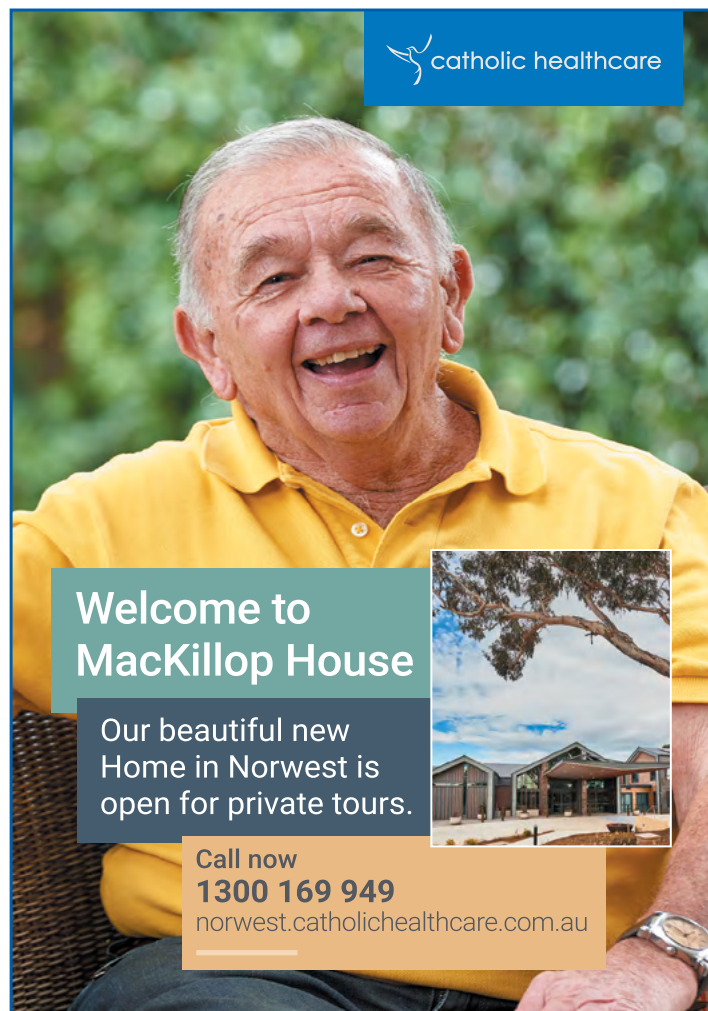
Her advice: "If something needs to be done, just go and do it."


Shirley moved to Baulkham Hills as a newlywed with her husband Geoff in 1953, Geoff built their home where Shirley ran her dress-making business. She started volunteering with Baulkham Hills Guides in 1953, which began her history of volunteering in the Hills including as Chair of The Hills Shire Council 355 Management Committee and running Jazz at the Pines for 15 years.

President of Zonta Sydney Hills, Donna Fraser said: "Shirley is an inspiration to us all. She has dedicated her life to her family and her community."

"In 2004 Shirley designed a soft temporary breast form (TBF) to fit inside the bras of breast cancer patients after they had their mastectomy. Shirley then formed a group of volunteers who have sewing bees at the Westmead Princess Mary Breast Cancer Institute (BCI) to make them. These TBF's are treasured by the recipients."


"The energy she exudes is boundless and her volunteer achievements are many."





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MOVE PUMPS TO HIGHER GROUND

Warragamba dam is already spilling, and more rain is forecast. This leaves low lying flood plains along the Hawkesbury River vulnerable to inundation. One local company, Aussie Pump, is urging Hills District residents to relocate any river or dam side pumps out of the flood zone.

"A lot of pumps are swept away or destroyed as river levels rise," said Aussie Pumps Brad Farrugia. "It just takes a few minutes to move them to higher ground and can save the hassle of an insurance claim and replacement costs," he said.

Flood water can also collect in low areas that don't naturally drain like underground car parks, basements and shopping centres.

Aussie Pumps range of trash pumps were originally developed for construction sites, mines and quarries. Capable of handling large volumes of dirty water, the pumps are advanced in their efficiency, easy maintenance. They're simple to use and extremely effective.

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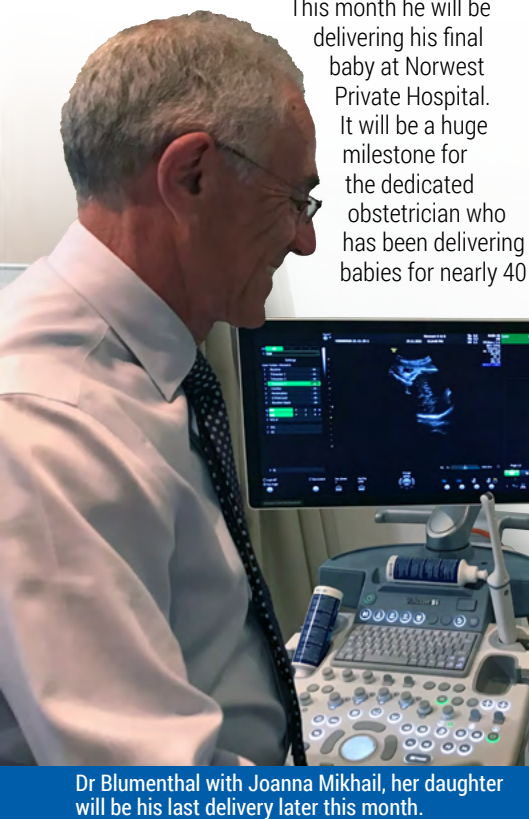
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Because we care

LAST DELIVERY FOR BABY DOCTOR By BEV JORDAN

ASSOCIATE PROFESSOR NORMAN BLUMENTHAL has helped more than 13,000 babies arrive into this world.



Dr Blumenthal with Joanna Mikhail, her daughter will be his last delivery later this month.

This month he will be delivering his final baby at Norwest Private Hospital. It will be a huge milestone for the dedicated obstetrician who has been delivering babies for nearly 40

years. Joanna Mikhail and her husband Mathew (pictured on the front cover) are delighted that Professor Blumenthal's last delivery will be their daughter as he delivered their older two children, Joshua (5) and Nora (2) and they couldn't be happier.

"He's such an awesome guy," said Joanna. "He's been such a blessing to our family."

Prof Blumenthal trained in South Africa and became a Fellow of the South African College of Obstetricians & Gynaecologists and a member of the Royal College of Obstetricians & Gynaecologists in England in 1981. He became a Fellow of the Australian College of Obstetricians and Gynaecologists in 1983 and obtained his Masters in Medicine (MSc) at Notre Dame University in 2017.

He immigrated to Sydney in 1982 and delivered his first baby in Australia at the old Baulkham Hills Private Hospital on Windsor Road, which later moved to Bella Vista to become Norwest Private.

He's the oldest practising obstetrician in the area because, as he says, he loves the joy of birth and communicating with his patients.

"I really love it so much," he told the *Hills to Hawkesbury Community News*. "Most of my colleagues stopped obstetrics many years ago. I am the oldest practising obstetrician in the area because I delight in confinements and really enjoy being with the parents. Childbirth is a once in a lifetime experience with everlasting memories and consequences for them."

The father of two and grandfather of four, says he's always enjoyed the work despite the fact that it has meant working at the weekends, late at night, early mornings and despite the disruptions to his family life.

"My wife (Caron) has been fabulous and been very very supportive," he said.

And while 85 percent of births are problem-free there are always about 15 per cent that throw up challenges and have some form of complication.

Continues on page 26

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RETIRE where you belong

Lucette always felt that you can feel when you're at home in your heart. For 40 years Lucette has lived and worked in the Northern Beaches as a real estate agent. And for 40 years she was always asked where the best place to retire was.

"I always responded the same thing. You need to check out Uniting Retirement Villages." When it was time for Lucette to downsize, she took her own advice. "I knew I wanted to upsize my lifestyle at the same time. From the moment I moved into my own apartment, I have fallen in love with the lifestyle."

Lucette was welcomed by the community immediately. Lucette saw the opportunity at Uniting to enjoy the confidence of belonging once again. It all started one day when the village manager asked her if she could help form and activate a social committee. **Could she ever?** Lucette has been on a social whirl ever since.

"I never realised how many friends I would make! As the head of the social committee, I've met so many wonderful people doing the most extraordinary things. We've taken harbour cruises, had meals, trivia nights, movie afternoons and even chair yoga."

Lucette also enjoys the freedom that retirement living has given her. No longer does she have to worry about mowing the lawns or the letter box filling up whilst she is away. Uniting's specialist staff take away the hassle of maintenance for her property and allowed her to focus on what truly matters.

If you're interested in rightsizing and think it's the next step in your journey, contact the friendly team at Uniting to discuss if there is a retirement village near you. Call **1800 864 846** or visit uniting.org/villages



SHAKESPEARE AT THE FARM

THE BARD returns to Bella Vista Farm on December 11 for a season of Shakespeare's comedy, As You Like It, under the stars.

It will be the first-time audiences will have the opportunity to see a live performance at one of The Hills Shire Council venues since the easing of COVID-19 restrictions.

Theatre Company, Sport for Jove, returns for their much anticipated summer season, that will run from December 11 - 30 at the historic Bella Vista venue.

It's a great opportunity to bring a picnic and Sport for Jove's adaptation of Shakespeare's romantic comedy, *As You Like It*, underneath the stars, and amongst the venue's historic buildings and rolling parklands.

Sport for Jove's director Damien Ryan said he is happy to be back at the Farm, especially at a time when The Hills is re-opening to the rest of Sydney and beyond after vaccination rates were achieved.

"It's an incredible place to host a play, so bring your picnics, bring your friends and join us in the Forest of Arden," he said.

The Baulkham Hills local also encouraged residents to support the arts – one of the hardest hit sectors impacted by the pandemic.

"The pandemic has been unbelievably difficult and the arts has really taken a hit. If you can, get out this summer and see your favourite theatre companies. Actors, musicians, playwrights and story tellers cannot wait to see you again and commune with you," he said.

To book tickets for *As You Like It* visit: www.sportforjove.com.au

“

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DV PREVENTION, AWARENESS AND EDUCATION

Sadly, the last two years of COVID-19 resulted in more incidents of domestic violence in the Hills, Hawkesbury and Parramatta local government areas. CHRg (Castle Hill RSL Group), has worked with local domestic violence support and prevention partners for several years and recognises the importance of providing better outcomes for victims/survivors and effecting long-lasting change.

Andy Abey, Head of Corporate Affairs for CHRg said: "We believe this can be achieved through continued support of our DV prevention partners and most importantly, via education and awareness in our children and youth."

The group supports local shelter organisations and support groups such as the Lisa Harnum Foundation, The Sanctuary and Youth Rezolutions, each year. This year, in addition, CHRg donated places on the Love Bites Training Program (delivered by NAPCAN – the National Association for Prevention of Child Abuse and Neglect), to the Hills, Hawkesbury and Parramatta local area commands to support the training of 40 police officers in the program.

"The aim of this program was to support additional training of police who are then better equipped to deal with situations involving youth, which then enables them to run bespoke programs at local schools as educated facilitators," said Andy.

"School programming is focussed on educating youth about 'respectful relationships' with the hope of providing information and education that prevents young people becoming involved in domestic violence as a victim or an offender. CHRg is committed to raising domestic violence prevention awareness and supporting local organisations that provide pathways to women and families. Additionally, the group is in the planning phases of donating another round of 'Love Bites' training to more local area police



Carol Harding (The Sanctuary - Hills Women's Refuge); Aileen Mountfield (Lisa Harnum Foundation) Insp Chris Laird and Tara Gleig (Youth Rezolutions)

officers, as we believe that educating our children and youth, is the first step in breaking the cycle of abuse."

Inspector Chris Laird from The Hills Police Area Command said officers who undertook the Love Bites program benefited from it.

"The police are very grateful for the generous donation of the Love Bites training. It was for the North West Sydney Commands and really gave a good understanding of dealing with young people. The police were already using the knowledge gained in their day-to-day working roles."

Domestic Violence speaks many languages, has many colours and lives in many communities.

If you or someone you know needs support, please reach out for it.

- The Lisa Harnum Foundation: 1300 732 848
- The Sanctuary: 9680 2653
- Youth Rezolutions: 9680 1201
- The 24-hour DV hotline is 1800 RESPECT (1800 737 732).

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CASTLE HILL RSL CLUB






MAYORAL FAREWELL

By BEV JORDAN

It was an emotional last meeting at Hills Shire Council on November 23rd when popularly elected Mayor Dr Michelle Byrne and six Liberal councillors sat for their last meeting.

Veteran Liberal councillor Mike Thomas, Deputy Mayor Sam Uno, Alan Haseldon, Liz Russo and Booke Collins were not selected to stand again by the State Liberal Party Executive who replaced them on the Liberal party ticket for Saturday's Local Government elections.

Michelle Byrne was also overlooked as the Liberal candidate for Hills Mayor. The Liberal's Executive Council chose North Ward Councillor Peter Gangemi to stand as Hills Mayor.

Dr Byrne was elected by residents in 2017 as the Hills first popularly elected Mayor with 61.78% of the vote.

A tearful Dr Byrne said her 13 year on council had been "incredible" and spoke about council's achievements in the past four years, citing the play area Livvi's Place at Kellyville, the Eels partnership at Kellyville Park, the activities at Bella Vista Farm and the creation of the Pioneer Theatre at Castle Hill as some of the highlights.

She congratulated council and residents for their resilience during the pandemic.

"I have met extraordinary people doing extraordinary things, and people whose contribution to the wellbeing of others has been nothing short of outstanding," she said.



"Our volunteers consistently give over and above ... our RFS and SES men and women who joined the fight against the 2019 bushfires, and again in the 2020 floods are true local heroes."

"I've shared people's excitement when they become an Australian citizen at our Citizenship Ceremonies and I've heard their hopes and dreams for the future. And it's been a joy to meet the parents and children who play in our parks, the people who enjoy our events and the residents who love where they live."

She thanked her family and friends for enabling to commit to the role and for council staff, councillors and Local MPs for their support.

"I would like to thank the people of The Hills for their appreciation of the work we do, and for their incredible support during my time as their Mayor. I have been honoured to have been chosen to help guide and shape the community I love. I have been blessed to meet so many wonderful people who have the interests of others at heart, and who never hesitate to help."

MAYORAL CANDIDATES

While the Hawkesbury Mayor is chosen by the elected councillors Hills residents have a choice of five candidates for Mayor.

They appear on the ballot paper in the order they were drawn.

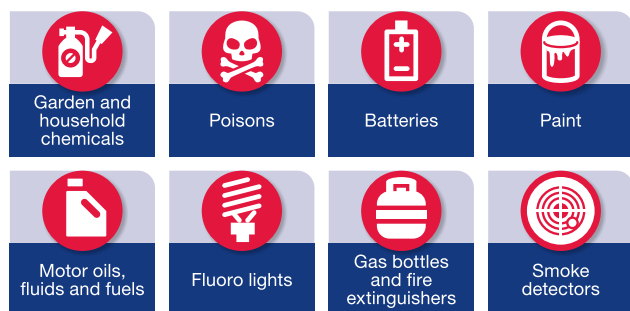
- Dr Vida Shahamat, a cancer researcher is The Greens candidate,
- Dr Peter Gangemi, a North Ward councillor since 2012 is the Liberal nomination,
- Jerzy "George" Rozycki, a member of the United Australia Party, is standing as an Independent.
- Councillor Ryan Tracey, an East Ward councillor since 2012, is the Labor candidate,
- Alexia Yazdani, a solicitor from Rouse Hill is standing as an Independent.

Hawkesbury residents have a choice of 79 candidates standing for 12 seats in The Hills there are 12 council seats split into four wards. To find out who your candidates are visit the NSW Electoral Commission site at www.elections.nsw.gov.au

Voting is compulsory. Booths open 8am to 5pm. Locations are listed on the website.

Hawkesbury. It's time for a Chemical CleanOut.

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Your next local event:

- 📅 Saturday 4 December 2021, 9:00am – 3:30pm
- 📍 Hawkesbury Showground
Racecourse Road, Clarendon (Entry Via Gate 1)
- 🌐 www.cleanout.com.au

Only household quantities accepted (20L or 20kg), except paint.
Up to 100L (in 20L containers) of paint accepted.



PROPOSAL TO UPGRADE Vodafone MOBILE PHONE BASE STATION AT Hawkesbury City Council Depot, 1 Old Sackville Rd, WILBERFORCE NSW 2756 WITH 5G

- The proposed upgrade to the existing facility includes:
 - Installation of three new 5G panel antennas for Vodafone
 - Replace three (3) existing Vodafone panel antennas for three (3) new panel antennas, each less than 2.8m in length
 - Installation and reconfiguration of existing ancillary equipment including GPS antennas, nine (9) Remote Radio Units, steelwork and cables
 - Installation and reconfiguration of equipment within existing equipment shelters.
- Vodafone regards the proposed installation a Low-impact Facility under the Telecommunications (Low-impact Facilities) Determination 2018 ("The Determination") based on the description above.
- In accordance with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information and/or comments should be directed to: Daniel Hay at Nokia Solutions & Networks on 0420 310 857 or at communityrelations.vha@groups.nokia.com by **Monday 17 January 2022**. Further information may be obtained from the RFNSA website at www.rfnsa.com.au/2756002



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CHRISTMAS IN THE HILLS

By BEV JORDAN

A spectacular festive Christmas show is promised on a screen near you as Christmas in the Hills goes on with a feast of entertainment and Christmas Carols on Wednesday, December 15th.

Last year's vibrant show reached an estimated 15,000 people online and was viewed at homes, community halls and churches.

The Community organising committee said the 2020 show was a "dress rehearsal" for this year's spectacular which starts with some family-friendly pre-show entertainment at 6.30pm before moving into the Carols by Candlelight program and of course a visit by Santa. The broadcast will end at 9pm with fireworks.

"Enjoy the show in your home with friends and family, sing along as loud as you can and we can all share the Christmas spirit," said committee member Alison Stevenson. "We look forward to sharing with you in person again next year for Christmas 2022."

It has been difficult for charities to raise funds during the COVID restrictions and donations raised by Christmas in the Hills will help The Fit Kidz Foundation at Dural, a not-for-profit Early Intervention Service supporting children with Autism or other Developmental Disabilities and also The Sanctuary _ The Hills Women's Shelter.

Music Director Fiona Fitzgerald will be leading the specially formed Christmas in the

Hills ensemble and community choir. ABC24 newsreader and former William Clarke College student Johanna Nicholson will again MC Christmas in the Hills and will be joined by Santa.

Churches involved in the service are St Paul's Anglican Church Castle Hill and Wesley Uniting Church Castle Hill.

Chairman of the organising committee Rev John Gray thanked the sponsors who have covered production costs and studio time to enable a professional production to be beamed in on December 15th.

"This year we anticipate raising some thousands of dollars for our charities and bring a little joy and a message of hope and comfort to people emerging from lockdowns."

The event will be accessible via the Christmas in The Hills website www.christmasinthehills.com.au and via the special Facebook Event; www.facebook.com/events/315149510047357



Atul Kumar (MD Signature Projects), Hills Shire Mayor Michelle Byrne, Carol Harding (The Sanctuary _ The Hills Women's Shelter), Alison Stevenson (CiTH), Ellen Kulbicki (The Fit Kidz Foundation), Karen D'Angola (Principal Di Jones Real Estate)

Donations to the two charities, The Fit Kidz Foundation and The Sanctuary _ The Hills Women's Shelter, can be donated via the Christmas in the Hills website Donate Now button with 100% of all donations going directly to the charities.

- **Major Sponsor:** Karen D'Angola - Di JONES Real Estate
- **Platinum Sponsors:** McDonalds, Signature Projects Australia
- **Gold Sponsors:** Capital Corporation, Castle Hill RSL Club, Riverside Oaks Golf Resort
- **Silver Sponsors:** Insight Intelligence, Paramatta Eels
- **Bronze Sponsors:** Linden Electric

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SANTA

4TH, 11TH, 18TH & 24TH

OF DECEMBER

FROM 10AM - 2PM

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12-14 Withers Road, Kellyville

f NorthKellyvilleSquare **o northkellyvillesquare** **n northkellyvillesquare.com.au**

Christmas Shopping at

NORTH KELLYVILLE Square

The Hills Shire Council News

Illuminate The Hills

The Hills Shire Council is decking out the Shire with festive cheer.

Christmas lights and decorations are up along Castle Hill Main Street, while George Suttor Reserve in Baulkham Hills will play host to a six metre Christmas tree and a nativity scene.

A Christmas star will also light up the glass atrium at Council's Administration Building.

Roving Christmas carollers from Blackout Theatre will also treat residents to holiday tunes throughout December at various locations in The Hills.

For more information on Christmas activities in The Hills, and when and where to find Christmas carollers, visit www.thehills.nsw.gov.au and search for 'Illuminate the Hills.'



Give the gift of theatre this Christmas

Looking for some stocking stuffers and great gift ideas this Christmas? Give the gift of theatre with tickets to one of the many upcoming shows in The Hills!

Choose from Blackout Theatre Company's production of 'The Boy From OZ' or Sport For Jove's 'As You Like It' for the perfect gift for the whole family.

'As You Like It' will bring a tale of love affairs, narrow escapes, adventures into the wilderness, infatuations, songs, celebrations and comic chaos to Bella Vista Farm throughout December and January.

'The Boy From OZ', which is playing at the Pioneer Theatre in mid-January, is a musical biography which pays tribute to the late great Peter Allen.

Take your pick and book your tickets now at either www.sportforjove.com.au or www.blackouttheatre.com

Council Meetings

For more information, visit www.thehills.nsw.gov.au and search for '2021 Meeting Agendas and Minutes.'

Report it to Council

ANY DEVICE, ANYWHERE, ANY TIME

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

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



Metro Walk – Kellyville to Rouse Hill Stations – The Woodlands Walk

You don't have to leave The Hills to discover hidden gems, wonderful scenery and native wildlife – get to know more about Norwest, Bella Vista and Kellyville/Rouse Hill on The Hills Shire's newest Metro walks.

The Woodlands Walk begins at Kellyville Metro Station and takes you through remnants of the Cumberland Plain Woodland and River-Flat Eucalypt Forest, as well as Caddies Creek and Strangers Creek, which are both tributaries of the Hawkesbury River.

This 4.1 km walk features paved paths that are pram and wheelchair friendly and takes approximately one and a half hours to complete.

To view the self-guided walking map for the Wetlands Wildlife Walk or to view other walks, visit www.thehills.nsw.gov.au and search for 'Metro Walks.'



Save the date

2021 NSW Local Government elections

Saturday 4 December

Voting is compulsory

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

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

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

Australia Day 2022 Award Nominations

Do you know of a person or group of people who should be recognised for their contribution to the Hills Shire community?

Nominations for The Hills Shire Council's Australia Day Awards for 2022 are now open.

Australia Day awards are presented in five categories:

- Senior Citizen of the Year (65 years of age and older)
- Citizen of the Year (25 – 65 years of age)
- Young Citizen of the Year (24 years and under)
- Community Group of the Year
- Environmental Citizen of the Year

Nominations close: COB on Friday, 3 December 2021.

To nominate a person or group, visit www.thehills.nsw.gov.au and search for 'Australia Day Awards 2022.'

Making a Submission to Council?

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



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



THE HILLS
Sydney's Garden Shire

THE LOFT CAN HELP

As demonstrated through numerous studies and research, the onset of most mental health conditions occur in young adulthood.

Young adults increasingly experience mental health concerns at higher rates than adults aged 26 and over, however, they have the lowest rates of treatment.

The Hills Clinic in Kellyville, a member of Aurora Healthcare, is the first purpose-built mental health facility in NSW and incorporates The Loft, a dedicated young adults unit, catered to people 16 to 22 years.

Over the past decade, approximately 2000 young adult patients have accessed inpatient and day programs offered by the clinic.

CEO Jacki Maher has been instrumental in the evolution of the clinic and contributes its success to its holistic approach. "At The Hills Clinic, we treat not only the mind but the body. 'In addition to our traditional psychotherapies, we offer physical therapies such as boxing, martial arts, tai chi, circuit training, art therapy, equine therapy and mindfulness. These activities serve as a distraction, but also allow patients to express themselves physically, while they develop skills they can take home and use during periods of heightened stress."

"At The Hills Clinic we also engage the family – parents, siblings and peers. By doing so, the treatment we provide is able to address communication issues within the family structure, as well as any additional issues that

may be present at school, work, or in the home."

Mental health conditions such as bipolar and schizophrenia, among others, may be more prevalent in the late teens and early 20s and young adults are often vulnerable to substance abuse, eating disorders, depression and anxiety.

Rhys was 17 years old, he decided to admit himself to the Young Adults three-week inpatient program because he felt 'unsafe in the real world,' and has checked-in as an inpatient multiple times over the past few years.

"I originally admitted myself for 2 reasons, to keep myself alive, as well as to provide myself with the safest space possible to work through the monstrosity that is my mind and work towards a better life," he said.

"When I started the program, I was so relieved to start getting better after living on the edge of suicide for five years. The staff were very comforting and all the other patients were very friendly.

"The program helped me in many ways. Being in hospital allows your medication to be altered at a quicker rate so that plays into it.



The set schedule around sleeping and eating was great, but I found the therapy groups were what really helped me. With the right mindset, I was able to unpack the years of bad thinking patterns and how to best change them using the strategies I learnt in therapy."

The Loft provides a three week young adult inpatient program, in addition to ongoing day programs for support following discharge. Patients wanting to know more should call 1300 122 144 or take a virtual tour at thehillsclinic.com.au

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NOT EVERYONE LOVES THE HOLIDAYS

For some people depression, anxiety or addition can peak during the festive season.

If you need mental health help these holidays, The Hills Clinic will remain open throughout Christmas and New Year.

Wanting to access an inpatient admission?

At The Hills Clinic we specialise in providing high quality mental health care with positive patient outcomes.

Our team of Psychiatrists, nursing and allied health professionals provide expert care to manage and treat a wide range of mental health disorders. We offer a holistic approach with treatment provided in a safe, supportive environment for inpatients, day patients and outpatients.

We accept patients with private health insurance and uninsured self-funded patients. We also welcome eligible veterans' and war widows under our Tier 1 provider relationship with the Department of Veterans' Affairs (DVA).

Our specialised services include:

- Sub-acute adult psychiatry
- Inpatient therapy program
- Veterans services mental health
- Young adult services
- Dialectical Behaviour Therapy (DBT) inpatient and day programs
- CBT-based programs
- A broad range of day therapy programs to support ongoing recovery and wellness

If you would like an inpatient admission this holiday season call our team on 1300 122 144 for more information.

The Hills
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Ear Studio is the proud owner of a new and innovative hearing instrument dryer, called Redux. The Redux drying machine prevents malfunctioning and prolongs the life of hearing aids in a few simple steps:-

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With the Summer months fast approaching, there are many issues that can be caused by moisture in your hearing aid, and moisture and bacteria can impact the functionality and lifespan of your aids.

For many, the culprit is moisture that can get in unexpectedly and might even damage hearing aids. Today's hearing aids are designed to prevent

moisture from entering the outer case and body, but they are not completely waterproof. Even after a shower, bath, or a swim, you can invite moisture in by immediately putting in your hearing aids without checking if your ears are completely dry.

In addition to letting in moisture from any of these activities, high summer temperatures and intense exercise can cause you to perspire more. When humidity levels rise, more sweat results. Physical activity or even underlying health conditions such as obesity, diabetes, high blood pressure or high cholesterol increase risk of water damage as well.

Just a half a microlitre (uL) can cause -30 dB attenuation, and sometimes even complete failure. With the push of a button, Redux treats hearing aids to a state of complete dryness in around 12 minutes!

The recommended drying frequency of your aids is dependent on how much moisture is found during the drying process. The Redux machine will provide a detailed report on how much moisture was removed and based on this Ear Studio will recommend an appropriate drying cycle for you.

The normal treatment cost is \$45, but Ear Studio is offering it during Summer for the special introductory price of \$29 per treatment (coffee included!).

Contact Ear Studio on (02) 9159 6122 or visit the website earstudio.com.au/



FUNDING WINS

The electorate of Hawkesbury has secured \$400,000 in funding for a total of 21 projects through the NSW Government's 2021 Community Building Partnership Program. The Richmond Literary Institute is one of the 21 successful projects and will be receiving \$16,000 for the refurbishment of the Archerfield Room at the Richmond School of Arts.

The Richmond Literary Institute was established in 1861. The foundation stone was laid in January 1866 and the building was officially opened by Sir Henry Parkes on August 27th, 1866.

When Richmond Borough Council came into being in 1872 it held its council meetings at the School of Arts until 1913.

Hawkesbury MP Robyn Preston who announced the successful grants said: "This grassroots funding will directly help create a more vibrant and inclusive community with positive social, environmental and recreational outcomes."

Applications for the next round of grants in this Program open in early 2022. More information about the program can be found at www.nsw.gov.au/cbp.

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[^]Present this barcode at the point of purchase to receive \$20 off when you spend \$100 or more in a single eligible transaction at **Woolworths The Ponds** only from **Wednesday 8th December until Tuesday 21st December 2021**. \$100 qualifying spend excludes withdrawals of cash, delivery charges, internet cafes, purchases of smoking/tobacco products and accessories, liquor, Gift Cards (including iTunes), mobile recharge, Woolworths Mobile, travel cards and tickets, lottery products and Carpet Care. Purchases at Woolworths Metro, Woolworths online, BWS, Ampol Woolworths co-branded fuel outlets and Metro outlets are not eligible for this offer. One voucher per transaction only. Single use only. Voucher must be surrendered in store upon redemption. Not valid in conjunction with any other offer. Voucher cannot be redeemed if photocopied or defaced.



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Conditions

* Dental checks are 5 minute consults about teeth only.

** As long as booking is made in December procedure can occur later.



TOXIC TREATS TO AVOID

By **DR BENJAMIN J GRAHAM**

While sitting down with friends and family to eat and drink this Christmas, it is important to be aware which foods are dangerous for pets.

What is a tasty treat for us, can cause toxicities or diseases in our beloved pets. Pancreatitis (inflammation of the pancreas) is a very common cause of unwell pets and it is most often caused by an overdose of fat.

THINGS TO AVOID

Fatty offcuts, ham leftovers and turkey stuffing can all cause severe and potentially life-threatening illness in dogs. Just one sausage for an 8kg dog can be the equivalent of a ten-sausage 'snack' for an 80kg person! The same goes for a rasher of bacon or a biscuit.

Common culprits of toxicities include macadamia nuts, onion, garlic, chocolate, alcohol, avocado, xylitol (an artificial sweetener), grapes, raisins, and sultanas.

Symptoms can include lethargy, diarrhoea, vomiting, seizures, collapse, coma, pale or purple gums, red injected gums, wobbly gait, head or muscle tremors, eye tremors (nystagmus), red urine and difficulty breathing.

The chance of survival following ingestion of a toxic substance decreases as time to treatment increases. If you have concerns that your pet has ingested something they shouldn't have, get them to your vet as soon as possible.

KEEPING COOL

Our pets wear the same outfit through summer as they do in winter so we need to keep them comfortable and healthy through the hot days.

- **Clipping:** Reducing that heavy coat is an easy way to help pets stay cool. They will also dry off faster after a bath or playing in the sprinklers.
- **Shade:** Swimming and playing under the garden hose is a great way to cool our pets off, we just have to let them dry off in the shade. Letting them lie in the sun can result in overheating.
- **Cold food:** Freezing dog food, lean meat, or water is a fun way to keep your dog entertained and cool. It's impressive how quickly a dog can demolish a large block of ice when the sun's out!
- **Exercise:** Taking walks during the evening will reduce the chance of burnt pads. Your dog's feet will burn as easily as your hands on hot concrete. Bad burning will result in sloughing of the pads on their feet, infection and worse.
- **Ice packs:** An ice pack wrapped in a wet towel will provide a cool place for your pet to lie down as will a paddle pool or half clam shell filled with water.



- **Car Trips:** Pets can easily overheat in the car, even with the aircon blasting. Stress, inability to move around, and direct sunlight all contribute to a very hot, and potentially ill pet. Ensure they can safely move into different positions and have ready access to an air conditioning vent. A cracked window can help, and regular stops for wee breaks and to drink some cool water are a must. Don't leave your pet in the car, they can overheat, become ill, and even die.

Vet Dr Graham is from BVSC South Windsor
www.bvsc.sydney



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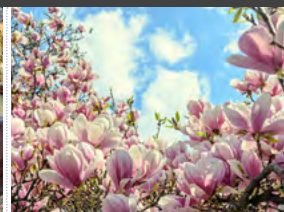
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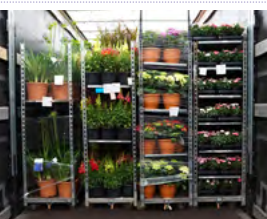
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ROBYN PRESTON MP

MEMBER FOR HAWKESBURY

How my office and I can help you

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

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

COMMUNITY BUILDING PARTNERSHIP PROGRAM

I am proud that Hawkesbury has secured \$400,000 in funding for a total of 21 worthy projects through the NSW Government's 2021 Community Building Partnership Program. The State Government funds will deliver much-needed improvements to local facilities.

I look forward to seeing how these projects take shape and make a real difference for community groups in the area. Applications for the next round of grants in this Program open in early 2022. More information about the program can be found at www.nsw.gov.au/cbp.

MERRY CHRISTMAS AND HAPPY NEW YEAR!

As we come together to celebrate Christmas, I'd like to thank the Hawkesbury community for their resilience this past year. The floods and lockdowns put a heavy strain on our community and I'm proud to be able to say that it was through the strength of each individual and generosity towards their neighbours that we worked through these trials together.

You have all sacrificed a lot this year, some have lost their loved ones, some have lost their jobs and experienced separations from their family and friends due to COVID-19. Every student, parent, teacher, front line

worker, emergency worker, tradie and member of the Hawkesbury community have shown a great strength and resilience through this trying time.

I would particularly like to thank the community for working together with the NSW Government during the many trials that this year has brought. I cannot thank you enough for your support and sacrifices which have gotten us through these difficult times.

I wish you all a safe and Merry Christmas, and a bright and prosperous New Year, which I hope brings happiness and good health.

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Notification of project proposal and registration of interest under Heritage NSW Aboriginal Cultural Heritage Consultation Requirements for Proponents 2010 (Stage 1) – Proposed subdivision located at 338 & Commercial Rd, Vineyard

McCardle Cultural Heritage (MCH) have been engaged by Proust & Gardner Consulting Pty Ltd (PO Box 132, Lindfield NSW 2070) to prepare an Aboriginal Cultural Heritage Assessment (ACHA) and Section 90 Aboriginal Heritage Impact Permit (AHIP) application, if required, for the proposed subdivision located at 338 & 348 Commercial Rd, Vineyard (Lots 5 & 6 in DP700504)

The purpose of community consultation with Aboriginal people is to assist the proposed applicant in the preparation of the AHIP application if required and to assist the Chief Executive of Heritage NSW, Department of Premier & Cabinet in his or her consideration and determination of the application should an AHIP be required.

In compliance with the Heritage NSW policy - Aboriginal Cultural Heritage Consultation Requirements for Proponents 2010, MCH would like to extend an invitation to Aboriginal people who hold cultural knowledge relevant to the proposed project area and who can determine the significance of Aboriginal object(s) and/or

place(s) in the area of the proposed project to register an interest in the consultation process for this project.

Written registrations must be forward to MCH (P.O. Box 166 Adamstown, NSW, 2289; penny@mcheritage.com.au no later than C.O.B. 20 December 2021.

All registered parties will then be contacted to discuss the project in compliance with Heritage NSW policy. If you register your interest in this project, please also nominate your preferred option to receive the initial information. You may wish to attend a non-paid meeting and receive an information pack, or receive an information packet through the mail or e-mail.

Any parties to register are advised that, unless otherwise requested, their details will be forward to Heritage NSW and the relevant LALC within 28 days of the closing date of registration and in compliance with Heritage NSW policy.

BLUNDELL INSPIRES

By LAWRENCE MACHADO

For Australian and Hills champion Jenny Blundell, focussing on the basics of athletics is as important as preparing for major events.

The former Cherrybrook Little Athletics star is back home after competing at the Tokyo Olympics but is already setting her sights on two big championships.

Blundell, 27, one of the several Hills locals to compete in Tokyo, has returned to her first running coach, Valme Kruger from Cherrybrook Athletics, for a change of pace and also to encourage the new crop of local athletes. Blundell finished 11th in the women's 5000m at Tokyo. At the 2016 Rio Olympics, Blundell finished 11th in the semi-finals of the 1500m.

The former Cherrybrook Technology High School student is aiming to compete in two demanding events next year, the IAAF World Championships in Oregon (US) from July 15-24, and the Commonwealth Games in Birmingham, England, from July 28 to August 8.

"It's such a quick turnaround which is why we are trying a new training routine of a 10-day cycle rather than seven days,"

Blundell said. "I'm really enjoying it. It's been good getting back in touch with Valme who is letting me do some sessions with her squad. I love running with a mixture of abilities, everyone has different strengths and weaknesses. I can be a world-class runner, but I can still be getting a good training effect running with up-and-coming teenagers. I am really, really enjoying that. It's also good for the younger runners to see someone who is world-class and see that they don't train hard every session."

Cherrybrook athlete Idris Burkhardt, 14, said it was "really inspiring" having the track star join their training sessions. "It encourages us to be more engaged in training, and also knowing that Valme helped train Jenny to become an Olympian inspires us that we can do it too," Burkhardt said.

Blundell, who is keen to give back to the local club, also attends Cherrybrook Little Athletics competition nights, prompting one excited boy to come running up with a photo of Blundell in action in Tokyo to ask: "Is this really you? I saw you on TV at the Olympics!"



Jenny Blundell trains with Matthew Conway, left, and Idris Burkhardt at Cherrybrook.

Blundell said it's important for young athletes to see that they are no different than she was at the same age. "I was lucky through Little Athletics to be exposed to people who had done what I have done now, and to realise we are all human," she said. "When I was a kid, I couldn't wait to come to Cherrybrook every day to train – I loved training and I loved the friends I made while training."

Blundell said she is enjoying "recovery" runs around The Hills, where she grew up. "The 5000m is still quite a new event for me and it's still exciting."

"If the Tokyo Olympics had gone ahead in 2020, I would have been running the 1500m but with the extra year of training I got fitter and my event naturally gravitated to the 5000m."

"But I am still wrapping my head around the laps and my strengths and weaknesses in the event ... but it's good, I like a new challenge. I just feel like I have a new lease on my running life by changing events, which is really cool."

BOOST FOR WOMEN'S CRICKET

The Hills Barbarians Cricket Club are pitching more resources, including extra coaching classes, into their expanding female teams.

Baa Baas president Steve Wickman, speaking to Hills To Hawkesbury Community News, said they have always encouraged girls teams in their club, with numbers rising in recent years.

Wickman said the club will use the recent \$1000 grant from HomeWorld and Sydney Thunder to also purchase new equipment for their female players.

"We have a significant growth in the girls teams at our club," he said. "We have always had young girls in our teams but now that they have their own teams, we have seen a bigger growth thanks to the great girls we have playing spreading the word. Cricket NSW have been very supportive at every turn to try and help us fill teams helping run come try days. The grant will be used for extra coaching opportunities

and equipment for our female teams to help them keep improving at the rate required to help them keep enjoying the game and staying involved.

It would be great one day to have a female player on our committee as an administrator. We have had some increase in our Junior numbers this season with a small number of senior cricketers dropping away."

This season, the Baa Baas are fielding three all girls teams in addition to seven senior and 15 junior teams across different age groups. After Christmas, the club will be hosting the junior and Master Blast program with around eight teams.

The club had a successful 2020/21 season, with their A Grade side finishing runners-up in the grand final for the second successive year. The club, however, won the



The Hills Barbarians will be using the \$1000 grant to boost their female cricket programs.

B5 title, while their Under-17 Division I side and B2 team lost their respective finals. Wickman also said bad weather put paid to several of their teams in the semifinals.

The other local clubs competing with the Baa Baas include Baulkham Hills, Winston Hills, Rouse Hill, Kellyville, and Kings Langley. Kellyville Ridge CC is another local club which received a \$1,000 gift as a part of the HomeWorld/Sydney Thunder Helpers Grant program, which aims to develop the next generation of Sydney Thunder stars. Details: www.hillsbarbarians.org.au

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FREE QUOTES

DARTING ABOUT THE COUNTRYSIDE

By Ivor Jones



I was going to call this item "A MOTORING OUTING" because I often relate to my wife that when I was a child in England my father, at one time during the mid 1950s, decided that we would go on a trip by motoring around the countryside to see a little more of England.

What my father really wanted to do however is visit as many pubs as he could to play darts and go to Ascot for the horse racing.

My father was a champion darts player in the South West of England winning many trophies and prizes and was also a bit of a gambler, hence the visit to Royal Ascot. There was barely a week that his photograph or an item featuring him would not appear in the "Bristol Evening Post" holding on to a trophy or prize of some sort.

At the time he had entered the "News of the World". National Darts Competition in which I had been told he came 7th in the competition. Only recently did I consider that perhaps the "trip" may have been to enable him to compete in heats for the competition.

I did not however inherit his talent for darts in this regard. My wife thinks that the term "Motoring" is old fashioned but still rather quaint.

Whilst we were living at Cabramatta, my father joined Cabra-Vale Diggers and captained the darts team and for a while was also NSW

Clubs Darts Champion. But I have digressed from what this article is about.

I am sure that many readers have enjoyed driving around the country from time to time. Country drives have changed since I first came to Sydney.

A drive to Campbelltown, Windsor, Central Coast etc would have once qualified as a country drive as you passed through farmlands, orchards and bush.

Not so much now-a-days would such a drive be considered a "country day trip" but thinking back to times when I would drive to Wisemans Ferry, when the "Bull & Bush" hotel at Baulkham Hills or Old Northern Road shops at Castle Hill were practically considered the end of suburbia. You would then enter the farmlands and orchards areas of the Hills district.

I thought of those times recently when, towards the end of the most recent Covid lockdown, my wife and I decided to drive to Wisemans Ferry whilst sticking wholly within the boundaries of the Hills Shire driving a round trip going and coming back along different routes.

We started by driving North along Windsor Rd through Kellyville and Rouse Hill to Boundary Rd at Box Hill where we turned and followed Boundary Rd to Cattai Ridge Rd at Maraylya and follow that road eastwards to Halcrows Rd at

Glenorie where we turned north west until we met up with Wisemans Ferry Rd. We continued on to Cliftonville Rd which we followed down towards the Hawkesbury River which we then drove alongside to Wisemans Ferry.

After a relaxing break and a bite to eat we returned home along Old Northern Rd passing the mysterious McFarland's Grave near the Maroota Public School. Just who was McFarland? Do you or anybody know?

In earlier times on our trips to Wisemans Ferry we would have passed roadside stalls selling a range of local produce, we may have called at one or two of the farms and purchased a couple of bags of manure also or perhaps called into the Yoothamurra Kiosk for a snack or Devonshire Tea. We may have also stopped for fuel at Dural during our trip or some may have stopped for lunch or a drink at the Wisemans Ferry pub or had a picnic in the park. Perhaps we would have stopped at some of the various lookouts along Old Northern Rd overlooking Wisemans Ferry. It was and still is a very popular spot within our district with a relaxing village atmosphere and a country feel about it.

Do you have any memories of drives you have experienced in the Hills and Hawkesbury regions? If you do, why not write and share them with us.

LAST DELIVERY FOR BABY DOCTOR

from page 9

"It's joyful when parents that have had difficulties conceiving ultimately have a child," he said.

He has had so many memorable occasions and so many parents who return, including one mum who had all her nine children delivered by him. "Everyone is hoping that their baby will be perfect ... it can be heartbreaking at times," he said. "I have learnt that experience and composure is especially important and to always keep your cool."

He has also worked hard to involve fathers in the whole birthing process by allowing them

to help deliver their own baby. "We take photos so that they always have a memorable record of the birthing experience" he said.

While he won't be delivering babies in 2022, A/Prof Blumenthal will be continuing his work as a gynaecologist and also teaching obstetrics and gynaecology trainees as well as medical students at the university.

He is an experienced laparoscopic surgeon, is a foundation member of the Australian Gynaecological Endoscopy Society, the Australian Society for Colposcopy and Cervical

Pathology and the Australian Menopause Society.

"It has been a pleasure to work with Dr Norman Blumenthal," said Suzanne Hall, General Manager Norwest Private Hospital.

"Dr Blumenthal has made significant contributions to Norwest as the former Chairperson of Obstetrics & Gynaecology for 10 years and as a Visiting Medical Officer, providing us with his teaching, wisdom, guidance and commitment to best practice."



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AREA DURING PAST DECADES.

Roadside Stall at Killyville (HDHS)



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



Halfway House at
Middle Dural (HDHS)

Yoothamurra Kiosk (Courtesy
of Glenorie Memorial Hall)



COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annergrove 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

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.

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

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. The 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

Combined Probus Club of Cherrybrook

We are a mixed gender club and have an active membership of over 170 retirees and semi retirees. Our meetings are held on the first Thursday of each month at the Cherrybrook Community and Cultural Centre.

Ross | 0411 104 863
rossfitzpatrick@icloud.com
www.probusouthpacific.org/microsites/cherrybrook/Welcome

Cumberland Bird Observers Club

The Club conducts three outings a month to observe birds in their natural environment. General meetings are held at Castle Hill on the 3rd Tuesday of the month. New members are always welcome.

Peter 0412 770 757 or Cathy 9809 5668
www.cboc.org.au

CWA of NSW - Galston Branch

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 Tuesdays of the month from 10 to 12.

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. For details of future meetings call.

Denis | 9629 2645 or Maurice | 9654 2138

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498
www.duralmensshed.org

East Kurrajong School of Arts

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

Ann | 02 4576 5031

Galston VIEW Club

Raises money for The Smith Family "Learning for Life" program. New members are always welcome.
Merle 9634 2378 | 0412 110 698.

Girl Guides Australia

There are great programs for girls aged 6 to 18. They meet once a week in groups relevant to their age groups which are run by trained Leaders and Unit Helpers. There are several Girl Guide Groups meeting in the area. To find out more about the best time and day for your daughter

Margo 0417 657 433.

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 Toastmasters

Meets every second Tuesday, 7pm. Restore Church: 47 Britannia Rd, Castle Hill. New members welcomed

Terry | 0488 089 951

Hills/Toongabbie Music Club

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

Allen | 0439 831 531
alldavisguitar@gmail.com

Ladies Probus Club of Baulkham Hills

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

Suzanne Dennis | 0412 424 593
ladiesprobusbh@gmail.com.

Learning in the Hills

To find out more about the huge range of courses available call 9639 7918

www.hca.org.au/learning-in-the-hills/
Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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 to 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 7.15am. 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 Club - Kellyville Castle Hill Mixed

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

Pam | 0417 667 067
pamelaloves66@gmail.com

Probus Club - Winston Hills Northmead Combined

Meets at 10am at Toongabbie Sports Club, 12 Station St., Toongabbie, 2nd Thursday of the month. New members welcome.

winstonhillspobusclub@gmail.com
Membership Officer | 0421 410 305

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

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
sithehills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

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. 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 or
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/
wandererWindsor Probus Club

Windsor RSL Fishing Club

Meets on the last Tuesday of the month at Windsor RSL club at 6:30pm. The club has been established for over 40 years and welcomes new members. It holds regular fishing outings including in land water and deep sea fishing.

Les Mison | 0421 821 1990.

Windsor 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

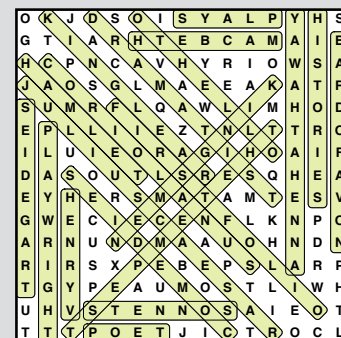
WORD SEARCH

ANNIVERSARY GIFTS

BRONZE	JADE
CHINA	LACE
CORAL	LEATHER
COTTON	LINEN
CRYSTAL	PAPER
DIAMOND	PEARL
EMERALD	RUBY
GOLD	SILVER
IRON	STEEL
IVORY	WOOD



WORD SEARCH



Answers from last issue

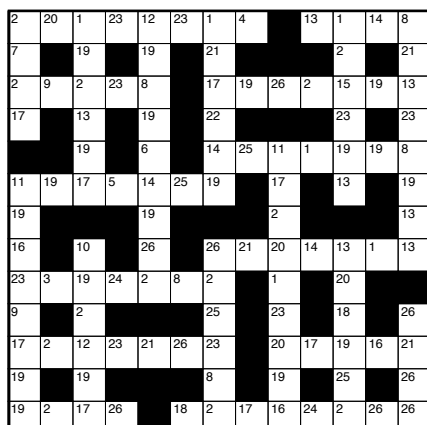
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CODE WORD

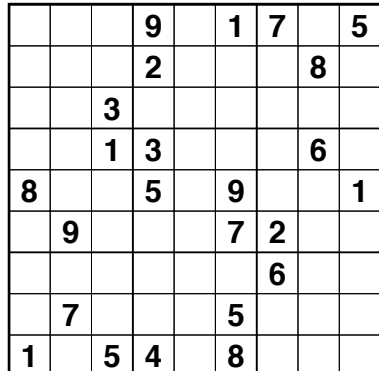
Numbers in the grid (1-26) correspond to each of the letters of the alphabet from A-Z in some order. Solve the puzzle and fill in the letters in the key provided as you find them. Three letters are provided to give you a start.

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

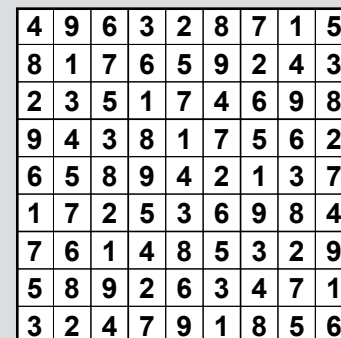


SUDOKU

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



SUDOKU



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LIBRARY AMNESTY

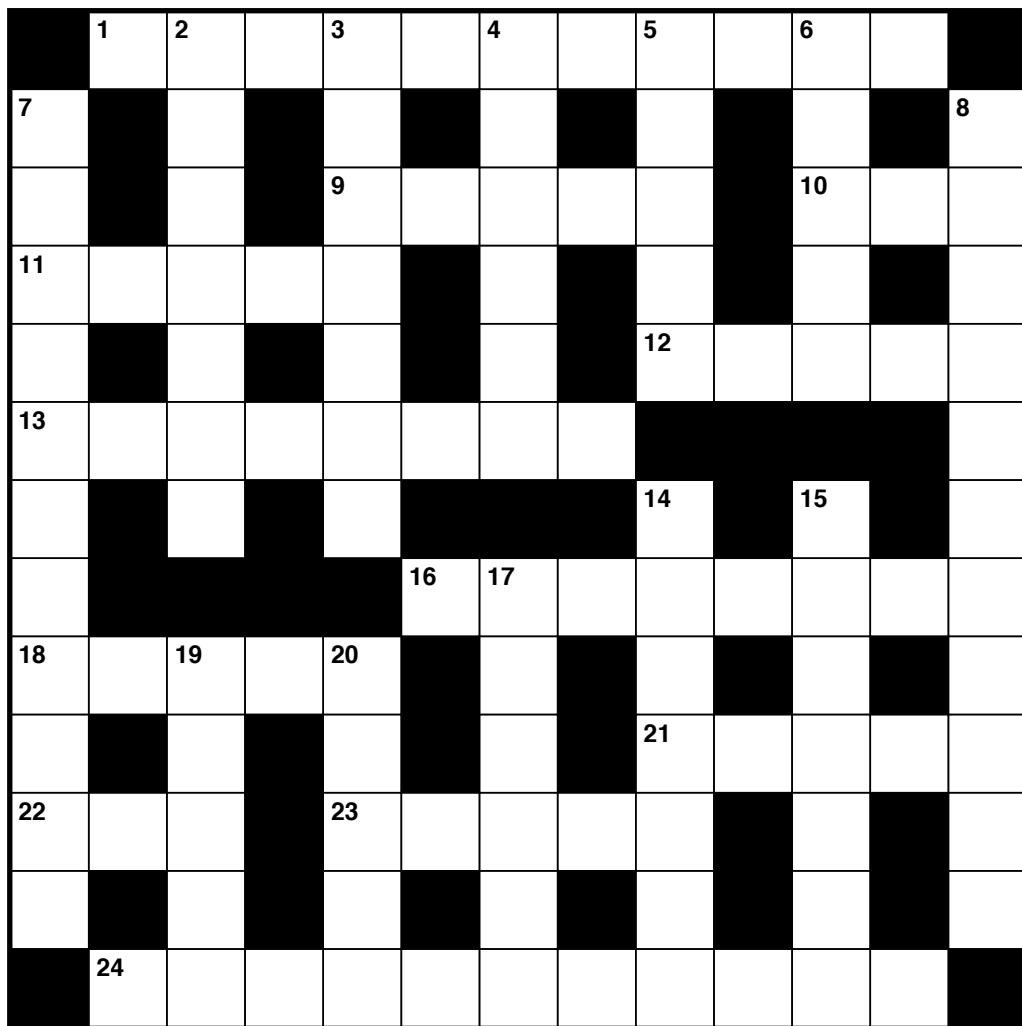
Hills Shire library members with overdue library books and resources can now return them to their local branch with a non-perishable food item and have their library fines waived. Library Fine Amnesty will run until Sunday, December 12.

Donations will be given to Anglicare – a charity that provides a range of services that promotes safety, participation and wellbeing – for their Mobile Community Pantry.

Items to consider for donation include:

- Christmas cake or pudding (500g or 700g)
- Tinned ham (450g)
- Tinned Salmon (415g)
- Tea (50pk) or Coffee (100g)
- Milo (200g)
- Packet of biscuits (200g x 2)
- Dried pasta (500g)
- Pasta sauce
- Long-life milk, custard or cream
- Tinned fruit and vegetables (425g)
- Jam (500g)

For further information, visit The Hills Shire Library website: www.thehills.nsw.gov.au/Library.



Across

1. Chance concurrence of events
9. Swift
10. Epoch
11. Short choral composition
12. Music with a recurrent theme
13. Device for spraying paint
16. Morally compel
18. Manner of writing
21. Looked at open-mouthed
22. Sort; kind
23. Sculptured symbol
24. Stargazers

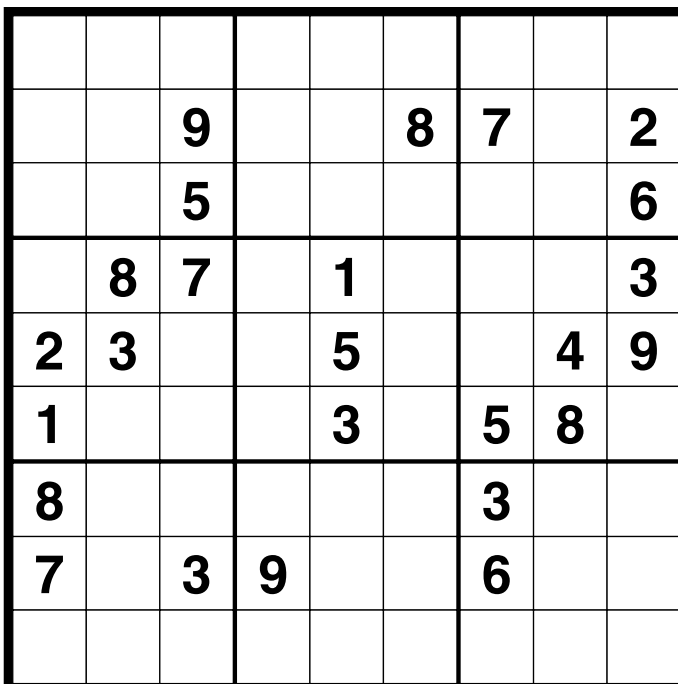
Down

2. Public speakers
3. Bring up
4. Urges to act
5. Senior figure in a tribe
6. Sequence
7. Camaraderie
8. Endorsed
14. Cotton fabric
15. More cheerful
17. Subatomic particle such as a nucleon
19. Bonds of union
20. Keen

SUDOKU

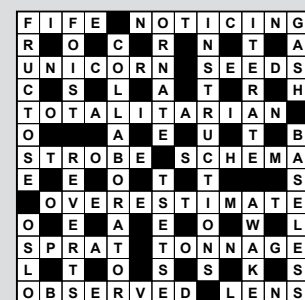
Rating: ★ ★ ★ ★ ☆

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

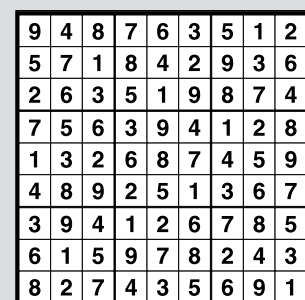


Answers from last issue

CROSSWORD



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