

Hills to Hawkesbury

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Community News

24th Feb - 10th March 2023 | Volume 40 – Issue 4
Local Stories, Local Events, Local People and Local Businesses

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Google News

If you like reading the latest news all in one place, well now you can. The Hills to Hawkesbury Community News is now featured on Google News. With the Google News app (or via a web browser) you can now read local, national and international news all in one place. Just search our name, then 'follow' us. Often we carry the same local stories as some of the larger outlets, but ours are free and not behind a paywall.

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.

Why Advertise with Hills to Hawkesbury

Having our news published on different platforms means we are consistently increasing our website traffic month on month. Last month 20,000 readers visited our website. So if you are thinking of advertising with us, this means your ads will be seen by up to 20,000 users per month. In September our website was shown in search results to 414,000 potential new readers, who clicked through to our website 6,380 times.

Performance on Search results

Search type: Web Date: 1 Sept 2022-30 Sept 2022

Total clicks

6.38K

Total impressions

414K

Stepping Out to Make a Difference

By BEV JORDAN

Q: What has thousands of legs, is a vibrant purple and can be spotted at Castle Hill Showground once a year for 24 hours?

If you answered the Hills Relay For Life you would be right.

The huge community gathering which raises money for cancer research and support programs was launched at Event Cinemas Castle Hill earlier this month with more than 120 guests.

Hills Relay Chair Lisa Carruthers said the community committee was already working hard organising the 22nd annual event at Castle Hill Showground on May 20th.

"It's going to be a great event," she said and thanked all the sponsors including top Purple sponsors Event Cinemas Castle Hill, Castle Towers and CHRQ (The Castle Hill RSL Group).

The Hills Relay For Life is not a race but a chance to walk and talk around the track. There will be a variety of entertainment on stage during the day, a 24-hour cycle challenge, trackside stalls and sideshows and a chance to buy food and coffee.

The first lap of the track is for Cancer survivors and carers which will be followed by a

special morning survivors and carers morning tea. The twilight candlelight ceremony of Remembrance starts at 6pm.

There are 50 teams already registered for the 2023 Hills Relay including local businesses, schools, service groups, churches, youth organisations and groups of families and friends.

Individual registration is \$30. There is a group family registration available for \$70. Under 8s are free to attend. Registration for 8-13 years is \$15 with student tickets \$20 with a student card.

Everyone interested in having a team as well as registered team captains are urged to attend a Hills Relay For Life Information Session at Castle Hill RSL (Luxe Lounge) on Tuesday 7th March at 7pm.

The Hills Relay For Life website is: www.relayforlife.org.au/register/hills-2023

Follow the Hills Relay For Life Facebook Page for updates and details or call the Cancer Council on 9354 2007.



Hills Relay For Life Chair Lisa Carruthers and Patron Michelle Bryne (pictured right) with members of Norwest Sunrise Rotary Club.



CHRQ directors at Event Cinemas' Relay launch



MPs Ray Williams and David Elliott



Castle Hill High School students with Bryan Mullan from the Relay Committee

Hills to Hawkesbury

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

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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.

Fury Over Fred Caterson Reserve Plans

By ANNETTE MADJARIAN

Residents and environmentalists have slammed a Hills Shire Council Masterplan to redevelop Fred Caterson Reserve at Castle Hill to make room for a high-performance rugby facility for the Eastwood District Rugby Union Football Club.

Hills Shire Council adopted The Fred Caterson Reserve Masterplan In November 2020 which shows that 23,710 square metres of vegetation will be bulldozed to accommodate the rugby precinct.

A lobby group called Save Fred Caterson Reserve, made up of a group of concerned residents and environmentalists, says Council's plan will see the total loss of more than 5 hectares of bushland and the removal of hundreds of trees. It says not only would trees and habitat be destroyed but that the integrity and character of the reserve and surroundings would be compromised.

Fred Caterson Reserve is the last big area of bushland in Castle Hill which environmentalists say is home to an incredible diversity of threatened species. The reserve is also home to several local community sporting groups.

Over 3,800 people have already signed a petition: Stop the Destruction of Fred Caterson Reserve Castle Hill.

Residents living around Fred Caterson Reserve claim they were not consulted adequately and fear that a premier rugby facility will attract thousands of spectators to an area that is already wracked with traffic and parking congestion.

Andrew Tonkin said: "Residents are angry that the reserve will be stripped of so much flora, vital for people's mental health and the vulnerable species, and they are angry at the prospect of light and noise pollution affecting their quiet enjoyment of where they live and the congestion that will result."

Council said its Masterplan will cater for existing and future residents.

The reserve is in close proximity to the State Government's Showground Precinct, which will grow by another 11,000 people in the next 10-15 years and then "ultimately, by more than 20,000 people once the precinct is fully developed".



Tina Kordrostami, and residents Andrew Tonkin, Marian Tonkin and Jennifer Farrah

The Draft Masterplan was reported to Council in July 2020 and placed on public exhibition from 12th August to 11th September 2020 for viewing and comment.

Community groups and residents are angry that Council exhibited the Draft Masterplan during Covid restrictions in 2020 and claim that only "sporting clubs" were consulted during the preparation of the Plan.

Council said it "received and considered multiple community submissions".

Council invited Expressions of Interests in August 2020 for the establishment, management and maintenance of a premier rugby union facility and entered into a Memorandum of Understanding (MOU) with Eastwood Rugby.

Story continues on page 13

Riverside GARDENS



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Photo from Round Corner RFS Facebook

SCHOOLS SHUT

A driver had a lucky escape at 3am on Wednesday morning (22nd February) when a giant gum tree toppled across Annangrove Rd at Kenthurst during the storm.

Emergency Services were called to Annangrove Rd between Denham Rd and Kenthurst Road near the NSW RFS Hills District Control Centre. The tree took down power lines.

The motorist was stuck for several hours while downed power lines were isolated and made safe. He was praised by emergency services for doing the right thing by stopping and calling Triple Zero for help.

Hills police say that downed power lines should always be treated as live, and the community is reminded to stay at least 8m well clear of any fallen lines.

Marian College and St Madelines were both closed for the day as emergency services worked to clear the blocked road. Traffic diversions were put in place while specialist equipment was brought in to clear the tree.

GANG MAN ARRESTED

A Castle Hill man was charged on Thursday (February 16th) with assault and possession of unauthorised firearms as investigations continue into an affray involving members of motorcycle clubs at Windsor last month.

Police will allege in court that members of a motorcycle club were at Macquarie Park on Bridge Street Windsor for a social ride just before 9.30am on Thursday 26th January 2023 when a 33-year-old man was allegedly assaulted by members of another club.

Officers from Hawkesbury Police Area Command attended and commenced an investigation.

Following inquiries, investigators – with the assistance of Raptor Squad – arrested a 57-year-old man at a Castle Hill home on Thursday, February 16th.

Officers executed a Firearms Prohibition Order (FPO) and seized two replica firearms.

The man was taken to Castle Hill Police Station, where he was charged with assault occasioning actual bodily harm, common assault, intimidation, and two counts of possessing an unauthorised firearm.

He was granted strict conditional bail and is due to appear at Windsor Local Court on Thursday 16th March. Inquiries continue.

DRINK SAFE (PHOTO)

The NSW Police Force has expanded the 'Drink Safe' campaign with the introduction of drink covers and coasters to support and promote safe drinking at licensed venues.

Developed and launched by the Crime Prevention Command, 'Drink Safe' aims to educate the community about safe drinking behaviours and highlight tips to mitigate potential risks to personal safety.

To build on the education packages, police are rolling out a trial of drink coasters and single-use self-adhesive drink covers which are designed so patrons can get up and dance or socialise without fear of their drink being spiked.

Drink or food spiking is a criminal offence, and, in NSW, it carries a maximum penalty of two years imprisonment and/or an \$11,000 fine.

Corporate Sponsor for Alcohol-related Crime, Assistant Commissioner Brett McFadden, said police treat all reports of drink spiking seriously, as it can be a precursor for something more sinister.

"In cases where a drink is spiked and another indictable offence occurs, such as sexual assault, the offence rightfully carries a much higher penalty," he said.

Section 38 of the Crimes Act, 'using intoxicating substance to commit an indictable offence' carries a maximum penalty of 25 years imprisonment.

"We know that the most effective ways to reduce the chances of your drink being spiked



are to keep an eye on your drink and never accept drinks from people you don't know well or trust," he said.

Anyone who believes they have been the victim of a drinking spiking incident are encouraged to report the matter to police. Reports can be made by contacting or attending your local police station.

All other information about occurrences of drink spiking can be provided in strict confidence to Crime Stoppers..

More information about DrinkSafe, including facts about drink spiking, is available on the NSW Police Force website: www.police.nsw.gov.au/safety_and_prevention/crime_prevention/drink_spiking

HOUSE FIRE

There was more smoke than love in the air as firefighters responded to a house on fire in Foxall Rd, North Kellyville on Tuesday, February 14th.

Emergency services were alerted at around 10.40am and NSW Fire and Rescue crews from Kellyville, Castle Hill and Seven Hills were joined by tankers from several nearby Rural Fire Services including Kellyville Rural Fire Brigade.

The cause of the blaze which destroyed a single level brick and tile home is being investigated but is not thought to be suspicious. The fire had spread and could be seen burning

through the roof when Kellyville Pumper and Kellyville Support trucks arrived at the incident along with other units from NSW RFS and FRNSW. The fire was brought under control with just small pockets of fire and smouldering debris to be fully extinguished.

A report by Kellyville RFS said the overhaul and salvage stages took almost 4 hours to complete to ensure there was no re-ignition. Kenthurst Rural Fire Brigade, Rouse Hill Rural Fire Brigade, Glenhaven Rural Fire Brigade and Round Corner Rural Fire Brigade assisted.



Photos from Kellyville RFS Facebook page.



SES in Storm Clean Up

State Emergency Service volunteers have had a busy few days dealing with storm damage.

The Hills SES unit received: 73 calls in the days between 18th February and 22nd February.

The most impacted area during the storm was Castle Hill with 20 call-outs followed by, Baulkham Hills (11), Glenhaven (8) and West Pennant Hills (6.)

Most calls related to tree down or roof damages.

So far this years volunteers from The Hills SES have been called to 116 incidents.

The overall message is: "Much of this damage is preventable so we're asking people to prepare their homes and businesses for the storm season.

"Our members volunteer their time to assist the community during times of need, and we

have had teams out working throughout the day and into the early hours of the morning when needed.

"Some simple things you can do now to get ready for the storm season include trimming trees, cleaning gutters and downpipes and securing loose items around the yard or balcony."

The official storm season runs from October to March but storms can happen at any time of the year so it's important people are always prepared for severe weather.

For emergency help in storms and floods call the NSW SES on 132 500. Dial Triple Zero (000) in life threatening situations. More storm safety tips are available at: www.ses.nsw.gov.au

NEW APP Hazards Near Me

On February 14th NSW SES Commissioner Carlene York, alongside NSW Rural Fire Service Commissioner Rob Rogers, Minister for Customer Service and Digital Government Victor Dominello MP, and Minister for Emergency Services and Resilience Steph Cooke MP, launched the highly anticipated **Hazards Near Me** app launch.

NSW residents can now receive the latest flood and fire warnings in the palm of their hands with the new app.

The widely used Fires Near Me app, which has more than 4 million users, has been expanded and reshaped to now include flood alerts from the NSW SES.

Existing users of Fires Near Me will need to update their app through their phone's app store. New users can download the app by searching for 'Hazards Near Me' in their app store: ow.ly/mgtT50MRrHT



Roxborough Park Rose Garden Volunteering

Wednesday, 01 March 2023

9.00am – 12.00pm

Roxborough Park Rose Garden, Roxborough Park Road, Baulkham Hills, 2153. Come along and help maintain our roses at the rose garden. Every Wednesday.

Everyone is welcome - no experience necessary.

Event Organiser: The Hills Shire Council - Bushland Team 02 9843 0555



RICHMOND ROAD UPGRADE

Richmond Road will receive \$385 million under the \$5 billion WestInvest program.

Riverstone MP Kevin Conolly said the money would be used to widen parts of Richmond Road and ensure a less congested, safer journey for drivers using the "critical arterial route" which serves the communities of Colebee, Riverstone, Schofields, Marsden Park and the Hawkesbury.

The funding includes:

- \$285 million for planning and to start early works to widen to six lanes a 2.2 kilometre section between the M7 Motorway and Townson Road, including a new off-ramp bridge over Rooty Hill Road North from the M7 northbound direct to Richmond Road;
- \$100 million to widen to four lanes the section of Richmond Rd north from Elara Boulevard to Heritage Road, just before South Creek.

Join us
FOR A SPECIAL PARKSIDE EVENING EVENT
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TUESDAY 28 MARCH 2023 AT RYDGES NORWEST

LIFE AFTER WORK, ARE YOU READY?
Getting there... and enjoying being there

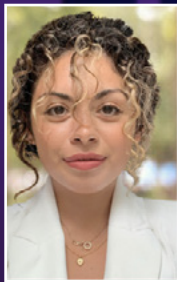
Please join us for an exciting & informative look at retirement. This event is ideal for individuals who:

- are planning for retirement in the next few years
- are retired and want to learn how to make this stage of life even better
- want to learn more about issues including relationships, health and the role work plays, balancing leisure and volunteering.

REGISTRATION FROM: 6PM | COMMENCEMENT TIME: 6.30 PM
LIGHT REFRESHMENTS WILL BE SERVED UPON CONCLUSION.
RSVP DATE: 20 MARCH 2023

To reserve your seat, please contact us on 9899 4899 or by email: events@parksideinvestorplus.com.au

Parkside InvestorPlus Pty Ltd
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Tina Kordrostan



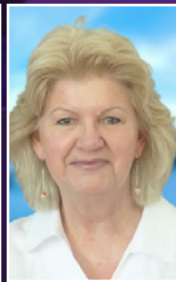
Mark Hodges



Tina Cartwright



Angela Maguire



Amanda Kotlash



Robyn Preston



Thelma Ghayyem



Alex Karki

State Election 2023

By BEV JORDAN

If it's passed you by, there is a State Election on Saturday, 25th March.

Lodgement of nominations starts officially on Monday, February 27th and closes at noon on Monday, 8th March.

It won't be until the following day that the full list of candidates and where they will be placed on the ballot paper will become clear with the ballot draw scheduled to take place in each State electorate at 10am Thursday March 9th.

For thousands of residents, the State Election will see them in a new State seat despite the fact that they haven't moved house.

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.

Some householders will find themselves in a neighbouring electorate as boundaries have

subtly moved (Box Hill has moved from State seat of Castle Hill to the Hawkesbury State electorate) while the State seats of Baulkham Hills and Seven Hills have not only been redrawn but have had their names changed – the reshaped electorates are now called Kellyville and Winston Hills.

While many names are already registered on the NSW Electoral Commission's register of candidates, not all will be officially nominated.

To find out which seat you are in, or register to vote visit the NSW Electoral Commission website at www.elections.nsw.gov.au

We have included the State seats of Castle Hill, Kellyville, Hawkesbury and Riverstone in our coverage as they fall in our magazine's distribution footprint.

CANDIDATES announced to date

CASTLE HILL

LABOR: Tina Cartwright

LIBERAL: Mark Hodges: Deputy Mayor of Hills Shire Council

GREENS: Tina Kordrostan

INDEPENDENT: Nathan Gregory Organ:

HAWKESBURY

LABOR: Amanda Rose Kotlash

INDEPENDENT: Angela Maguire

LIBERAL: Robyn Preston: Current Hawkesbury MP

KELLYVILLE:

LABOR: Alex Karki:

LIBERAL: Ray Williams: Current MP for Castle Hill.

GREENS: Thelma Ghayyem

RIVERSTONE

ANIMAL JUSTICE PARTY: Ingrid Akkar

LABOR: Warren Kirby

LIBERAL: Mohit Kumar

INDEPENDENT: Tabitha Ponnambalam

GREENS: Rob Vail

Clean Up Australia Day 2023



Get ready for Clean Up Australia Day on Sunday, 5 March 2023! Gather your friends, family, neighbours, and local community groups to make an impact that improves your local environment.

Continued support from the Hawkesbury community is so important – so get on board by registering at www.cleanup.org.au

You can also search for a Clean Up event near you by entering your postcode or suburb at 'Join a Clean Up Event'

You are encouraged to register online if you plan to join an event as it helps site supervisors anticipate numbers and ensures you will be notified if the official Clean Up date is rescheduled.

Please check local weather conditions on the day and if they make your event unsafe – heat, rain, flooding, etc. please contact Clean Up Australia.

Schools Clean Up Day

Preschools, primary schools and secondary schools can get involved by joining the annual Schools Clean Up Day on Friday, 3 March 2023. Registrations for Schools Clean Up Day are open at www.cleanup.org.au

Business Clean Up

Businesses can get involved by joining the annual Business Clean Up Day on Tuesday, 28 February 2023 at www.cleanup.org.au

For further information on Clean Up Australia Day, Schools Clean Up Day and Business Clean Up, visit www.cleanup.org.au

How will you Step Up? Inspire your family and friends to help make a change by sharing a pledge and by tagging @CleanUpAustralia #StepUpToCleanUp

Come and celebrate beautiful historic Wisemans Ferry with us!

Wulumarang

Saturday 25th March 2023 4-6pm



Ferry Artists Gallery Wisemans Ferry Central
Phone: 45664385 www.ferryartists.org.au

The Ferry Artists would like to invite you to the opening of our March exhibition titled **Wulumarang** which pays respect to the Indigenous name for our beautiful historic Wisemans Ferry.

Our artists are busy creating works to celebrate the natural beauty of our home here on the Hawkesbury River. Please feel welcome to join us 25th March 2023 from 4-6pm in our wonderful Gallery in Wisemans Ferry to meet our artists and see what makes our Ferry Artists Gallery so special.



Ray Williams



Ingrid Akkar



Mohit Kumar



Mohit Kumar



Warren Kirby



Sameer Pandey



Mark Taylor



Damien Atkins

WINSTON HILLS**GREENS:** Damien Atkins**LIBERAL:** Mark Taylor:

Current Seven Hills MP

INDEPENDENT: Palaniappan Subramanian**LABOR:** Sameer Pandey: Parramatta Deputy Lord Mayor and Councillor**THE 2023 SEATS:****CASTLE HILL:** Annangrove, Baulkham Hills, Castle Hill, Dural, Glenhaven, Glenorie, Kenthurst, Middle Dural, West Pennant Hills.**HAWKESBURY:** Agnes Banks, Berambing, Bilpin, Blaxlands Ridge, Bligh Park, Bowen Mountain, Box Hill, Cattai, Central Colo, Central Macdonald, Clarendon, Colo, Colo Heights, Cornwallis, Cumberland Reach, East Kurrajong, Ebenezer, Fernances, Freemans Reach, Gables, Glenorie, Glossodia, Grose Vale, Grose Wold, Higher Macdonald, Hobartville, Kenthurst, Kurmond, Kurrajong, Kurrajong Heights, Kurrajong Hills, Leets

Vale, Lower Macdonald, Lower Portland, Maraylya, Maroota, McGraths Hill, Mellong, Mogo Creek, Mountain Lagoon, Mulgrave, Nelson, North Richmond, Oakville, Perrys Crossing, Pitt Town, Pitt Town Bottoms, Putty, Raaf Richmond, Richmond, Richmond Lowlands, Rouse Hill, Sackville, Sackville North, Scheyville, South Maroota, South Windsor, St Albans, Ten Mile Hollow, Tennyson, The Slopes, Upper Colo, Upper Macdonald, Vineyard, Webbs Creek, Wheeny Creek, Wilberforce, Windsor, Windsor Downs, Wisemans Ferry, Wrights Creek, Yarramundi.

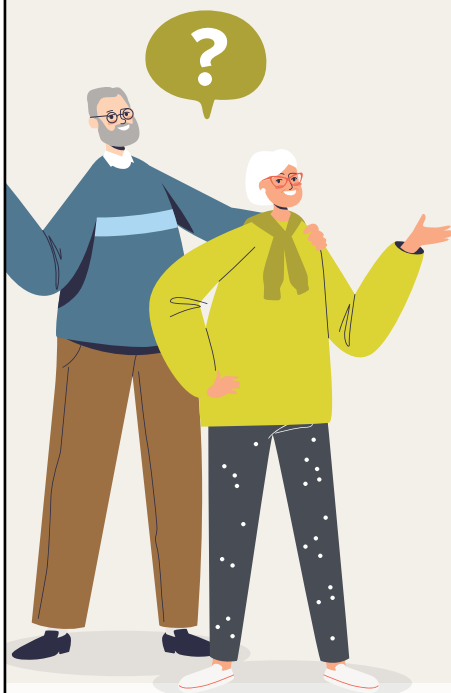
KELLYVILLE: Baulkham Hills, Beaumont Hills, Bella Vista, Box Hill, Castle Hill, Kellyville, North Kellyville, Norwest, Rouse Hill.**RIVERSTONE:** Acacia Gardens, Grantham Farm, Kellyville Ridge, Nirimba Fields, Parklea, Quakers Hill, Riverstone, Rouse Hill, Schofields, Stanhope Gardens, Tallawong, The Ponds, Vineyard.**WINSTON HILLS:** Baulkham Hills, Blacktown, Constitution Hill, Glenwood, Kings Langley, Lalor Park, North Rocks, Northmead, Old Toongabbie, Pendle Hill, Seven Hills, Toongabbie, Wentworthville, Westmead, Winston Hills.**To check which seat you are in or to register to vote or register for a postal vote visit the NSW Electoral Commission website at www.elections.nsw.gov.au****Early Voting opens 18th March. Postal vote applications close on 20th March 2023.**

The NSW Electoral Commission has just launched The Stop and Consider campaign to reduce the spread of disinformation ahead of the State election.

It is encouraging voters to think about three things when they encounter electoral communications:

- **Reliable:** Is the information from a reliable source?
- **Current:** When was it published?
- **Safe:** Could it be a scam?

Navigating Residential Aged Care



If you would like to learn more about Aged Care for yourself or a loved one, we invite you to attend this important event. Here's what you can expect:

- Learn about the activities, quality of care and community you can expect in Aged Care today.
- Discover how anyone can afford Aged Care.
- Understand the complicated financial model - we'll break it down and simplify it.
- How we meet your individual needs with our Rhythm of Life® program.
- Get your questions answered by our panel of experts.

WHEN: Monday, 13 March**WHERE:** Castle Hill Village
Menzies Room
14 Broughton Ave,
Castle Hill**TIME:** 5:00pm – 6:30pm**RSVP:** Scan here to register
anglicare.org.au/agedcareevents

Light refreshments provided.

1300 111 278
anglicare.org.au



Open Day For Macquarie Towns Garden Club

Club president Ann Chilman says she is looking forward to the Garden Club's Open Day on Thursday, 2nd March from 11am to 1.30pm, after a three-year forced hiatus.

"It's a great opportunity to gather some well-tended plants at bargain prices, especially if your garden has taken a battering after this summer's late heatwave," said Mrs Chilman. A Richmond resident, she has experienced our challenging summer first-hand.

Held in partnership with Hawkesbury Library service, the Open Day is an opportunity to ask the experts about any gardening questions and as a bonus - there will be a free plant for each customer! Visitors are encouraged to share a cup of tea and have a chat with fellow garden lovers.

Macquarie Towns Garden Club Open Day – Thursday, 2nd March in the Stan Stevens Room at Hawkesbury Central Library, Deerubbin Centre, 300 George Street, Windsor, 11am to 1.30pm. Cash only - no credit card facilities available.

For more information about Macquarie Towns Garden Club please visit the website: <http://macquarietownsgardenclub.wordpress.com> or contact: Secretary – Jill Storrie: 0400 225 009; ardlui3@bigpond.net.au

AUTHOR TALK

Téa Cooper

Hawkesbury Library Service will celebrate Women's History Month on Thursday, 9 March with an appearance by bestselling Australian author Téa Cooper. She will discuss her recently released novel *The Butterfly Collector*.

Téa's characters are strong women who, despite many obstacles and social constraints, are determined to forge their own paths. Her latest historical mystery takes the reader on a journey over a fifty-year span, opening with Verity in 1920s Sydney, interspersed with Theodora living in Morpeth in the 1860s.

Theodora aspires to be a nature illustrator. Verity works for a newspaper until she leaves her job to make way for returning soldiers. When she is asked to write the history of an institution for unwed mothers, she uncovers a fifty-year-old mystery. What mystery connects a botanical illustration of a butterfly with a missing baby?

Tickets are \$5 and include morning tea.

Book via <https://hawkesburylibrary.eventbrite.com/> or call 4560 4460.

The event will be held at Hawkesbury Central Library, 300 George Street, Windsor.



Will retirement living suit you?

Get a sneak peek of the lifestyle you could enjoy at our free Open Home event. Come along with family and friends and find out why many residents say they wish they made the move to an Aveo retirement community sooner.

Bella Vista Haven

28 Norbrik Drive, Bella Vista NSW 2153
(10am-12pm)



Take the First Step and RSVP:
Scan the code, call (02) 8909 0410
or visit aveo.com.au/openhome



Explore our community



Inspect our display home



Discover our social activities



Chat to our First Step team

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

Bella Vista Haven
Retirement Living
aveo



YOU'RE INVITED
Open Home
SATURDAY 4 MARCH

When Diane Russell lost her son Jason to suicide towards the end of 2015 the grief was overwhelming.

"After Jason died I really needed some hope," she says.

She said the loss was devastating for his younger brothers ... "Jason was the big protector".

With her eldest son and his family plus Jason's widow and daughter living in New Zealand and her other children and their families in Australia she felt torn.

She returned to Australia but was in such despair herself that she was hospitalised. She had no job, no home (her lease was terminated) and was effectively homeless.

It was then she decided to establish a suicide prevention program to help people.

"I did not want anyone to go through that sense of hopelessness."

Out of the grief came the Hope Walk at Windsor in 2016 and the establishment of Hope4U Foundation to raise awareness of suicide and its impact on families and to erase the stigma of mental illness.

Diane says she knew from her own experience how lonely grief can be.

"There is always someone who needs help, no matter how many services there are," she said.

The recent Hope Walk (held in Windsor on February 11th) was attended by over 200 people who took the opportunity to walk and talk together.

"People shouldn't be afraid of grief and talking to people about grief is really important," says Diane.

"People love the Hope Walk. They are not feeling pressured or stigmatised.

"They get to tell their own story and how they are struggling. People are sometimes

scared to talk but we know how to console them when they get upset. People need safe spaces."

A registered nurse, Diane works part-time in a Hospital Emergency department. She moved to Australia from New Zealand to escape a domestic violence situation when the youngest of her five sons was 10-years-old. Her only daughter, Tracy, died at the age of 5 months from Sudden Infant Death Syndrome.

It's a lot of trauma which was compounded when Diane's son Aaron died by suicide in February 2021.

"I can never explain the loss of two sons to suicide," she says simply in a Hope4U booklet about healing.

The grandmother of 11 is now in the midst of planning a Hawkesbury to Cowra Hope4U Vintage trek for Pre 1993 cars, trucks and motorbikes.

The 205km Trek will start at Hawkesbury Showground on May 6th and end at Cowra Showground. A Hope4U dinner is planned for the Cowra community collaboration with the Hawkesbury's Helping Hands charity.

"A lot of people struggle with mental health and a lot of people have contacted (Hope4U) from the Cowra area," said Diane.

"We plan to talk to people about mental health issues."

She says for every death by suicide it is estimated that as many as 30 people attempt to end their life.

Hope4U provides support, education programs, workshops and safe intervention programs.

To find out more visit the website www.hope4u.com.au email hope4ufoundation@yahoo.com or call 0405 468 294.

Jason's death sparked the annual Hope Walk



A precious moment: Diane with her son Aaron

If you are in immediate distress call Lifeline on 13 11 14.

It is a 24-hour crisis support and suicide prevention service which also provides an SMS service on 0477 131 114.



Looking for the right school for your child? Don't miss the

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schoolsexpo.com.au

Helping you find the right school for your child

Beating the Heat By DR KIM LOO

Heat stress in Western and North Western Sydney has so concerned local doctors that the Hills Doctors' Association held a BEAT the HEAT 2023 health forum recently to talk about the "silent killer" with health professionals and the public. It was fifth forum.

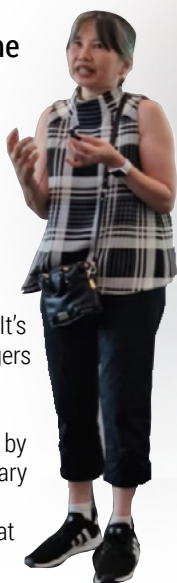
President of the Hills Doctors' Association Dr Kim Loo (pictured) who works in Riverstone and is on the AMA Council and Doctors for the Environment said: "It's important that our community understands the dangers of heatwaves.

"Heatwaves are changing and becoming more dangerous and need to be effectively communicated by the health sector as we bear the brunt of this in primary care and our already overloaded hospitals.

"People should not become sick or die from a heat wave. We are all at risk on hot days. It is best to be prepared. Especially if you live alone, pregnant, have small children, have a health condition, work outdoors, or live in a home that gets very hot.

KEEPING COOL

- Water gardens in the morning and mulch around plants. This aides in cooling.
- Seal all gaps in the home including windows, walls, and floorboards. This can be done with old socks or stockings.
- Turn off all power points when not in use.



- Create a cool room – find the coolest room in your house and use fans and air conditioners in this room.
- Insulate the house.

TOP TIPS FOR ALL

- Check the temperature for the day on BOM website. Listen to emergency warnings and remember that the BOM temperatures are temperatures in the shade. It will be hotter if you are not in the shade, or if you live in an urban heat island
- Check that fridges and air conditioners are working. Make sure there are ice bricks and towels in the freezer.
- Keep out heat. Curtains or blinds inside. Awnings and shade clothes outside
- Find a cool place to visit. If you cannot cool down your house
- Make sure your mobile phone is charged.
- Check on family and neighbours.
- Wear light clothing
- Cool down with wet /cold towels showers,
- Fans are very useful. I have ceiling fans in each room. This reduces the need for turning on my air conditioner (house is also thermally efficient). Air conditioners – set 23 to 24 degrees helps to save energy.
- Have cool meals so you are not heating up the house.
- Drink plenty of water. Try to avoid tea, coffee, sweet drinks, and alcohol as this can make you more dehydrated. The easiest way to check for state of hydration is the colour of your urine. There are charts online.
- Wear a hat or sunscreen if going outside.
- Make sure you have an esky (in case of power outages) for food and medications.

YOUNG OR PREGNANT

- Check regularly that children are not too hot and use the same cooling techniques as adults.
- Make sure when you are walking with a stroller take the cover off so there is adequate air flow for you baby.
- Offer children milk or water. No sweet drinks as this can make dehydrations worse.
- Dress children in loose light-coloured clothing
- Drink plenty of water if you are breast feeding.
- If you go outside to a playground. Make sure the play equipment is not hot. As there are many playgrounds that are made from materials that absorb heat.

ELDERLY AND SICK

It is important that patients over 65 years old and/or those with chronic health conditions have a plan with their GP and pharmacist for a heatwave. It is crucial that there is a next of kin or friend that people can connect with and look out for them on hot days.

PETS

Many pets are vulnerable to heat. Mine are chickens. I make sure that are multiple sources of cool clean water and cold food on hot days.

OUTSIDE WORKERS

Heat waves can be deadly for outdoor workers if they don't take adequate rest breaks and rehydrate. Ask your employer for a heat safety plan.



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\$1.3 M Heat Task Force

By BEV JORDAN

Extreme heat and how to minimise it will be the focus of a \$1.3million Heat Taskforce being set up by the Western Sydney Regional Organisation of Councils (WSROC) the peak body representing local councils in Greater Western Sydney.

One of the initiatives the Taskforce will be looking at is building heat resilience into urban planning and development.

WSROC President and Hawkesbury City Council's Deputy Mayor Councillor Barry Calvert said: "Except for disease epidemics, extreme heat events are Australia's worst natural hazard for human deaths."

Between 2001 to 2018 in Australia, at least 473 heat-related deaths were reported to a coroner, of which 354 occurred during heatwave conditions, according to a 2022 study reported in the International Journal of Disaster Risk Reduction.

Heat Maps dating from 2016 – three years before the Sydney Metro opened and developments started around the stations from Cherrybrook to Tallowong – already showed a high heat rate score of 4 (just below vulnerable) for numerous suburbs in the North-West region including Richmond, Windsor, Kellyville Ridge, Castle Hill and Stanhope Gardens.

The Greater Sydney Heat Taskforce will focus on urban design, improved governance and support programs.

Clr Calvert said: "Heat-related impacts are expected to substantially increase as average temperatures rise and heatwaves become more severe, frequent and last longer, largely due to climate change.

"Heatwaves place significant strain on community services, and essential infrastructure – including energy grids, hospitals and transport networks.

"Rising average temperatures are also worsening cost-of-living and quality of life in our local communities – as summers become longer and hotter," said Clr Calvert.

In addition to reviewing heat risk governance the Taskforce will also support WSROC with implementation of three projects:

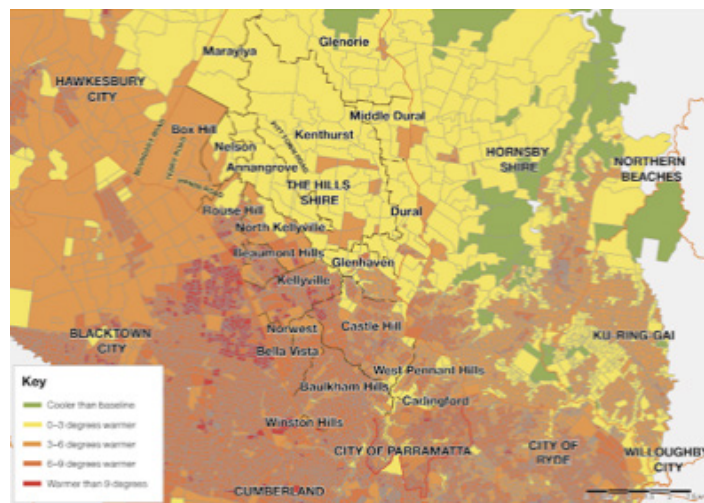
Cool Suburbs NSW – a rating and assessment tool for building heat resilience into urban planning and development

Heat Risk Methodology Project – to develop a methodology for holistic, place-based assessment of heat risk for use in local emergency management planning, and

Local Heatwave Planning Guidance Project – to develop resources and training for local government, defining its roles and responsibilities in heatwave emergency planning, including its interaction with Local Emergency Management Committees and community organisations.



New estates are heat islands



Extreme temperatures have resulted in Hawkesbury City Council agreeing to extend the opening hours of Hawkesbury Central Library and Richmond Swimming Centre on weekends to provide somewhere cool for residents to go on days of 40-plus degree heat.

A spokeswoman said: "Council has received positive feedback from this initiative since it was first activated to help residents find a way to stay cool during heatwaves."

"Hawkesbury City Council is glad to be a program partner in WSROC's Heat Taskforce," Hawkesbury Deputy Mayor Barry Calvert said.

"It's great news that the NSW and Australian Governments are providing \$1.3 million in grant funding to set up the new Taskforce and a firm acknowledgement that extreme heat and heat waves have a huge impact on our communities, with climate projections showing extreme heat events are occurring with greater intensity.

"Richmond hit 47 degree Celsius in February 2017, and the hottest temperature we've had this February has been 37.8 degree Celsius – both according to the Bureau of Meteorology."

17 / 21-23 COOK ST BAULKHAM HILLS

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WORLD RENOWNED CANCER CARE EXPERTISE



Icon Cancer Centre radiation oncologist, Professor John Boyages AM is an internationally recognised specialist committed to the expert care of patients with breast cancer and lymphoedema.

Known for his calm and compassionate manner, patients from across Australia and the Asia Pacific regularly seek his opinion.

Prof Boyages has published over 200 clinical research articles in leading publications investigating breast cancer and lymphoedema. He is the author of four books on the topics.

In 2017, he was awarded an Order of Australia (AM) for significant service to medicine in the specialty of radiation oncology as a clinician, to medical education, to professional organisations and to people with breast cancer.

WHY DID YOU DECIDE TO BECOME A RADIATION ONCOLOGIST?

In my second term as an intern, I was allocated to a radiation oncology rotation. I always wanted to become a physician but I really liked working with cancer patients and being able to support them through their complex journey. Back then, people thought I was mad becoming a radiation oncologist and I was told I was too young to sub-specialise in breast cancer after my training in 1999.

WHY DID YOU DECIDE TO SPECIALISE IN BREAST CANCER AND LYMPHOEDEMA CARE AND RESEARCH?

My head of department, Professor Allan Langlands, was one of Australia's leading breast cancer experts in the 1980s. I really liked working and supporting patients with breast cancer and he encouraged me to do research. After my training, I was invited to do a prestigious fellowship at Harvard University and worked with Professor Jay Harris at the Dana Farber Cancer Institute, one of the world's leading breast cancer experts. I saw the way breast cancer teams worked together and then introduced this new model of care at Westmead Hospital and elsewhere. In 1995, I established the NSW (now Westmead) Breast

Cancer Institute and helped establish screening programs right across the west of Sydney. I also convinced Myer stores to build four digital mammography units for BreastScreen NSW in the lingerie departments of four of their stores in the west of Sydney.

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

I really like helping patients by explaining their disease and the treatments in plain language. Giving patients hope is very important and I like to do that by avoiding scary language. I have written three books on breast cancer, one on vaccinations after cancer and I am currently writing a book on lymphoedema.

WHAT HAVE BEEN THE BIGGEST CHANGES IN THE CANCER CARE SINCE YOU HAVE STARTED?

Our radiation treatments have become very precise. Initiatives such as deep inspiration breath hold and Volumetric Modulated Arc Therapy have meant we can deliver radiation more precisely with less damage to the surrounding tissues. The number of treatments has reduced from six weeks down to three weeks and we are also treating some patients with five treatments of radiation therapy.

WHAT ARE YOUR INTERESTS OUTSIDE OF WORK?

I enjoy spending time with my wife, family and five grandchildren. I enjoy a morning walk but I always need to have a coffee afterwards. I like spending time on the Central Coast and enjoy a morning swim, bushwalking, reading and writing. I like listening to David Bowie, Deep Purple, Elton John, Billy Joel and Emu Music.

WHAT IS LYMPHOEDEMA?

Lymphoedema is the swelling of a limb and/or parts of the body caused by the lymphatic system not functioning properly and becoming compromised. The lymphatic system plays an important role in the body's defence against infection by filtering and removing bacteria. The swelling can occur when the normal process of lymph drainage doesn't work properly. Early signs and symptoms of lymphoedema include an unexplained swelling, which increases over time, or you may feel heaviness or dull ache and discomfort in your arm, chest or breast. If left untreated, it can lead to loss of function and the skin becoming prone to infection.

WHAT CAUSES LYMPHOEDEMA AFTER BREAST CANCER?

Secondary lymphoedema following breast cancer can result from damage to the lymphatic vessels and/or lymph nodes. This can be caused by surgery, trauma, lymph node removal and radiation therapy to the lymph node regions. The earlier lymphoedema is detected, the better it can be managed to prevent its development. March is Lymphoedema Awareness Month and Icon Cancer Centre teams are spreading the word about the importance of early detection and management of lymphoedema.

i For more information, visit iconcancercentre.com.au/treatment/lymphoedema

ICON CANCER CENTRE NORWEST

OPENING HOURS: Monday to Friday – 8.00am to 5.00pm

Free on-site parking is available within the Norwest Private Hospital carpark. Free street parking is also available in the Norwest precinct.

Our local team at Icon Norwest are available to answer any questions people may have about accessing radiation therapy treatment close to home at our centre. Scan the QR code to contact our team.



W iconcancercentre.com.au/centre/Norwest
E admin.norwest@icon.team
A Norwest Private Hospital, 11 Norbrik Drive,
Bella Vista NSW 2153

P 02 9068 9540
F 02 9182 6007



Fury Over Fred Caterson Reserve Plans

from page 3

The facility will be developed on the former Pony Club site and will include three playing fields (including synthetic fields) and associated infrastructure, including lighting, drainage, irrigation, amenities building/s and a car park.

Council said planning and design were currently in progress but not yet final, with "concept plans being worked through based on progressive site studies, including site survey, geotechnical assessment, ecology, traffic, noise and heritage studies.

The facility will be designed in accordance with relevant environmental standards".

The development also encompasses additional sports fields, car parking, paved areas for events, spectator seating and a clubhouse. There will also be upgrades to the existing sporting facilities on the reserve, which includes soccer, tennis, baseball, basketball and BMX bike riding. Hills Shire Council said it is awaiting the results of an independent ecologist which would "further inform the implementation of the adopted masterplan".

"This is to ensure that ecological communities are appropriately managed, relevant environmental legislation is met, and opportunities are provided for bushland regeneration and tree replanting. Council looks forward to updating the community as our planning progresses," a spokesperson said.

"Council's adopted masterplan aims to preserve and minimise the impact on local flora within Fred Caterson Reserve, while providing more sporting fields and upgrading facilities to cater to the increasing active and passive recreational needs of the growing Hills Shire population."

Hills Council Greens Councillor Dr Mila Kasby told the Hills to Hawkesbury Community News she was "absolutely concerned about tree loss and the loss of habitat" given the important nature of the reserve and its "unique place as a reservoir of biodiversity" within our urban landscape.

"At a minimum, I would expect that any development proposal would go out on public exhibition for at least two months, and that all the details, including the MOU with Eastwood Rugby Club, would be publicly available so that our community is fully informed and have enough time to have their say on this incredibly important site."

She said that more than half of the current Hills Councillors were not on Council when the Masterplan was adopted in 2020.

Council's Masterplan can be found at www.thehills.nsw.gov.au/Council/Council-Initiatives/Fred-Caterson-Reserve-Master-Plan. Visit savefredcatersonreserve.org for more information about the campaign against the plan where there is also a link to sign the petition.

Eastwood Rugby excited to move to The Hills

By LAWRENCE MACHADO

EASTWOOD RUGBY, one of the powerhouses of the sport in NSW, can't wait to kick off at Fred Caterson Reserve.

Eastwood Rugby's General Manager Robert Frost said the planned premier rugby union facility will benefit the club and The Hills.

"We're certainly hoping to be there as soon as possible... hopefully that's next year," said Frost, after wet weather and Covid delayed their move to Castle Hill. Our members are excited by the move, tinged of course with some sadness but since the majority of our membership and our players are from the Hills, this is more a move to be closer to where they live."

The Hills Shire Council's masterplan includes a premier facility for Eastwood Rugby, which it said is a pathway to elite rugby for much of north and north western Sydney up to Wiseman's Ferry. The move has the support of Rugby Australia and Rugby NSW.

The reserve boasts of six playing fields for football, cricket, baseball, a BMX track plus basketball and tennis courts. Two tennis courts and four hot shot courts will be added plus upgrades to fields, car parks and spectator facilities.

On the vocal opposition to the move, Frost said: "As you know, the Hills Shire Council formally adopted a Master Plan for Fred Caterson in 2020. Eastwood Rugby's involvement is a result of the council advertising for a partner to help deliver the rugby union facility."

"We can't speak for the council obviously but I note that council has publicly addressed this issue a number of times stressing that all development will be subject to normal planning controls."



Robert Frost

Frost said Castle Hill and North West Sydney are massive growth areas and the Woodies are hopeful their presence will encourage growth in the game - not only in their club but in all the other clubs in the region.

Frost said they are excited to support a new junior rugby club at Box Hill, adding their development manager visits local schools and junior clubs in a bid to increase the number of females playing rugby.

"We run the NSW Rugby Waratahs Western Rugby Academy for aspiring young athletes," Frost said. "We are very keen to ensure there is a pathway for young elite athletes which doesn't require them to relocate in order to progress. So, you can see that we are very active in the Hills already and this will only increase in years to come."

"For many years, players from North West Sydney have chosen to play at our club. We play in the highest level of club competition in NSW. Many of our players progress to professional rugby players - for example, newly-capped Wallaby Mark Nawaqanitawase. We also have two players in the Australian men's sevens team, both of whom are local Castle Hill boys."

"It's important the region has a successful club representing it in the premier rugby competition. Eastwood have been premiers of Sydney rugby six times in the past 20 years and grand finalists in three more. Our successful profile will be a drawcard for athletes for decades to come."



IWD Breakfast at Norwest

A diverse quartet of inspiring women will take centre stage at the Norwest Sunrise Rotary Club's International Women's Day breakfast on Friday 3rd March.

Club President Azita Abdollahian will be at the MC at the breakfast at the Hills Shire Cafe at 3, Columbia Court, Norwest (at the Hills Council's admin building) which starts at 7am.

Azita has just walked 309km from State Parliament in Sydney to Parliament House in Canberra to draw attention to the situation for women in Iran.

She found herself in an arranged marriage at the age of 17 and fled from Iran to Sydney as a refugee with two young daughters. She learnt English by watching Bananas and Pyjamas and other children's shows with her girls.

A domestic violence survivor she said of her walk: "As an Iranian- Australian- Rotarian and a social worker I take responsibility to keep our flag flying high for peace and for freedom, for women's right and human's right and more importantly to make a difference.

"This was one of the most challenging trips I have ever done, even though my trip to Camino was 900km ... because I was carrying a message that was bigger than me."

She said the aim for herself and her fellow walkers was to honour all the lives that have been lost. "We wanted to be the voice for those young women that are missing. We wanted to

raise awareness in non- Iranian community and share their story. We wanted every little town and village along the way to hear the slogan of this women led revolution. Woman, Life, Freedom."

On 3rd March she will be introducing three amazing women.

Rosemary Kariuki, Australia's 2021 Local Hero. Rosemary fled tribal conflict in Kenya and arrived in Australia in 1999 and has spent over 20 years helping isolated migrant and refugee women overcome domestic violence and financial distress in Western Sydney. In partnership with the African Women's Group, Rosemary helped start the African Women's Dinner Dance, which is attended by more than 400 women annually.

Youth and Disability advocate, Julie Charlton. Founder, CEO and Head Coach JC2 Athletics, 2022 NSW Young Woman of the Year Finalist, Commonwealth athlete and former Hills Youth Ambassador.

Julie has travelled throughout NSW to raise awareness for people with disabilities and the challenges they face.

Rotarian June Young OAM NSW, winner of the Premier's Volunteers Award for 40 years

Azita on her freedom walk



Julie Charlton in action

Rotarian June Young OAM

WD Rosemary Kariuki

of community service. She is a volunteer, a fundraiser and a voluntary board member.

Tickets are \$30 which includes breakfast. To book visit Norwest Sunrise Rotary Club's Facebook page and follow the link <https://www.facebook.com/events/1352321982249262> or call Deb on 0490 723 163.

CHARITY GOLF DAY

RDA TALL TIMBERS GOLF DAY

We are looking for 25 teams of 4 to challenge for the Championship!

7:30AM – 3PM

March 17 (2023)

Lynwood Country Club
4 Pitt Town Bottoms Road
Pitt Town

\$140 pp
Team +
Sponsorship packages available

REGISTER NOW

<https://events.humanitix.com/2022-rda-nsw-tall-timbers-centre-charity-golf-day>
admin@rdanswtalltimbers.org.au

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Contact Alina 0433 394 837
alinapeberdywellness.au

Soroptimist International of the Hills – IWD Breakfast 2023

Soroptimist International, founded in 1911, is a global movement consisting of 72,000 volunteers in 121 countries. Here in the Hills, the Hills Soroptimist International ("HillsSI") have been advocating for women and girls locally and globally for over 40 years.

The word Soroptimist is a combination of two Latin words; "Soro" meaning sister and "optima" meaning best and together translates as "best for women". This meaning reflects the mission of Soroptimist International to transform the lives of women individually and collectively through empowerment, education and opportunities and ensuring all women and girls achieve their full potential, realise dreams and aspirations and have an equal voice in their communities globally.

The HillsSI organise important community initiatives such as the youth public speaking competitions, homelessness and Domestic Violence forums, fundraising activities such as the fashion parade as well as participate in events such as the Hills Winter Sleep and the Hills Relay for Life.

A key date in the HillsSI calendar is International Women's Day ("IWD") which falls on March 8 each year. IWD means different things to different people but for Cathy Tracey, President of the HillsSI and passionate advocate for women and girls, "It's the International day of recognising women's cultural, political, economic and social achievements as well as marking a day of action towards gender 'equity' and also an opportunity

to fund raise for charities such as ours, who seek positive change in advancing the rights of women and girls through education and empowerment" she said.

In order to recognise the importance of IWD the HillsSI organises a breakfast with inspirational speakers and entertainment. This year's guest speaker is Rosanna Barbero CEO of the Addison Community Centre which runs an array of human rights & food relief, arts & culture and sustainability programs. Rosanna has decades of global experience working across aid and development in women's rights, human rights and environmental justice. Aarya Sambyal, a Year 12 student from Castle Hill High and Mia Fogolin, a Year 11 student from OLMC will share their perspectives on IWD. This year's theme is #EmbraceEquality and President Cathy Tracey is encouraging everyone to come along regardless of gender and share in an incredible morning celebrating the achievements of women.

"Our event is special as it is aimed at raising awareness and igniting interest in issues affecting women and girls in our region. It's an opportunity to be with like-minded people, relax whilst breakfast is served and listen to our guest speaker,



out and about
with **MICHELLE BYRNE**

Rosanna Barbero CEO of Addi Road Community and our two talented students from local High Schools. We also have a raffle with some great prizes." President Cathy Tracey said.

This year's event will be on 10 March, at the Rydges Hotel Norwest commencing at 6:45am for a 7am start. To book tickets go to <http://events.humanitix.com/international-women-s-day-breakfast-embraceequity>.

The HillsSI meet on the third Wednesday of the month at Crestwood Community Centre, Baulkham Hills at 7pm and anyone wanting to learn to more about the Club is welcome to attend.

Pawsitive Steps – Family Fun Day

By MICHELLE BYRNE

Mental health is something we don't talk about enough. We will happily talk about our physical health to others but when it comes to our mental health, we are less likely to talk about it.

Yet according to the ABS in the 2020-2021 reporting period more than 2 out of 5 Australians between the ages of 16 to 85 had experienced a mental disorder at some point in their lifetime.

Mental health disorders are not uncommon, and the reality is by ignoring our own mental health it may lead to the development of mental

illnesses and other health problems. As a community we need to talk about mental health more, we need to ensure we find ways to look after our own mental health as well as finding ways to support those around us struggling with mental illness.

It is for these reasons plus the fact it is a fun day out for families that we attend the annual Pawsitive Steps event. The event also aims to raise awareness of the importance of good mental health, to get help if needed, as well as further breaking down the stigma that exists around mental illness.

Pawsitive Steps is organised by the Mind Connections Foundation. However, the precursor to Pawsitive Steps was a mental health awareness walk called 5000 steps which took place at Crestwood Reserve in 2011 and provided participants with information on mental health as well as an opportunity to engage and connect with others. It was the beginning of an important dialogue in the Hills around mental health.

Since then, the event has grown and evolved to what it is today with

entertainment including a DJ, activities and exercise for dogs and dog owners, as well as face painting and balloons for the kids, a BBQ and plenty of giveaways.

Dr Padmini Howpage, President of the Mind Connections Foundation who has been instrumental in increasing awareness of mental health in the Hills over the past decade or so encourages everyone to be part of this year's Pawsitive Steps event.

"Pawsitive Steps is a wonderful event aimed at bringing our community together, educating ourselves about the importance of pursuing good mental health whilst having fun with our dogs, friends and families. I encourage everyone to attend whether you own a dog or not" Dr Padmini Howpage said.

The inspiration for including dogs in the event came from the Howpage's own Dog, Coco who was the source of much joy and comfort during Dr Howpage's daughter's cancer journey.

"We know the importance of the link between pets and mental health and for our family Coco has been a blessing. Coco is full of energy, never stays still and gets into lots of mischief but we wouldn't have it any other way" Dr Padmini Howpage said.

This year's Pawsitive Steps event will be held on Sunday 5 March 2023 at Rouse Hill Town Centre from 10am to 3pm.

For more information on the Mind Connections Foundation and Pawsitive Steps go to <https://mindconnectionsshs.com.au/mind-connections-foundation/>



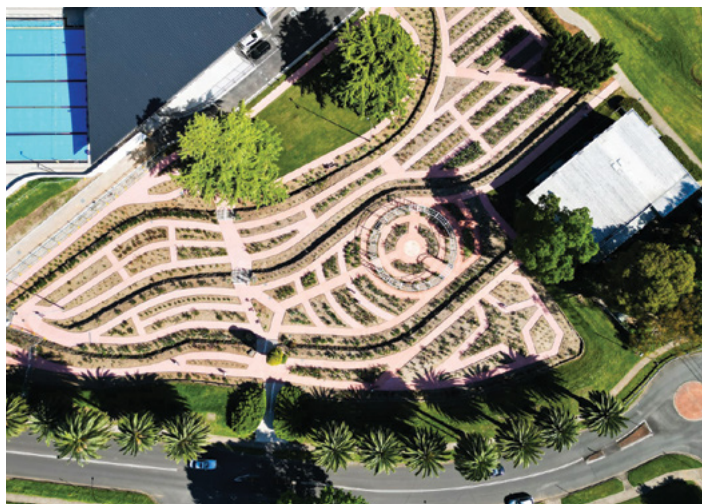
The Hills Shire Council News

New Early Settlers Walk

The latest self-guided Metro Walk, The Early Settlers Walk, is now available to experience.

Starting at Showground Metro Station in Castle Hill, this 3-4 hour walk passes through the upper catchment area of Toongabbie Creek, where early settlers in Baulkham Hills established farms before the end of the 18th century, takes in the Alfred Henry Whaling Memorial Reserve Rose Garden and ends in Norwest Business Park, the first business park to be established in Australia.

Visit Council's website and search 'Metro Walks' to download the information sheet and map.



Help Your Environment

Help YOUR environment by joining our Bushcare & Rose Garden Volunteers! Visit Council's website and search 'Bushcare' or 'Rose Garden Volunteering'.



Are you the next Youth Ambassador in The Hills?

Nominations for the Youth Ambassador Program are now open! The program is open to those aged 15 to 24 years who live in The Hills Shire local government area. If you would like to nominate yourself or someone you know who is passionate about meeting new people, contributing to the community and would like to represent the youth of The Hills, then please feel free to make a nomination via our website by searching 'Youth Ambassador Program'.

Are you the next
**SYDNEY
HILLS YOUTH
AMBASSADOR?**



For more information scan here

DE-clutter your E-Waste

The annual FREE Electronic Waste Drop Off event is scheduled for Saturday, 25 February from 9am – 3:30pm at Castle Hill Showground.

Drop off your old, unwanted electronic items for recycling including televisions, computers, printers, copiers, mobile phones and small household appliances like vacuum cleaners. White goods are not accepted as part of this event.

For a full list of acceptable items visit Council's website and search 'E-Waste'.



E-Waste Drop Off Event

Saturday 25 February 2023

9am – 3:30pm | Castle Hill Showground

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



Habitat Walk & Bushcare

Join a free guided walk along Toongabbie Creek as well as a guided bushcare session with the local Bushcare Group on Saturday, 18 March 2023 from 9am to 12pm. Participants will explore the critically endangered Sydney Turpentine Ironbark Forest and Sandstone Gully Forest, learning about habitat conservation. A catered BBQ lunch will be provided at the end of the walk – nothing like getting a great walk in and ending it with good food!

For more information and to register, visit Council's website and search 'Habitat Walk'.

New shared pathway at The Farm

The completion of an integrated cycleway and footpath around Bella Vista farm provides visitors with a safe, all-weather trail that circumnavigates the historic site.

Part of the more than one-kilometre experience includes a new bridge (pictured).

Mayor of The Hills Shire, Dr Peter Gangemi said the bridge not only encourages outdoor recreation but creates a scenic route to explore and discover.

"The addition of the new cycle path adds another dimension to one of the most loved community assets in The Hills," he said.



JPs Needed

Council is seeking certified Justice of the Peace (JP) volunteers for up to 3 hours per week at the Council Administration Building in Norwest or one of the local libraries. If you have a current JP registration and are interested in providing services, please head onto Council's website and search 'Justice of the Peace' to apply.



Council Meetings

Tuesday, 14 March 2023 – 7pm

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



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Nobles Restaurant & Bar at Hills Lodge Hotel

Nobles Restaurant & Bar have a well-earned reputation for fine dining in Castle Hill.

With their Head Chef of 10 years creating gastronomic delights, Nobles offers the ideal setting for any occasion - a romantic evening, a special celebration or a casual dinner with friends.

Menus are updated to emphasise the season's best produce, freshness and quality... and they are open for dinner 6 nights, from 6.00pm to 9.00pm (Monday to Saturday).

They have an extensive wine list selection... However, also allow the luxury of enjoying that favourite bottle you've been carefully cellaring to be enjoyed with the fine food at Nobles (Note: A corkage of \$12 per bottle applies).

The Nobles team look forward to seeing you soon!

Bookings are essential
Phone: +61 2 9680 3800; email: bookings@hillslodge.com.au
1 Salisbury Rd, Castle Hill.
website: <https://hillslodge.com.au/dining/>

See the Nobles Restaurant & Bar ad on the back page

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Exercise can be a joy!

By GISELA HORNER

Not everyone relishes exercise. In fact, too many of us don't like it at all! At Castle Hill Fitness and Aquatic Centre, part of Castle Hill RSL Group (CHRG), there is an instructor who wants to change all that.

Belinda Howitt is a qualified personal trainer, group fitness instructor and aqua-aerobics instructor, teaching at CH Fitness and Aquatic Centre. From an early age, she has loved sport. During Years 11 and 12, she attended TAFE gaining qualifications in shorthand, typing, bookkeeping and office administration. However, after changes within the company she worked for, she was given the opportunity to leave and train in an industry of her choice. It was to change her life. She joined the Australian Institute of Fitness and graduated in 2007.

Belinda has been running aqua-aerobic and "Strong Bones for Seniors" classes at the Fitness Centre since 2021 and covers classes for other instructors whenever possible. Her love of exercise, fitness and body conditioning brings a touch of joy and fun to her classes. Ages range from 18 upwards and Belinda takes great delight in the 100s of seniors who attend her classes.

Apart from Belinda's professional life, she has a busy time at home looking after her two children, two cats, two dogs and a friendly frog. Belinda owes her drive in life to her 'Nan',

a strong woman who taught her the essential skills in sewing, cooking and gardening. 'Nan' came to Australia with her parents in the 1930s as a child from Austria. She married at 20, had her son, Belinda's father, at 21, bringing him up as a single parent. With hard work she bought a large property in Normanhurst and Belinda remembers fondly the chickens, goats and horses (which were agisted to help pay bills) at the property when she came to stay. 'Nan' was always there, ready to advise and regale Belinda with stories of her early life. Her father and stepmother owned and ran Wahroonga Hardware and Nursery 7 days a week. Belinda grew up working part-time in dad's shop during her school days, gaining an understanding of what it is to run a small business, learning practical skills involving tools and gardening equipment. She continues her love of gardening, and has a particular interest in succulents.

"This job is not work; I love it, it's just a pleasure. I have flexibility and the people I meet are a joy. Particularly the seniors. I know I am helping them and it is so important to keep them out of hospital, keep them healthy and we

also have a lot of fun. The health and welfare of people is what drives me to make their lives better, physically and emotionally. Castle Hill Fitness and Aquatic Centre is a place I love to go to and help make people's lives that little bit brighter".

For more details about the centre visit the website: <https://www.chfac.com.au/>



Belinda Howitt

WOKA 燒 B
FELLA 味 Q

LAUNCHING SOON



WWW.CASTLEHILLRSL.COM.AU

DID YOU KNOW?

Eustachian Tube Dysfunction Explained...

It's easy for us to think of ears as what is externally visible on our body and perhaps something to decorate with earrings or sit our sunglasses on. However, ears are a very complex part of our anatomy and go much deeper than you may realise and work in conjunction with other parts of your body. The team at Ear Studio would like to educate and bring awareness to issues that can affect your body's basic functioning and wellness. Let's dive in!

What is the Eustachian Tube?

The Eustachian tubes are small air passages that connect the middle ear (the space behind the eardrum) to the back of the nose. They are controlled by small muscles at the back of the throat.

The functions of the Eustachian tubes are:

- Balancing the air pressure in the middle ear with the air pressure in the outside environment.
- Draining fluid from the middle ear.
- Protecting the middle ear from infections and disease.

Eustachian Tube Dysfunction (ETD)

This happens when the Eustachian tubes become blocked and fail to equalise the pressure of the middle ear. This can cause a feeling of fullness and your hearing can seem muffled. If the tube remains blocked for a long time this may cause inflammation of the middle ear and eventually an infection.

Symptoms

- A feeling of fullness or 'blocked' ears.
- Crackling or clicking sounds when chewing or swallowing.
- Ear pain or discomfort.
- Muffled hearing.

Causes

ETD is often caused by differences in air pressure arising from:

- Altitude changes (air travel, driving through hilly environments, scuba diving).
- Nasal congestion, sinus problems or allergies.
- The common cold; chest, ear, or sinus infections.

Diagnosis

This is made by a doctor or audiologist, either by physical examination or use of a specialised machine called a tympanometer. The ear drum might appear retracted (sucked further into the ear). Measuring the middle ear pressure via the tympanometer confirms the diagnosis and can be used as a follow up tool to check the progress of the problem.

Treatment

If the dysfunction is mild, often no treatment is required, and the symptoms usually resolve within a few weeks.

Treatments may include:

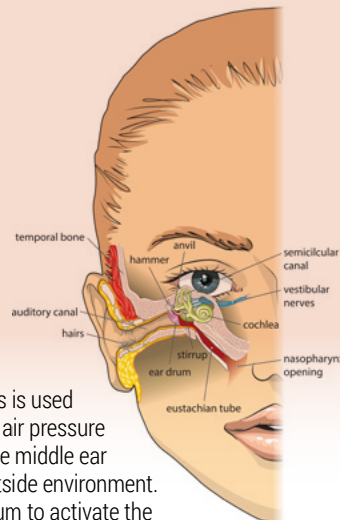
- The Valsalva manoeuvre, which involves exhaling forcefully through your nose while pinching it shut with your fingers and keeping your mouth

closed. This is used to equalise air pressure between the middle ear and the outside environment.

- Chewing gum to activate the muscles that control the Eustachian tubes.
- Nasal decongestants or antihistamines can assist with clearing the eustachian tube and nasal passages.
- Special earplugs can help regulate pressure changes during flights.
- Surgical intervention may be discussed if non-invasive treatments fail.

At Ear Studio, uncompromising approach is what makes our hearing clinic unique, and different to other hearing health providers. This ensures we deliver positive and consistent hearing and ear health outcomes.

Please give our friendly staff a call on 02 9159 6122 to book your appointment today. Or you can head to our website www.earstudio.com.au and book your appointment through our online booking system.



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**DANIEL FECHNER****Director and Audiometrist**

Daniel is an Audiometrist with over 20 years of experience across three continents. Trained in Germany, Daniel is passionate about bringing the gift of hearing to his clients through an evidence-based, German rehabilitation approach.

**DR AHMAD LOTFY**
Vestibular Audiologist

Ahmad has over 15 years of experience in the audiology industry and is a highly educated practitioner in medicine and audiology. With a Bachelor in Medicine, Diploma in Vestibulology, a Master in Audiology and a PhD in Audiology, Ahmad works in diagnostics and treatment for hearing and balance disorders.

**SANDRA RAZZAGHIPOUR**
Audiometrist

Sandra is an Audiometrist with over 6 years of experience in the hearing industry. She has a focus on adult rehabilitation and ear wax removal. In addition to adult rehabilitation, Sandra also works in the field of tinnitus management and counselling.

**BRENDON JONES**
Vestibular Audiologist

Brendon has a background of music and sound design as well as a Masters degree in clinical audiology. He understands the impact that hearing has on the wellbeing of the entire person. In addition to general audiology, Brendon underwent further education and as a result practices in the area of balance disorders.

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MAGNIFICENT MENDELSSOHN One Concert Only!

The members of the Hills Shire Symphony Orchestra are eagerly looking forward to presenting the first concert of the orchestra's 2023 season on Saturday 11th March, at 7.30pm at the Hills Grammar School, Kenthurst.

The concert will open with Mozart's Overture to one of his most beloved operas, *The Magic Flute*. Written in 1791 and completed just a few days before the opera's premiere, the overture is a succinct and energetic work contrasting the lyric and earthy, with high-minded seriousness. The work is considered to be an allegory for Mozart's Masonic beliefs and rites in which the number three, among other things, is said to hold mystical significance.

The featured work on the program is one of the most popular of all violin concertos, Mendelssohn's *Concerto for Violin and Orchestra in E minor Op 64*. The orchestra is honoured to be joined by soloist Warwick Adeney, who, after 22 years as Queensland Symphony Orchestra's (QSO) Concertmaster, is stepping down from this important role to pursue teaching and music-making more broadly across the community. Warwick has been highly praised by QSO's Chief Executive for his integrity, musicianship, passion for playing, musical leadership and authenticity. Hills Shire Symphony Orchestra Chief Conductor and Artistic Director, Chris Upton said, "The orchestra and I are thrilled to have this opportunity to work with Warwick and to share his wealth of musical knowledge and experience with an audience in The Hills."

The major work of the concert is Brahms' *Symphony No 2 in D Major* composed in 1877. Awed by the symphonic masterpieces of his predecessor Beethoven, Brahms was uncertain about composing symphonies of his own. Brahms is reputed to have once said (referring to Beethoven), "you don't know what it means to the likes of us when we hear his footsteps behind us".

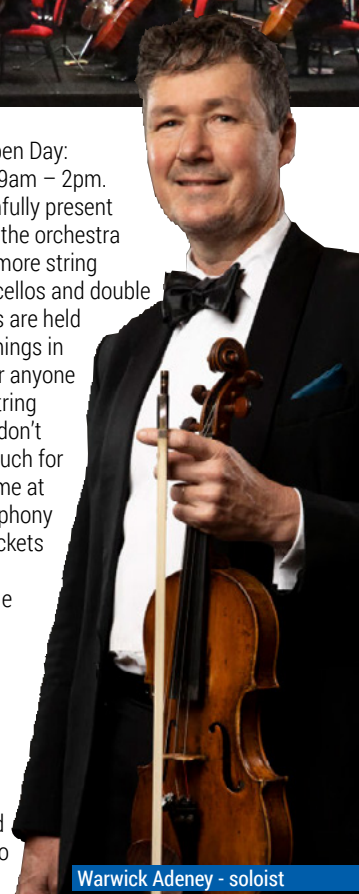
Brahms began work on a symphony as early as 1854, not completing his first symphony until 1876 and then his second in quick succession. His writing is notable for its rich textures resulting from a dense fabric of interwoven melodies.

The Hills Shire Symphony Orchestra was founded by Chris Upton in 2018 to contribute to the culture of the area by providing engaging and exhilarating performances of classical music at a reasonable cost. Chris' vision is that the orchestra will provide opportunities for local performers and audiences, as well as for aspiring conductors and composers.

Members of the HSSO perform at Bella Vista Farm's Open Day, the first Sunday of every month (excluding January). Come and enjoy their beautiful music in the scenic grounds of the Farm. Performances commence at 10am – 2pm, corner Norwest Boulevard and Elizabeth Macarthur Drive,

Bella Vista. Next Open Day: Sunday, 5th March 9am – 2pm.

In order to faithfully present these major works, the orchestra desperately needs more string players, especially cellos and double basses. Rehearsals are held on Wednesday evenings in Castle Hill. If you or anyone you know plays a string instrument, please don't hesitate to get in touch for a very warm welcome at info@hillsshiresymphonyorchestra.org.au Tickets for the upcoming concert are available now at www.hillsshiresymphonyorchestra.org.au Adults \$30, Concession \$15, Children under 12, \$10. This will be a sell-out concert and seating is limited, so don't delay!



Warwick Adeney - soloist

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/hawkesburycitycouncil



AT A GLANCE

NAME: LOUIE
SEX: Male
BREED: American
Staffordshire
AGE: 7 years
PRICE: \$49



LOUIE is a friendly little boy who loves to be with you or around you according to staff at the Hawkesbury Companion Animal Shelter. Staff say that Louie has been friendly towards other dogs whilst enjoying his time in the exercise yard. Louie also loves playing with his toys and would love to be out and about having a walk. If you are interested in adopting Louie please visit the animal shelter with your family dog and children to meet him. As this week's featured dog his adoption price has been reduced to \$49. He is already desexed so is able to leave the shelter with you. The adoption price includes the first vaccination, microchipping and life-time council registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

JELLY is a very happy and loving girl. According to staff at the Hawkesbury Companion Animal Shelter Jelly's tail never stops wagging when she sees a human. She is responsive to commands but staff say she may need a little extra training to improve her skills. If you feel you can offer Jelly a forever home please visit the centre and meet her. Jelly's adoption price has been reduced to \$49. The adoption price includes the first vaccination, microchipping, desexing and life-time council registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: JELLY
SEX: Female
BREED: American
Bull Terrier Cross
AGE: 3 yrs 9 mos
PRICE: \$49





ROBYN PRESTON MP

MEMBER FOR HAWKESBURY

How my office and I can help you

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

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

PHARMACY PLAN TO ALLOW WOMEN EASIER ACCESS TO MEDICATIONS

NSW will be the first state in Australia to allow pharmacists to renew prescriptions for the contraceptive pill as part of a fast-tracked plan to make it easier for women to access important medications and treatments.

The Liberal and Nationals' pharmacy plan will transform health care, with local women able to skip the queues at the GP and instead walk into their local pharmacy to get the care they need, when they need it.

Under our pharmacy plan, the NSW Liberal and Nationals will:

- Cover the cost of the patient consultation fee for the treatment of UTIs and the contraceptive pill;
- Commence the prescribing trial for the treatment of UTIs on 1 April 2023; and
- Accelerate the commencement of the trial for the renewal of oral contraceptive pill prescriptions to 1 July 2023 and allow pharmacists to extend an original script issued by a GP or nurse practitioner in the past two years.

INVESTMENT TO KEEP HAWKESBURY SCHOOLKIDS COOL

I'm pleased to say that every public school classroom in Hawkesbury will be air-conditioned as part of an additional \$130 million investment from the WestInvest fund.

This investment will ensure that students in public schools across Hawkesbury will enjoy fully air conditioned classrooms, creating a more comfortable learning environment for our kids.

This WestInvest boost which includes the Colo, Hawkesbury, Richmond and Windsor High Schools, finishes the job of installing air-conditioning in Hawkesbury schools which commenced in 2018 as part of the Cooler Classrooms Program.

ALEX KARKI IS PRIORITISING THE HILLS

Alex is the Labor Candidate for the newly formed seat of Kellyville. He lives in Bella Vista with his wife and son who attends a local primary school in The Hills.

Alex is a Transport Planning & Traffic Engineer and holds a Bachelor of Engineering (Hons) and a Masters by Research (Transport Planning) from the University of New South Wales. The traffic congestion and infrastructure are a major issue for Hills residents and is further deteriorating due to poor planning and inappropriate development based on his experience as a local resident and the volume of communications he is receiving. As a Traffic Engineer who has worked for NSW Transport on the Sydney Metro Project & Sydney Light Rail, Parramatta Light Rail the first step in dealing with the current traffic congestion and safety is to effectively optimise our traffic network by signalised intersection, cap our toll road costs and implement critical road safety upgrades.

On the Health front Alex is excited to announce that Labor will invest \$700 million into the Rouse Hill Hospital which more than doubles the promises made by the Liberal Government since 2014. As a local resident and a parent, Alex understands the issues faced by people in the Kellyville electorate. He is running for State Parliament to make a difference for his local community to ensure they have a strong local voice. Alex knows that cost-of-living pressures are increasing and firmly believes that only a Minns Labor Government will deliver on issues that matter to local residents, including:


- Proper planning & sustainable development;
- Road & Traffic Management plan to ease congestion across The Hills
- Addressing school overcrowding and providing more support for our teaching staff;
- Vastly improved healthcare system and building a local hospital that has been delayed for years but which the Hills community desperately needs;
- Ensuring community services keep pace with our growing population in The Hills.

Alex believes that locals have been taken for granted for too long and it's time to elect someone in Kellyville who will stand up for locals on the issues that matter to them and be accountable to the electorate.


Alex can be reached at www.alexkarki.com.au and you can volunteer on Team Alex at www.alexkarki.com.au/volunteer/.


Authorised by Bob Nanva, Australian Labor Party (NSW Branch), Level 9 377 Sussex St Sydney NSW 2000.

HILLS FAMILIES DESERVE SO MUCH BETTER THAN THIS




WE WANT YOUR
FEEDBACK





Traffic Engineer
ALEX KARKI
LABOR FOR KELLYVILLE
/ PRIORITISING THE HILLS



Susan Templeman MP

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Phone: (02) 4573 8222 **Email:** susan.templeman.mp@aph.gov.au

Mail: PO Box 855, Windsor NSW 2756 **OPEN:** Mon - Fri 9am-5pm

www.susantempleman.com.au

Authorised by S. Templeman, ALP (NSW Branch), 299 George St Windsor NSW 2756



SATELLITE BOOST FOR SES

The installation of backup NBN Sky Muster satellite at Hawkesbury SES Unit at Wilberforce means that communities in the Hawkesbury are now better prepared for emergencies and natural disasters.

The installation was funded under the Australian Government's Strengthening Telecommunications Against Natural Disasters (STAND) program which is investing in improved connectivity for emergency services depots and evacuation centres and portable communications facilities to save lives and reduce the impact of natural disasters on the community. The satellite services will provide backup and alternative communications facilities during times of disaster when land-

based networks are damaged or offline. The Federal Government's Better Connectivity Plan for Regional and Rural Australia funded through the October Budget commits a further \$100 million towards communications resilience, including funding an expanded version of the successful STAND program.

Minister for Communications, the Hon Michelle Rowland MP said: "The project in Wilberforce is one of over 1,000 upgrades delivered through the STAND program.

"While no network can ever be 100 per cent disaster-proof, these investments will go a long way towards ensuring local residents can stay connected in the most difficult times, especially to access potentially lifesaving information and advice".

Federal Member for Macquarie, Susan Templeman said: "Staying connected during a natural disaster can be the difference between life and death, whether that be receiving the latest information or contacting emergency services.

"This project is a major boost for the Hawkesbury and will help ensure we minimise the risk of local communications network disruptions for our emergency services when natural disasters strike."

GET TO KNOW TINA CARTWRIGHT

Labor Candidate for Castle Hill in the upcoming NSW State Election.

Tina wants to give Hills Locals a real voice in NSW Parliament and to be a *force for change*. After 60 years of Liberals in The Hills Shire and 70% of broken promises since 2015, Tina feels locals have been taken for granted in our area.

As a long-term resident of the The Hills, Tina decided to run to give locals a real voice. Tina listens when locals talk to her about the cost of living, the overcrowding at local schools, the tolls they have to pay, and how local roads and health services are not keeping up with residential development.

Tina is married, has two children who attend local Hills schools and has worked in small and large business and is also studying her Bachelor of Nursing degree. As a parent and primary carer of a child with Special Needs, Tina is acutely aware of the importance of proper healthcare, aged-care and wellbeing services across the community. Tina understands the issues surrounding her local community and holds a deep passion for the most vulnerable in society. Tina wants to address the poor planning around inappropriate residential/commercial developments, and to develop proper planning and safety for our NSW road infrastructure. Homelessness, domestic-violence and the preservation of our local environment are also policy areas that are important to our constituents.

Tina is pleased to announce that a Chris Minns NSW Labor Government has committed to:

- Better healthcare with 1200 additional nurses
- To invest \$700 million into the Rouse Hill hospital, which more than doubles the \$300 million in broken promises since 2014 by the NSW Liberal Government
- Sustainable development in The Hills Area
- A strong manufacturing base for NSW
- More support and permanent job security for our teachers
- To address education with permanent teacher positions and school overcrowding
- Putting an end to privatisation that will reduce energy bills and a \$60 weekly cap on toll road costs.

After 60 years of Liberals in The Hills Shire, Tina feels it's time for the first woman in Castle Hill to take YOUR VOICE to NSW Parliament.

TINA CARTWRIGHT
LABOR FOR CASTLE HILL
/ A FRESH START

Labor

Authorised by Bob Nanva, Australian Labor Party (NSW Branch), Level 9 377 Sussex St Sydney NSW 2000.



REMEMBERING ROXBURGH HALL PART 1

Known at various times as Roxborough Hall, Roxburg Hall and Roxburg Park Hall during its lifetime, fronted Windsor Road in the vicinity of the present Roxborough Park Rd

In 1998 Joan O'Brien of Cambridge Gardens wrote to the then Baulkham Hill Shire Council and described her first visit to Roxburgh Hall back in 1939. She was upset to have discovered that, in her words, "some fool had destroyed something so beautiful as Roxburgh Park in 1968 to make way for further subdivision". It seems to me that we never learn as developers and politicians continue to demolish and destroy some of our cherished heritage. The following is Ms O'Brien's memories of her time during the war years of visiting Roxburgh Hall.

"The first time I went to Roxburgh Park House was in 1939. Mum, my two sisters and I had caught a train at Penrith, where we lived, to Parramatta. It was dark when we got off the train. We found the Kellyville bus and told the driver we had to get off at Roxburgh Park. None of us had ever been there before.

Well, we got off the bus and stood outside some big green gat standing between stone pillars.

r. The driveway was very dark and the trees on either side formed an avenue that seemed very spooky to me as we walked along that long driveway. Owls in the trees hooted and

night birds made sounds and fluttered in the trees. There was a light showing at the side of the house but the front of the house was in darkness. We walked around to the rear of the house and found a verandah. Walking along the verandah in the dark, we ran out of verandah and all fell on top of my young sister Stella, who immediately started to scream. Lights came on everywhere and Gran and Pop came to see what had happened. Mum hurt her leg and my grandparents were worried about her as she was expecting a baby. That was my first encounter of Roxburgh Park. We walked through the heavy green door into a sandstone courtyard with a verandah all the way around with doors leading to rooms everywhere. There was also a big water pump at one end of the courtyard that gave you sweet water. I fell in love with Roxburgh that night and spent all my school holidays there until Gran and Pop left after the Second World War.

My Pop was Henry Linquist, the best grandfather you could wish for. He made us girls a table and chairs, cabinets for our tea sets, dolls beds etc.. My Gran Emma Armistead made all our dresses and our Aunts knitted all

Acknowledgements are as follows those relating to Roxborough Hall are from Hills Dist, Historical Socy as are the others with the exception of Hornsby Mobile Library and Pennant Hills Wireless Stn which should be acknowledged as from Hornsby Shire Library

our jumpers, so we didn't want for very much during the war years. My Pop worked for Nock and Kirby's Hardware and was very good friends with Norman Nock. When War broke out Knock And Kirby's leased Roxburgh Park to store their wares and Pop was asked to be caretaker for the duration of the War.

The next morning after our noisy arrival we walked into the biggest kitchen I had ever seen (17ft x 17ft). The large fuel stove took up one wall with a door into a very large pantry.

The house had four very large rooms at the front of the house with a very wide hallway (40 ft x 8ft) leading from the main door. I think the doorway was surrounded by green and red glass and also on the door that led onto the courtyard. Three of the main rooms had French doors with green shutters leading on to the front and side verandahs. At the front on the right side verandah was a glass hot house for plants.

More of Joan O'Brien's memories of Roxburg Hall in the next issue including some of her adventures with her cousin Ron as appearing in her letter of 1998 to Baulkham Hills Shire Council.

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AS WE WERE

PHOTOS FROM THE PAST

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

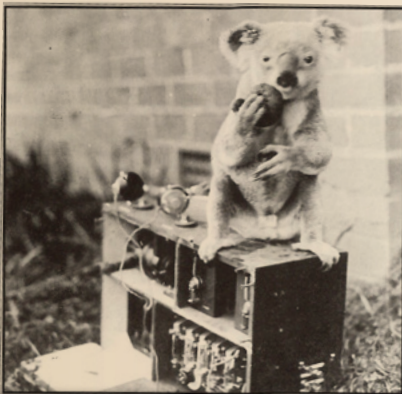
Roxborough Hall



Round Corner Dural 1962



Mowll Village, Rogans Hill



Pennant Hills Wireless Stn



Hornsby Mobile Library Staff
stopping for tea at Galston

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Marguerite McKeown



Gail Benson



Helen Mackay

Hawkesbury to host first Senior Equestrian Games

By LAWRENCE MACHADO

Hawkesbury Riding Club is gearing up for the first Seniors Equestrian Games, which will be one of the biggest events for the season.

This inaugural equestrian competition on Saturday, April 22, will be hosted at Hawkesbury Riding Club grounds in Clarendon.

The club, which boasts of a proud history, is welcoming participants from all over NSW to vie for the honours of being the first champions in the different categories.

The Seniors Equestrian Games include dressage, show jumping and hacking.

Hawkesbury Riding Club president Wendy Pike said she was delighted with the inaugural event, which will attract experienced competitors from around the state.

"We are thrilled with being awarded a grant by Seniors Council NSW to run an equestrian festival exclusively for the 60s and over, plus riders 50 and over who hold a disability card."

There will also be two clinics during the Seniors Equestrian Games. Dressage trainer Judy Dierks will be giving one on one riding lessons and Rebecca Ashton, a qualified Pilates instructor is hosting a floor pilates clinic (unmounted) in the clubhouse.

"HRC would love to see you there, either as a competitor or simply to watch and enjoy what is sure to be a very pleasant day, but no dogs are allowed," a club spokeswoman said. "Places are limited so book early to avoid disappointment."

For more information, please contact Jane Reid on 0401 478 689 or email syntilla36@gmail.com. Details: <https://www.hawkesburyridingclub.com.au/>



The Norwest Under 10 champions



Norwest Bulls JRUC setting new standards

Norwest Bulls Aim High

By LAWRENCE MACHADO

Norwest Bulls Junior Rugby Union Club, who had a very successful run in 2022, are keen to improve on that this season.

The popular club kicks off their 2023 season with the Sizzling 7's girls' competition on Sunday, March 5. Norwest are fielding teams in the u11s, u14s, and u16s in this tournament run by the Sydney Junior Rugby Union.

The 15-a-side competition gets underway with two grading gala days from March 26. It runs for 12 rounds before finals are held in August.

Last year, the Bulls U10 Reds and U11s were crowned premiership winners after a fantastic season, with the U10 Blues and U16s also making it to the grand finals. It was also

a rewarding season for Luke Muriti from the U16 Norwest team who helped the U16 NSW Waratahs team have an unbeaten run at the National Rugby Championships.

In addition, some Norwest Bulls players were selected for the Two Blues district teams, with the U14s taking out the State Cup for the second successive year.

The Norwest Bulls were represented in the Sydney Junior and Gen Blue representative teams, which gives their players valuable experience as they start a new season.

Norwest Bulls Junior Rugby Union Club secretary Kelly Stafford said female participation is growing, following their recent recruitment drive.

"Yes, we definitely have had more interest from families wanting their daughters to play and we are seeing more support from NSW Rugby in regard to developing the girls with upcoming girls camps in the next school holidays," Kelly said. "Goals for 2023 are to continue growing the number of girls joining rugby union and building on our premiership success while ensuring the kids continue to have fun."

There is a pathway for the junior boys to take their game to another level because they can move into colts with district club Two Blues whose first grade team participate in the Shute Shield competition, or they have the option of playing in the Suburban rugby competition.

Norwest Bulls, founded 22 years ago, prides itself on being a family-oriented club, with teams ranging from U6 minis, through to U17s in the 15-a-side competitions. They also field teams in the various seven-a-side competitions throughout the year.

The club welcomes players and their families from Acacia Gardens, Bella Vista, Box Hill, Glenwood, Kellyville, Quakers Hill, Stanhope Gardens, Schofields, The Ponds, and surrounding suburbs.

For more details on membership and playing, please call 0414 747 081.

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 Wed mornings, evening group 2nd and 4th Mon. New members welcome
Carole | 9894 7749

Bonsai Society of Australia

Club meetings 1st Tues of the month 7.30pm; West Pennant Hills Community Centre, 42 Hill rd West Pennant Hills.
Ingrid | 0409 963 438

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 Probuc Club of Cherrybrook

We are a mixed gender club of over 170 retirees and semi retirees. Meetings on 1st Thurs of each month at the Cherrybrook Community & Cultural Centre.
Ross | 0411 104 863
rossfitpatrick@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 Tues 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

Wed 8th Feb at the Galston Community and Health Centre, cnr The Glade and 17 Arcadia Rd, Galston. 10am followed by our business meeting, and BYO lunch Visitors are very welcome to attend.
Jann | 0439 222 217 or Patricia | 0412 948 787

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

Next meeting 21st March 7:00 p.m. for 7:15 p.m. at the Blue Gum Centre, ARV Glenhaven Garden, 599-607 Old Northern Rd, Glenhaven.
Denis | 9629 2645 or Graham | 8677 7896

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

Feb 21 meetings Tues 10am-2pm, Tues 28 6-10pm. Stan Stevens Studio at Windsor Library. We have a workshop in Feb – An

Introduction to canvas work (needlepoint tapestry). Experiment with threads and learning stitches. \$5. All welcome. Booking essential as numbers are limited.
Catherine Delaney | 0413 340 049
cdelaney1@town.com.au



Galston VIEW Club

The Galston VIEW Club who raises money for The Smith Family "Learning for Life program" holds its monthly lunch meeting on the 4th Wednesday at The Galston Club 21-25 Arcadia Rd Galston. 11am.
President Lesley | 0413 996 783

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 Probuc Club Inc

Meets 10 am on 2nd Tuesday of each month at Castle Hill Bowling Club.
secretary.glenhaven.probus@gmail.com

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

02 4567 7400
Leanne@mellowcrest.com
www.haat.com.au

Hawkesbury District Agricultural Assn

4577 3591 (BH)
www.hawkesburyshow.com.au

Hawkesbury Nepean Chapter of the First Fleeters

Meets on 2nd Saturday of each month.
Pamela Hempel | 0407 660 579
www.fffhnc.com

Hawkesbury West Probuc Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond. New Members Welcome
Membership Officer Fay | 0414 341 253
hawkeswest.probus@gmail.com

Hawkesbury Woodcraft Cooperative Ltd

9.30am to 2pm Wed. & Sat.
www.hawkesburywoodcraft.org.au
Graham | 02 4576 1517

Hills District Women's Bowling Club

Jenner Street, Baulkham Hills
9639 2733
www.thehillswomensbowls.com.au

Hills Older Men's Network INC

Meets fortnightly on the first and 3rd Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to chat in a non-judgemental, safe and supportive environment.
Ron | 0424 462 153
HillsOMI1@gmail.com

Hills Shire Symphony Orchestra

Welcomes new players and gig enquiries. Rehearsals Wednesday evenings.
Chris | 0405 994 605
info@hillsshiresymphonyorchestra.org.au
www.hillsshiresymphonyorchestra.org.au

Hills Toastmasters

Meets every second Tuesday, 7pm. Restore Church: 47 Britannia Rd, Castle Hill. New members welcomed
Terry | 0488 089 951

Hills/Toongabbie Music Club

Meets 2nd and 4th Fridays 7.30pm Northmead Scouts Hall 17 Whitehaven Northmead. Beginners to professionals all welcome.
Allen | 0439 831 531
allendavisguitar@gmail.com

Kurrajong Hand Spun Craft

Come and learn a beautiful old craft at North Richmond Community Centre. Friendly group just bring yourself. Thursdays at noon.
Margaret | 0403 819 165

Ladies Probuc 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
ladiesprobushh@gmail.com

Learning in the Hills

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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.
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 Probuc Club

John | 9487 1385

Pennant Hills Combined Probuc 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

Club meets for lunch on the 2nd Tues of each month at 11am at Otlands Golf Club. Each meeting consists of a short meeting, a two course meal & an interesting guest speaker. The first meeting for 2023 will be on 14th Feb & will be the AGM & election of officers for the coming year. On the 4th Tues of the month a social outing is organised.
Margaret | 9873 2402

Pitt Town Probuc Club

Meets at 10:00am on the 2nd Tues 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

Probuc Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probuc 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

Probuc Club – Glenorie

This Club meets every 4th Wed at 11.00am at Glenorie RSL Club. New members are welcome.
Wendy | 9653 1022
wendyireblack@yahoo.com.au

Probuc Club - Kellyville Castle Hill Mixed

Meets at 10am on 2nd Thurs of each month at Baulkham Hills Sports Club, 11 Renown Road, Baulkham Hills 2153. New members welcome.
Ian Sandercock | 0419 567 608
patiansandercock@bigpond.com

Probuc Combined Castle Hill Club

General meetings 3rd Tues of the month at 10am at Cherrybrook Community Centre.
Glenys | 0408 160743
donpye@live.com.au

Probuc Combined Kellyville Club

Meet 2nd Mon 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

Probuc 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.
winstonhillspubclub@gmail.com

RDA (NSW) Tall Timbers Centre

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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 Wednesday of the month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start.
Cathy | 0435 837 118
sithehills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

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

Meets at Beecroft Presbyterian Church Hall, Welham St Beecroft at 10.30 for a 10.45 start.
Mal Steel | airsdsydneyhills@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 Tues 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 Probuc Club

Meets at 10am on the 1st Wed of each month at Windsor Golf Club, McQuade Ave, South Windsor.
Membership Officer Alan | 0407721461 or Secretary Ann | 0414298945

Winston Hills Joy Scouts

9862 8482 | hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

Meeting Tues and Sat 9am - 5pm
Alan Hunt | 4566 4626 or 0428 784 425
Adrian Acheson | 0448 833 781

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org

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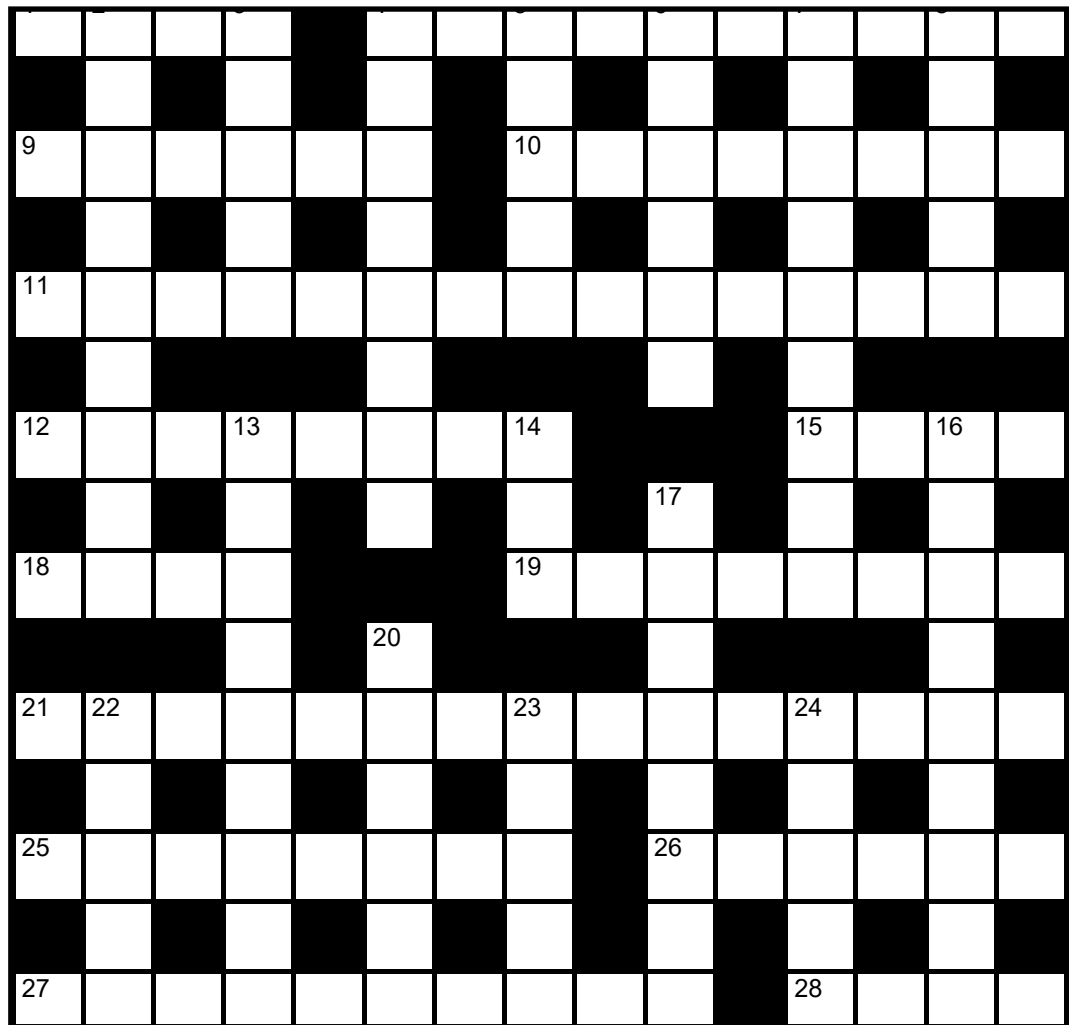
World Prayers

An International World Day of Prayer will be held at Wesley Castle Hill on Friday, March 3 at 7.30pm.

The annual ecumenical service is celebrated in over 170 countries around the world on the first Friday of March.

This year the prayers have been put together by churches in Taiwan. Wesley Uniting Church is at 32, Showground Rd, Castle Hill.

Visit www.wesleycastlehill.org.au for more details. There will also be a service at Gerald's Catholic Church, 543 North Rocks Rd, Carlingford at 11am on March 3rd Galston Seventh Day Adventist Church 49, Arcadia Rd at 10.30am on March 3rd.



Across

1. Hire
4. Tourist spot south of Denmark (5, 5)
9. Establishes (4, 2)
10. Dinner site
11. Atherton Tableland pine (10, 5)
12. "Know thyself" philosopher
15. Profane expression
18. Spot
19. Lineage
21. Rat only found way up North (4, 4, 7)
25. Desert runner --- Gash
26. Bread
27. Abandoned (4,6)
28. Barbie staples

Down

2. They obey one's will
3. Preference
4. Pope is to upset another performer
5. Beyond what is usual
6. Unimportant person
7. They're uplifting
8. Church singers
13. Former Richmond centre half-forward (5,4)
14. Vast amount
16. Rugby's "The Back-up man" (5, 4)
17. Yelled
20. Footwarmer
22. Up
23. Dull yellowish brown
24. Scent

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

SUDOKU ☆☆☆☆☆
Rating: ★★☆☆☆

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

Answers from last issue

CROSSWORD

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

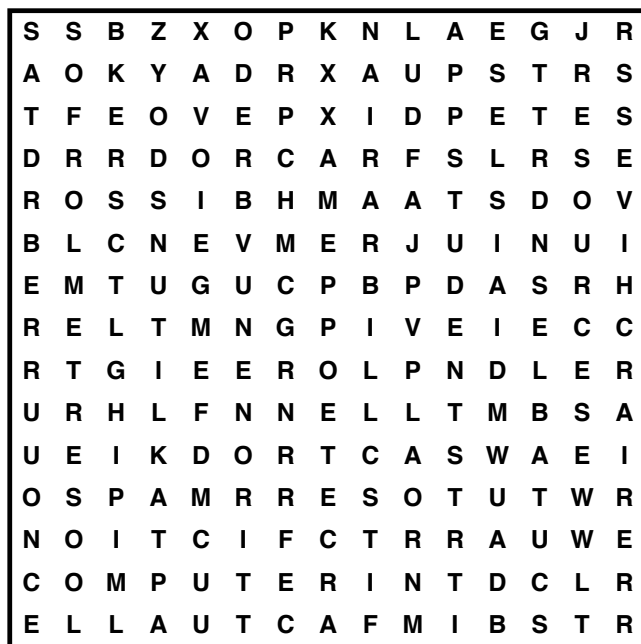
SUDOKU

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

WORD SEARCH

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aisles	librarian
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fiction	tables
internet	videos



CODE WORD

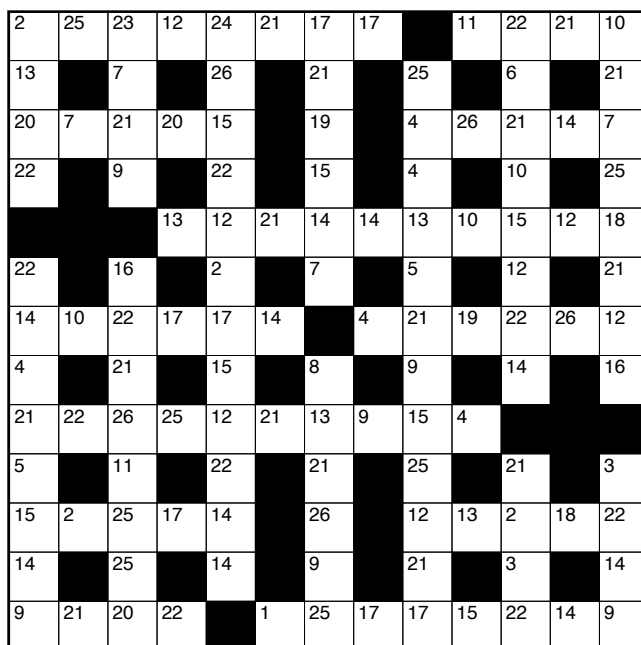
Numbers in the grid (1-26) correspond to each of the letters of the alphabet from A-Z in some order. Solve the puzzle and fill in the letters in the key provided as you find them. Three letters are provided to give you a start.

1	2	3	4	5	6	7
					X	

8	9	10	11	12	13	14
			B			

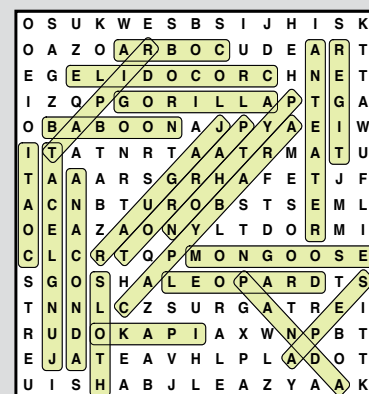
15	16	17	18	19	20	21
		L				

22	23	24	25	26



Answers from last issue

CROSSWORD



CODE WORD



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Galston CWA

The Country Women's Association is the largest women's organisation in Australia. Funds raised support the welfare of women, children and communities.



- Wednesday 8th March next meeting at the Galston Community and Health Centre, cnr The Glade and 17 Arcadia Rd, Galston, arrive 10am for a cuppa, a business meeting and BYO lunch. Stay for a craft afternoon. Members and friends who have made craft items for competition will bring them along for judging. Visitors are very welcome to attend.
- Wednesday 15th March, visit to historic Bella Vista Farm for a Tour and morning tea.
- Wednesday 22nd March - Craft Day from 10am making items for Mothers' Day stall (held end of April). BYO craft in progress or ideas.
- Thursday 23rd March Branch Handicraft and Cookery place winners will be judged again at a special Nepean Group judging day. Winners will go on to enter the State judging in early May at Bathurst.

We are always happy to receive yarn and fabrics for charity sewing and knitting. Further details contact Jann - 0439 222 217 or Patricia - 0412 948 787



9 MARCH 2023 COMMUNITY FUNDRAISING LUNCH

ST Andrew's Uniting Church
1130am for 1200 start
RSVP please, if possible

Join us for lunch. Enjoy the friendship and conversation as we hear about the devastating November 2022 floods in the town of Eugowra NSW. Bring a friend or meet a new friend. We look forward to seeing you for lunch.

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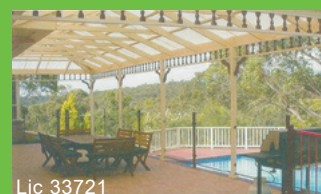
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