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Community News

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Local Stories, Local Events, Local People and Local Businesses

Heather's TOP OF THE WORLD

FULL STORY ON PAGE 7



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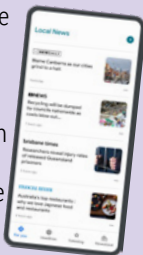
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If you prefer other channels to read news, we are also now on Telegram. Search our channel "Hills to Hawkesbury Community News". The nice thing about Telegram is you see all our news in date order. Unlike Facebook who use an algorithm so THEY decide what you see in your news feed. You can also read our latest news on twitter.

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Budget Boost for Hawkesbury

By LAWRENCE MACHADO

Federal member for Macquarie, Susan Templeman said the Federal Budget delivers on her election commitments, including \$4.95 million for disaster recovery and preparation funding across the electorate plus \$2.5 million for North Richmond Community Centre. This is to ensure it is upgraded for better use during a disaster.

The first Labor Budget, delivered by Jim Chalmers last week, importantly continues the \$400m budgeted for the North Richmond Bridge duplication. "I have advocated and progressed this project since 2010, when the then Infrastructure Minister, now Prime Minister, Anthony Albanese committed \$20 million to do the first planning for a duplication," said Ms Templeman, the Special Envoy for Arts.

"For many years, I was a lone political voice in the Hawkesbury on this issue at a State and Federal level, but there has always been enormous community support. I look forward to progressing work with the NSW Government, who is ultimately responsible for finalising the route and constructing the bridge. I intend to continue advocating for those most affected by the proposed route so that we get the best possible outcome for our whole community."

The member for Macquarie said additional road funding, separate to the flood road funding already available to the council, has been announced in the Budget, with \$11.2 million for road upgrades in the Hawkesbury.

"There are many other exciting initiatives in the Budget for the Hawkesbury including the first community battery, which will allow Hobartville residents with solar panels to store their energy, meaning cheaper electricity bills for them," Ms Templeman said.

She said \$12.5 million has been allocated for local road upgrades in the Blue Mountains plus \$3 million for the upgrade of Woodbury Reserve in Glossodia.

"Again, this is a project that will be delivered by the (Hawkesbury) council, and they have existing plans in place," Ms Templeman said. "Glossodia residents have been waiting a very long time for improvements to Woodbury Reserve, and I'm very proud to be assisting council in bringing them to life."

Glenbrook Oval, which is used by Glenbrook Little Athletics Centre and other sports clubs, will benefit from a \$2.5 million upgrade.

Meanwhile, in a speech to the Parliament last week, Ms Templeman said the Budget has lifted support for veterans.

"Our Budget tackles many of the issues people have talked to me about — improving the claims process, simplifying laws and providing better support as people shift into civilian life," she said. "It implements key recommendations from the interim Royal Commission report, with more than \$230 million to bring on 500 new front-line staff to eliminate the compensation claims backlog — a key election promise — plus an increase in TPI payments."

"At a local level, my promise of a veterans and families hub for our region is funded, a \$5 million election commitment. In addition, we've continued the \$5 million for the Scheyville veterans families and community centre, which will provide a range of wellbeing opportunities for veterans and the community alike."

"I look forward to working closely with my community as we develop both these projects. Veterans have stood up for us, and in return, we must look after them."

Hills to Hawkesbury

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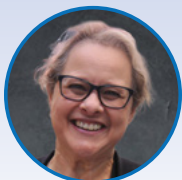
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The Hills to Hawkesbury Community News has been serving this area for nearly 40 years. It's name may have changed over the decades but the commitment to providing a free service to the community is still at the heart of what this hyper local fortnightly 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. Printed copies are available at local shopping centres and other outlets. For a full list visit our website www.hillstohawkesbury.com.au.

Changing Electorates

By BEV JORDAN

There are big changes ahead for the State electorate of Baulkham Hills which will be losing its current MP, Minister for Transport and Veteran Affairs David Elliott, and also its name at the March 2023 State Election.

Mr Elliott has announced that he won't be standing for preselection for the Liberal party in the next State Election which will be held on March 25th.

The State seat of Baulkham Hills has been renamed Kellyville for the 2023 election following changes to the electoral boundaries. Changes have also been made to the electoral boundaries of the Seven Hills electorate, which has now been renamed Winston Hills, and the Castle Hill State seat which will now take in more of the old Baulkham Hills seat. (see diagrams on page 24).

As yet no date has been set for Liberal Pre-selections for the new seat of Kellyville and the seat of Castle Hill. Sitting MP for Castle Hill, Ray Williams has indicated he will be standing for pre-selection for Kellyville which now takes in more of his existing electorate. Mr Elliott has ruled out standing for Liberal Preselection in Castle Hill. Sitting MP for Seven Hills, Mark Taylor has been endorsed as the Liberal candidate for the reshaped and renamed electorate of Winston Hills.

Mr Elliott was first elected to the State Seat of Baulkham Hills in 2011 and has served as the Minister for Police and Emergency Services

(April 2019 to December 2021) Minister for Counter Terrorism (January 2017 to March 2019) Minister for Corrections and Minister for Veterans Affairs (April 2015 to March 2019) and Minister for Emergency Services (2015 to 2017).

His decision to leave politics follows a bitter factional row in the Liberal Party. He has refused to run in his reshaped seat of Kellyville as he didn't want to compete against factional ally and current Ray Williams who is up for pre-selection for the renamed Kellyville seat. Mr Elliott said he did not have the support needed from Liberal branch members to be selected for Castle Hill.

In a public statement the veteran member of the Liberal Party said: "With the abolition of my Baulkham Hills electorate and advice that I cannot be accommodated in the new seat of Castle Hill on factional grounds, I have today advised my community that I will not be re-contesting the 2023 State Election."

"I simply want to offer my thanks to three groups. Firstly, the people of Baulkham Hills have given me fantastic support and

encouragement. Nicole and I moved to The Hills Shire when I discharged from the Army more than twenty years ago and we immediately felt welcomed. It's an honour to be the last Member for Baulkham Hills.

"Secondly, to the 200,000 police and corrections officers, volunteer and salaried fire fighters, emergency services and transport personnel who I have represented in Cabinet over eight years I offer my thanks and best wishes. All of this could not have been done without the tireless work of my ministerial and electorate staff. They deserve the Victoria Cross."

He saved the biggest thanks for his wife Nicole and sons Lachlan and William.

"Having spent nearly two decades serving my country in both the military and the NSW Parliament, I leave public service content that I've done the best job I could."

Story continues on page 24

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SERVO ROBBERY

Police have released CCTV vision and are appealing for public assistance following an armed robbery in Baulkham Hills earlier this month.

About 1.50am on Monday 3rd October 2022, a man entered a service station on Windsor Road, Baulkham Hills, and collected drinks from a fridge.

He approached the counter and demanded money and cigarettes.

He was handed a plastic bag containing cash and cigarettes before fleeing to a rear car park where it is believed he left in a vehicle.

Officers attached to The Hills Police Area Command were notified and commenced an investigation into the incident.

As inquiries continue, police have released CCTV images of a man who they believe may be able to assist with their inquiries.

The man depicted is described as being Caucasian appearance, about 175cm to 180cm tall, and of slim build.

He is shown wearing a black hooded jumper with 'never give up' on the chest, black tracksuit pants, a black beanie, white shoes, and a face mask.

Anyone with information, or who may have dashcam vision from the area to contact The Hills Police or Crime Stoppers.



DRIVER 7 X LIMIT

A 31-year-old Box Hill man was charged with High Range Drink Driving following single vehicle collision at the intersection of Terry Rd and Mustang Ave, Box Hill shortly before 10pm on 20th October.

Police alleged he returned a blood alcohol reading over seven times the legal limit at 0.359 at Castle Hill Police Station. His license has been suspended.

EMERGENCY PHONE APP

Police are encouraging the public to download the free Emergency+ app to their phones.

The free app was developed by Australia's emergency services and Government and industry partners to help pin-point where help is needed.

Emergencies can happen in places that are difficult to describe – or on an unmarked stretch of beach, bush track, or unfamiliar road, or outside a crowded sports stadium.

When you need to report an emergency in hard-to-find locations, the Emergency Plus App gives you the option to tell emergency services your location, either in the form of your closest street address, your GPS coordinates or your what3words address.

The Emergency Plus App which provides the GPS coordinates of their location as well as what3words which is a system that has given every 3m square in the world a unique three word identifier.

The what3words functionality contained within the app is a quick and simple way to communicate a precise location. Unlike street addresses, what3words addresses work offline, so it can be used in remote areas with poor data connection and are as accurate as GPS coordinates.

To find out more visit <https://www.emergencyplus.com.au/>

WINDSOR HOTEL PLEA

Images have just been released by police of a man wanted for questioning about a hold-up at a Windsor hotel in September.

Police say they were called to licensed premises on George Street, Windsor at about 9.30pm on Sunday 18th September following reports of an armed robbery.

They were told a man – who was wearing dark clothing and a face covering – gained entry to the premises, threatened a female employee, and demanded cash from a till and safe in the hotel's office.

The woman complied; placing amounts of cash into a bag provided by the man, who then fled down Union Lane.

Although shaken, the woman was not physically injured during the incident.

Officers from Hawkesbury Police Area Command attended and established a crime

scene, which underwent forensic examination.

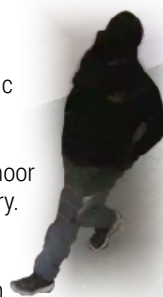
Detectives have since established Strike Force Craigmoor to further investigate the robbery.

As their inquiries continue, strike force investigators have released CCTV images of a man who may be able to assist with their inquiries.

The man depicted is described as being of a medium build, about 170cm-180cm tall, and shown wearing dark coloured clothing and a face covering.

Anyone with information, or who may have dashcam vision from the area to contact Windsor Police Station or Crime Stoppers 1800 333 000.

Investigations under Strike Force Craigmoor are continuing.



LOCK IT OR LOSE IT

Police are urging residents to take steps to make their homes and property safe by ensuring they lock all doors and their vehicles by 9pm at night.

There have been numerous thefts of luxury cars in the area including a 2020 Mercedes CLS350 and 2011 Jaguar XF stolen in Bella Vista. Police say many cars have been stolen with a key that has been taken from a break and enter at the home. In other cases cars have

been left unlocked outside with garage remotes inside them enabling access to homes where the keys have been stolen.

There have also been incidents when the front door has been left unlocked or garage door left open.

Police are urging residents to ensure all windows are secured and downstairs alarms activated. Tracking systems installed in late model cars should be set up and activated.



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From Student to RFS Captain

By VIRAG TOTH

Volunteer Jarryd Barton (pictured) has been a firefighter for most of his life. A former Northholm Grammar School student, he joined the Dural Rural Fire Service (RFS) at the age of 16, as part of The Duke of Edinburgh's Award.

"When I needed to do the community service component for the program, I joined the fire brigade back in 2001. I just never ended up leaving," he said.

Now Brigade Captain, he says the RFS has a variety of volunteers from different occupations and backgrounds, all bringing their own skillset to protecting the local communities.

"I'm a town planner, as my day job. I work with engineering firms doing town planning, but then other guys in the brigade come from all different types of backgrounds. We have people in emergency services like the police, plumbers, electricians, project managers, mechanics. Everyone comes from somewhere different," he said.

Reflecting on the disastrous 2019-2020 bushfire season that swept across the east coast of Australia, he described it as "stressful" and "full-on".

"That was a really busy time. We were involved in that season from early November, late October in 2019 all the way through to late February, early March the following year. Our brigade went all over NSW, to regional areas and the north and south coast. A couple of guys even went up to Queensland at one stage," he recalled.

"I think we had about 55 days' worth of time and over 1,000 hours of people and trucks out in the field. At that point, I had only been captain for about six months as well."

He says the RFS has strategies in place before the fire season starts. "When the weather is appropriate, we do hazard reduction burns as a pre-emptive tactic. Back-burning is more of a defensive strategy, so we use that when there is an actual fire happening. We have our own plan, and every brigade across the area also has one that provides strategic benefit for their district," he said.

He highlighted the need for residents, particularly those in fire-prone areas, to have a bushfire survival plan.

"The best thing is to have a plan or at least have thought about it... another thing is as simple as deciding whether you are going to stay or leave, if you feel comfortable defending your property, or if you feel safer leaving early. Either one you choose you have to make decisions by staying aware of what is going on around you. The biggest mistake people make is not having a plan," he said.

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Masonic School

By BEV JORDAN

Neville Menzies (pictured) was 11-years-old when he became a boarder at the William Thompson Masonic School at Baulkham Hills in 1948. His father, a Mason, had died in a workplace accident in 1947.

Neville's mum and his younger brother moved in with his maternal grandmother in Young where they also shared the two-bedroom house with Neville's uncle and aunt. It was a local jeweller, who was a Mason, that heard of the family's plight and put them in touch with the Masonic school at Baulkham Hills. He paid for Neville and his mum to travel to Baulkham Hills to be interviewed for the boarding school.

The Masonic school was built for the care and education of children of deceased Freemasons and opened to huge crowds on November 11, 1922

Neville says: "In primary school when I started the boys were taught on site and for the first year I stayed in a Junior Boys' cottage then I spent three years at Cropley house (the senior boys' boarding school) and went to school at Westmead Technical school."

"Every school holiday I would go home." Neville says they were all well clothed, well fed, well boarded and they had access to a good education.

"There were 24 boys in a dormitory, we would get up at about 530am in the morning, strip the bed, have a cold shower, make the bed, clean our allotted area and then go down for breakfast."

Once dressed for school the boys would then march down from Cropley House to Seven Hills Road to catch the bus to school.

Saturdays were "heavy housework" and sports in the afternoon. Neville left when he passed his leaving certificate and got an apprenticeship as a fitter and turner.

He will be returning to Cropley House on Saturday November 12th for an old boys' reunion dinner to celebrate 100 years since the Masonic School at Baulkham Hills opened.

A Mason himself for 62 years, he will also be speaking at a special Remembrance Day service at Balcombe Heights this Sunday, 6th November.

The service will be held under the shade of the Memorial avenue of 364 Brush Box gum trees, planted to remember each of the Freemasons who died in WWI.

HISTORY

The Masons volunteered their time, skills and materials to build William Thompson Masonic School and provide a place for children from all over NSW who lost their Masonic fathers in World War 1. Their mothers had to find employment as there were no social services at that time.



Enrolment reached its peak of 380 pupils at the height of the depression in 1929.

There were five bungalows each with two dormitories for girls from Seven Hills Road leading up to the two storied Administration building, and then five bungalows for boys each with two dormitories.

Behind the Administration building there was a recreation hall and dining room.

The bungalows were surrounded by gardens, with a 25 yard pool, two ovals, a rotunda, a play house for the girls, weekly movies, a gymnasium and tennis courts.

More photos and history on the Masonic School site are on pages 26 and 27.

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Heather Lee OAM

By BEV JORDAN

Heather Lee turns 96 in a few days and she walks faster than a lot of people younger than her run. Her amazing stride and stamina are the reasons why the Richmond resident is the proud holder of several world Masters records and a multiple Australian records.

This year alone she has achieved 3 world record times in the 400m, 800, and 1500m ... she is keen to tackle the mile.

There is not a lot that deters Heather from running, she checked out of hospital to attend one race meeting and walked in the pouring rain at another meeting breaking a World Record in her stride..

"I was walking in water and I was soaked!" she says.

A video of her setting the new World Record for W95 1500m (pending ratification) in 13min 45.93secs on the Athletics NSW Facebook page went viral, breaking another record with a staggering 79,000 views, 2,200 shares and 2.3k comments.

A week earlier Heather smashed the W95 400m World Record at the Treloar Shield with a finish time of just over 3 minutes 10 secs (3:10.21) surpassing the previous World Record held by USA Track and Field competitor Diane Friedman (3:21.00) by over 10 seconds.

Although there are no competitors in her 95 to 100 age bracket at the Australian Master Athletics there still needs to be at least four people in each event so Heather is often walking against people much younger than her.

Heather started in a local walking group, then took part in numerous fun runs before joining Masters Athletics in 2011 and clinching four gold medals in her first meeting, at the age of 84, at the Australian Masters Games in Adelaide

"I was beating women younger than me," she says. She has twice been named Australian Masters Walker of the Year. She has an Order of Australia Medal (OAM) and is the 2019 NSW Senior of the Year.

A passionate walker, Heather is also a fundraiser and raises money for several charities every year. This month it is the **#PremmieMarathonChallenge** to fund neonatal equipment. "My birthday coincides with World Prematurity Day this month," she told the *Hills to Hawkesbury Community News*.

"I will be walking the 42 kms in less than a week. I walked 100kms last year in a week."

At the last Hawkesbury Relay For Life event in 2018 Heather walked 100,000 steps in 21 hours. (This writer had to run to keep up with her

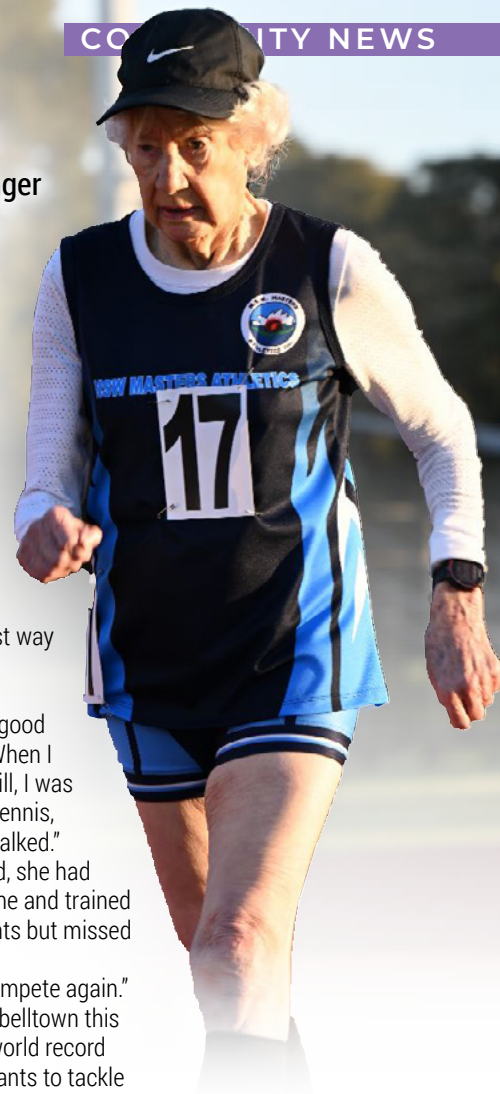
at the time). Heather has been supporting the Cancer Council for over 20 years since her husband Len died from lung cancer. His last words to her were, 'Now is the time to show your mettle.'

She says a good diet and healthy lifestyle that includes exercise are the best way to nurture mind, body and spirit.

"I have good genes, and good knees and hips," she says. "When I was young I couldn't keep still, I was always very active, I played tennis, hockey, netball, swam and walked."

She said COVID was hard, she had her treadmill and bike at home and trained on those and did virtual events but missed being with people.

"I thought I would not compete again." She will be heading to Campbelltown this weekend to better her own world record in the 1500m and she still wants to tackle that mile.



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Lights for Kids

Nobody loves Christmas more than kids – the food, the decorations, the family get together, and, of course, the visit from Santa!

But for many kids, they'll be spending Christmas in a ward, treatment room, or outreach centre, instead of being at home surrounded by their family.

This festive season, Sydney Children's Hospitals Foundation is asking local families to take part in their annual Lights for Kids campaign by lighting up their homes to help give sick kids like Jamison the brightest Christmas possible.

Jamison was diagnosed with severe aplastic anaemia when he was just nine years old – a rare disorder in which the bone marrow fails to produce enough blood cells. Without these vital elements in his blood, Jamison faced life-threatening risks including infection, haemorrhage, or even organ failure.

Under the care of the expert team at Sydney Children's Hospital, Randwick, it was determined the best option for Jamison was an urgent bone marrow transplant from a sibling donor. But they faced another problem: there was only a 25% chance Jamison's older brother Lachie would be a match.

Thankfully 12-year-old Lachie was a match. "We'll never forget the day the team told us Lachie was a match. The relief that he wouldn't have to wait for the possibility of another donor

coming along was overwhelming," remembers Christie, Jamison's mum.

In just a few short weeks, both boys were admitted for transplant, and Lachie gave Jamison the best gift any brother could – a chance at a happy, healthy childhood. As soon as the transplant was complete, the relief for the family of four was immense.

"We all stayed in hospital together that night, and the boys were allowed to see each other after Lachie woke up. It was a pretty special moment when we saw the bone marrow going into Jamison," says Christie.

Thanks to his brave big brother, Jamison had the chance to return to the childhood that every kid deserves, one free of pain, worry and fear.

If you would like to help sick kids like Jamison, sign up for Lights for Kids, Sydney Children's Hospitals Foundation's annual Christmas fundraising campaign. Lights for Kids sees people across NSW light up their home, business, workplace or school with festive lights to help raise vital funds for sick kids to help give them the brightest Christmas possible.

To register, please visit www.lightsforkids.org.au



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This festive season, make a difference and leave a gift in your Will to Sydney Children's Hospitals Foundation.



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out and about
with MICHELLE BYRNE

THE HILLS MUSICAL THEATRE COMPANY

If you are looking for an incredible community musical theatre experience in the Hills, then make sure you catch a performance by the Hills Musical Theatre Company. With excellent costume, stage, music and lighting design coupled with incredibly talented local singers, dancers, actors and directors you could be forgiven for thinking you were at a professional production in the city.

The Hills Musical Theatre company this year celebrates 50 years of providing outstanding community theatre and creating opportunities for locals to engage with musical theatre whether it be on the stage, between the scenes or part of the audience. Initially established in 1972, as the Hills Musical Society, the Hills Musical Theatre Company produces two major musicals each year. The first show is around May/June and the second around October/November. Over the years the Hills Musical Theatre Company has performed many different musicals including classics such as *Oliver*, *Little Shop of Horrors*, *Pirates of Penzance*, *Fiddler on the Roof* musicals and more recently written musicals such as *The Wedding Singer* and *High School High Musical*.

The Hills Musical Theatre Company are based at Balcombe Heights Estate however their productions are held at Model Farms High School. The audience is seated around tables and encourage to bring their own soft drinks and nibbles to enjoy during the show. There is also a small canteen run by the Theatre Company as well. All funds raised by ticket sales goes back to the company to stage their productions.

Earlier this year, my twin daughters and myself went to a matinee session of the Hills Musical Theatre Company's production of *High School High*. We were blown away by the level of talent of the cast and crew and my daughters declared the production as being far better than the Disney movie version. The girls summed up the afternoon as "epic" and have been asking to see the musical with the "cool cheerleaders" ever since!

The Hills Musical Theatre Company is run completely by volunteers who are passionate about musical theatre and wanting to create opportunities for locals to experience the magic of theatre and stage craft. Members can participate in all the elements of production from



singing, dancing and acting on stage, to set construction, lighting, sound, costumes, front of house as well as directing, musical directing and choreography. There is a role for everyone regardless of age or ability!

The Hills Musical Theatre Company's second show for the year is the *The Sound of Music*. The season runs from 4 November to 12 November. My daughters and I can't wait to see it!

If you are looking for a fun evening/afternoon out, then I encourage you to support community theatre and to purchase tickets to the upcoming performance. You won't be disappointed!

For more information on the Hills Musical Theatre Company or to purchase tickets go to www.hillsmtc.com



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Beauty And The Beast

The two lead roles for *Disney's Beauty and the Beast* have just been announced and Box Hill resident Brendan Xavier will star alongside Shubshri Kandiah in the iconic production which will have its Australian premiere at Sydney's Capitol Theatre next year.

Brendan, a former student at Marian College Kenthurst, is currently performing in *Frozen the Musical*. Brisbane-based Shubshri is best known for her role as Princess Jasmine in *Disney's Aladdin* and is currently playing the title role in *Rodgers + Hammerstein's Cinderella*.

It's the first leading role for Brendan who said: "I found out that I won the role on my way to work and I had to just stop walking. My agent just said you have booked the Beast It was probably one of the best moments of my life."

Brendan graduated from Marian College in 2014 and was on the Board of Studies NSW Distinguished Achievers List because of his music results.

After school he studied a Bachelor of Music, majoring in Musical Theatre at the Australian Institute of Music. During his time there Brendan appeared in numerous musicals, most notably playing *Jack in Into the Woods* directed by Tyran Parke.

His previous theatre credits include *The Original Grease* (Squabbalogic) as Danny Zuko and in the 60th Anniversary concert of the Australian musical *Lola Montez*.

He has been performing in *Disney's Frozen* for the past two years and is currently in Perth.

Disney's Beauty and the Beast is being staged by the producers of *Frozen*, *Aladdin*, *The Lion King* and *Mary Poppins* and makes its Australian premiere at the Capitol Theatre in June 2023.

Directed and choreographed by Olivier Award nominee Matt West, the reimagined stage show will feature an all-star team that includes original composer Alan Menken, lyricist Tim Rice, book writer Linda Woolverton, scenic designer Stan Meyer, costume designer Ann Hould-Ward and lighting designer Natasha Katz. The team collectively received five Tony® nominations and a win for Hould-Ward's costume design, when *Disney* first debuted *Beauty and the Beast* on Broadway 28 years ago.

Director and choreographer Matt West said: "The excitement we felt in the audition room when Brendan and Shubshri performed for us was electric. These two extraordinary young performers bring fresh life to these iconic roles, and we are thrilled that a whole new generation of Australian audiences will have the pleasure of witnessing their interpretation in this new production."



Some of Australia's most outstanding musical theatre performers and exciting fresh faces have also been assembled and will be announced at a later date including the roles of Lumiere, Gaston, Cogsworth, Mrs Potts, Le Fou, Maurice, Babette and Madame.

General public tickets went on sale this week (Thursday 3rd November 2022) via www.beautyandthebeastmusical.com.au.

The Australian premiere of *Disney's Beauty and the Beast* is supported by the NSW Government through its tourism and major events agency Destination NSW.

Wrap Independence this Season

by REJIMON PUNCHAYIL

One of the best things about the Christmas season - besides food and fun - is the opportunity to catch up with families and friends. Next best thing is the exchanging of gifts. It's unfortunate that for some the joyful act of selecting and giving gifts has become a very stressful chore. What matters most is the thought that you communicate through your gifts.

When you have older family members visiting for this Christmas, ensure that the experience is least inconvenient for you as well as your guests. Reviewing the accessibility of the venue for a person with a physical challenge is a great place to start. Keep a height adjustable chair or an aid at the toilet.

Consider items that ameliorate physical independence, mobility, or the self-esteem of the recipient when buying gifts. Simple gift ideas that suit every budget such as pair of non-slip socks, a long-handled shoe horn, or a pick-up-reacher wrap your consideration along with the gift.

Gift independence and respect by understanding the need and finding a solution that will fulfil a need of the recipient. Mobility Scooters, Rise Recliners, Electric beds are some of the life style gifts that enhances independence.

Get away from the crowd and hassle of Parking. Plan ahead and visit your specialist local retailer. Head to comfortdiscovered.com or their store with exclusive parking for Christmas shopping this year! Gift independence, wrap a helpful solution!



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BROMELIAD SOCIETY

Guest speaker TONY MATSON, Cut Above Tools



The next meeting of the Bromeliad Society of Australia will be on Saturday, 19th November at the Federation Pavilion, Castle Hill Showground, Showground Road, Castle Hill off Doran Drive. Bromeliad sales to the public from 10am with the meeting commencing at 12noon.

Tony and Karen Matson from Cut Above Tools are our guests and Tony's Presentation will include:- Pruning Tool Tips and Information

- Secateurs – Anvil vs. Bypass vs. Snips
- Saw Blades – Curved vs. Straight
- Hedge Shears – Wavy vs. Straight Blades
- Electric (Battery) Operated Tools

Invaluable tips on how to clean, sharpen and prolong the lifespan of your favourite tools.

Members and guests are welcome to bring along their well-worn tools and seek advice from Tony.

Normal meeting activities such as competitions, Raffle, Show & Tell, and a more recent 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.

Green Thumbs

The Baulkham Hills Community Garden is blooming and there is an open invitation to visit one of the monthly gatherings held at Conie Ave Reserve on the second Sunday of the month at 2.30pm.

Set up by The Rotary Club of The Hills-Kellyville the Community Garden at 15 Conie Ave is everything the club hoped it would be.

Keith Stapley said: "I am surprised at the range of plants the members are growing and the quality and quantity being produced. "[There are] all sorts of vegetables and herbs, and given the cultural backgrounds of many of our members it is not surprising there are some I have not heard of before. There is a lot of swapping going on when there is a flush of produce.

He said the advantages of community gardens are many.

"We have some young families where the children are learning about how food grows, we have retirees who are using the garden as an excuse to get out into the sunshine and fresh air. Other members just seem to get great pleasure in growing their own, fresh, organic food. And friendships have been formed, recipes exchanged and more."

To find out more visit www.hillscommunitygarden.com



Fran Broadbent talks to Kate Cleland and Angie Fraser about their veggie patch

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DAYS FOR GIRLS

MEN'S SHED

Days for Girls Castle Hill NSW Australia Team was started in September 2016 and has just turned 6 yrs old.

The group makes sustainable feminine hygiene kits for disadvantaged women and girls throughout the world.

Castle Hill Team Leader Cheryl Landon-Jones said girls can now attend school without shame and humiliation, can get a better education and make better choices in life.

"We are giving back those days to the girls hence called 'Days for Girls'. We have a dedicated Team of volunteers who sew, process and pack the kits. Many are retirees that are on their own and have benefited greatly by having a worthwhile project to contribute to."

So far the Castle Hill Team has sent 7,794 kits to 25 different countries.

"We have just completed 600 kits for a World Vision Refugee Project for Somalia and Sudan."

Cheryl says the cost of each kit is \$15 (and increasing).

Each kit consists of 8 flannelette liners, 2 cotton shields with a waterproof PUL layer inside, 2 prs undies, facewasher and soap, carry pouch and instruction card plus a colourful cotton/poly drawstring bag. Quality control is a vital part of the overall process to make sure the kit is robust enough to last 2-3 years.

Cheryl says the group relies on volunteer help, donations and fundraising to supply these kits. It is having a Xmas Market Stall Fundraiser in the Castlewood Estate in Bendtree Way, Castle Hill on Sunday 27 th November 9 am – 2 pm. For more information contact Cheryl by Email castlehill@daysforgirls.org or visit




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Picasso at the Pavilion!!

Hollywood superstar Steve Martin's sparkling comedy celebrates both art and science "Picasso at the Lapin Agile" from 18 Nov to 10 Dec at the Pavilion Theatre, Castle Hill

Castle Hill Players complete their sensational season of plays with perhaps the funniest and wittiest of all... Steve Martin's *Picasso at the Lapin Agile*.

The 2022 Season at the Pavilion Theatre has seen audiences returning in droves after the Covid-enforced madness of the previous two years. And they've thrilled to a year of drama, romance, tear-jerkers... and sparkling comedies. A night out at the beautiful Pavilion Theatre is always a treat!

Now, to crown the year with laughs and welcome in the festive season, Castle Hill Players are proud to present, **Picasso at the Lapin Agile** written by US comedy legend Steve Martin and directed by CHP veteran Dave Went (*The Cripple of Inishmaan*, *How the Other Half Loves*, *Wanted: One Body*, *Leading Ladies*).

This play's production is dedicated in loving memory to the late Jewell Johnson.

Albert Einstein meets Pablo Picasso in a Parisian cafe in 1904, just before Einstein transformed physics and Picasso set the art world on fire. These two geniuses banter and muse on the century passed and the century yet to come. Montmartre locals - including the bartender and his mistress, Picasso's agent and his date, an

elderly philosopher, a Countess, and an idiot inventor - round out the ensemble and stamp their own indelible mark on proceedings. The final surprise patron to join the merriment at the Lapin Agile is a charismatic, dark haired, time traveller with blue suede shoes. But no spoilers... you'll simply have to attend "Picasso" (at the Pavilion!)

Renaissance man Steve Martin's hit first play *Picasso at the Lapin Agile* is wildly inventive, revelling in ribaldry, witty wordplay, and a healthy sense of the absurd. Don't miss it!

By Arrangement with Origin™ Theatrical on Behalf of Samuel French, a Concord Theatricals Company.

Castle Hill Players present *Picasso at the Lapin Agile* By Steve Martin, directed by Dave Went

18 November to 10 December

Wed, Fri, Sat 8pm; Sun 4pm

The Pavilion Theatre, Castle Hill

Tickets \$30 Adult, \$25 Concession

Information & bookings: 9634 2929 or

<https://paviliontheatre.org.au/picasso/>

The Pavilion Theatre is located within the Castle Hill Showgrounds, Castle Hill

THE PAVILION THEATRE

HOME OF THE **CASTLE HILL PLAYERS**
IN THE SHOWGROUND SINCE 1966!



Garage Sale Trail
November 12-13 19-20

GET RECYCLING

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Picasso AT THE LAPIN AGILE

WRITTEN BY Steve Martin
DIRECTED BY Dave Went

18 NOV TO 10 DEC 2022
BOOKINGS: PAVILIONTHEATRE.ORG.AU



THE PAVILION THEATRE
HOME OF THE CASTLE HILL PLAYERS
IN THE SHOWGROUND SINCE 1966

The Hills Shire Council News

Small Business Month

The Hills Shire Council is helping new and existing business owners to achieve even greater success as part of the popular *How To* series, which explores everything from planning strategies, market analysis and marketing plans, and how to start a business.

These free workshops will be launched in the lead-up to Small Business Month – a NSW Government initiative that aims to celebrate the vital work that small businesses play in supporting families, communities and the economy.

For more information and to register for a workshop, visit Council's website and search 'Business Education'.



Larry Emdur at the Pioneer Theatre

Thursday, 17 November

Spend an evening with one of Australia's iconic TV personalities, Larry Emdur, as he discusses his memoir *Happy As* – a book filled with Australian 1970s and '80s nostalgia, reminiscing Larry's days as a cheeky kid from Bondi.



See what else is on at the Pioneer Theatre

- Fanna-Fi-Allah Sufi Qawwali, Sydney Tour (Friday, 11 November)
- Jatra Pala presented by Aangik Theatre Sydney Inc. (Saturday, 12 November)
- Christmas Storytime with Emily Who (Monday, 19 December)

For more information, visit www.pioneertheatre.com.au/whats-on

Council Meetings

Tuesday, 8 November 2022 – 7pm.

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

Making a Submission to Council?

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

Household Chemical CleanOut

Do you have any household chemicals you need to dispose of such as paint, pesticides, oil, and batteries? The NSW Environment Protection Authority (EPA) in conjunction with Paintback is hosting the annual Household Chemical CleanOut event at Castle Hill Showground on Saturday, 3 December and Sunday, 4 December 2022 from 9am-3:30pm.

The Household Chemical CleanOut is a free service that allows residents to dispose of any environmentally-harmful chemical waste. For more information, visit www.cleanout.com.au or call the Environment Line on 131 555.

Brought to you by the NSW Environment Protection Authority and Paintback



www.thehills.nsw.gov.au | 9843 0555



Australia Day Awards 2023

Nominate someone or a group who you believe has made a significant contribution to The Hills community in one of these five categories:

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

Finalists will be recognised at a special Australia Day Awards Ceremony.

Nominations close 4pm, Friday 2 December 2022.

Join Our Bushcare Volunteers



Do you love all things gardening and garden care? Our Bushcare Volunteers are looking for new members to come and join them in their vital volunteering efforts to restore local bushland reserves.

Volunteers are involved in caring for The Hills' native bush, identifying plants, monitoring fauna, weed control and seed collection for propagation at the Bidjivong Community Nursery.

Volunteering is a great way to meet new people, gain new skills and get involved in our community.

Bushcare is open to all age groups and experience is not necessary. If you would like to devote some of your time, visit Council's website and search 'Bushcare'.

Garage Sale Trail

The annual Garage Sale Trail is back for two weekends on November 12-13 and November 19-20. Help contribute to a circular economy – you never know what treasures you may find. Visit www.garagesaletrail.com.au for more information on registration and to use their map to find the closest sales to you.

Community Environment Centre Workshops

Visit our Community Environment Centre in Annangrove by participating in a free workshop.

Recycled Art & Gardens (Thursday, 10 November)

Get creative and think outside the box in this interactive hands-on art workshop by Jennifer Seraphic Creations, giving old items a new life.

Preserving Food by Margaret Moss House (Saturday, 26 November 2022)

Discover traditional preserving techniques and help make a seasonal preserve using common kitchen equipment and utensils. Learn how to manage fruit and vegetable leftovers by preserving them.

For more information and updates on workshops at the Centre, visit Council's website and search 'Community Environment Centre'.



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



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“Your Local Escape” identifies Arthur Street Café, a welcoming and delightful family-run café, considered one of the Hills’ hidden gems.

Owned and run by Fred, his vision for Arthur Street Café embodies the idea of a home-away-from-home and to provide a memorable experience for his customers.

Fred said: “With café table service becoming a rarity, patrons have become used to ordering at the counter like a modern version of a school cafeteria”. However, Arthur Street Café is definitely pushing back against what has become the industry norm.

“We were so fortunate to have community support in the Hills throughout lockdowns. That’s why we continue doing what we do - welcoming our customers, inviting them to sit in pleasant surroundings and having your order taken by friendly staff at your table.”

There is a different feel at Arthur Street Café. 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.

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Helping Heartkids

Little Harriet Bailey is surrounded by love. She was just six days old when her parents, Matthew and Verity Bailey first discovered their daughter had congenital heart disease (CHD) in August 2020.

Harriet was diagnosed with a hole in the heart and Atrial septal defect (ASD) and Hypoplastic Left Heart Syndrome (HLHS) and at 8 days old underwent open heart surgery at The Children's Hospital at Westmead. HeartKids were there every step of the way to give much-needed support to the Bailey family.

On Friday 11th November, CHRG are hosting and supporting a fundraising golf day for HeartKids at Lynwood Golf and Country Club where Matt Bailey is General Manager.

HeartKids is the only national not-for-profit organisation solely focused on supporting and advocating for all people impacted by Congenital or Childhood-Acquired Heart Disease (CHD) – one of the largest causes of infant death in Australia.

HeartKids offers support to 'heart families' on multiple levels – providing care-bags with

essential items for a hospital stay, financial assistance, parent education and community support pathways.

Harriet is a HeartKid and as such, the charity has been heavily supported by CHRG who understand the need for awareness and funding to assist families during some of the most difficult times in their lives.

David O'Neil, Group CEO of CHRG, said "We are in a fortunate position to be able to support this wonderful organisation who supported one of our very own CHRG families during their time of need."

"As a father myself, I can only imagine how confronting and frightening it would be to hear that your newborn baby needs to undergo major heart surgery. I'm thankful that HeartKids was there to provide expert support for Matt and his family, not only during that difficult time – but I understand they still support the Bailey family to this day."

State Manager of HeartKids, Janyne Hogan, said "Every day in Australia, eight babies are born with a form of congenital heart disease – that's one family every three hours whose life changes in a heartbeat. As we strive to increase community awareness of HeartKids, and its

services available to families impacted by congenital heart disease in the local community, we are delighted to be partnering with CHRG."

On 16th October, CHRG supported the HeartKids 'Two Feet and a Heart Beat' annual awareness and remembrance walk in Parramatta Park and also raised funds during the month of February with the 'Sweethearts Campaign' at its four venues: Castle Hill RSL Club, Club Parramatta, Lynwood Golf Club and Castle Hill Fitness and Aquatic Centre

To find out more about HeartKids visit www.heartkids.org.au



PROPOSAL TO UPGRADE MOBILE PHONE BASE STATION AT QUAKERS HILL INCLUDING 5G

27533 Quakers Hill -O: 240 Quakers Road Quakers Hill NSW 2763 (RFNSA 2763005)

The proposed facility consists of the addition of new equipment and associated works, including 5G, as follows:

- Removal of existing Vodafone antennas and equipment
- Installation of three (3) Vodafone panel antennas, 2.7m long, on a new headframe
- Installation of three (3) Vodafone panel antennas, 0.8m long, on the new headframe
- Installation of ancillary equipment including up to nine (9) remote radio units, antenna mounts and cabling

1. Vodafone regards the proposed installations as Low-impact Facilities under the *Telecommunications (Low-Impact Facilities) Determination 2018* ("The Determination"), based on the description above.

2. In accordance with Section 7 of *C564:2020 Mobile Phone Base Station Deployment Code*, we invite you to provide feedback about the proposal. Should you require further information or wish to comment, please contact Vanessa Wan at Axicom, 02 9495 9000, community@axicom.com.au or Level 1, 110 Pacific Highway, St Leonards NSW 2065 by **Monday 21 November 2022**. Further information may also be obtained from www.rfnsa.com.au/2763005.

You're invited to HAVE YOUR SAY

Submit your questions to
wslhd-media@health.nsw.gov.au



**WESTERN SYDNEY HEALTH FORUM
(ANNUAL PUBLIC MEETING)**

4:00pm | Monday 21 November 2022

Join online via live stream:

facebook.com/WesternSydneyHealth
youtube.com/c/WesternSydneyHealth

RDA Riding High

By BEV JORDAN

Riding for the Disabled Tall Timbers at Gables is a finalist in the **2022 Australian Disability Service Conference & Awards (ADSCA)** and is one of only three finalists across Australia in the Most Outstanding Allied Health category.

It's a huge accolade to the RDA Tall Timbers Centre which introduced allied services at its North West Sydney base three years ago to meet the additional needs of clients.

The RDA's occupational therapy, speech pathology and counselling services are all carried out at the Tall Timbers Centre in Gables on the centre's 10.9ha bushland site.

Head Coach Nicole King will be heading to the Gold Coast for the awards which will be presented on Wednesday 9th November.

She told the *Hills to Hawkesbury Community News*: "As a Not for Profit NDIS Provider it is extremely exciting to be recognised as a finalist in these awards.

"Our Allied Health team has worked hard over the last few years to develop the Allied Health services to compliment our equine programs. Having the input from the Allied health team into our Equine programs has been invaluable for our Coaches as we strive for a holistic individualised program for each participant."

RDA Tall Timbers has been running therapeutic equine based programs for children with disabilities for 50 years. The benefits for participants are physical, social and psychological.

So far this year, 195 Participants have accessed services across all programs – averaging 100 per week. There are 18 horses at RDA Tall Timbers and 65 volunteers.

Nicole says for many participants, being with the horses is life changing.

She said a 12-year-old girl who had been on the program for three years had developed her confidence to such a level that she was now able to interact with her fellow students at school. "That's not an usual occurrence," she said.

Tall Timbers was established in 1972 by Pearl Batchelor at her riding school in West Pennant Hills. The centre moved in 1976, due to impending development, to Kellyville where



Occupational Therapist Maddy teaches participant Miss E how to plait her own hair by using RDA horse Karoo as a model.

it was based until 1999 when it moved (due to development) to Box Hill (now called Gables).

Tall Timbers faced challenges through COVID as they tried to look after the horses and manage the Centre's beneficial programs in a COVID safe way while trying to retain volunteers. Annual fundraisers also had to be cancelled. Constant wet weather and storm damage have also had an impact.

Nicole says, "It costs \$1200 a year to run the program for one rider and on top of that we have the cost of feeding each horse and maintaining the facilities.

To find out more visit rdanswtalltimbers.org.au

PETS 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/hawkesburycouncil



AT A GLANCE

NAME: RONNY

SEX: Male

BREED: Cattle Dog Cross

AGE: 1 year 6 months

PRICE: \$49



RONNY is a very energetic and happy boy who just loves being around people. According to staff at the Hawkesbury Companion Animal Shelter Ronny would be best suited with a family who will have lots of time to spend with him. If you feel that you can give this enthusiastic and excitable boy a new forever home please bring your family dog and the children to the shelter to meet him so that staff can be sure they are going to get on well together. Ronny's adoption price has been reduced to \$49. The adoption price includes the first vaccination, microchipping, desexing and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

ARCHIE is a friendly, well behaved boy. According to staff at the Hawkesbury Companion Animal Shelter Archie has been well behaved and enjoying his time in the exercise yard, playing next to the other dogs. Archie would be best suited with a family that will have the time to take him on walks and allow him to interact with them. Would be best suited with a family who will have lots of time to spend with him. If you are interested in adopting Archie please bring your family dog and the children to the shelter to meet him so that staff can be sure they are going to get on well together. Archie's adoption price has been reduced to \$49. The adoption price includes the first vaccination, microchipping, desexing and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: ARCHIE

SEX: Male

BREED: Staffy cross

AGE: 2 years

PRICE: \$49



Beaumont Air Conditioning Solutions

Winner of the 2022 Hawkesbury Business Awards for Electrical and Air Conditioning, Beaumont Air Conditioning Solutions are local air conditioning experts specialising in all things air conditioning from maintenance services, repairs, installation and beyond.

After years of working in the health sector within the Sydney CBD, the business relocated to the beautiful Hawkesbury in 2021 and have now expanded all services to include the area they call home. This December the company will celebrate their 10th birthday having commenced operations on 12/12/12.

Many people don't realise it, but air conditioning systems are not set and forget. If you're not regularly servicing your air conditioner, you could be paying higher power bills than you need to.

And let's face it, nobody wants that.

You could also be breathing in air that is far from hygienic. How do you know if your air conditioner needs maintenance, service, or repairs?

Your air conditioner should be serviced regularly if you want it to run to its full capacity and at its greatest efficiency. Manufacturers recommend a professional maintenance service be carried out at least once every 12 months.

There are other signs that your air conditioner isn't feeling the best and could do with a check-up.

If your air conditioner does any of the following things, you should contact a professional technician straight away:

- It's blowing hot air when it should be blowing cold air and vice versa
- It's making strange noises
- The airflow is poor
- It's dripping water, or puddles are forming
- The smell coming from it can only be described as gross
- Your energy bills are higher than they should be

These problems could mean:

- Your system has a refrigerant leak
- The compressor has seen better days
- Your air filter is dirty enough to make you blush
- You might have blocked or damaged ducts
- There may be health-compromising mould growing in the system
- Wires may be burnt out
- Pests may have infiltrated the system

As with most things, the key to avoiding problems that snowball into emergencies is prevention.



Summer is the busiest time of year for the air conditioning industry as well as being the peak season for breakdowns. Unfortunately, this means longer wait times. With supply issues caused during the pandemic, delays of weeks or even months can occur to get your air conditioning back up and running. If you have any signs that your air conditioner is not operating as it should be or it's been longer than 12 months since you had a professional maintenance service, don't delay! The team at Beaumont Air Conditioning Solutions pride themselves on providing a tailored solutions to every client and would love to assist you. Services start at \$208.

Book your service, repair, or maintenance call 1300 BACS or visit www.beaumontair.com.au

As an added bonus, all services booked until December 24 will be entered into their 10-year birthday giveaway to win a PS5 console.

Service of Remembrance

for families whose children have died or are missing

This service is open to families and friends who have lost a child of any age

With a brief message from Bishop Chris Edwards

Tuesday 6 December 7:30pm

St Matthews Anglican Church

In person: cnr New Line and Castle Hill Rds, West Pennant Hills
Online: www.stmatts.org.au/events/remember

A note on flowers and tribute list during the service:
During the service those present will be invited to place a flower on the communion table in recognition of the life of their child. You may bring a flower of your choice or use a flower available at the church.
A tribute list of names and ages of the children will also be read and displayed. Our desire is to have all children recognised. Please note that we cannot reuse names from previous years. You will need to register your child every year. For details on how to have your child included please go to stmatts.org.au/events/remember or call 9479 3700 or 0420 527 272.

Aussie Set for Growth

Aussie Pumps origin is all based on the concept of providing better than products that are readily available. A classic example is the Aussie Fire Chief where it outperforms products that have been market leaders for decades!

Not only does it out-perform equivalent products from Davey or Onga pumps but, is loaded with features they just don't have plus longer warranty! It's also available at a much lower retail price than those older established brands.

That's what Aussie does every day, not just in Australia but around the world.

The company is continuing to grow on the basis of this success. They are wanting to increase their sales team for the upcoming busy fire season.

Looking for a satisfying career, not just a job? Call the Aussie team and check out the Aussie Employment Challenge on their website. aussiepumps.com.au/careers/

If you want to take a challenge, this is your chance. Phone Linda-Sue Karkowski 8865 3500



Hay fever season is upon us... Achoo!

The days are longer, it is warming up, flowers are blooming, and the smell of fresh cut grass lingers in the air. Along with these wonderful seasonal delights, perhaps you are also feeling congested, and your ears may be feeling blocked.

Your sinuses and your ears are connected inside your head and for some people, sinus issues may lead to their ears feeling blocked. Sinus congestion can affect the pressure in your middle ear and cause a blockage or feeling a full sensation.

This sensation can occur when the eustachian tube is not functioning well or it becomes obstructed. The eustachian tube is a small channel that connects the middle ear to the nose and sinuses. This tube equalises the pressure in your middle ear, behind the eardrum. There are tests used to check that the pressure behind your eardrum is equal to the pressure in the atmosphere, outside of your ear. This test is called tympanometry. When this measurement shows that the pressure in the ear is too high or too low, this can be a sign that the eustachian tube is not working, or it is blocked. When the eustachian tube is not functioning well, you may experience fullness or pressure in your head.

What causes blocked Ears?

Our ears can feel blocked for several reasons such as an ear wax excess, fluid build-up behind the eardrum, something stuck in the ear such as a cotton-bud or tip of an earphone, or a sudden hearing loss. Unfortunately, when people experience blocked ears, they often have a "wait and see" approach to see if the ears unblock themselves. It is extremely important that the cause of the blocked or full sensation is investigated immediately and not left to "fix itself." Hearing care professionals can complete several tests on your ears to identify what is causing your symptoms.

Blocked eustachian tubes can be caused by allergies, sinus infections or swelling from a recent cold. These conditions can cause fluid to collect in the middle ear. The pressure and fluid can cause pain in your ears or head. You may also experience muffled hearing, ear pain, ringing or popping noises in the ears as well as dizziness.



What to do if your Ears are blocked?

If your ears are feeling blocked, it is important to see a local hearing care provider, such as Ear Studio. At Ear Studio, we can complete several tests to identify what is causing the blocked sensation in your ears. If eustachian tube dysfunction is the cause for the blocked feeling you are experiencing, a nasal decongestant or nasal spray is often recommended. At Ear Studio, we can test your hearing, remove ear wax build-up, or refer you to the right specialists to get you on the path to clearing the blocked feeling from your ears! Call Ear Studio on (02) 9159 6122 or visit our website <https://earstudio.com.au/> to make an appointment today.

Book with
us today!
02 9159 6122

Ears Feeling Blocked?

**At EAR STUDIO we have
trained professionals and use
state-of-the-art technology and
equipment, including micro-suction
to achieve clean, unblocked ears.**

We are located inside Lawton House
Suite 9-10 / 60 Cecil Ave, Castle Hill NSW 2154
Contact us on **02 9159 6122** or book online at www.earstudio.com.au

EAR STUDIO
Passion for Hearing

Castle Hill Gymnasts Flying High

By LAWRENCE MACHADO

Castle Hill Gymnastic Club's international level senior girls team of Madison Lee, Yun Ni Wong, Sophie Finegan, and Eva Fountis continue to shine at the highest levels in Australia.

The awesome foursome starred at the Australian National Club Championships on the Gold Coast from October 2-4 having earlier won five gold medals at the NSW Women's Artistic Gymnastics State Club Championships in Sydney during September.

Eva, the 2021 NSW Junior Athlete of The Year, Madison, Yun Ni and Sophie won the vault, uneven bars, balance beam and floor events to dominate the NSW Women's Artistic Gymnastics State Club Championships from September 9-11. The girls, trained by the highly-experienced Zoltan Mirko, were crowned overall champions at the NSW Women's Artistic Gymnastics State Club Championships held at Sydney Gymnastics and Aquatic Centre.

Inspired by this terrific performance, they impressed at the 2022 Australian National Club Championships less than a month later. Maddie, Yun Ni, Sophie and Eva came third on the vault, fifth on the uneven bars, fourth on the balance beam and fifth on the floor. They girls were rewarded by finishing fifth overall in the team competition, a result which delighted Zoltan

because of the high standards at this level.

In the individual competition's Future International Division, NSW International Development Athlete of Year Yun Ni won bronze on the vault, third on the floor and sixth overall. Her team-mate Sophie won silver on the uneven bars, and bronze on the balance beam, also in this division.

Eva finished off her Junior International Division career on a high taking overall third place after capturing silver on the vault with two bronze medals on the balance beam and floor.

"I am very happy with their performances because competing at this level is always very challenging," said Zoltan, the club's women's artistic head coach. "Rules are always changing and it takes time for the competitors to adapt to them."

"Eva and Sophie will be moving up into the Senior International Division from 2023, and they will be preparing for the Australian team selections in mid-December so it is a busy time for the girls."



From left: Eva Fonties, Yun Ni Wong, Madison Lee, and Sophie Finegan who continue to hit the high spots in artistic gymnastics.

"Every gymnast who is seeking selection in the Australian team in 2023-2024 must compete in this event."

The new season starts earlier next year with the NSW State Trials in February, where the girls can qualify to the 2023 Australian National Championships if they perform well.

Earlier this year, Castle Hill artistic gymnasts brought home 11 medals at the 2022 NSW Senior State Championships which earned them qualification into the Australian National Championship. The club is a part of the Castle Hill RSL Group.

Rockets soar to Champions title

By LAWRENCE MACHADO

Take your bow, Castle Hill RSL Rockets, the Under 13 Boys football Champion of Champions. The youngsters did the Hills District proud defeating Balgownie Rangers 2-1 with two quick goals.

The Rockets were crowned FNSW Champion of Champions alongside 18 football teams in different age groups at Valentine Sports Ground, Glenwood, on Sunday, October 23rd.

While Castle Hill Rockets celebrated, there was only disappointment for Winston Bears and Pitt Town FC who lost their finals after stirring contests. Despite not bringing home the silverware, they have done their clubs proud by their never-say-die approach.

In the Under 13 final, the Rangers snatched a 1-0 lead soon after half-time through Oliver Smede but Castle Hill RSL struck back soon after to take control of the final. Zac Gillespie and Ifeanyichukwu Daniels-Obiokolie scored in quick succession in the 48th and 50th minutes as Castle Hill RSL powered ahead 2-1.

The first goal came after Charlie Kassis' shot was saved by the Rangers custodian only for Gillespie to pounce on the ball and smash it home. Kassis had threatened the Rangers earlier with a long-range freekick. Just before full-time, Ifeanyichukwu Daniels-Obiokolie had another shot at goal but failed to beat the goalie.

Castle Hill RSL Rockets team: Zac Gillespie, Maddison Zahra, William Yu, 7. Aidan Ali, 11. Ifeanyichukwu Daniels-Obiokolie, Nortad Angkhasirisup, Ethan Kemp, Jack Walley, Sebastian Borg, Muhamad Waqas, Hunter Wilkinson, Jason Philip, Charlie Kassis and Liam Evans.

Winston Hill, Pitt Town lose thrillers

Winston Hills Bears could not be prouder of their effort in the Boys Under 17 final where it took a 99th minute golden goal to sink their hopes. Prouille FC's Xavier Lim scored the all-important goal to seal the win for the Wairoonga side.

The Bears, the stronger side for a greater part of the game, will rue their chances to nail the title. Oliver Dean missed twice either side of half-time and again before extra time when his free-kick was pushed over. Oscar Gray, Arshia Sorkhi and Ben Haaf were other players who threatened to score for the Bears but it was just not their day.

The champion Under 13 Castle Hill RSL Rockets team with their trophy. Picture: Football NSW



Winston Hills Bears, runners-up in the Under 17 event. Picture: Damian Briggs/Speed Media



Pitt Town FC finished runners-up in the Under 14 final. Picture: Damian Briggs/Speed Media

In the Boys Under 14 title clash, Pitt Town led 1-0 through Jacob Granata's third minute strike and held this advantage until the last five minutes. Some stout work by Pitt Town goalie Ryley Hamilton and defender Codey Martin kept Shellharbour scoreless.

The match turned in the 55th minute when Shellharbour's Richard Niyukuri scored to make it 1-1. Two minutes later, Daniel Robinson netted the goal to seal the title for the South Coast club and break the brave hearts of the Pitt Town FC.



Ray Williams MP

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

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

Electorate Office: Suite 202 Rouse Hill Town Centre, 10-14 Market Lane, Rouse Hill NSW 2155

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



TOLL RELIEF

NSW drivers can receive up to \$750 cash back under new toll relief package

Record Toll Relief

The NSW Government is putting more cash back into the pockets of drivers than ever before with the first payments from its new toll relief scheme just around the corner.

Drivers will soon be able to apply for the new scheme, with payments expected to be made into drivers' bank accounts from mid-January 2023, backdated to July 1, 2022.

For more details on the new Toll Relief Scheme please visit www.service.nsw.gov.au/new-toll-relief-scheme-faqs

Affordable Preschool

Fantastic news for families across NSW as they are set to benefit from the NSW Government's landmark \$1.3 billion Affordable Preschool Program.

The program aims to ensure children across NSW have access to high quality preschool education, whilst also lowering the cost of living for families. Annual savings include up to \$4,220 per 3-5 year-old child in a community/mobile preschool and up to \$2,110 for each 4-5 year-old child in an eligible preschool program in long day care, on top of their Child Care Subsidy.

More Permanent Teachers

Temporary teachers and support staff across NSW could be offered permanent roles as part of the NSW Government's plans to shift up to 10,000 surplus teachers and support staff into permanent positions. This means temporary teachers in areas of need can now have the certainty of a permanent position. That's not only good news for them, but our students too who ultimately benefit.

Changing Electorates ... continued from page 3

Mr Elliott has been a Liberal Party member for 36 years.

The electoral boundaries were redrawn in August 2021, to ensure the number of eligible voters in each district does not vary by more than 10 per cent from the average enrolment across all 93 electoral districts in NSW.

The new Castle Hill electorate is bounded by the M2, Windsor Road, Old Northern Rd and

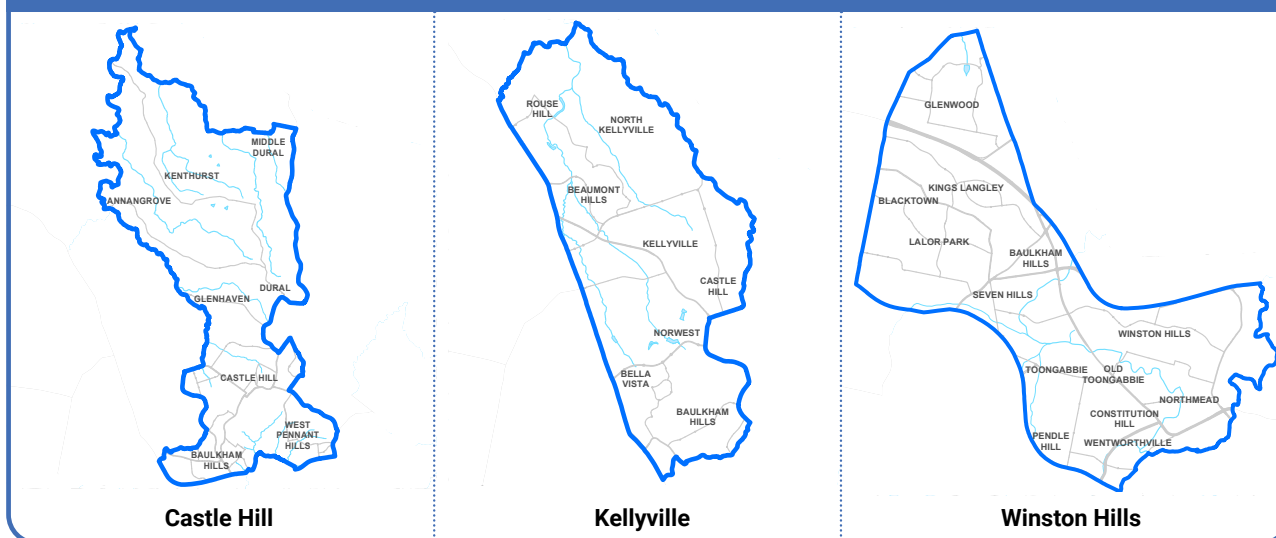
Castle Hill Rd, O'Haras and Cattai Creeks. It includes West Pennant Hills, Castle Hill, parts of Baulkham Hills, Annangrove, Kenthurst, Glenhaven, Dural and Middle Dural.

The new Kellyville electorate takes in the suburbs of Kellyville, North Kellyville, Rouse Hill, Beaumont Hills, Norwest, Bella Vista and part of Baulkham Hills and Castle Hill. It is bounded by Old Windsor Rd, Toongabbie Creek, Windsor

Rd and Cattai and Caddies Creeks. The State seat of Seven Hills has been renamed Winston Hills for the March 2023 State election. It includes the suburbs of Glenwood, Baulkham Hills, Seven Hills, Winston Hills, Toongabbie, Constitution Hill, Northmead, Pennant Hills and Wentworthville.

To find out more visit the NSW Electoral Commission website at www.elections.nsw.gov.au

NEW ELECTORAL BOUNDARIES



COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

02 9654 3571 (Thurs) |

02 9843 0533 (Wed-Fri)

gnolan@thehills.nsw.gov.au

Arcadian Quilters

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

New members welcome

Carole | 9894 7749

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

rossfritzpatrick@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 Annangrove Road, Kenthurst (off Angus Road) from 10am. We also hold our Craft mornings for members on 1st and 3rd Tuesdays of the month from 10 to 12.

Maureen | 0411 724 925

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

Ann | 02 4576 5031

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

cdeaney1@vtown.com.au

Galston VIEW Club

Club who raises money for the Smith Family "Learning for Life program" will hold its Christmas Luncheon/meeting on Wed, 23rd Nov 2022 at The Galston Club 21-25 Arcadia Rd Galston. 11am Booking 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.ffhnc.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@hillssshiresymphonyorchestra.org.au

www.hillssshiresymphonyorchestra.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. The Vikings Club, 35 Quarry Rd, Dundas Valley. Contact.

Pam | 047 420 4080 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

Meets for lunch on the 2nd Tues of each month at Oatlands Golf Club at 11am. Meetings consist of a 2-course lunch followed by an interesting guest speaker. Visitors & new members are welcome. On the 4th Tues of the month a social outing is organised.

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.

Glenys | 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.

winstonhillspobusclub@gmail.com

RDA (NSW) Tail Timbers Centre

Equine assisted programs, Speech Pathology, Occupational Therapy and Volunteering Opportunities. Located at Gables/Box Hill

9679 1246

admin@rdanswtalltimbers.org.au

www.rdanswtalltimbers.org.au

Red Cross – Castle Hill Branch

Meetings 2nd Friday of the month 10.15am to 11.45am at Wesley Uniting Church, 32-34 Showground Rd, Castle Hill. New members always welcome.

0419 431 084.

Richmond/Windsor VIEW Club

Richmond/Windsor VIEW Club Which Supports The Smith Family Learning for Life meet on 2nd Wednesday of the month starting at 11.30 at The Richmond Club

Christine Walshaw | 0416073483

Scouts Australia – Greater Western Sydney Region

9639 2488

www.greaterwestscouts.com.au

Sleep Disorders Australia – NSW

02 9990 3514 | www.sleepoz.org.au

Soroptimist International The Hills

Meets on the 3rd Monday of the Month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start. Visitors are always welcome.

Cathy | 0435 837 118

sithills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

02 8850 0555

RSVP | info@thehillslc.com.au

facebook.com/thehillslclearningcentre

The Hills Shire Garden Club

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

Meeting Fri 4th Nov, 2022 at Beecroft Presbyterian Church Hall, Welham St., Beecroft at 10.30 for a 10.45 start. Guest Speaker Susan Alexander. Followed by Our Investors Discussion Group meeting at 12.30pm on "Risk Management for Retirement Savings"

Mal Steel | airsdynehills@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

SCHOOL'S BEST LOCATION

What do Ned Kelly, Gough Whitlam and the William Thompson Masonic Schools have in common?

As we all know, November 11 is called "Remembrance Day" as the day that World War 1 ceased. It is also a day that other events have also gone down in Australian history. Ned Kelly's reign as an outlaw and bushranger came to an end in 1880 on that date when he was hanged for his crimes. Former Prime Minister Gough Whitlam was dismissed by the Governor-General in 1975, and 1922 saw the official opening of the William Thompson Masonic Schools exactly 100 years ago this year.

William Thompson, after whom the school was named, was a Brother (Member) of the Masonic Lodge who had selected the land which had formerly formed part of a land grant of 30 acres to George Best by Governor John Hunter in 1796. George Best went on to increase his land holdings to 805 acres by 1828 between Seven Hills Rd and Junction Road. George Best died in 1833. William Thompson had been looking for land upon which to build a home for children of Masons who had lost their lives in World War 1 and he selected the land for its healthy location and productivity. William Thompson Hall at the rear of the school's administration building is

named in his honour. At the time of acquisition by the Masonic Lodge the Best farm was described as a 168 acre "run- down dairy farm" and was sold to the Freemasons for 4,500 pounds and included George Best's original farmhouse which was demolished in 1922.

William Thompson, as well as being a Freemason, was also an architect and a Liberal politician. The foundation stone for the school was laid in February 1922 and, as stated, the official opening took place on the 11th November of that year.

Whilst the school was named after the Freemason who founded the school, the best-known building and personage associated with the school was perhaps Rubert Cropley after whom Cropley House is named.

Rubert was a boot retailer who relinquished this role to undertake the honorary position of Superintendent of the Masonic School. Together with his wife, Beatrice Ada Evans, they dedicated the rest of their lives to the care and welfare of needy children. Their only child, John Thomas Cropley had died at the age of 6 in 1914.

During World War II the school was converted to a Military Hospital with the Army moving in by September 1942. It had 700 beds by January 25th 1943 and the

Army also erected additional buildings which, when completed, enabled the hospital to add additional beds so that it came closer to the original 1200 beds originally proposed back in February 1942. Much damage occurred during the occupation by the Army whilst using it as a hospital. The repair bill came to 58,741 pounds of which the Army paid 50,000 pounds in compensation. The school officially re-opened in November 1947. By 1974 many of the buildings were in need of repair. It was decided to phase out the school and sell the property.

The Hills Shire Council eventually purchased the site, selling off some of the land for housing and the M2 motorway, whilst retaining much for land for community use in the way of sporting fields. Heritage buildings were also retained as accommodation for community groups. You will find amongst the buildings the Museum established by The Hills District Historical Society which showcases how the Hills District has changed over the decades. The Museum features a school classroom and extensive photographic collection as well as research facilities and books for sale. Another of the buildings houses our local radio station Alive 90.5 whilst other buildings house a mixture of community groups.

Socially Alive By LEONIE DIXON

Loneliness, especially among seniors and teens is being blamed for depression and mental health issues. Eating well, exercising and getting enough sleep helps out physically, but why not think of radio to stave off loneliness.

Your local community radio offers a big variety of programs with about 76 presenters each week offering variety in music styles, interviews, advice and news from different cultures. It really doesn't matter what's on air, just having the radio going in the background is company. You can also listen to all your favourite shows on demand when you want as recordings of shows and podcasts are now available for all shows on our on air program guide. Tune into 90.5fm, stream via our website, listen on iheart radio, community plus, alive 90.5fm apple app or tune in.

That's not all on offer at Alive though. Once you become a member, you become privy to all the social events through the Newsletter and other communications. Recently, friends of the station gathered for the free Breakfast by the Board and many also joined in the Supertee event at the Castle Hill RSL. Most recently an Outside Broadcast connected with people at the North Rocks Markets. Coming up next month will be the 30th Anniversary and Christmas Celebration. Communicating face to face with

so many different people from many walks of life gets rid of those wet weather blues.

Lots of people get genuine pleasure from volunteering and Alive has all sorts of positions available including office duties, committees, technology, Outside Broadcasts and more, especially if you have a special skill. Of course, we're always seeking more presenters. Have you ever thought of designing your own show and putting it to air? Keeping busy always wards off loneliness. Currently we have a few vacant slots and once you become a member you are able to receive training in producing your own radio, operating the panel and meet up with other presenters to get ideas.

Members are also encouraged to participate in workshops, made available at the station, often by our own talented presenters. Upcoming workshops include Pre-Producing Your Radio Show for Holidays and Omnystudio: Podcasting and On Demand. You know how popular podcasts are. So, if you are a little bit down or even if you aren't, think about a new career,

or helping others or just socialising. Every Saturday morning is a buzz at the station with so many people coming and going. I hear the men even discussing their fitness and diet and getting some sound advice. To enjoy a bounty of positive energy get yourself involved. The easiest way to enjoy all these benefits is to log on to www.alive905.com.au and go to the drop-down menu under Membership.

There are several categories of membership available

1. Full Membership for \$36
2. Concession Membership for \$18 (students & pensioners)
3. Supporter Membership \$10

If you are keen to become a presenter you will need to join as a full member. Once your membership is accepted by the Board you'll be contacted by email. Look forward to meeting you.



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 taken by Ivor Jones

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WORKSHOP HELP

The Black Dog Institute is delivering mental health workshops during the NSW Government's Small Business Month in November. The workshops are open to private businesses or not-for-profit organisations in NSW with one to 19 employees.

Two types of online workshops are available:

- Managing for Team Wellbeing – for managers, leaders, and supervisors to build wellbeing leadership skills. This workshop will be held online on 24 November 2022 from 1:30pm to 4:30pm.
- Your Mental Health at Work – for employees and sole traders to learn about self-care strategies and tools to support others. This workshop will be held on 30 November 2022 from 1:30pm to 3:30pm.

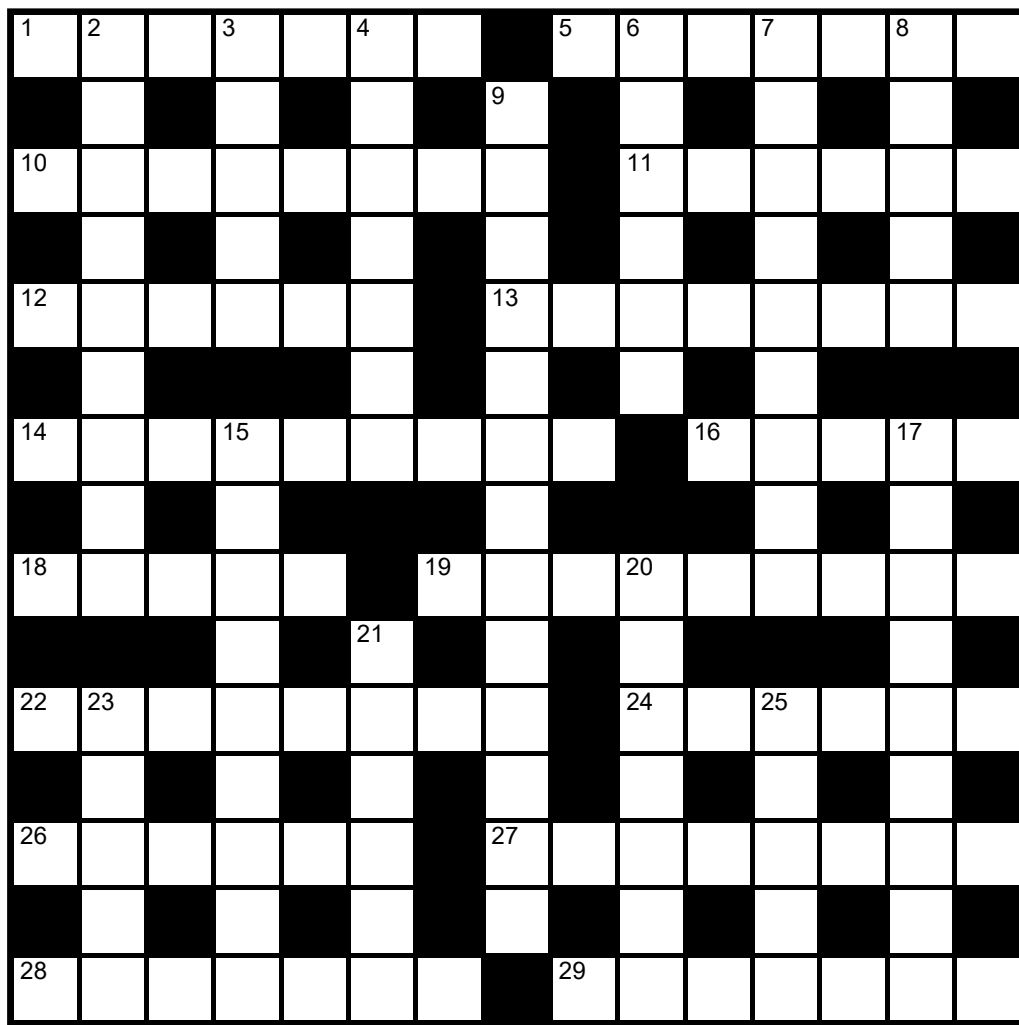
Book online at www.nsw.gov.au/mental-health-at-work/book-your-small-business-month-mental-health-workshop

This is an initiative of the NSW Government, delivered by The Black Dog Institute. Find out about other workshops during Small Business Month at www.smallbusinessmonth.nsw.gov.au.



Register for our event

Small Business Month
1-30 November 2022



Across

- Gentleman of the road
- Kicking around
- Future threat (4, 4)
- Caller's fate (2, 4)
- Mocha native
- Deeply absorbed
- Former international cricketer, brother of Steve and Dean (4, 5)
- Clean vigorously
- Grins from ear to ear
- What a gyroscope should provide
- Where WW1 started
- Walked lamely
- Wild horse
- Poison remedy
- Mutt's huts
- Rich fabric with raised designs

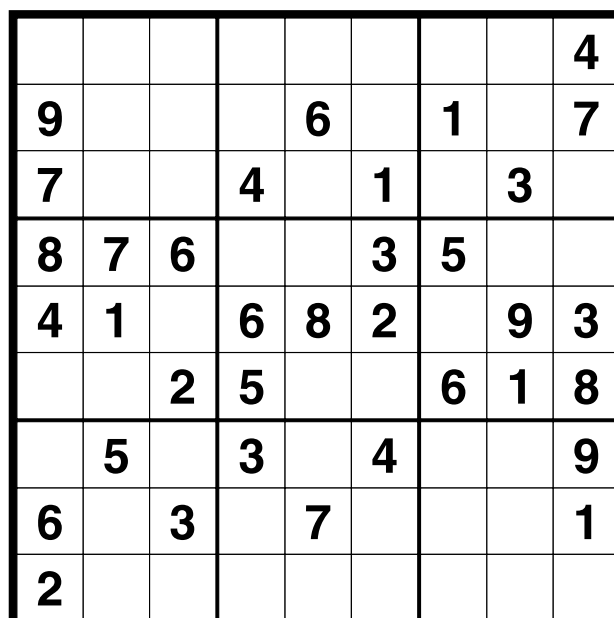
Down

- The banded ---, a bird of dryer regions
- Cacklers
- Island site of US victory in 1945 (3, 4)
- Flourishes
- Laser chip turned round in all directions
- Nick --- of "Lorenzo's Oil"
- Epic film about 1944's Operation Market Garden (1, 6, 3, 3)
- Perth rocker, with The Scientists and The Surrealists (3, 6)
- Deter a nut running wild without drugs
- Long pillow
- The other side of Mr. Hyde
- Give consent
- Frontline physician

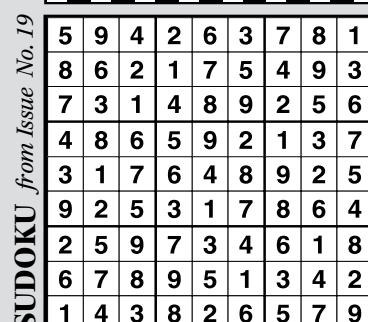
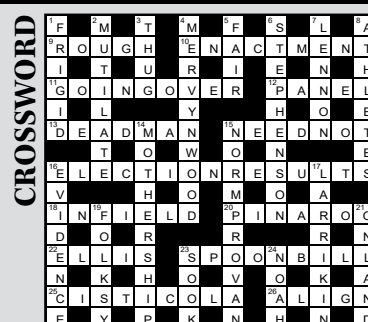
SUDOKU

Rating: ★ ★ ★ ★ ☆

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



Answers from last issue



WORD SEARCH

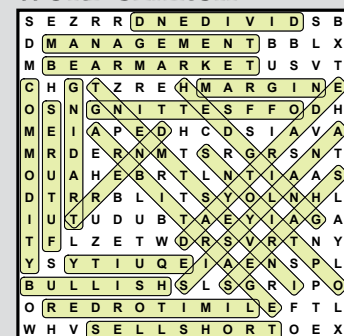
WILLIAM SHAKESPEARE

ANNE HATHAWAY	KING LEAR
BARD OF AVON	KING'S MEN
COMEDIES	MACBETH
CORIOLANUS	OTHELLO
DRAMATIST	PLAYS
FIRST FOLIO	PLAYWRIGHT
HAMLET	POET
HENRY V	SONNETS
HISTORIES	THE TEMPEST
JULIUS CAESAR	TRAGEDIES

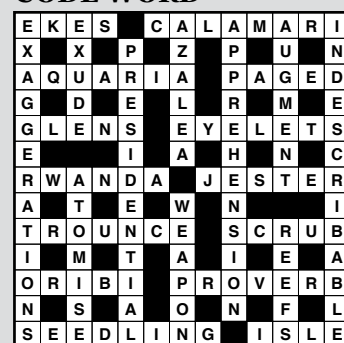


ANSWERS FROM LAST ISSUE

WORD SEARCH

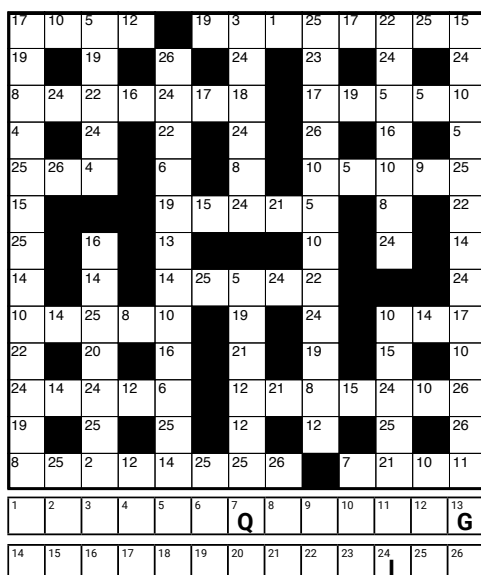


CODE WORD



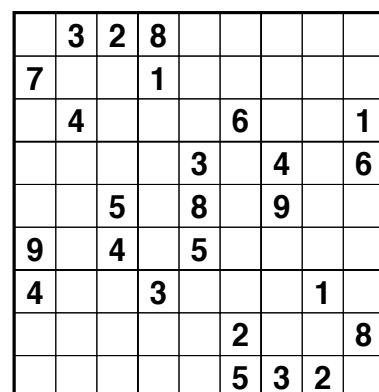
CODE WORD

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.

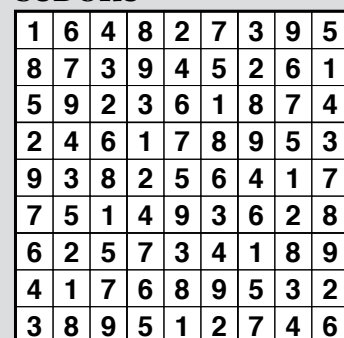


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Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.



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We look forward to seeing you soon

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To ensure the health and wellbeing of residents and staff, we are conducting the Tea and Tour events in accordance with the required COVIDSafe plan. Aveo are requesting that all attendees to Aveo events are vaccinated against COVID-19 to protect the residents and staff in our communities.