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Community News

23rd Sept – 7th Oct 2022 | Volume 39 – Issue 19
Local Stories, Local Events, Local People and Local Businesses



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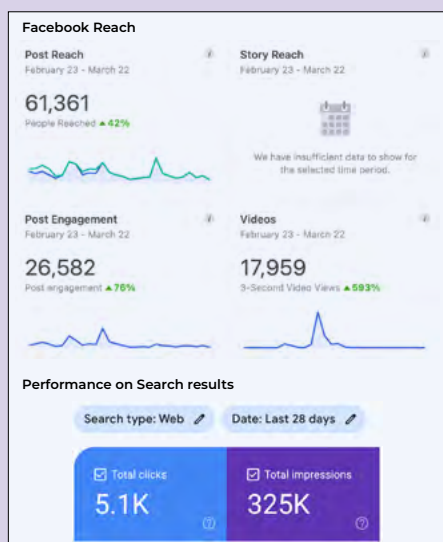
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The Hawkesbury from above

By TONY BOSWORTH – EDITOR, HAWKESBURY POST

A former Australian Equestrian Champion with an eye for photography is the man behind a growing collection of beautiful pictures of the Hawkesbury, showcasing the best and most beautiful features of our region.

Peter Haynes, who lives in South Windsor and has been a Hawkesbury resident for some 25 years, has run a videography business since 2002 specialising in the equestrian industry and before that, in what he says "almost seems like a previous life" he was an elite equestrian who represented Australia in the Olympic discipline of Three Day Eventing and also won the prestigious Australian Three Day event held at Adelaide in 1998, making him an Australian Champion.

He also ran a professional horse establishment until 2012 where he broke-in, trained horses, and coached many riders.

But now he has another string to his bow – a growing collection of stunning photographs, mostly taken by drone, of Hawkesbury landmarks, buildings and bridges.

"Over the years I had only shown a small interest in photography," Mr Haynes told the Post, "concentrating most of my skills into videography and, of late, coaching equestrians in riding and competing. My photography was constrained to creative shots on my phone for my own entertainment and the occasional still shot to promote my video work."

But then he started posting his photographs to Facebook to try and generate some additional income, and hopefully drum up some

more business with clients, both videoing or photography.

"I had no intention to become a photographer who sells their own work," says Peter, "so, I guess that happened by accident but certainly the skills of 20 years of videography and editing have been utilised into these photographs.

"To be honest, I am somewhat overwhelmed and very humbled by people's response to my work, and it certainly has triggered a newfound passion that I will continue to work on and improve."

The drone photography is shot on a DJI Mini 3 Pro, which, says Peter, "for such a tiny drone packs a punch well beyond its weight when used creatively and correctly".

Take a closer look at Peter Haynes's photography through the links below, and see also how you can purchase his pictures. www.facebook.com/media/set/?set=a.10160464050429060&type=3, <https://ko-fi.com/peterhaynesperspectives?fbclid=IwAR3vUWELiWljf2KNLIm1ORDGP3PWnRgUDKSmp4rE2rMlqopDyrg1xRN6AA4>

You can read more Hawkesbury news at Hawkesbury Post on www.hawkesburypost.com.au or facebook.com/hawkesburypost

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

www.hillstohawkesbury.com.au | Facebook @hillstohawkesbury



DIANA PATON
PUBLISHER

contribute@
hillstohawkesbury.com.au
0408 011 193



TANYA COOK
ADVERTISING

advertise@
hillstohawkesbury.com.au
0499 040 726



BEV JORDAN
SENIOR JOURNALIST

bev@
hillstohawkesbury.com.au
0439 034 187



TONY BOSWORTH
EDITOR/JOURNALIST
HAWKESBURY POST

Info@hawkesburypost.com.au
0414 236 142



IVOR JONES
CONTRIBUTOR

ivor.jones47@
optusnet.com.au



GISELA HORNER
EDITORIAL CO-ORDINATOR

contribute@
hillstohawkesbury.com.au

Owner: Compton Media Group

Publisher: Diana Paton, Adelphi Printing Pty Ltd

ATF Paton Family Trust

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

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

Condolence Messages fit for a **QUEEN**

Hills and Hawkesbury residents can write condolence messages to the Royal Family on the passing of Queen Elizabeth II at both Hills Shire council administration building and Hawkesbury City Council plus libraries across both local government areas.

Hundreds of residents had already paid their respects, leaving messages on condolence pages, before Thursday's national day of mourning (22nd September).

Hills Shire Mayor Peter Gangemi reflected on the Queen's remarkable dedication as reigning monarch for 70 years saying: "Queen Elizabeth II gave a lifetime of service to the Commonwealth and had a fondness for Australia, even passing through The Hills in 1986 where residents lined the streets to greet her," he said.

"I know that our community will be paying their respects to her as monarch of Australia, as a cherished mother, grandmother, great-grandmother and foremost for her supreme sense of duty to her role. Her Majesty put service above self throughout her reign, whether it was helping during World War II, supporting countless causes, greeting her people or, in her final days, swearing in new British Prime Minister Liz Truss."

"Queen Elizabeth II showed genuine care and concern for those she served. We are all so thankful for her remarkable and unprecedented years of service – and the integrity, dignity and loyalty she has shown," he said.

Hawkesbury City Mayor, Councillor Sarah McMahon said: "Through her grace and wisdom as a steadfast leader, Her Majesty brought so much strength to her Family, our nation and to all realms of the Commonwealth.

"The Hawkesbury has cherished memories of the Royal visits to our community in years gone by and we feel united by the memories we share."

The Royal Family has asked members of the public to make donations to charities rather than floral tributes in memory of The Queen. She was associated with more than 600 charities during her reign.

Condolence pages to honour the life of Her Majesty, Queen Elizabeth II can be signed at Hills Shire Council administration building at 3 Columbia Court, Baulkham Hills and Hawkesbury City Council's Administration Building at 366 George Street, Windsor.

Condolence pages to the Queen can also be found at Castle Hill Library Cr Pennant St and Castle St, Castle Hill, Baulkham Hills Library, Railway st, Dural Library Pellitt Lane and Vinegar Hill Memorial Library at Rouse Hill Town Centre, Hawkesbury Central Library



at 300 George Street, Windsor, Richmond Branch Library at 29 West Market Street, and Hawkesbury Community Hubs.

Each council will have Condolences bound into a Condolence Book and sent to Buckingham Palace and archived by the Commonwealth.

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DURAL FIRE INVESTIGATION

Arson Unit detectives are appealing for information after a home in Dural was destroyed by fire in Dural earlier this year. About 4pm on Sunday 30th January 2022, emergency services responded to reports of a house fire at a property on Muraban Road at Dural.

NSW Rural Fire Service crews attended and extinguished the flames, before a crime scene was established by officers from Kuring-Gai Police Area Command.

The premises were unoccupied at the time. The home set on just over 2 hectares sold last year. A forensic examination by specialist officers determined the fire had been deliberately lit, and the matter was referred to detectives from the Financial Crimes Squad's Arson Unit, who commenced further inquiries under Strike Force Ashscrub.

As they continue, police have released mobile phone vision of the fire quickly spreading throughout the home and are appealing for any witnesses or those with dashcam vision from the area at the time to come forward. Investigations under Strike Force Ashscrub continue.

Anyone with information that may assist Arson Unit investigators is urged to contact Crime Stoppers.

DRIVER 4X LEGAL LIMIT

A 48-year-old woman will appear in Parramatta local court next month charged with High Range Drink Driving after a miraculous escape from a car crash on the M2 Motorway on Sunday evening (18th September).

It will be alleged that the driver of a Subaru was observed weaving in and out of traffic westbound the North Connex tunnel until eventually colliding with an embankment at Winston Hills at 5.30pm.

She was uninjured. She was arrested by Hills Highway Patrol and taken to Castle Hill Police Station where She returned a blood alcohol reading of .215. Her licence was suspended and she was issued with a court attendance notice.

GUN FOUND

Several residents called police to report a man carrying a gun bag walking in the South Windsor area at about 5.30pm on Sunday 18th September.

Officers attached to Hawkesbury Police Area Command responded immediately and saw a man running through Stewart and Cartright Street, South Windsor. A perimeter was established with multiple resources utilised but the man was not found. A short time later, a shotgun was found in Wimbow Place. It has been sent for forensic examination.

Inquiries are continuing. There has been no arrest in relation to this incident as yet but police are appealing for anyone with information to call Windsor Police or Crime Stoppers.

WOMAN, 23, ARRESTED

A former NSW Police civilian employee has been charged with fraud related offences.

Strike Force Karabin was established in November 2021 by detectives from the State Crime Command's Robbery and Serious Crime Squad to investigate the armed robbery of licensed premises and aggravated break and enters at commercial shopping centres.

As part of the investigation, a 32-year-old man was charged in August and remains before the courts. Following inquiries, investigators arrested the former employee – a 23-year-old woman – at Riverstone Police Station about 10.40am on Thursday 15th September.

Police will allege the woman was involved in an aggravated break, enter and steal at a unit complex in Macquarie Park in July this year, as well as the submission of fraudulent insurance and taxation claim.

She was charged with two counts of dishonestly obtain financial advantage by deception, participate in criminal group, conspiracy to knowingly deal with proceeds of crime and aggravated break, enter and steal.

The woman was granted strict conditional bail to appear at Blacktown Local Court on Monday 10th October 2022. Investigations under Strike Force Karabin continue.

HOTEL ROBBERY

Police were called to a hotel on Union Lane, Windsor, following reports of a robbery at about 10.30pm on Sunday 18th September.

Officers attached to Hawkesbury Police Area Command attended and were told a man had demanded money from a female staff member before he left the scene with cash.

The 37-year-old woman was shaken but not injured.

Inquiries are continuing and police are appealing for anyone with information about this incident, or who may have dashcam vision of the vicinity around the time, to call Windsor Police or Crime Stoppers.

SPEEDING P-PLATER

Officers from The Hills Highway Patrol have suspended a P1 licence holder who was caught travelling at 52 km/hr over the sign posted speed limit.

Police say they detected a red Toyota RAV4 along Old Windsor Road, Bella Vista travelling at 132 km/hr in a sign posted 80 km/hr zone at about 10.55pm on Monday, 12th September.

The driver had only held his Red P1 licence for 9 months.

The driver from North Parramattawas issued an infringement notice for Exceed Speed Limit - over 45 kph and Not Display P Plates. His NSW driver's licence was confiscated and suspended on the spot for a period of 6 months however the number plates were not seized as the vehicle was not registered to the driver.



RFS CHAMPIONS

Oakville Rural Fire Brigade from the Hawkesbury District has been named Senior Champions at the 2022 NSW RFS State Championships. It is the third time in a row the Oakville Brigade has claimed the title.

The State Championships in Wollongong saw 26 Rural Fire Brigades from across NSW compete in the championships which are designed to test leadership, teamwork and skills with a range of scenarios using the latest firefighting equipment.

It was the 25th Championship. The two-day event is held every two years.

SHOPLIFTING OFFENCES

Hills police arrested a 33-year-old woman at Quakers Hill on Wednesday, September 21st.

Police allege that the woman drove a Grey Holden Commodore into the Rouse Hill Town Centre Carpark on Tuesday night (20th September) and in company with another female, attended a department store, where it will be alleged she stole a BMX Bicycle, a scooter and a quantity of cosmetics.

Security Officers confronted her in the carpark, where it is alleged she drove at them.

Hills Police Proactive Team attended a Quakers Hill address on Wednesday morning where they arrested the 33-year-old woman and recovered the bicycle. Anyone with information that may assist investigators is urged to contact Crime Stoppers.

NSW SES Warnings are Changing

From 30 September 2022, the NSW SES will be adopting the Australian Warning System to provide a nationally consistent approach to warnings prior to the impact of severe weather events. Our new warnings have clear action statements to better support communities make safe decisions and take action.

A multi-hazard, three-tiered warning system

- Advice**
An incident has started. Stay up to date as the situation changes.
ACTION STATEMENTS: Stay informed, Monitor conditions, Reduced travel - return with caution.
- Watch and Act**
Conditions are changing and you need to start taking action now to protect you and your family.
ACTION STATEMENTS: Do not over-reckon, Prepare to evacuate, Avoid the area.
- Emergency Warning**
You may be in danger and need to take action immediately.
ACTION STATEMENTS: Evacuate now / Evacuate before time, Shelter now, Move to higher ground.

Three Warning Components

- Location + Hazard**
The location and the type of hazard impacting the community (e.g. Smithtown flooding).
- Action Statement**
An action statement to guide protective action by the community, according to the warning level (e.g. stay informed).
- Warning Level**
The severity of the natural hazard event and the consequences to the community.

FOR EXAMPLE:
Smithtown East Flooding - Prepare to Evacuate - Watch and Act
Arkwile North Flooding - Evacuate Now - Emergency Warning

132 500
FOR EMERGENCY CALLS
FLOODS, STORM AND THUNDER

For more details, visit:
ses.nsw.gov.au/warnings or scan QR Code

Heartfelt Reunion

By BEV JORDAN

It was an emotional meeting when little Lily McGowan and her parents Sam and Lewis were reunited with police officers and paramedics who had worked to save the two-year-old's life.

Sam McGowan was driving along Gilbert Road, Castle Hill when she saw her daughter appear to have a seizure in her car seat.

She pulled over to the side of the road to find her daughter had stopped breathing, Sam called Triple Zero (000) and under the guidance of the operator she commenced CPR on the nature strip.

The emergency call came through at around 1.50pm on January 6th, fortunately there was a police car nearby and officers from The Hills Traffic and Highway Patrol Command, including former nurse Constable Nicole Ziedan, took over CPR.

After performing CPR for almost 30 minutes on the roadside, officers felt Lily breathing. She was treated by NSW Ambulance paramedics along with the critical care team from the CareFlight helicopter before she was taken to The Children's Hospital at Westmead.

This month her parents, Sam and Lewis McGowan, were able to thank police and emergency services for saving their little girl's life.

Her mum Sam said: "It was the worst 30 minutes of my life, it was a huge relief to see The Hills police officers arrive to help.

"They worked together to keep Lily alive until the paramedics arrived. We will be forever grateful for what they did for our beautiful daughter and our family."

The incident with Lily highlighted the need for police cars to carry Automated external defibrillators (AEDs), portable, life-saving devices designed to treat people experiencing sudden cardiac arrest.

From this month all Hills police vehicles now carry AEDs as part of a 12-month trial that could eventually see them put in all first response police cars such as general duties and highway patrol cars in NSW.

The move is great news to former yellow Wiggle Greg Page who established the charity Heart of the Nation to encourage more businesses and organisations to have AEDs available and have signage showing where they are.

He collapsed during a concert at Castle Hill RSL in January 2020. "My life was saved because of bystanders who knew how to do CPR and the fact that there was an AED nearby when I went into cardiac arrest - and people knew where it was," he said. "Having an AED within 3 minutes of someone can increase survival rates by 200-300%".

Heart of the Nation has donated three of the AEDs to Hills Police Area Command, CHR



Supt Darrin Batchelor with Greg Page, Lewis and Lily, Sam and Constable Nicole Ziedan

(Castle Hill RSL Group) has provided seven and the Michael Hughes Foundation one.

Supt. Darrin Batchelor, Hills Police Commander said: "Police frequently find themselves having to perform CPR on members of the public. Having AEDs on the road 24 hours a day is exciting, potentially lifesaving and will enable officers to provide an additional level of first aid intervention to members of the public who suffer an out of hospital cardiac arrest. We are incredibly appreciative of the organisations and charities that understand and want more public access to AEDs in the community."

Greg Page said it is great to see the trial of AEDs in Police vehicles going ahead.

"Our Police are often first-on-scene, and when they are responding to an incident that involves cardiac arrest, it makes sense for them to be equipped with not only the skills required (CPR) but also the tools (an AED) to get a heart beating again."

He said it will "strengthen the Chain of Survival" for those who need it.

"This initiative is something Heart of the Nation has been trying to get happening for the past two years, as it is totally in line with the Global Resuscitation Alliance's 10 Programs for increasing survival from cardiac arrest in the community."



The Inala Fair is Back

After a 3 year hiatus the Inala Fair is coming back, bigger and better than ever.

Inala is welcoming back the community for a day of family fun, entertainment and shopping.

Alexandra Davis, Inala CEO says she is looking forward to showing off the beautiful grounds in Cherrybrook to the community.

"COVID has been, and continues to be incredibly tough for the clients, staff and families of Inala. Bringing the fair back is definitely going to be a highlight for everyone," she said.

Founded in 1958 Inala is committed to providing the highest quality support for individuals living with a disability through a range of accommodation, day services and community support.

Able to provide flexible and tailored programs for each individual a day at Inala can include the art program, volunteering, vocational or a special interest community-based support.

"I am so excited to be able to show off the incredible art created at Inala. From ceramics, to silver jewellery to felting and everything in between. The fair is the perfect time to get in early and do some Christmas shopping for a that one-of-a-kind gift," she said.

Along with the amazing art created at Inala, there will be performances from local schools, pony rides and face painting. If you are looking for a bargain the pre-loved clothing boutique will be back along with our huge second hand book stall.

Local community group West Pennant Hills Lions Club will be in attendance to run the Chocolate Wheel and you can finish the day with some lunch or morning tea in the cafe.

"Inala is right next to the train station so getting to the fair is easy, and we encourage everyone in our local community to attend," said Alexandra.

The Inala Fair will be held on Sunday, 23rd October from 9am to 3pm at 99 Franklin Road, Cherrybrook. For more details follow Inala on Facebook or check out their website www.inala.org.au



Stewart who takes part in an art program at Dulkara

FREE SCHOOL HOLIDAY FUN

Week 1:

Australian Reptile Display

Join us for an interactive reptile, amphibian and invertebrate display!

**Thursday 29 and
Friday 30 September
10am - 2pm**

Located in front of Red Dollar



Week 2:

Dinosaur Dig and Craft

Be a paleontologist for a day and find your own fossils, plus get creative in the dino craft zone!

**Wednesday 5 and
Thursday 6 October
10am - 1pm**

Located in front of Red Dollar



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Wave of Light

By BEV JORDAN

Little Eden River's light shines through the memorial candles her mother Jade makes and pours with such loving care.

Jade Jey from Riverstone started her candle making business following her daughter's accidental death in 2014.

When she made the first candles for family members as a Christmas gift, the year Eden died, she had no idea that her gift of love would spread to embrace thousands of grieving families.

This year she will be giving away 1,000 memorial candles to families in the area to remember the loss of their little one on October 15th as part of the International Wave of Light.

"October is pregnancy and infant loss memorial month," she said. "Every year, it's my mission to give away some of our mini memorial candles to families who will be remembering the loss of their little one on October 15th.

"We too, will be remembering our own little girl, who died tragically at 15-months old, so this cause is very important to us."

This year will be the family's biggest following the establishment of The Eden River Foundation earlier this year, which has raised over \$8,000 on its GoFundMe page to enable 1000 candles to be given free to grieving families.

Jade said it was a candle given to her as a neighbour the terrible day of Eden's accident that later gave her the idea for the Eden River memorial candles.

Her daughter Addison was three -years old and Eden 15 months old when she picked them up from their grandmother's house on February 4th, 2014 in the early afternoon and bought the ingredients to make the girl's favourite sushi.

"We were going out that night, to a church leadership event so when we got home, I put them both down for a quick nap, gave them a kiss and then proceeded to make them their sushi."



Eden's family: Jade and David with Addison (11), Ellery (7) and Atlanta (5)



A memorial candle beside a photo of Eden.

When Jade went to get the girl's up about an hour later she found Eden unconscious, a blind cord which was normally on a hook was wrapped around her neck.

"I pulled her out and raced outside screaming for help while I began CPR with a neighbour's help and another neighbor rang 000," said Jade. "It took the paramedics- 22 mins to arrive with a CareFlight helicopter hovering above. And the news no parent should ever hear. Our baby girl was gone. It's a pain that even still shatters me to the core."

"Not long after, someone bought me a candle, especially to light for her and it was and still is really special to me. For Christmas that year I decided to create some candles in memory of Eden for my Family and so... Eden River Co began, with memorial candles always at the forefront of what we do and its there where The Eden River Foundation was birthed."

"The creation of these candles are dedicated to our angel girl in heaven."

Jade says the response she gets from families grieving their own child is very precious to her.

"They feel validated and their babies are honoured and remembered."

Since Eden's passing she and her husband David have had two more daughters and their girls, Addison (11), Ellery (7) Atlanta (5) know that the Eden River candles are to remember their sister.

As well as the mini memorial candles, Jade also sells scented candles online with all profits going to the Eden River Foundation to supply candles to grieving parents but also help her reach her next goal.. A retreat for mums who have lost a baby.

To find out more visit the website edenriverco.com or visit the Eden River Facebook page@[edenriverco](https://www.facebook.com/edenriverco).

Message before 2nd October if a memorial candle is needed before the International Wave of Light on October 15th.

FAMILY FUN at Grove Square – The Hills

We have something for everyone at Grove Square- The Hills!

Come along to our Toddler Tuesday held on the last Tuesday of every month. Free entertainment for the littles and free coffee for the first 30 accompanying parent/carers. Upcoming event is on Tuesday 27 September 10am – 12pm.

These school holidays, get up close and personal with Australian Wildlife in our interactive Australian wildlife and reptile display. Touch, learn and discover various Australian wildlife from snakes, lizards, turtles, spiders, invertebrates, frogs and a crocodile! All the animals are displayed in naturalistic enclosures presented by accredited and licensed exhibitors, Feature Creatures. This interactive display will be in centre on Thursday 29 and Friday 30 September from 10am -2pm in front of Red Dollar.

The reptile theme continues in the second week of school holiday, where kids can be a palaeontologist for a day and dig for 'dinosaurs' and get busy with craft activities on Wednesday 5 and Thursday 6 October 10am – 1pm, located in front of Red Dollar.

Save the Date! Weekend 15/16 October, discover more deliciousness at Grove Square-the Hills' Foodies Market!

Enjoy food tasting, product showcasing, live music, face painting and freebies, which are all part of the experience. Meet the people behind some of your favourite culinary delights available at Panetta Mercato, Elies Butchery and more!

Plus, we welcome new stores- Live Life, Drinks HQ, Petals and Leaves and Soul Bowl! Follow @GroveSquareTheHills on Facebook or visit www.grovesquare.com.au for more details.



Clubs to Merge

Castle Hill Bowling Club and CHRG (Castle Hill RSL Group) are set to amalgamate following an unanimous vote of CHRG members at the Special General Meeting held on Monday, 17th September.

The vote followed the unanimous approval of Castle Hill Bowling Club members at a Special General Meeting held a week earlier.

Talks have been progressing since March 2021 following a call for expressions of interest in an amalgamation.

Noel Benson, Chairman of Castle Hill Bowling Club, said the amalgamation was not only good for both clubs but also the community.

Final approval is being sought from the Independent Liquor and Gaming Authority, which is expected later this year. John Payne, President of CHRG said it was an exciting decision.

"CHRG is a leading provider of hospitality and sport services and facilities, and we are very excited to be welcoming CHBC to the CHRG family of venues. Over the years, we have enjoyed a strong relationship as neighbours and friends, and we look forward to building on this to support our membership and the sport," he said.

CHRG has committed to develop CHBC as a Bowling Centre of Excellence to support and

promote the benefits of the sport throughout its membership and beyond.

David O'Neil, Group CEO of CHRG, said: "We look forward to the enhancement of bowling facilities, which includes a synthetic green, with all-weather roofing and competition standard lighting, along with a new clubhouse,"

Noel Benson said "Having been in operation for the past 62 years, Castle Hill Bowling Club's members were keen to ensure the sport of bowls would continue to be available to people living in the Hills area.

"This amalgamation opportunity, including the new facilities that will be created, will ensure the legacy of past and current members lives on well into the future. We're delighted for what this amalgamation offers our members and the wider community."

The club has 180 active bowler who participate in several Bowls NSW competitions and interclub tournaments throughout the



Noel Benson and John Payne say its a win for both clubs

year, with the ability to play organised games at the club on six days a week. Free coaching is available for anyone interested in trying the sport out.

Bowling Club member Paul Bryan said: "Lawn Bowls is a great sport for the young and young at heart – providing a wonderful opportunity for like-minded people to participate in something low-impact, fun and relaxed, while also learning the technical skills of the game."

It is expected that CHRG will finalise the amalgamation with CHBC in early 2023.

Liam dances up a storm By VIRAG TOTH

When 19-year-old Liam Costello first witnessed an Irish dancing performance at the age of five, he was captivated.

Originally starting in the jazz discipline, he quickly realised where his calling was.

"From watching it, I was really drawn to how exact, athletic and strong the movements were. I joined as soon as I could," Liam told the *Galston, Glenorie & Hills Rural Community News*.

It didn't take long for Liam to find his feet in the Irish dancing world and skyrocket through the ranks. He went on to clinch multiple titles across the world, including All Ireland, North American and Australian titles. His most recent was being crowned World Champion for the third consecutive year in a row.

"It was genuinely the best feeling. It was just incredible, amazing. All the hard work that you put into it finally pays off," he said.

Liam admits that his admirable achievements didn't come without a lot of hard work, sacrifice and dedication.

"I'm quite an overachiever. I guess I'm a perfectionist, so I like everything to be perfect as much as it can. So, I strived for the title, and I'm glad that I was able to achieve it."

Hailing from West Pennant Hills, Liam attended West Pennant Hills Public School before completing his schooling at Newton High School of the Performing Arts. He revealed to the *Galston, Glenorie & Hills Rural Community News* that it wasn't always easy as a male dancer.

"Taking up dancing as a guy can be challenging, especially growing up in primary school with people being immature. But you just have to get through it. I did also swim

competitively, I did soccer, I did tennis for a bit, and basketball, but it all came back to dancing."

Liam admits that he has Irish dancing to thank for introducing him to his roots in Ireland.

"I didn't really know I had Irish heritage until I started dancing. I knew my grandparents were from the UK, but it really forced me to look back further into my heritage and find out that they've come from Ireland."

However, the outbreak of a global pandemic brought the teenager's wave of success to a screeching halt, revealing that he had to re-evaluate and adapt.

"COVID was quite a big hit on me because Irish dancing, specifically in the competitive world, really focuses on going to all the competitions and competing against other people. So, with all that completely stopping, it was quite hard to build motivation, but knowing that things would kick back up again, I was able to push myself and keep myself occupied in other ways that would also benefit my Irish dancing. I did a full time dance course at Brent Street last year which really helped me build up strength and also made me a more versatile dancer," he said.

After returning to Australia from the World Championships this year, Liam joined *Eireborne*, an Irish dancing production that toured the country in July and August.

"It was amazing, it was such an awesome world. It was very energetic and very involved with the audience. It was special to be a part of,



especially being able to dance with all my peers who I've grown up dancing against. Being able to come together and dance on Australian soil was fantastic," he said.

Liam admits that although Irish dancing will always remain a big part of his life, he is looking to branch out into other areas of dance, as well as take some time to reflect on his whirlwind past year.

"I'm really just seeing what takes me at the moment. I haven't really got anything set in stone because I've been travelling so much. It's just kind of good to take some time to slow down and think about what I'm going to do in the future."

Blooming Lovely Bilpin

By TONY BOSWORTH – EDITOR, HAWKESBURY POST

The Bilpin Flower Show – first opened in 1961 – is back after twice having been pruned right back by the pandemic. Two years ago marked the 60th anniversary of the event but it couldn't be celebrated, so this year organisers are looking forward to an even bigger event.

"The flower show is the highlight of the Bilpin calendar," says show co-ordinator Glenn Watson. "It's been running so long now that no-one here remembers when it wasn't on in October."

Each spring, hundreds of people travel from all over NSW to Bilpin for the sensory overload of walking into a hall filled with the colour and scent of hundreds of cool-country spring flowers and foliage.

Over 80 local growers submit around 700 individual entries across 50 classes, including orchids, rhododendrons, camellias, roses, azaleas, irises, waratahs, proteas, maples, cacti, other succulents, and many more.

Children are strongly encouraged to participate with most entries from the local Bilpin school. Entries are submitted the day before the show and meticulously documented and labelled and then judged to the standards of the Royal Agricultural Society of NSW on the Saturday morning immediately before the show opens at 11am.

This careful, quiet process contrasts dramatically with the traditional end of the show at 4pm on the Sunday. Visitors hover with greedy eyes within reach of their favourite exhibits and, at a word from the show co-ordinator, they grab everything they can.

"You have to laugh, suddenly there's a wild free-for-all," says garden club president Airdrie Martin, "because everyone can take away prize-winning flowers for a very tiny price. But it does make packing up the show a lot easier!"

In 2015 the flower show was expanded to include a Spring Fair in the grounds of the Bilpin District Hall. Stalls offer plants for sale, horticultural advice, local arts and craft and delicious, fresh Blue Mountains food. There will be cafe refreshments and quality barista coffee.

The hall's entrance lobby will feature a jaw-dropping floral display, arranged this year by locals Russell Fillmore and Paul Brambles.

Meeting and greeting again at the show on the Saturday will be drag artiste and singer Miranda Fair. Despite touting herself as a retail

therapist from the Sutherland Shire, she has become a local Bilpin identity, adding sparkle to each flower show since 2014 and live music will feature local country musician Jed Zarb singing and playing his original blues-and-roots hits.


Sunday morning a jazz quartet will perform 20th century musical standards, while the Macquarie Towns Choir will conclude the afternoon.

The Bilpin Flower Show and Spring Fair is at the Bilpin District Hall, 2596 Bells Line of Road, on Saturday October 8 from 11am to 4pm and Sunday from 10am until 3pm. Adult entry \$5, children enter free.

MORE INFORMATION: www.facebook.com/BilpinFlowerShowandSpringFair
ENQUIRIES: Glenn Watson 0419 979 844.
EMAIL: bilpinflowershow@gmail.com

You can read more Hawkesbury news at Hawkesbury Post on www.hawkesburypost.com.au or facebook.com/hawkesburypost





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The Appleton Ladies' Potato Race

WRITTEN BY MELANIE TAIT
DIRECTED BY BERNARD TEUBEN

23 Sept to 15 Oct

www.paviliontheatre.org.au

The Appleton Ladies' Potato Race

NEW DATES – Now 30 September to 15 October

Castle Hill Players are excited to present the Australian stage comedy hit starring Julianne Horne (Baulkham Hills), Karen Pattinson (Clareville), Madhavi Shankarling (Quakers Hill), Jacqui Wilson (Cattai) and Gina Willison (Cherrybrook). Directed by Bernard Teuben (Kellyville Ridge). Written by Melanie Tait.

Appleton is a quintessential Australian country town where men are real men, women are real women... and vegetables are not used in cake.

But things are changing. City slickers, tree changers and refugees are moving in. Appleton might just have to face the new century!

However... simmering tensions are about to boil over... Prodigal daughter Penny has returned from the big smoke.

Appleton's annual Potato Race has never been something Penny cared about, until she discovers that the men's prize is five times more than the women's.

Now she has a bee in her bonnet! The towns folk are about to get a lesson in gender parity... and Penny is going to get a lesson in history.

A sparkling comedy about change and how we see our future.

30 September to 15 October, Wed, Fri, Sat 8pm; Sun 4pm;

plus new matinee Sat Oct 8 at 2pm -

Tickets \$30 Adult, \$25 Concession

The Pavilion Theatre is located within the

Castle Hill Showgrounds, Castle Hill

Information & bookings: 9634 2929 or

www.paviliontheatre.org.au/the-appleton-ladies-potato-race

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Legally Blonde



Teddy plays the part of Bruiser
CREDIT: Facebook

Legally Blonde The Musical
will holding court at
The Pioneer Theatre from
30th September to
9th October.

Based on the cult classic film, this award-winning Broadway hit is being performed by the much-loved Blackout Theatre Company.

It follows the transformation of Elle Woods (played by Jordan Miller) as she tackles stereotypes and scandal in pursuit of her dreams.

Elle s appears to have it all but her life is turned upside down when her boyfriend Warner (played by Luke Quin) dumps her so he can attend Harvard Law. Determined to get him back, Elle ingeniously charms her way into the prestigious law school.

While there, she struggles with peers, professors and her ex. With the support of some new friends, though, Elle quickly realises her potential and sets out to prove herself to the world.

The high-energy show is jam-packed with memorable songs and dynamic dances and won a Laurence Olivier Award for Best New Musical when first staged in 2007.

The play by Heather Hach, featuring music and lyrics by Laurence O'Keefe and Nell Benjamin, is based on the novel Legally Blonde by Amanda Brown and the 2001 film of the same name.

Tickets are Concession: \$49 and Adult: \$59 with a group discount available. Book at www.blackouttheatre.com.au.

Jazz at Ebenezer

By REBECCA ANDREWS

The smooth tones of jazz will float around the grounds of Australia's oldest church (established in 1809) on the banks of the beautiful Hawkesbury River on Sunday evening, 16th October.

The Twilight Jazz at the old Ebenezer Church will be a "feast" of music featuring the well-known **Harmonix Big Band** from the Northern suburbs of Sydney, the **Paul Thomson Ensemble** (always a favourite) and to start the night some very special young people from Warrawee Public school will perform a couple of mood pieces.

Sally Andrews will share a song or two in the break and all in all it will be a really special musical evening.

All school age students are free! Many young people get very little exposure to live music and this will be light and entertaining for all. There will be a sausage sizzle, tea, coffee, cakes and raffle tickets all on sale.

You need to bring your chair, blanket, cheese, wine or other and prepare to be entertained. The serious side of this evening is that we are raising funds for clean water wells in West Papua.

Do you know West Papua is our very close neighbour and only a couple hours North of Darwin? The West Papuans are some of the poorest people in the world.

Clean water is everything! It saves lives.

It is crucial to development. No longer do the women spend long hours sourcing clean water.

Be aware there is never any built up resistant to dirty water. Dirty water makes you very, very ill and babies lose so much body

fluid they can die very quickly. There is little medical assistance in West Papua.

The mission of the West Papuan Development Company (WPDC, a registered Australian charity supported entirely by volunteers, is to build wells. Wells are a cheap, low-technology solution to rural water supply in local villages.

Our partner organisation is LEMAK (Water of Life Organisation), based in Papua. WPDC works only with local West Papuan teams, and prioritises the empowerment of local indigenous people in all its projects.

Each well costs around \$2500. They are sturdy and robust and will last for many generations. Until now, WPDC has built 46 wells, but this is only the beginning.

We aim to provide funds to make one well every eight weeks, and our immediate goal is for the initiative to have sufficient regular income to build a well every month.

We hope that this amazing jazz evening will enable us to build two more wells before Christmas.

WHEN: Sunday, 16th October
afternoon 4pm to 8pm

WHERE: Ebenezer Church grounds

TO BOOK: Ring Rebecca on 0439 309 303

To find out more about the wells for West Papua visit <https://www.wpdc.org.au/>



ON THE BANKS OF THE HAWKESBURY RIVER



TWILIGHT OF JAZZ

SUNDAY 16TH OCTOBER 2022
4:00 TO 8:00 PM

TICKETS \$20 EACH
CONTACT REBECCA ON
0439 309 303

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Mind, Doggy, Spirit Festival by BEV JORDAN

The Pawsitive Steps Mind, Doggy and Spirit Festival has moved to Rouse Hill Town Centre and will be held on Sunday, October 9th in the grassed area near Rouse Hill Metro.

There will be stalls, an agility dog demonstration and so much more. The family-orientated Festival fosters creativity and inclusiveness, challenges stigma and promotes community connection and is run by the Mind Connections Foundation.

Held annually during October, which is Mental Health Month, the festival is focused on the sense of well-being pet dogs give. As well as an agility dog demonstration, there will be exercise-focused games, live music, arts and crafts and face painting plus mental health and wellbeing information stalls and more.

Hills-based psychiatrist Dr Padmini Howpage, who founded the event in 2011 with her husband Daya, said the aim was to create awareness of mental health issues in the community. She said the couple are humbled by the growth of the festival over the past ten years. "We hope community education directs people to seek help when needed. So we reduce suicide and domestic violence in the community."

Hills Shire Mayor Peter Gangemi said he was looking forward to attending the Mind, Doggy and Spirit Festival with his dog, Luna.

"The Mind Doggy and Spirit Festival is so valuable as it promotes good mental health through an event that is fun for all. The Hills has a high rate of dog ownership, so it is the perfect platform to increase participation, learning and exercise. Good mental health is so important - it has limitless benefits and it is a cause I am passionate about. I am proud to support the Mind, Doggy and Spirit Festival that promotes good mental health in a fun way and helps reduce the stigma of mental illness."

Dave Moreton Regional Manager of the GPT Group said: "Rouse Hill Town Centre is really proud to support the festival ... it is pleasing to see an event focused around promoting positive mental health."

The Mind, Doggy Spirit Festival will be on from 10am to 3pm on Sunday, October 9th at Rouse Hill Town Centre.

For more details visit www.pawsitivesteps.com.au. The event is being run by the Mind Connections Foundation. Dr Howpage thanked Rouse Hill Town Centre - GPT Group, and Max Fit gym for "the leadership, support, dedication and commitment they have shown" and to sponsors, The Hills Clinic, Kellyville, Agility Dogs NSW, and "many other contributors, stall holders and organisations."



Dave Moreton and Ozzy, Padmini and Daya Howpage with Coco and Hills Mayor Peter Gangemi with Luna.



You're invited to our Spring Open Day

Will retirement living suit you?

An Open Day is a great way to get a sneak peek of the lifestyle you could look forward to. Come along with family and friends, enjoy free refreshments, entertainment and activities, and feel one step closer to finding the community that's right for you.



Explore our community



Inspect our display home



Discover our social activities



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To ensure the health and wellbeing of residents and staff, we are conducting Open Day events in accordance with the required COVIDSafe plan. Aveo are requesting that all attendees to Aveo communities are vaccinated against COVID-19 to protect the residents and staff in our communities. RSVP is essential. *T&Cs apply - see website for full details.



Environmental Fair at Bella Vista Farm

By GISELA HORNER

Next Open Day at Bella Vista Farm - Sunday, 2nd October.

Along with the usual delights at the farm, an Environmental Fair will be held by the Ismaili Civic Group ANZ (Australia & New Zealand). Their aim is to improve the quality of life of multi-cultural communities, focus on environmental sustainability, poverty alleviation and cultural diversity. There will be 10-12 stalls and visitors can participate in environmental activities, talks on sustainable living with demonstrations and learn about recycling, growing food, saving water and energy, protecting fauna and flora and Bushcare.

The Friends of Bella Vista Farm will welcome you warmly - tour the house with our knowledgeable Guides (for a small gold coin donation), wander through the grounds and imagine those who lived on the farm in the 19th century. You can have fun guessing the strange old tools that were used then. Enjoy a sausage sizzle (with onions) and follow with a delicious Devonshire Tea, listening to beautiful music played by members of the Hills Shire Symphony Orchestra. An excellent Trash and Treasure stall is a drawcard and the heritage garden adds to the beauty of the house. Have a fulfilling day at the farm - there's always something to do and learn. Cards and calendars are available to buy - ready for Christmas! Find the farm on the corner of Elizabeth Macarthur Drive and Norwest Boulevard, Bella Vista. Parking is free. Close to the Bella Vista Metro too. Open from 0900-1400, Sunday 2nd October.

**SUNDAY 2ND
OCTOBER 2022.
TIME: 9AM - 2PM**

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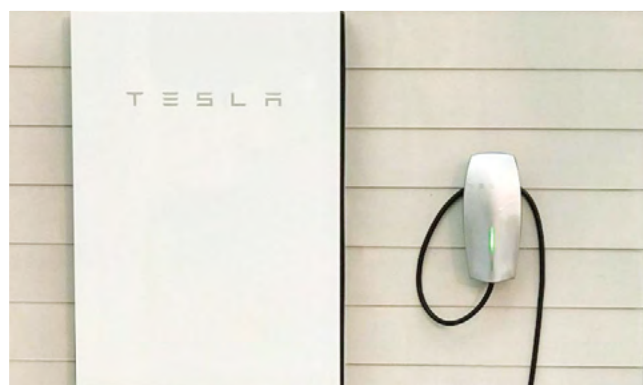
- Composting and growing your own food
- Children's activities and recycled art
- Recycling effectively
- Growing your own food
- Living sustainably, saving water & energy
- Protecting our environment, flora & fauna
- Bushwalking & Bushcare

Organisations: Ismaili Civic; Landcare Network; Community Environment Centre, Annangrove; Cattai Hills Environment Network, Hills 4 Climate Action; Faith Ecology Network; UNAA(NSW); Take3; Hills Bahai Community and many more

Bring a picnic blanket and enjoy Devonshire Tea/ Sausage sizzle / live music by Hills Shire Symphony Orchestra

Parking:
off Westwood Way or on Macarthur Dr, Norwest,
close to Bella Vista Metro station
Contact 0410490595
<https://the.ismaili/anz/ismaili-civic>

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Positive Vibes Gala Ball

Actor Richard Brancatisano (Richie Branco) will be guest speaker at the Positive Vibes Foundation's Gala dinner on Saturday, 8th October.



The Hills-based charity promotes positive mental health and wellbeing and encourages people to have conversations about their mental health. Richie, who was the Green Mystic Power Ranger Xander Bly in Power Rangers: Mystic Force and has appeared in Home and Away, the ABC Family drama series Chasing Life and the forensic crime drama Harrow will share his own journey with mental health.

The Positive Vibes 6th annual fundraising dinner is being held at Oatlands Golf Club. Funds raised will go towards Positive Vibes Foundation programs which include: The Hills Women's Shed, a space where women can interact, share their stories and undertake creative activities in a safe environment.

Positive Vibes also runs companion dog visits to aged care homes and enables residents to experience the companionship of animals.

The Young Healthy Minds Forum is free to schools and has been run for the past seven years (with the exception of 2020).

Director Mario Roderigues said nearly 1,000 locals high school students have been through the program which teaches young people how to improve their mental health and look out for others. Positive Vibes also organises regular mental health talks at libraries and organisations and is involved in local community events throughout the year to promote positive mental health.

"Positive Vibes connects with over 500 people each month," he said.

Tickets for the Gala dinner are \$130 each and include a three-course meal, drinks and live musical entertainment.

To book visit. events.humanitix.com/positive-vibes-foundation-fundraising-gala-dinner-2022



Make some cash!

Members of Elouera Cottage Crafts are very much looking forward to hosting a **FABRIC & WOOL 'DESTASH'** on Saturday 8th October from 10am – 2pm at Cherrybrook Uniting Church.

WHAT IS A DESTASH? It's an opportunity to recycle, re-home and re-purpose existing crafting supplies or 'stash'. Join in the fun and hire a table to sell unwanted fabric, yarn, haberdashery etc.

Table Hire: 0408 441 766. Donations of fabric/wool will be gratefully accepted by Elouera Cottage Crafts up until 24/9/22. If you are looking to add to your craft collection, visit on 8th October and browse the many stalls and perhaps pick up a bargain or two or a new project to work on! Bring your cash as stallholders may not have EFTPOS. Gold coin donation on entry appreciated in aid of McGrath Foundation. Full details www.cherrybrookuc.org.au/craftactivities or follow Elouera Cottage Crafts on Facebook/Instagram.



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- Are you struggling to organize and protect your files and photos?
- Do you often need to ask for help with specific computer procedures?

If your answer is “yes” to any of these questions, Our members are assisted in the use of computers, phones and tablets via relevant courses, workshops, discussion groups and a help desk.

A not-for-profit Community Organisation run entirely by volunteers, we have our own clubhouse at the Old Caretaker’s Cottage, located within Castle Hill Showground, (near the Pavilion Theatre) and our own computer network. Monthly meetings are held for members and visitors, providing an opportunity to mingle and to talk to, and learn from, other members.

Computer Pals for Seniors – The Hills

Office hours: Tuesday 10am to 3 pm

PO Box 831, Castle Hill 1765

Telephone: 0479 137 131 |

cpals.hills@gmail.com | www.cphills.org.au

CWA News

Join us for a fashion fundraiser over lunch on Tuesday 18th October at The Galston Club, showcasing beautiful ensembles by Donna Lou Fashions. All funds raised will go towards supporting charities in the local community.



Tickets are just \$25, morning tea and lunch are included with the fashion parade. There will be a raffle and lucky door prize on the day. Bookings are essential, direct deposit bank details are available upon request.

DONNA LOU COLLECTION

Tuesday 18th October 10:30am

THE GALSTON CLUB

21 Arcadia Rd, Galston

RSVP | 8th October

For more information

please contact

Jann 0439 222 217 or

Debbie 0414 918 467

www.facebook.com/CWAGalston

galston.cwa@gmail.com



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Investing in children’s healthcare is a gift to future generations and your legacy towards making the world a better place.

Learn more about leaving a Gift in Your Will by contacting the Planned Giving team at Sydney Children’s Hospitals Foundation on **1800 770 122**, or email us at bequests@schf.org.au.



“My late husband dedicated his life to caring for sick children. To honour him and that commitment, I’m leaving a gift in my Will to Sydney Children’s Hospitals Foundation. My intent is that this gift will continue his legacy and benefit sick children’s health and well-being.”

Kate, Planned Giver

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The Hills Shire Council News

Residents Respond to the Future of Waste Collection Service

A recent survey of residents ranked the 'benefit to the environment' as the most important factor regarding the future of their waste collection and disposal service, with 'convenience' and 'affordability' also ranking highly.

Landfill was another priority concern for residents with significant support for new technologies and services to be investigated to reduce reliance on these sites.

The survey also gathered resident preferences for the transition to the State Government mandate that will see all households be given a Food Organics and Garden Organics (FOGO) kerbside collection service by 2030.

The consultation results will now help shape the waste service in line with community expectations for the next five years and beyond.

Free Guided Tours and Jazz returns to Roughley House

Visitors can once again experience historic colonial tours of Roughley House in Dural, otherwise known as 'The Pines'. The free tours are run by The Hills Shire Council's volunteers, allowing visitors to view and explore the embedded family history of the 1856 home.

Additionally, after their winter break, Jazz at the Pines is back this September to kick off the spring season! These live Jazz performances are run by The Rotary Club of The Hills-Kellyville, under the beautiful pine trees of Roughley House.

Visit www.jazzatthepines.org.au for more information.



Volunteer Calendar

The 2022-2023 Volunteer Training Calendar is now available for the Hills' large and dedicated group of volunteers, who play a critical role in helping Council provide essential services to the community.

This training provides opportunities for volunteers to enhance their skills and abilities. Courses take place at Council's Office in Norwest and online.

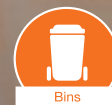
Visit Council's website and search "Volunteer Training Calendar" for more information.

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.'



ARE YOU READY?

Get Ready for Summer

After three major flooding events within the previous 16 months, residents of The Hills are hoping for a warmer, sunnier summer. However, the Bureau of Meteorology has issued an alert suggesting a high likelihood of another La Nina, resulting in potentially another wet summer.

Regardless it's vital that residents are ready and alert to the likelihood of either bushfires, floods or both.

The Rural Fire Service (RFS) has released a new Fire Danger Rating system to relay fire risk more accurately and simply so people can understand what they need to do in a bushfire emergency.

Residents are encouraged to prepare and may contact their local fire station to receive a free check of their smoke alarms and advice on a fire escape plan, tailored for their home.

For resources to prepare for floods, visit www.nsw.gov.au/floods/preparing and save the NSW SES contact number, 132 500 for emergency assistance.

Legally Blonde



LEGALLY BLONDE
The Musical
30 SEP - 9 OCT

MUSIC & LYRICS by LAURENCE O'KEEFE & NELL BENJAMIN
BOOK by HEATHER HACH

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BlackoutTheatre.com.au

Head down to the Pioneer Theatre and catch the show over the next 2 weeks. Grab your tickets at www.pioneertheatre.com.au

IMPORTANT PUBLIC NOTICE

Sydney-North Regional Fox Baiting Program

Please be advised that the regional fox baiting program will be undertaken at local reserves in the Sydney North Region. The aim of the project is to protect native wildlife including threatened species from fox predation.

1080 poison baits will be laid in the following Reserves:

Excelsior Reserve, Ted Horwood Reserve, Eric Mobbs Reserve

Managed by The Hills Shire Council

Foxoff® poison baits (containing 1080) will be laid from Monday 10 October 2022 – Friday 28 October 2022.

The fox control program will involve the use of "Foxoff® Econobait" poison baits that are designed specifically for fox control. Poison baits contain 1080 (sodium monofluoroacetate). Baits will be buried to reduce the risk of non-target poisoning. Warning signs will be displayed to notify the public about the program. It is vital that pet owners take extra precautions to ensure that their pets do not enter these reserves during the dates stated. Penalties up to \$1,100 apply under the Local Government Act (1993) Sect 632 (2) (d)

WARNING: 1080 poison is lethal to Cats and Dogs.

Cats and Dogs must not enter baited reserves during the following dates:

Monday 10 October – Friday 25 November 2022

Dogs on leads can return to these reserves on Saturday 26 November 2022.

For further information please contact The Hills Shire Council on 9843 0555.

Council Meetings

Tuesday, 27 September 2022 – 7pm.

For more information, visit www.thehills.nsw.gov.au and search for '2022 Meeting Agendas and Minutes.'



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Arthur Street Café's tagline is "Your Local Escape". A local family-run small business, it is a welcoming destination café and considered one of the Hills' hidden gems.

Owned and run by Fred, a local dad who grew up and chose to raise his family in the Hills, Fred's vision for Arthur Street Café was to embody the idea of a home away from home and to provide a memorable experience for his customers.

Fred states, "With café table service becoming a rarity, patrons have become used to ordering at the counter like a modern version of a school cafeteria. QR codes are replacing wait staff and the true essence of hospitality is heading towards extinction. We are at a point now where we've lost that social interaction of the dining out experience which is what the very definition of hospitality is!"

Arthur Street Café is definitely pushing back against what has become the industry norm.

"We were so fortunate to have the community support of the Hills throughout lockdowns. People were trying to support us in whichever ways they could. We probably wouldn't have been able to stay open if it wasn't for the overwhelming community support and we are so grateful for our loyal customers. That's why we continue doing what we do."

There is a different feel at Arthur Street Café. Yes, the food is great and the coffee is made by baristas with years of experience. But that's not what makes it special. From the moment you walk in, you are greeted with smiling, friendly faces. The décor is homely and there's no pretentiousness. It's easy to forget the daily hustle and grind and lose yourself in the familiar comfort of Arthur Street Café.



Bromeliad Society of Australia

The next meeting of the Bromeliad Society of Australia will be on Saturday, 15 October at the Federation Pavilion, Castle Hill Showground, Showground Road, Castle Hill off Doran Drive.

Bromeliad sales to the public from 10am and the meeting commences at 12noon.

The BSA is pleased to announce that local bromeliad guru Allan Beard of Glenorie has agreed again to share his wealth of knowledge at this meeting.

Allan's presentation will focus on the importance of the planting location of bromeliads when establishing a new garden. The varieties that will take full sun, others that prefer only morning sun and those that are most happy in shade.

Choosing the appropriate Bromeliad and a suitable pot to create a focal point in the garden and the importance of its final location. He will also share his preferred potting mixes for broms and his ingenious use of covered Hills Hoist clotheslines to hang many of his precious bromeliads.

Allan who is a life member of the BSA has been collecting hundreds of bromeliads for more than 30 years.

Anyone who has been fortunate to visit Allan's property has witnessed the

amazing magical bromeliad garden he has created with interest in every section of his garden, by using bromeliads of contrasting colours, sizes, textures and unusual markings, together with the occasional garden ornament, hanging baskets, tree stumps and branches adorned with air plants.

Members and guests are most welcome to attend this presentation that promises to be informative, especially for anyone seeking information regarding sun hardy bromeliads and their alternatives.

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

For further information please contact Ian Hook, President of BSA on mobile 0408 202 269, email: ianhook1@bigpond.com or refer to www.bromeliad.org.au for the latest updates.



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Pet Adoptions

By DR. BENJAMIN J GRAHAM | OWNER - VETERINARIAN

There are many reasons that humans choose to bring an animal into their lives. Some of these reasons require the animal to be specifically sourced.

Most of the time though, the origin of the pet is less important. An adopted pet is an appreciative pet, a lucky pet, and a pet with a second chance at a great life.

Employment in the animal care industry relies on the love and care that we all have for animals. Through the generosity and care of donations and pet adopters, rescue shelters and animal welfare organisations such as the RSPCA are able to save as many pets as possible for rehoming with a new loving family.

Every year, rescue organisations like the RSPCA provide shelter to thousands of animals in need of a new home. By choosing adoption, you'll not only have the chance to make a friend for life, but you'll be giving an animal a second chance and helping support the RSPCA and similar rescues.

Beautiful pets are recovered every day for a wide range of different reasons, through no fault of their own. These include animals surrendered by their previous owners, and sadly some who have suffered neglect or cruelty. By adopting an animal in need, you'll truly be giving a second chance to someone who needs it.

All shelter and rescue animals undergo health and behaviour assessments, are fed a nutritious and healthy diet, and all dogs and cats are desexed, microchipped, and vaccinated. By adopting a pet instead of purchasing from a pet store or breeder, you

will be contributing to the management of the overbreeding pet population instead of contributing to it.

When you adopt an adult pet, you also have the advantage of avoiding the juvenile behaviours of young animals. From chewing to inappropriate urination, juvenile animals come with a host of intensive behaviours and requirements for the early stages of life. Adult animals are most often toilet trained and socialised, helping you settle a pet into a new lifestyle with less fuss.

There are many organisations which can help you along your journey to adopt an animal. From the RSPCA and the Animal Welfare League, to breed specific dog and cat rescue groups. It doesn't stop at dogs and cats either. There are many birds, rabbits, ferrets, chickens, ducks, sheep and other species looking for their forever homes too.

The love you receive from a baby animal is nothing short of amazing, but the chance to give an animal a second chance at a happy life and a loving family will outweigh that for many of us. Mature animals are just as capable of bonding with us and loving us, giving us a lifetime of mutual companionship.



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Flyball Championships

By BEV JORDAN

If you ever want to see flying dogs in action then now's your chance as the **2022 Australian Flyball Dog Nationals** will be held at Hawkesbury Showground from **1st-3rd of October**.

Flyball is a fun sport for dogs of all types and sizes as two teams of dogs (four in a team) race down a lane of jumps to retrieve a ball and run back to their owners before the next dog in the relay sets off. You can see why it is called Flyball as the dogs really fly down the track.

This year's Nationals competition is being hosted by the Norwest Thunderdogs Flyball Dog Training Club which is based in Castle Hill.

Norwest Thunderdogs won the Division 1 Championships at the 2021 National event so will be defending its title. More than 500 people and their dogs from 50 clubs from all over Australia will be in action over the three day event keen to claim the Nationals title.

Teams are travelling from Queensland and Victoria and there is even one team attending from Tasmania.

As well as the three day competition there will be over 20 stalls. Entry is free to visitors.

With 50 active club members Norwest Thunderdogs is the biggest flyball training club in Australia and is the 2022 Australian Flyball Club of the Year, a title awarded by the national body, the Australian Flyball Association.

The club currently holds the Australian record for the fastest flyball run (four dogs) of 15.987 seconds. It's an exciting sport to watch if you are quick enough!

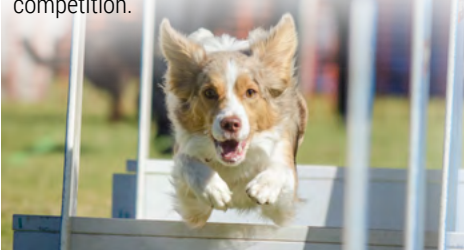
Amanda Pennicuik, a founding member and Vice-President of Norwest Thunderdogs which has just celebrated its 18th birthday said: "Flyball is 'drag racing for dogs'. It's fun for the whole family, and an exciting event to watch.

"The public can help cheer on their favourite team or favourite dog to win. It's a wonderful spectacle to see the dogs having so much fun, as the competitors use positive reinforcement training techniques to reward their dogs during competition.



"Another great thing about flyball is that almost any dog can participate. Purebred, rescue, you name it."

While Norwest Thunderdogs are not taking on any new members other clubs are including Paws 4 Fun which meets at Castle Hill Showground on Sundays. For details of Flyball and other clubs visit flyball.org.au



WHAT: The 24th Australian Flyball National Championships.

WHEN: Saturday, October 1st to Monday, October 3rd.

COST: Free to come and watch. Dogs on-leads are also welcome.

PETS **PET OF THE WEEK**

The Hawkesbury Companion Animal Shelter
is at 10 Mulgrave Rd, Mulgrave.
Call 4560 4644 or visit Hawkesbury Council's Facebook page
www.facebook.com/hawkesburycitycouncil

AT A GLANCE

NAME: **LOUIS**
BREED: **STAFFY PUPPY**
SEX: **Male**
AGE: **6 months**
PRICE: **\$99**

LOUIS is an active happy dog who is only too willing to learn new tricks. According to staff at the Hawkesbury Companion Animal Shelter Louis enjoys going for walks and is very responsive to commands. Staff say that Louis would be best suited with a family who are always on the go. If you are interested in adopting Louis bring your family dog and children to the shelter to meet him. Louis' adoption price has been reduced to \$99. The adoption price includes the first vaccination, microchipping, desexing and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

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Falls Risk Prevention starts here

In the 2018 Australian Health Report it was revealed that falls are the leading cause of injuries resulting in death. Overall, falls were accounting for 37% of all deaths in Australia.

According to the World Health Organisation (WHO) a fall is “an event which results in a person coming to rest inadvertently on the ground or floor or other lower level”.

Over 70% of falls occur in a person’s residential environment. There are many different causes for a fall, but ultimately it comes down to the fact a person is losing their balance to a point where they cannot recover their footing. Gravity takes care of the rest, resulting in a fall.

The human body operates a very complex and sophisticated system to keep us in balance. This allows us to ride a bike, balance on a ledge, get out of bed and walk through the bathroom at night, even with the lights off.

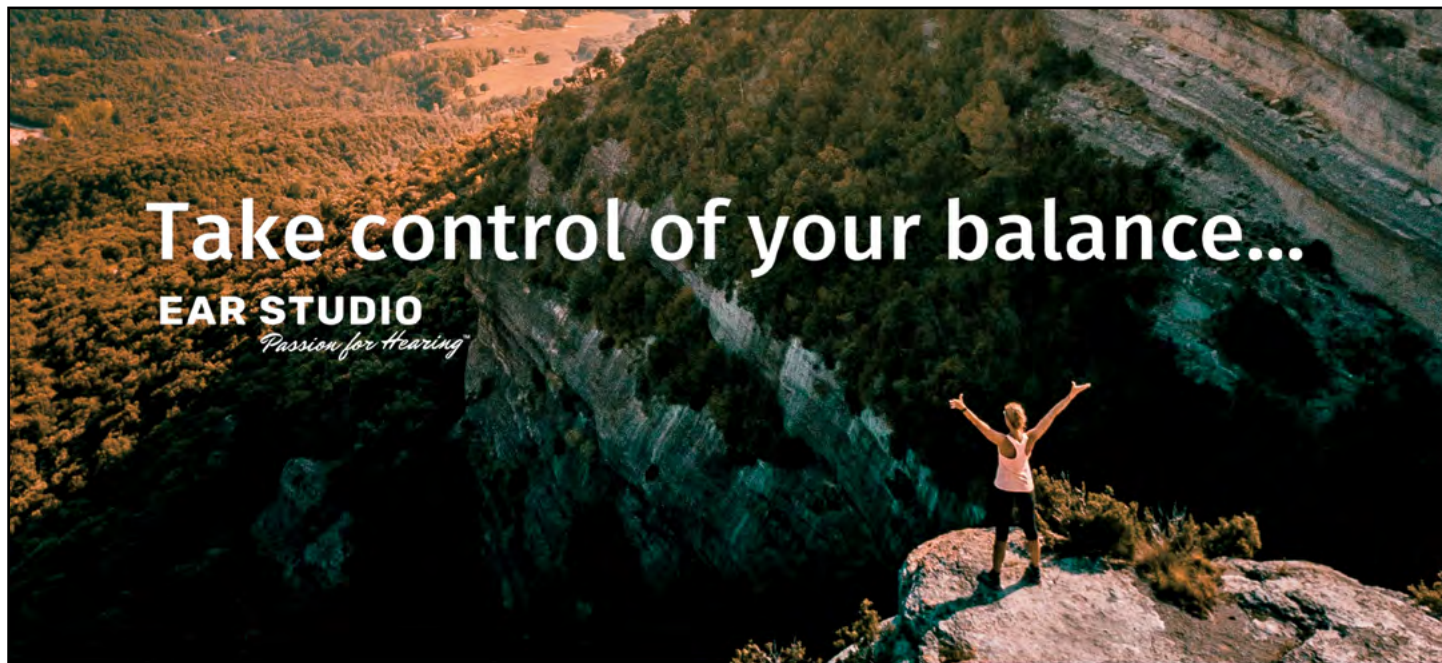
The brain takes information from the feet, ankles, knees, hips and spine which then combines the information together with what the eyes see and what the inner ear senses (the balance organ). There are over 20 separate ‘sensors’ which help the brain to maintain balance.

Multiple things can affect one or more sensors of this system and the body has difficulty maintaining balance. The most common contributors include the use of some specific medications or using several at once, losing parts of our hearing (and with that also parts of the Vestibular System – the balance organ), vision impairment, muscular-skeletal issues such

as strength and flexibility and other diseases, for example Diabetes.

Falls prevention is especially important to us at Ear Studio, because our founder Daniel lost his own grandfather due to a fall. In our view the first step to reducing the risk of falling is knowledge. Knowing which factors influence your balance is a great starting point. Based on the NSW Health system we have put together a comprehensive falls-risk assessment that incorporates general questions about your health as well as high-tech measurements of your balance functions. With this we can guide you in the right direction and together with your GP, work on improving your balance and thereby reduce your risk of falls.

To learn more or book your appointment please visit www.earstudio.com.au and go to falls risk assessments or call us on 02 9159 6122.



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Hills United Face Ravens in Grand Final

By LAWRENCE MACHADO

Hills United FC are withing kissing distance of the coveted FNSW League One Women's crown in what has been a truly remarkable debut season. They take on Gladesville Ravens in the grand final this Sunday (September 25) at Valentine Sports Park, Glenwood, at 5pm.

Last Saturday, Hills United saw off Northbridge Bulls FC 1-0 in a gripping semi-final at Blacktown City Sports Centre, with super substitute Isabella Sciberras firing in the all-important goal in the 87th minute. Sciberras, who replaced Ellen Berios in the 69th minute, had her shot blocked, but the ball then struck a Bulls defender before trickling into the net to the massive relief of their team and supporters.

The only goal in the match came after the Bulls had thrown everything at the United defence. The in-form Berios was unlucky just before half-time when her low strike was pushed away by the last minute by Bulls keeper Trudy Burke. Hills United skipper Desiree Galea led from the front as always, while goalkeeper



Sarah Easthope was resolute in defence with her backs.

Hills United FC coach Alan Tasses admitted their rivals controlled the first half and must have been very proud of the way his team handled the pressure and responded to the challenges in the semi-final.

"It was a typical semi-final battle," Tasses said. "It went right to end with an 87th minute game. "Northbridge Bulls were the dominant side in the first half. We made some adjustments and we spoke about energy, transition and that would be how the game would be won and it was."

Hills United had warmed up for their semi-final by hammering hapless Nepean FC 12-0 in the final round of the regular season, with Barrios leading the way with four goals. They scored 10 goals in the second half in what was their biggest win this year.

The Ravens, who replaced Hills United at the top of the table in regular season, edged out UNSW FC 4-2 after a penalty shootout in the other semi-final. Scores were level 1-1 at full time. UNSW played with only nine players after two players were shown the red card.

Expect a no-holds barred grand final this Sunday with the Hills United certain to have a large crowd to cheer them on. The Hills United waged a mighty tussle with the Ravens for the league title throughout the 2022 season, finishing six points behind in the end.

It's been an exciting season for the other Hills United teams who have also kept the club's flag flying high. The women's grand final matches start from 8.30am at Valentine Sports Park

Brave Nathan, Josh eye Olympics

By LAWRENCE MACHADO

Commonwealth Games bronze medallists Nathan and Josh Katz are eyeing the 2024 Olympics in Paris.

They participated at the 2016 Rio de Janeiro Olympics, with Nathan repeating at the 2020 Tokyo Games. The siblings have battled major injuries and are great ambassadors for the sport. They believe judo will grow tremendously following a record 10-medal haul for Australia in Birmingham.

They get their judo genes from parents Rob and Kerryre who run the Budokan Judo Club in Castle Hill. Kerryre competed at the 1988 Olympics in Seoul when judo was a demonstration sport.

Nathan, 27, said their quest for Olympics starts with the World Championships slated for Uzbekistan in October.

"Having dealt with some major injuries leading up to Birmingham, I'm looking to get a big training block at home and in Europe in the lead-up to the World Championships," Nathan said. "I believe our team's success in Birmingham will be huge for the growth of the sport in Australia.

"We have a number of fantastic role models for the next generation of aspiring athletes and I hope our team's success will be a springboard for the continual success of the national team across all ages."

Nathan had surgery on his right knee eight weeks before the Games, while over the past two years had a stress fracture and bulging disc in his lower back.

He advises youth to set "big, lofty goals that excite and motivate you and to work extremely hard in order to achieve them".

"When you are incredibly passionate about something, the setbacks and obstacles only make you stronger on the pursuit of your goals. Anything is possible for those who want it enough," Nathan said.

Josh, 24, who is completing a double degree in Sport and Exercise Science and Sport Management, said their aim is to compete in Paris together.

"I had a really difficult run of injuries in 2018-19 where I missed almost half of the qualification events," Josh said. "The worst was at a competition in Perth where I needed full elbow reconstruction surgery after tearing the ligaments, tendon, and muscle off the bone."

A junior coach, Josh shares his amazing story with high school students to help develop



Nathan and Josh Katz are great ambassadors for judo

resilience, mental fitness, and motivation. "My advice to anyone wanting to start judo for the first time or trying to go to the Olympics is to really enjoy it," Josh said. "Judo can be a very hard sport sometimes and it's so important when it gets tough to remember why you started in the first place because if you don't love it, it's going to be really hard to keep going.

"If you do love it though, I can guarantee you'll achieve things you never thought possible."

The brothers compete in four more Olympic qualifying events this year.

Major milestone reached on Memorial Avenue upgrade

A key component of the \$224 million upgrade of Memorial Avenue between Blacktown and Castle Hill is closer to completion with the installation of the beam for the new Strangers Creek Bridge.

The bridge over Strangers Creek will be the first of two bridges that will be constructed as part of the upgrade.

The upgrade is being delivered in two stages, with Stage 1 providing a new road on the southern side of the existing Memorial Avenue between Old Windsor Road and Hector Court, and on the northern side between Hector Court and Windsor Road.

The first of the twin bridges over Strangers Creek will be built during Stage 1 and after this bridge is completed, traffic will be realigned onto this bridge and new road while Stage 2 is built.

Due to the wet weather the completion date has been pushed out to mid-2024.



The Hon
David Elliott MP
Member for Baulkham Hills
Minister for Transport and Veteran Affairs

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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.

Hills Music Academy

Both bands of the Hills Music Academy surged back to full strength at the recent NSW State Band Championships, taking out the titles with The Senior Band earning 1st Place in Open B Grade Concert Bands, and The Concert Band earning 1st Place in Open D Grade Concert Bands.

The past few years have been tough for everyone with very few or zero performance opportunities.

The NSW State Band Championships were held at the Joan Sutherland Performing Arts Centre in Penrith on Saturday 27 August. Mr Gary Clark, the Music Director of both Bands accepted the trophies from each event.



October is Mental Health Month

October is Mental Health month. Concerningly, our local area has one of the highest rates of deaths by suicide, and instances of self-harm, in metro Sydney. There were more than 100 deaths by suicide between 2016-2020 in the Hornsby/Ku-ring-gai area.

Nationally, Australia has, on average, nine deaths by suicide a day in Australia; 75 per cent of whom are men. Women are more likely to attempt suicide. Suicide also disproportionately affects Indigenous Australians, with a suicide rate double that of the non-Indigenous population.

It is estimated that every death by suicide impacts 135 additional people. Families, friends and loved ones – like myself and countless others – are left bereaved. They struggle to rebuild their lives in the wake of such loss. In 2020 alone, more than 423,000 people felt the very complex impact of suicide.

This is why, as a community, we must talk about suicide, though it's never an easy conversation. As the Chair of the Parliamentary Friends of Suicide Prevention, and in Partnership with Suicide Prevention Australia, we host a

breakfast each year at Parliament House to discuss suicide. I was proud to have been able to discuss the outstanding work of some organisations in our own community with whom I have worked.

Suicide is the leading cause of death for young people under the age of 45. The youth at-risk in our community can find support through YouthInsearch, led by Stephen Lewin, which helps young people rebuild their lives. Thus far, YouthInserach has supported 32,000 young people by providing them group counselling and development programs. I want young people to know they can reach out for this sort of help.

Those experiencing personal difficulties, including thoughts of suicide, can call Lifeline on 13 11 14 for confidential 24-hour crisis support. This support is provided by Lifeline Harbour to Hawkesbury in our community. I recently attended their Sapphire Gala Fundraising Dinner and had the opportunity to thank former CEO Wendy Carver OAM, who approached her work with compassion and kindness before her retirement in July, and to welcome Elizabeth Lovell to the role.

The family law system can be so arduous to navigate that it can on occasion drive parents to suicide. In our community, Parents Beyond Breakup, led by CEO Gill Hunt, supports parents going through this challenging system, offering programs for Dads, Mums, Caregivers and Grandparents in distress.

Mentoring Men, founded by Ian Westmoreland, was set up in response to an event I held in 2017 for community leaders to learn to identify signs of suicide. We know men often find it more difficult to articulate feelings, which is why Mentoring Men provides free, long-term, one-on-one life mentoring for men experiencing challenging changes in their life.

Finally, you might notice a friend, family member or a co-worker exhibiting changes in their behaviour. If this leads you to believe that person might be experiencing thoughts of suicide, the best thing you can possibly do is to ask them directly: 'Are you contemplating suicide?' Then, offer an attentive ear and direct that person to the nearest help.

JULIAN LEESER MP

Federal Member for **Berowra**

📍 Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120
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- ➡ **Arrange congratulatory messages**

Please contact my office if I can be of assistance.

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



out and about
with **MICHELLE BYRNE**

The Australiana Pioneer Village

On the banks of the Hawkesbury river in Wilberforce sits the Australiana Pioneer village offering people the opportunity to step back in time to a completely different era. Best described as an “open air museum”, the village consists of a collection of buildings built in the late 1890’s with a strong connection to the Hawkesbury and Hills region that were relocated to the village when it was established in the late 1960’s. The buildings are arranged to reassemble a 19th century streetscape and includes a post-office, police station, bank, barber, saddlery, shearing shed, stable, church, a railway station, school and many more.

The village is completely run by volunteers, dressed in period costume, who entertain and educate the community on the pioneering era on open days as well as look after and improve the village when it is closed. Each building tells a story and it was incredible to explore each one and to look at the artefacts from the past. Each building generated much discussion and for girls it was hard to imagine a world without the technology and the comforts that we enjoy today.

On site there is also the opportunity to ride the pioneer express train at the Kurrajong goods station and explore more of the Village. The Kurrajong goods station was transported to the Village following the closure. There is also the miniature Village Express Train which moves quickly as well as tractor rides to enjoy.

The Village also has farm animals including cows, horses, sheep and chickens which the kids can pat and feed. On top of this there are free games like Jenga scattered through the village, old car and farming machinery displays, a chance to ride a penny farthing, street theatre, musicians and the chance to churn butter and watch a real blacksmith at work!

On site there is plenty of free BBQs and picnic areas to enjoy lunch and afternoon tea or you can pop into the Damper camp and enjoy traditional colonial treats such as Devonshire Tea, Damper and Cocky’s Joy and Ploughman lunches. If you are looking for more modern meals, the Oxboro Inn offers burgers, toasted sandwiches, wraps, hot chips and much more.

There is literally something for everyone to enjoy at the Village and if you really want to further immerse yourself in the past, for a small fee you can dress up and enjoy the village in clothes from the colonial days! For us it was a wonderful and educational day out in the Hawkesbury and we certainly can’t wait to visit again soon.

The Village is open every Sunday 10am to 4pm, Public Holidays and Tuesdays and Wednesdays during the school holidays. All funds raised from ticket sales, food and souvenir sales goes straight back into preserving and maintaining the Village.

Make sure you visit when you can, you will not be disappointed.



Prostate Cancer

Prostate cancer is now the most common men’s cancer in Australia. This year, it is estimated that a male has a 1 in 6 (or 17%) risk of being diagnosed with prostate cancer by the age of 85 .

GenesisCare Radiation Oncologist, Associate Professor Alex Tan (pictured) says prostate cancer is usually asymptomatic and in most cases is picked up only because of screening.

“Urinary symptoms can include frequent urination (especially overnight), slow stream, urgency or burning. Most commonly however these symptoms are related to an enlarged prostate (benign prostatic hypertrophy, or BPH) rather than prostate cancer, so it is not reliable to use these symptoms to screen for cancer.

“The most effective way to screen for prostate cancer is to perform a Prostate-Specific Antigen (PSA) blood test every 2 years starting at age 50, particularly if you have a family history or worrisome symptoms.

“New tests such as Medicare-funded MRI, PET scanning and newer biopsy techniques mean that diagnosing prostate cancer is much less invasive than previously. A patient with a

new diagnosis of prostate cancer can have a range of minimally invasive tests which provide information on the likelihood of their cancer causing them issues in the course of their natural life.

“In many cases, the doctor can safely and carefully observe the cancer without subjecting the patient to unnecessary treatment or excessive risk of the cancer progressing.

“When it comes to testing for prostate cancer, you’ll be pleased to know the first step only involves a simple PSA blood test. This test will determine if there are elevated levels of a protein that can indicate prostate cancer. If there are, your doctor will likely recommend a digital rectal exam,” says A/Prof Alex Tan.

“If you’ve never undergone a digital rectal examination, then chances are you’ve overestimated how uncomfortable it will be. The whole process will last 10-20 seconds at most.

Depending on what your doctor finds, they may recommend further tests, such as an MRI or biopsy.

“While not all prostate cancers need treatment, an informed decision about whether to treat it can’t be made without knowing about its presence. And importantly, finding the aggressive cancers early makes a definite difference in regard to the chance of cure,” says A/Prof Alex Tan.





CHILDHOOD MEMORIES REMAIN ON TRACK

LIKE MANY ADULTS I HAVE FOND MEMORIES of playing with my childhood toys. Both male and females have continued their association with some of their favourite childhood pastimes. I know that many girls that have grown into adult women still collect dolls. Whilst many men who had a toy train set during their childhood also have continued with their enjoyment of playing with model train sets.

Playing with toys have led to many youngsters going on to full time careers where they have put into practice much of what they have learnt as youngsters. Think of how many girls have gone into nursing or how many boys have gone into engineering or building. Some children have gone into Chemistry or perhaps carpentry due to playing around and experimenting with their toys. These occupations may have germinated in the minds of the young as they played.

Recently I had the opportunity to visit the home of a reader of this magazine who, over the years since his retirement from the workforce, has converted a portion of his garden to build a railway layout. My grandson and I once also had a train layout set up in what we called the backroom of our home where we had placed

model homes to form a village, together with miniature trees and a roadway with cars and trucks. We had also placed a level crossing on the track. We had some good wholesome fun during the time that we had the trainset set up.

Some model railway enthusiasts have named some of their layouts after real life locations whilst others have made up fanciful names for their layouts. The layout that my wife and I visited recently had a building constructed with the name "Turp & Tyne Distillery" displayed on it. When asking our host about the building he stated that the name came about because of a turpentine tree located at the rear of his layout. I also asked our host on how rain affected the running of the trains on the tracks and whether there was any problem with the tracks rusting. He said that his tracks were made from stainless steel and therefore was not effected by rust what so ever.

Garden railways can add a new dimension and attraction to a garden. Garden layouts and plants can be adapted to a railway layout and can become very interesting. Numerous garden rail societies have been formed around the world. Members often invite others over for social gatherings, as well as rotating club meetings each month providing an enjoyable

day out for members and their families to view other layouts. Those who have built model railway layouts can also have the joy of watching their children or grandchildren enjoy the thrill of the trains navigating around the tracks.

Whilst visiting the reader's home (I will not name him as he requested that I not show the location of his home to protect his privacy) we were both intrigued with the amount of work he had done to create his layout which included a mountain railway as well as bridges, tunnels and buildings. He had four trains running simultaneously during our visit. The reader is a member of Garden Railway Club of Australia Inc. (www.gardenrailwayclubaust.org.au) and he told me that Covid-19 has had a drastic effect on membership and that they are now looking for new members to join the club. I noted that a number of members of the club have their layouts displayed on the club website. If you wish to join the group you can do by downloading the membership application form from the website or writing to the Secretary at PO Box 4405, Winmalee NSW 2777. The club also has a Facebook page. The photographs on the "As We Were" page were all taken during our visit to the reader's garden.

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AS WE WERE

PHOTOS FROM THE PAST

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



All photos by Ivor Jones
taken September 2022

COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annagrove 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

Art practice for artists of all ages, either in groups or classes for adults and children. Monthly demonstrations and workshops by well-known artists. Members can participate in exhibitions during the year.

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

Castle Hill Senior Citizens Club Inc.

Anyone over 55 welcome to come and play carpet bowls, cards and rummikub. Cnr of McMullen Ave. and Old Northern Road, Castle Hill (opp. new Metro station) with parking at the rear.

9680 3958
castlehillseniors@gmail.com

Combined Probus Club of Cherrybrook

We are a mixed gender club of over 170 retirees and semi retirees. Meetings on 1st Thursday of each month at the Cherrybrook Community & Cultural Centre.

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

Cumberland Bird Observers Club

The Club conducts 3 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 2nd Wednesday of each month from 10am at the Galston Health & Resource Centre, Cnr The Glade & 17 Arcadia Rd, Galston.

Nicci Chaney | 0411 058 852

CWA of NSW - Castle Hill Branch

Holds its monthly meeting every 2nd Tuesday at the CWA Hall, 2 Annagrove 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

CWA of NSW - Toongabbie Branch

Monthly meetings are held the first Tuesday of the month at Brigade House, 3 Junia Street, Toongabbie from 10:30am. We also have a social or craft day on the third Tuesday of the month.

ToongabbieCWA@gmail.com

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.

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

1st Tues 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

Embroiderers' Guild NSW Inc

Hawkesbury Group

Meeting 3rd Tues 10am-2pm, 4th Tues 6pm-10pm at Windsor library. Teach visual arts, textiles and design, or groups planning 2023 speakers calendar, we would love to come and talk about the art of embroidery.

Catherine | 0413340049
cdelaney1@vtvonn.com.au

Galston VIEW Club

Club who raises money for The Smith Family "Learning for Life" program will hold its next Luncheon/Meeting on Wed 26th Oct 2022 at The Galston Club 21-25 Arcadia Rd Galston. 11am bookings essential. All welcome.

Merle 9634 2378 | 0412 110 698.

Girl Guides Australia

Great programs for girls 6-18. They meet once a week in groups relevant to their age run by trained Leaders and Unit Helpers.

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

Jim | 0438 701 275

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 West Probus Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond. New Members Welcome

Membership Officer Fay | 0414 341 253

hawkeswest.probus@gmail.com

Hawkesbury Woodcraft Cooperative Ltd

9:30am to 2pm Wed. & Sat.

www.hawkesburywoodcraft.org.au

Graham | 02 4576 1517

Hills District Women's Bowling Club

Jenner Street, Baulkham Hills

9639 2733

www.thehillswomensbowls.com.au

Hills Older Men's Network INC

Meets fortnightly on the first and 3rd 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 Shire Symphony Orchestra

Welcomes new players and gig enquiries. Rehearsals Wednesday evenings.

Chris | 0405 994 605

info@hillsshiresymphonyorchestra.org.au

www.hillsshiresymphonyorchestra.org.au

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

allendavisguitar@gmail.com

Kurrajong Hand Spun Craft

Come and learn a beautiful old craft at North Richmond Community Centre. Friendly group just bring yourself.

Thursdays at noon.

Margaret | 0403 819 165

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

The Club meets at 2 pm on the 1st Thurs of the month, in the Tebbutt Room of Hawkesbury Central Library at Windsor.

macquarietownsgardenclub.wordpress.com

National Seniors Australia (Hills Branch)

Meets on the 1st Thurs of every month at Baulkham Hills Sports Club Renown Rd, Baulkham Hills at 9.30am for 10am. New members welcomed.

May | 0414 634 572

maybruce@bigpond.com

North Rocks View Club

Meetings 2nd Thurs each month at 10.30 am. at Northmead Bowling Club, The Windsor Rm, 166 Windsor Rd, Northmead.

Pam | 9634 2670 or Margaret | 9872 1405

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 pls 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

The Club meets for lunch on the 2nd Tues of each month at Otlands Golf Club at 11am. On the 4th Tues of the month a social outing is organised. 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)

Julie; PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

Is a mixed club and meets at the Galston Club 21-25 Arcadia Road, Galston on the 2nd Wed of each month commencing at 10.30 am. New members welcome.

Ken | 02 96296459

Probus Club - Glenorie

This Club meets every 4th Wed at 11.00am at Glenorie RSL Club. New members are welcome.

Wendy | 9653 1022

wendyireneblack@yahoo.com.au

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 Combined Castle Hill Club

General meetings 3rd Tues of the month at 10am at Cherrybrook Community Centre.

Glensy | 0408 160743

donpye@live.com.au

Probus Combined Kellyville Club

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

Veronica | 0408 025 577

Susan | 0400 039 308

ken_n_sue@hotmail.com

Probus Club of Winston Hills - Northmead Combined

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

winstonhillsprobusclub@gmail.com

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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.

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/thehillslclearningcentre

The Hills Shire Garden Club

Meets on 3rd Monday of the month at Barton Hall at 178 David Rd castle Hill at 1 pm. We have guest speakers, raffles, plant sales and bus trips to various gardens

New members are always welcome.

9624 5034

The Hills District Pipe Band

Practices at Stamford Hall, Balcombe Heights Estate, Baulkham Hills every Wednesday night from 7pm-9pm. The band warmly welcomes new members and gig enquiries.

Instagram: @hillsdistrictpipeband

Suzie Whitaker

pipeband.hillsdistrict@gmail.com

www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

Meets at St. Joseph' Conference Centre 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

Next meeting Fri 7th Oct 2022 at Beecroft Presbyterian Church Hall, Welham St. Beecroft at 1045. Guest Speaker Ian Thompson "ICONIC AUSTRALIAN INVENTS OF OUR TIME". Keep up to date with changes which will affect you in retirement.

Mal Steel | airsydnehillsg@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

Meetings are held on the 2nd Tuesday of each month at 8 pm at Crestwood Community Centre, Cnr Crestwood Drive and Conway St, Baulkham Hills.

Ted | 0429 790 091

www.bushwalkingnsw.org.au/wanderers

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

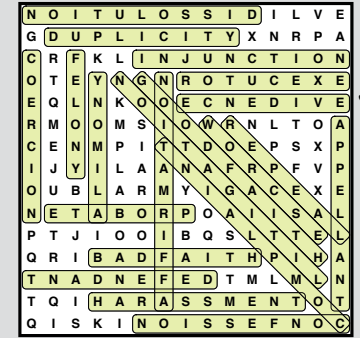
WORD SEARCH

NEW YORK

- ALBANY MANHATTAN
- BROOKLYN MARBLE HILL
- CENTRAL PARK MIDTOWN
- CHELSEA MONTGOMERY
- CHINATOWN MURRAY HILL
- CONY ISLAND QUEENS
- GREENPOINT SOHO
- HARLEM STATEN ISLAND
- HUDSON RIVER THE BRONX
- LITTLE ITALY TRIBECA

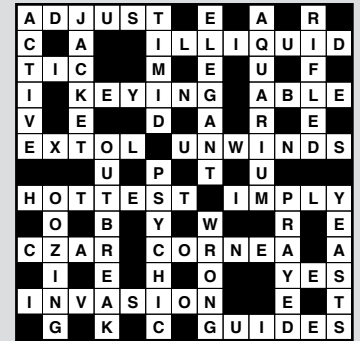


WORD SEARCH



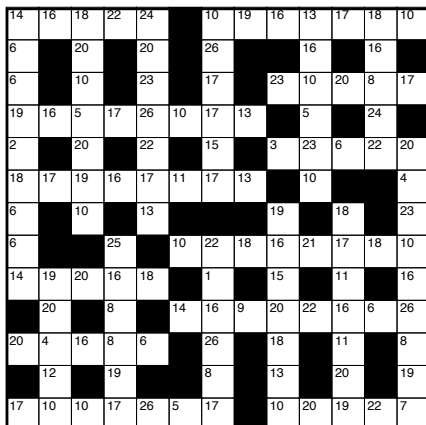
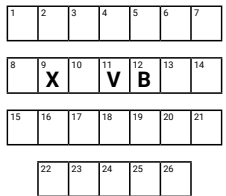
Answers from last issue

CODE WORD



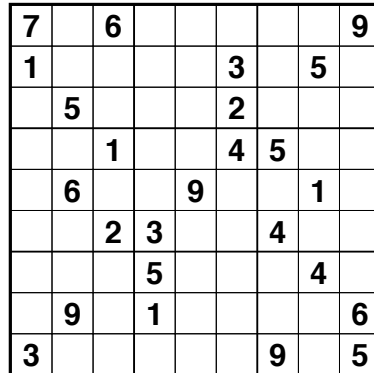
CODE WORD

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.

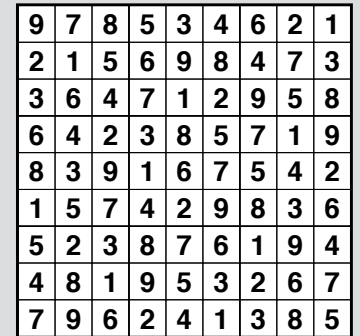


SUDOKU

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



SUDOKU



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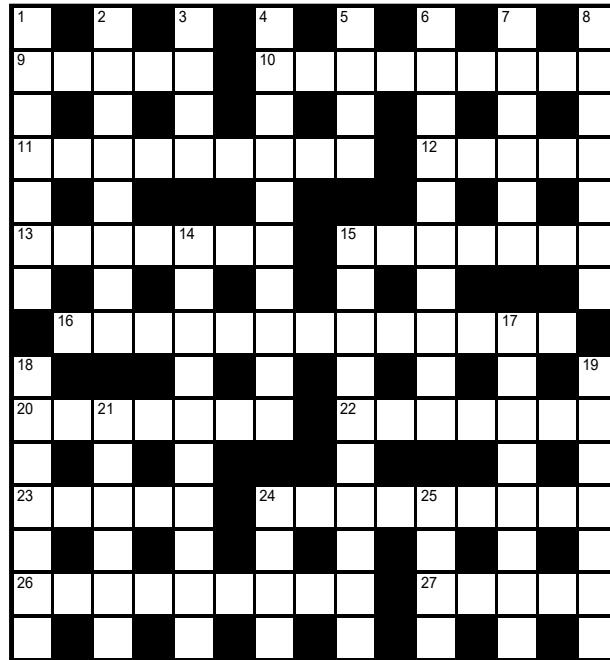
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PUZZLES

- Across**
- Fast
 - Exaggerating
 - Upset, Donna Rica is very unforgiving
 - Basra native, perhaps
 - Instruments of offence
 - Some newspapers
 - Supervised spot for the infirm (3-4,6)
 - Compel
 - Sri Lankan capital
 - Name
 - Former Wallabies captain, who died young (4, 5)
 - Dictate
 - Metallic compound

- Down**
- "The clock struck one, the mouse --- ..." (3, 4)
 - Sydney beach suburb
 - One on the streets
 - Electric spit
 - Bird's nest ---, which can be grown indoors
 - Supplementary
 - Former national field hockey captain Sandy ---
 - Con
 - Event
 - Dubya's VP (4, 6)
 - Transfers of furniture from one house to another
 - Deep tar, stirred, causes delay (3,4)
 - Lunch feature, often (4, 3)
 - Gyve
 - Broad smile
 - Double



Answers from last issue

CROSSWORD

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

SUDOKU

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

SUDOKU
 Rating: ★ ★ ★ ★ ☆

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

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

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