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Community News

22nd Sept – 6th Oct 2023 | Volume 40 – Issue 19
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Sarah McMahon on her Hawkesbury Mayor Re-Election

BY JOSH KERWICK

In a vote held by Hawkesbury Councillors on September 12th, Liberal Clr Sarah McMahon and Labor Clr Barry Calvert were re-elected as Mayor and Deputy Mayor of Hawkesbury City Council for the remainder of the Council's term. Both votes passed with a 7-5 split for the Mayor and Deputy Mayor, after Independent Clr Nathan Zamprogno challenged both positions.

Mayor McMahon is honoured to be re-elected to the position, following her first year in the position: "I feel very strongly about being able to work for this community, advocate for outcomes – especially after fires, floods, and COVID – and try to get our community on the path to recovery. So having the support of a majority of my colleagues was very humbling, and I'm pleased to be here for another 12 months. I absolutely love the Hawkesbury and to be able to do my little part in history and try to help this community is very rewarding."



L-R: Clr Paul Veigel, Clr Jill Reardon, Mayor Sarah McMahon, Deputy Mayor Barry Calvert, Clr Patrick Conolly, Clr Amanda Kotlash, Clr Les Sheather

Despite concerns in the community, Mayor McMahon also wants to assure the Hawkesbury that the Council is very positive and unified. "We are focused on the community - it's probably best to not listen to the white noise in the background and actually look at the good work that a lot of councillors are doing."

"We don't have wards, we don't have a popularly elected Mayor, we are a group of 12. We're not a parliament in there, and the best thing I want to say to my co-councillors is put your political differences aside and work for our community, because that's what they want."

There's plenty Mayor McMahon has planned for the next 12 months. "We'll get on with the community consultation for WestInvest, get those projects started and that sort of thing. Once we find out what the new government wants to do with flood mitigation, we'll know as a Council how much money they're allocating and we'll continue flood advocacy. And we'll be doing everything we can to educate our community to be prepared to get ready for the bushfire season coming up."

Hills to Hawkesbury Community News

Local Stories, Local Events, Local People and Local Businesses

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DIANA PATON
PUBLISHER

contribute@
hillstohawkesbury.com.au
0408 011 193



TANYA COOK
ADVERTISING

advertise@
hillstohawkesbury.com.au
0499 040 726



BEV JORDAN
SENIOR JOURNALIST

bev@
hillstohawkesbury.com.au
0439 034 187



JOSH KERWICK
JOURNALIST

news@
hillstohawkesbury.com.au
0491 655 192



IVOR JONES
CONTRIBUTOR

ivor.jones47@
optusnet.com.au



GISELA HORNER
EDITORIAL CO-ORDINATOR

contribute@
hillstohawkesbury.com.au

Owner: Compton Media Group
Publisher: Diana Paton, Adelphi Printing Pty Ltd
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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.

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Winners and Losers

BY BEV JORDAN

While the NSW Budget has ear-marked \$3.5 billion over four years for 24 new and 51 upgraded primary and high schools in Western Sydney, including a new high school for the Schofields/Tallawong catchment, it has been blasted for ignoring growing needs in the Hills.

The Budget included money for upgrades to Northmead High School, Northmead Public School and The Ponds High School and Rouse Hill High and confirmed that a new primary school for Gables/Box Hill area would include an on-site public pre-school but failed to include money for a new high school or primary school at Castle Hill to meet the area's growing needs.

Hills Shire Council expects an extra 7000 preschool-aged kids and 25,000 additional school-aged students by 2036. Castle Hill Public currently has over 1,100 students enrolled and Castle Hill High has over 2,000 students enrolled.

Both Hills Shire Mayor Peter Gangemi and Castle Hill MP Mark Hodges have hit out at the fact that no money was included in the Budget for much-needed new schools despite the fact that the population is set to grow dramatically with the multiple developments planned around the Showground Metro station.

The NSW Government rezoned the Showground Precinct for medium-to-high-density development in 2017 as part of its Planned Precinct Program along the Sydney Metro Northwest.

The number of homes was limited to 5,000 until the NSW Government provided the necessary infrastructure but the cap has now been scrapped meaning the precinct will have 9,500 dwellings at total capacity. Over 3,500 homes have already been approved.

Hills Mayor Peter Gangemi said the decision showed absolute disdain for the people of The Hills Shire, which he says is already buckling under the pressure of an infrastructure shortfall.

"In our conversations with the NSW Government, we were told that the number of homes in the Hills Showground would be restricted to 5,000 until a new school site had been identified and funded," he said.

"Now the Minns government has discarded that, paving the way for almost double the number of homes without the schools so desperately needed by families within The Hills."

Castle Hill MP and Hills Shire Councillor Mark Hodges said public schools were bursting at the seams.

"The recent funding announcement for schools by the Minns government did not include any new school funding within The Hills,

despite the Department of Education raising the need for a school to be located in a priority precinct, such as the Showground.

"By 2036, we will have more than 90,000 new residents living across The Hills; of that number, 20,000 will call the Showground Precinct home."

A development application for an upgrade for Castle Hill Public which includes: a new three-storey building with flexible classrooms, a new hall, and refurbished administration and staff areas has been submitted to Hills Shire Council.

Enrolments for other schools in the area are:

- Excelsior Public – 610 students
- Samuel Gilbert School Public School - 714 students
- Crestwood Public School – 701 students
- Mathew Pearce Public School – 1,365
- Baulkham Hills High (selective) – over 1,200 students
- Model Farms High School – 1,102
- Crestwood High School – 1,031



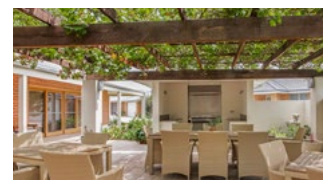
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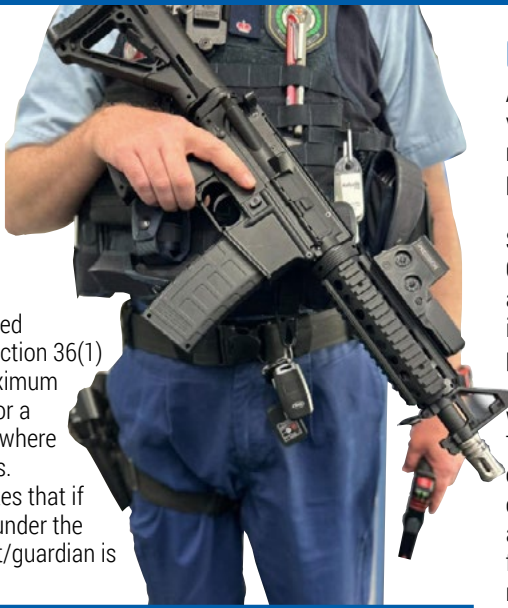
FIREARM AMNESTY

Police have renewed their appeal to people to hand in illegal firearms after two replica firearms (Gel blasters pictured) were handed in to Hills police under the National Firearms Amnesty. Police will even collect them.

Gel blasters are illegal in NSW and are considered actual firearms.

Police say a person who supplies, acquires or possesses an unregistered firearm could be arrested and charged for possession of a firearm (under Section 36(1) of the NSW Firearms Act 1996) which holds a maximum penalty of 5 years for a firearm or up to 14 years for a pistol or prohibited firearm. Possessing 3 or more where at least one is a prohibited firearm carries 20 years.

Section 82 of the NSW Firearms Act 1996 states that if a parent (or guardian) knowingly allows a person under the age of 18 years to contravene the Act, each parent/guardian is taken to have contravened the same provision.



YOUTH CHARGED

A Riverstone man has been charged after a teenager was allegedly dragged by a car and left injured in a service station.

Police have been told the incident unfolded shortly before 7pm (Friday 15th September 2023), when a 15-year-old boy and a 19-year-old man, who was sitting in his car, began arguing in Forge Street, Blacktown.

Police allege that as the man drove away, the boy was dragged by the vehicle along Sunnyholt and Vardys roads before he fell from the vehicle outside a service station in Vardys Road.

The 15-year-old was taken to Blacktown Hospital before being transferred to The Children's Hospital at Westmead, where he remains in a serious but stable condition.

Officers from Blacktown Police Area Command commenced an investigation and stopped a vehicle on Sentry Drive at Stanhope Gardens a short time later. The 19-year-old driver was arrested and charged with dangerous driving occasioning grievous bodily harm, negligent driving occasioning grievous bodily harm, and supply a prohibited drug.

BOY, 5, HURT

Emergency services were called to White Gum Place, North Kellyville, at about 10.35am on Saturday (9th) following reports of a child being hit by a car.

The 5-year-old was injured after being hit by a Mercedes SUV. Officers attached to the Hills Police Area Command attended and were told that the boy ran in front of the SUV being driven by a 41-year-old woman, who was moving her car at the time of incident. The boy was treated by NSW Ambulance and CareFlight paramedics before being taken to Westmead Children's Hospital in a stable condition.

The 41-year-old woman underwent a roadside breath test at the scene, which returned a negative result. No charges have been laid.

GRASS FIRE - BOX HILL

Two teenagers are being questioned by police about a fire which burnt a park during a total Fire Ban period at Box Hill on Tuesday night.

The teens, aged 15 and 16, were arrested initially by two members of the public who were driving past Equinox Park and saw the sparks and flames. They held the boys until Police and RFS from Box Hill Nelson RFS and Schofields RFS arrived at the scene at 9pm with police from Castle Hill.

Police were told the teenagers were lighting aerosol cans which ignited and set fire to the dry park. Firefighters extinguished the area of grass which was alight. It was quickly extinguished, preventing damage to park equipment.

With Extreme Fire Danger conditions declared the community is urged to Call (000) should anyone see a fire without a fire truck in attendance and report suspicious activity to Crime Stopper.

MUCK UP DAY DISASTER

Muck-up day excitement turned into horror when a 17-year-old Oakhill College student was hit by a car at First Farm Drive and Old Castle Hill Road on Wednesday afternoon. (20th September).

CareFlight and NSW Ambulance conveyed the teenager to Westmead hospital in a stable condition at about 1.45pm. He is expected to make a full recovery.

Witnesses say a lot of students were in the road throwing water balloons at cars when the collision happened.

Hills Police have been assisting the Metropolitan Crash Investigation Unit and say the driver of the vehicle involved, an 18-year-old P-Plate Driver, has been charged with "case body; harm by misconduct in charge of a motor vehicle".

Anyone with information about this incident is urged to call Crime Stoppers NSW. Anyone with video or dashcam footage is asked to forward to police via CrimeStoppers portal. Information is treated in strict confidence.

CHILD PROTECTION

A total of 19 people across NSW have charged various online grooming and child abuse material offences, as police continue to remind parents about online safety.

Police officers, with assistance from the State Crime Command's Sex Crimes Squad's Child Exploitation Internet Unit (CEIU) executed a targeted 'Week of Action', focusing on ongoing investigations relating to online grooming and possession of child abuse material.

Arrests included: A 20-year-old man who was spoken to at a Dural home at 7am on Tuesday 5th September. During a search, officers seized digital devices allegedly containing child abuse material, a laser pointer, and a gel blaster. The man was charged with five offences including possess child abuse material, possess prohibited weapon without permit, and possess unauthorised pistol.

Earlier this month, detectives from the CEIU commenced an investigation in relation to alleged child abuse material being accessed. Riverstone detectives executed a search warrant at a home in Rouse Hill at about 7.30am on Wednesday 6th September. A 51-year-old man was arrested and charged with use carriage service to access child abuse material. Police seized a number of electronic devices for further forensic examination.

More information and educational packages for parents and children are available from ThinkUKnow, including the award-winning children's picture book about online safety Jack Changes the Game. <https://www.thinkuknow.org.au/> and eSafety has a range of advice and resources to help parents and caregivers keep kids safe online: www.esafety.gov.au/parents.

Anyone with concerns about suspected child abuse or exploitation should call Crime Stoppers.au. Information provided will be treated in the strictest of confidence.

CHAINSAW INJURY

An off-duty nurse has been praised for her quick actions in treating an injured man following a terrible chainsaw accident in Kenthurst last week.

A man in his late 70s was transported to hospital in a stable condition following the accident on his Kenthurst property on Tuesday (12th September).

The Mounties Care CareFlight Helicopter was tasked by NSW Ambulance and landed on a cricket oval nearby the scene. CareFlight's critical care team and NSW Ambulance paramedics worked together to treat the patient who had deep lacerations to his arms.

The CareFlight specialist doctor thanked the off-duty nurse who had provided first aid to the patient prior to CareFlight's arrival which included applying a tourniquet.

Pink Ink LAUNCH

BY BEV JORDAN

Pink Ink (Australia) is ready to launch and you are all invited to the party.

As one of Australia's newest charities, Pink Ink is aimed at making life a little brighter for male and female breast cancer survivors who are left scarred by having a breast/breasts removed.

Hills local June Belkovskis said for many people the perception is that when treatment has finished for cancer patients then "it's over" which she says is not true at all.

A breast cancer survivor herself, she says many people struggle with the emotional upheaval and physical reminders of the treatment they have received such as scarring and burns.

A fundraiser for cancer research for many years, June says she wanted to do something to "fill a gap" and after

hearing a friend's story decided to raise money to fund cosmetic tattoos for breast cancer survivors.

"It has been in the back of my mind for some time to do something that will directly impact a person's life," she told the *Hills to Hawkesbury Community News*.

"A friend had a double mastectomy and underwent surgery for implants. She went through life for years looking like a Barbie doll (without nipples) and she eventually saved enough money to have 3D areola tattoos to make her feel like a woman again."

It was hearing that story that the idea for Pink Ink (Australia) started to form.

Continue on page 14



Pink Ink (Australia) Board members Karin Murton, June Belkovskis and Sue Cliff want you to join them.

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Welcome to our New Citizens

BY BEV JORDAN

When Tiffany Udo-Dean became an Australian Citizen on Sunday (September 17th) it was the latest milestone in a journey that has seen her leave her home in Brittany France and settle in Rouse Hill after finding love via the Twitter app (now called X).



New Australian citizen Tiffany Udo-Dean

Tweets on the social media platform 10 years ago led to a Facebook connection followed by long Skype conversations which resulted in Tiffany finally visiting Australia for the first time in October 2014.

She and her wife Jacinda have now been married three years, live in Rouse Hill and run a photographic business together.

Tiffany says the recent Women's FIFA World Cup broke her heart. "I absolutely love the Matildas but my heart was with France. It was awful for me."

She said they watched the match at the Fan Zone at Rouse Hill Town Centre... "I think I was one of 3 or 4 people going for France. Becoming an Australian Citizen on Sunday was a "special day," she says. "I will be able to vote in the Referendum and so I am glad about that."

Sunday (September 17th) was National Citizenship Day in Australia and 237 residents were given their citizenship certificates by Hills Mayor Peter Gangemi at one of two ceremonies held at The Hills Shire Council offices.

In the last financial year 2,831 Hills residents became citizens. According to figures gained from the census. The biggest group of overseas born residents in the Hills Shire Council area in 2021 came from India (6.6 %) followed by China (6.4%) UK (3.1%), Philippines (1.8%) and South Korea (1.7%).



The Bind family with Hills Mayor Peter Gangemi and Mark Hodges MP

For the Bind family, becoming Australian Citizens was a big milestone in their life.

Tushar, his wife Smitha and their sons Tejas, 15, and Shreyas, 10 became Australian citizens on Sunday, an event Tushar said they had all been looking forward to.

"Australia is a safe, multicultural place and feels like home," he said.. The director of an IT company, he first arrived in Australia in 2010 to work in Melbourne. He returned to India but three years later, work brought him and his family to Melbourne and then on to Sydney in 2017.

He says they love living in a country where there is freedom of religion, freedom of speech and a helpful community. While the whole family loves cricket their favourite pastimes are bushwalking and exploring Sydney.

"We have our values and they really match with Australia's values," said Tushar.

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Hills Shire Mayor Peter Gangemi said: "The Hills is a blessed community and one of our greatest strengths is our diverse multicultural population. I would like to thank each of our newest citizens for making our wonderful region even greater."

The newest Australian citizens in The Hills came from 36 countries throughout the world including India, China, Iran, Pakistan, South Africa, Egypt and the United Kingdom.

Hawkesbury City Council Mayor Sarah McMahon welcomed 120 new citizens who came from a diverse range of countries in Europe, South America and Asia including Belgium, Brazil, Britain, Canada, China,

Colombia, Czechia (Czech Republic), India, Indonesia, Iran, Ireland, Korea, Malta, Netherlands, New Zealand, Pakistan, Philippines, South Africa, Spain, Sri Lanka, United Kingdom, USA and Vietnam.

The Mayor said receiving Australian Citizenship on Australia's national citizenship day was special for everyone involved and would be a special memory for all.

"Whether we are citizens through birth or by active choice, Australian Citizenship Day is a chance for all Australians to take pride in our citizenship; celebrate our democratic values and think about what unites us as Australians," she said. "It is one of the greatest honours

as a Mayor to confer citizenship upon people from all nations of the earth, who have such significant and varied stories about their journey to Australian citizenship.

"It gives me great pleasure to listen to every new citizen, knowing that this day brings so much joy because they now belong to the very best country, and can call themselves a 'true blue Aussie!'

According to the census the largest number of residents in the Hawkesbury born overseas are from the UK (3.8%), followed by New Zealand (1.2%); India (0.8%), Malta (0.7%) and the Philippines (0.5%).



Hawkesbury Mayor Sarah McMahon with Le Mai Nguyen Vo



The Vorster family at Hawkesbury City Council



Ann loves to cook moussaka and share it with her friends.

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Death of Oakhill Teacher

Popular Oakhill College teacher Andrew "Wisey" Wisemantel has died in France. The popular Castle Hill teacher and rugby coach was in France to celebrate his 50th birthday by watching the Rugby World Cup.

He died in his sleep following the flight from Australia. He leaves behind his wife Jacqui and two daughters Lara and Chelsea.

Tributes have flooded social media since news of his death including The Hills Bulls who said: "He was a great team-mate and friend to many...He will be deeply missed."

Posts on social media described him as "a great coach and a great man". For many he was the "heart and soul" of the college where the former had taught for over 30 years. More than 300 people paid tribute to him on the Oakhill College Facebook announcement of his death.

The following is a Statement from Oakhill College:

It is with heavy hearts that we share the passing of our beloved friend and colleague, Andrew Wisemantel, who peacefully died in his sleep on Monday morning (September 18th French time). Andrew has been an integral part of the Oakhill College community for over 30 years.

He was an esteemed alumni (Class of 1991) and a dedicated staff member who started his career at Oakhill as a PDHPE Teacher in 1997 going on to be promoted to Head of Sport. He met his incredible wife Jacqui at Oakhill College (Class of 1990) and they had two beautiful daughters Lara and Chelsea who he was devoted to.

Andrew wasn't just a colleague; he was a cherished member of our Oakhill family. His warmth, dedication, and unwavering commitment to Oakhill and its students made him a treasured

part of our community. His absence leaves a void that will be deeply felt by all who had the privilege of knowing him.

As we mourn Andrew's loss, we reflect on the positive impact he left behind. His devotion to education, his kindness, sense of humour, and ability to connect with students, fellow staff members, and the wider community fostered an environment of camaraderie and support that enriched Oakhill. Andrew's love for sports and his unwavering commitment and encouragement in including all students in sporting activities were a testament to his dedication and character. He was a dedicated mentor and nurturer of students, instilling in them values of sportsmanship, teamwork, respect, humility and perseverance.



During this challenging time, our thoughts and condolences go out to Andrew's family, especially his beloved wife, Jacqui, daughters Lara and Chelsea, and all his loved ones. Their loss is immeasurable, and we share in their grief.

Please keep Andrew, Jacqui, Lara, and Chelsea along with his family in your thoughts and prayers as we navigate through this difficult period together.

AUSTRALIAN SCOUT AWARD Kristina Taylor

The 1st Dural Scout Group are excited to have yet another youth member achieve their Australian Scout Award. This is the highest award in the Scout Section. Kristina Taylor has demonstrated leadership and learning across outdoor activities such as bushcraft, camping and bushwalking with her local Scout Group and at District and Regional events. Kristina has really enjoyed learning new skills at Scouts, whether it be running Clean Up Australia Day events, completing a first aid course through to learning new canoeing skills and even becoming a Junior member with the Galston Rural Fire Service. She loves outdoor challenges and led a three day bushwalk in Marramara National Park as part of her Adventurous Journey challenge.

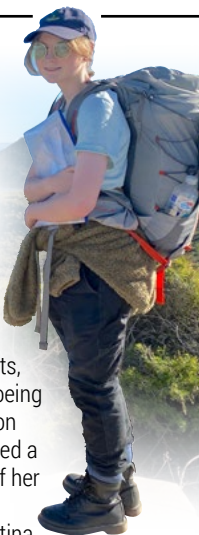
In 'planning, doing and reviewing' these activities, Kristina has demonstrated significant personal growth, an interest in trying new things, and has been 'hands-on' in tackling new challenges.

The most significant challenge that Kristina set herself, was in taking on the role as Assistant Trustee of the Scout Hall as part of a special project. This challenge has seen her 'learn by doing' and developed valuable life skills ranging from organising working bees at the Scout Hall through to using power tools to make repairs around the hall. She learnt about building inspections, assisted with getting quotes for hall upgrades and developed a good understanding of the hall management, compliance, and reporting requirements – all highly valuable life skills.

Scouting is all about education for life. It's a dynamic, challenging, and adventurous program that equips young people with life skills, such as teamwork and leadership, and gives them the tools to develop into strong, resilient adults and valuable members of the community.

Dural Scout Group has vacancies for Girls and Boys from 5 to 25 years. Joeys (5yo), Cubs (8yo), Scouts (12yo) and Venturers (16yo).

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Changing Lives at RDA

BY JOSH KERWICK

Nicole King was only 12 years old when she first started volunteering at Riding for the Disabled NSW in Ryde.

"I was a horse mad kid, and it was an opportunity for my mum and I to get involved," Nicole says. "I learnt a lot of skills through great mentors and other volunteers at the centre, and that was really invaluable." Now, over thirty years later, she's the Head Coach at RDA's Tall Timbers Centre in the Gables. "It was an opportunity not to be missed – there's a reason you get offered opportunities to do things," Nicole adds. So you might as well jump at it and see where it goes."

The Riding for the Disabled Association NSW was founded in 1972 by Pearl Batchelor OAM after she visited the RDA in England in the early 1970s. The first lessons were held at Pearl's Tall Timbers property, originally in West Pennant Hills, where the first participants in the program came from Northcott Society and Crowle Home.

Since then, there have been many changes at the Tall Timbers Centre, including two changes of location to Kellyville in 1976, and to the current Gables site in 1999. Now located near the border of the Hills Shire and Hawkesbury Council areas, participants come to RDA from all over both regions and beyond.

"We've seen massive changes in the way centres need to operate these days," Nicole says. "At the core we are a volunteer organisation, but volunteering is changing, and we need to connect with the community and make sure we've got the right opportunities for people to volunteer. But we do the same work; we're still doing programs, we're still teaching people, and we're still offering opportunities for them to engage and participate."

For Nicole, there's no such thing as a 'typical day' at Tall Timbers. "Our role as coaches is to facilitate programs and manage our volunteers and organise the horses. It's very much about what sessions are on any given day, what we need to make the sessions happen and communicating with everyone what we need."

Each individual who visits the Tall Timbers Centre has an individual program organised for them, each including horse-related activities designed to be engaging, therapeutic and fun. "Participants are able to learn skills on the ground working with horses that will translate back into life or work skills," Nicole explains. "We also have individual and group writing programs, a consultative learning program and a mental health program as well."

Not only are the programs hand-picked for each participant; the horses are too. "All the horses have their own story, their own likes and dislikes – we treat them as individuals because you need to," Nicole says. "We match our riders with our horses, and we match our horses with our volunteers to make sure it's a happy combination."

The two horses starring on our cover, Cloud and LJ, are examples of the two kinds of horses at Tall Timbers. "Cloud is quite new to the program, she's only been here since January of this year," says Nicole. "We've worked out what her individual likes are, and she's been awesome. And LJ has been here for much longer – he's been a great RDA horse as well, especially with riders that need to develop leg strength and need encouragement sometimes."

That connection with the horses and the use of riding as a therapeutic activity has seen many success stories come out of the RDA Tall Timbers Centre. From young people whose favourite time of the week is with their horse to the adults with acquired disabilities who have needed a reason to do an activity outside of their home, RDA participants can enrol for any number of reasons and find themselves enriched.

Nicole recalls one particularly touching story: "We've had a participant that had their first words on the program. We had a parent come one day to watch their child ride in a school program, and they said 'I don't hear him talk at home.' And to us, we thought 'Oh my gosh, he talks to us no worries!' Everyone has a reason for being here and needs to be here. Seeing them transition, it's really rewarding. We love seeing the participants thrive in this environment, and that's the role of the organisation; it's why we love it."



RDA Tall Timbers Centre is funded by donations and fundraisers. Upcoming events from the Centre include their Charity Race Day at Hawkesbury Race Club on the 8th of October, which will support five other RDA centres, as well as Bunnings BBQs on the 23rd and 24th of September.

Make a donation or find out how you can get involved with the Tall Timbers Centre at <https://rdanswtalltimbers.org.au> and keep up to date with the latest events at <https://www.facebook.com/RDATallTimbers>.

NATURAL BEAUTY WITH Cosmetic INK



Are you tired of the daily makeup routine? Ready to wake up with flawless brows and luscious lips? Look no further! Cosmetic Ink's passion is to enhance your natural beauty through the art of microblading, combination brows, lip blush and dark lip neutralisation. Here's why you should choose Scarlett as your trusted permanent makeup artist.

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New Friend of Bella Vista Farm

By GISELA HORNER

Bill Duncan OAM likes to call himself 'a man of many hats'. Why? He is dedicated to volunteering for good causes. He was awarded the OAM in 2014 for service to business and community.

Bill's volunteering started after being in the school cadets at Marist Brothers College, Darlinghurst at 16. In the school holidays, senior boys came back to the school to assist the student cadets and this dedication motivated Bill to involve himself in community volunteering. His interest in military matters continued when he joined the Sydney University Regiment. He met his future wife Pat there, who came from a family with a history of military service dating back to her grandfather in WWI. Bill served for 20 years in Australia's Army Reserve, was a scout leader and has held interesting positions in the Rural Fire Service (RFS) for over 20 years and 10 years in Marine Rescue.

Bill gives pro bono talks to clubs, community groups and schools about the 'ANZAC Spirit'; mentoring youth; volunteering roles and RFS matters. Kenthurst RFS has been running award-winning training workshops for residents for the past 10 years and 600 locals have now been put through the course. These courses are conducted at Kenthurst RFS Station and in a paddock on Bill's property. Property protection preparation is so critical in the current extreme temperatures.

Bill designed *Glenwarrie*, his beloved home, in the colonial style. He is a lover of antique furniture and artwork and has a collection of original farm machinery which he has painstakingly restored. His present project is a beautiful 1886 Australian cedar sully. *Glenwarrie* captures so much of an early era with much grandeur but with the warmth and charm of a happy home. Much birdlife is present, the magpie family visits first, then kookaburras, butcher birds and rosellas.

Not only does Bill spend time researching and reading history, he also writes and recently wrote *75 Years of Service Protecting Our Community 1942-2017*, a soft-cover book on the Kenthurst Rural Fire Brigade.

Bill has had a varied career, hence the reference to 'many hats'. He began as a high school teacher, went into education publishing, trained as a barrister and has held significant positions in industry, community and government organisations. In the year 2000, Bill worked as project manager with the NSW Paralympic Committee and from 2005 to 2009 was recommended by the Hon. Alan Cadman OAM, Member of the House of Representatives, to Chair the Greater Sydney Area Consultative Committee (ACC), the largest in Australia, established by the Federal government and headed by the former Deputy Prime Minister the Hon



John Anderson AC. This committee engaged directly with community and stakeholder groups on approved NSW projects. One such project, "The Mamre Shed", was a partnership with TAFE NSW and the Sisters of Mercy, initially a teaching Order. Over the years, the Sisters focussed on social issues getting more involved with the settling of refugees. Refugees from the Sudan were given the opportunity of education in landscaping, market gardening and commercial agriculture which was close to their natural skillset as they had come from agricultural areas in their country.

Bill has recently been welcomed as a new and valued Friend of Bella Vista Farm. With his knowledge and interest in history, he is perfect to fill the role as a tour guide at Bella Vista Farm. He loves the Farm and you can look forward to meeting him along with other Friends of the Farm the first Sunday of each month (except January) and enjoy a most rewarding and rich historical experience.

Bella Vista Farm, corner of Elizabeth Macarthur Drive and Norwest Boulevard, Bella Vista. For more information go to www.thehills.nsw.gov.au

Fire Pump Maintenance

The fire pump is critical to any fire protection plan. It must start first time and work well during an emergency.

Run the engine regularly. Replace stale fuel, and have sufficient additional fuel on site for refills. Check the oil and the air filter, and get the engine serviced yearly.

Aussie Pumps fire pumps are self priming, so once set up they will hold their prime unless drained. Never run the pump dry as this will damage the mechanical seal. The pump will not prime if there is an air leak in the suction hose or the strainer is blocked.

Run the pump, and check for water leaks around the body and hose joins. If water is leaking from the back of the pump, the mechanical seal needs to be replaced.

Delivery hoses need to be in good condition and long enough to reach around your property. The suction hose must reach the water source even if the level drops. Run sprinklers to ensure they are not blocked.

Regular practice is the best way to ensure that everyone is familiar with starting and using the pump and the hoses.

Loads of information on preparing for a fire emergency can be found in the Aussie Bushfire Survival Guide. Pick up your FREE copy at your Aussie Pumps dealer, or online at aussiepumps.com.au.



The suction hose must reach the water source even if the level drops.

Run the engine for a few minutes on a regular basis during the fire season.

RFS Open weekend saw record turnout

The NSW Rural Fire Service saw incredible attendance for their Get Ready Weekend on the 16th and 17th of September, where fire brigades all around the state opened their doors to residents to help them get ready for the upcoming fire season.

Commissioner Rob Rogers was pleased with the turnout: "Many RFS brigades have reported record turnout at Get Ready Weekend events this year. This is reflective of the community's concern ahead of the coming bushfire season, which will see a return to hot and dry conditions following three years of wet weather."

Residents in the Hills and Hawkesbury flocked to their local fire stations to learn how to best prepare for the upcoming dry summer season. Mayor of the Hills Shire

Dr. Peter Gangemi was thankful to each brigade for their work. "I attended the Box Hill/ Nelson and Sackville brigades, and both had truly outstanding events that were very well attended. Well done to all our brigades for a job well done this weekend."

Hawkesbury Mayor Sarah McMahon also attended the open day and celebrated the work of each brigade. "I visited Freemans Reach Rural Fire Brigade and the RFS Glossodia Brigade and I was so impressed with their displays. Thank you to all our wonderful NSW Rural Fire Service volunteers."

The Get Ready Weekend couldn't have come at a better time – hot and windy conditions saw total fire bans introduced on Tuesday 19th and Wednesday 20th September with high risk ratings as many fires burn across the state. The Bureau of Meteorology officially declared an El Niño event on Tuesday, and NSW Premier Chris Minns has warned of a "horror summer" for bushfires.

5 TOP STEPS TO MAKE YOUR HOME SAFER

- 1. TRIM:** Trim overhanging trees and shrubs. This can stop the re spreading to your home.
- 2. MOW:** Mow grass and remove the cuttings. Have a cleared area around your home.
- 3. REMOVE:** Remove material that can burn around your home (e.g. Door mats, wood piles, mulch, leaves, paint, outdoor furniture).
- 4. CLEAR:** Clear and remove all the debris and leaves from the gutters surrounding your home. Burning embers can set your home on fire.
- 5. PREPARE:** Prepare a sturdy hose or hoses that will reach all around your home. Make sure you've got a reliable source of water.



Know the Australian Fire Danger Rating System

The NSW Rural Fire Service (RFS) uses a simplified Australian Fire Danger Rating System.

KEY TO FIRE DANGER RATINGS

NO RATING	No rating issued
MODERATE	Plan and prepare
HIGH	Be ready to act
EXTREME	Take action now to protect your life and property
CATASTROPHIC	For your survival, leave bush fire risk areas

TOTAL FIRE BAN — There is total fire ban in place.

The Fire Danger Rating System has four levels – **Moderate, High, Extreme and Catastrophic**.

When there is minimal risk, such as when it's raining, No Rating will be used. There will be actions for each level, so you will know what to do to protect your life, family and property.

You can check the daily fire danger rating on the NSW RFS website: www.rfs.nsw.gov.au and on the Hazards Near Me NSW smartphone app.

You can also see it on roadside signs. Find out more about the Australian Fire Danger Rating System at www.rfs.nsw.gov.au/news-and-media/newfdr

In the Hawkesbury, we need to be bushfire ready. Make your plan now. See www.myfireplan.com.au to get started.

Connect with

- RFS: www.facebook.com/nswrfs
- Hawkesbury RFS: www.facebook.com/HawkesburyRFS
- National Parks and Wildlife Service: www.facebook.com/NSWNationalParks
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FREE Aussie Bushfire Survival Guide

Flying the Flag for Mental Health

BY JOSH KERWICK

The MATES in Construction flag was flown with pride in South Windsor on Thursday September 14th, where over 30 workers from Prime Build had honest and open conversations about their mental health.

Taking place at 54 Fairey Road, where the South Windsor Enterprise Park is being developed by Prime Build, the Fly the Flag event in Windsor was one of 900 events that happened nationwide last week, involving over 100,000 construction workers.

The event was attended by a wide range of Prime Build employees, both on-site and office workers in attendance. Many of them were younger graduates, and benefited greatly from the open dialogue around mental health on the day.

Brad Parker, CEO of MATES in Construction, says that the nationwide Fly the Flag events are all about celebrating the work of people in the industry. "What they do everyday toward improving mental health and preventing suicide amongst their work colleagues, they spread that throughout their community as well. It's about celebrating that."

MATES was established in 2008 in response to the AISRAP Report, which found that young men in the construction industry were 2.38 times more likely to commit suicide than youth working in other industries. Since then, the charity has provided suicide prevention services through community development programs on sites and a 24/7 help line. MATES was acknowledged by the World Health Organisation in 2021 for their remarkable work in suicide prevention and mental health awareness.

"What sets us aside is we're boots on the ground, dealing with people on an everyday basis, and encouraging those life saving interventions which are so important," Brad says. "And we know that we've had a real positive impact – we've got some research to suggest we're having a positive impact."

Dean Willemsen, chairman of Prime Build, praised the work of MATES and was pleased

to continue their work with the charity: "The concept of suicide is something that our culture doesn't deal with very well.

"There's so much stigma around it, and what MATES have helped our organisation with is to break down that stigma and be okay with not being okay, while giving us all the tools to be able to have those conversations that ultimately could help save someone's life," he says. "It's that talking and reflecting that's such a big part of supporting our mental health, and that's really what the day was about."

With over 900 Fly the Flag events nationwide, it's Brad's hope that more conscious attitudes towards mental health will be incorporated into the industries where it's most needed: "93% of construction workers who committed suicide in the past never sought professional help. When people say build a bridge and get over it, we are the bridge – we need to get to those people in the first instance, and that's where MATES comes in, teaching some simple life skills, so we can all have an opportunity to play our part."



If any content in this story has affected you, call the MATES Helpline at **1300 642 111** or visit [mates.org.au](https://www.mates.org.au).

- Other mental health services
- Lifeline: **13 11 14**
- BeyondBlue: www.beyondblue.org.au



Wild dog and fox control program

Greater Sydney Local Land Services will be leading a wild dog and fox control program in the Hawkesbury, Blue Mountains and Penrith regions.

As a result of strong support from local landowners, Greater Sydney Local Land Services has been able to develop and lead a broad, integrated control program in the area. This program is aimed at reducing pest numbers and impacts on primary production and native wildlife in these areas.

The below properties are participating in the program and will be laying 1080 wild dog and fox ground baits and Canid Pest Ejectors on their properties between **27 September and 25 October 2023**:

1880 BELLS LINE OF ROAD, KURRAJONG HEIGHTS NSW 2758
 1955 UPPER COLO ROAD, UPPER COLO NSW 2756
 1055 UPPER COLO ROAD, UPPER COLO NSW 2756
 995 UPPER COLO ROAD, UPPER COLO NSW 2756
 58 ALA MOANA ROAD, EAST KURRAJONG NSW 2758

60 INGOOLA ROAD, SPENCER NSW 2775
 2042-2550 THE NORTHERN ROAD, ORCHARD HILLS NSW 2748
 19 ROCKY HALL PLACE, WILBERFORCE NSW 2756
 182 MOUNTAIN AVENUE, YARRAMUNDI NSW 2753
 95 YELLOW ROCK ROAD, YELLOW ROCK NSW 2777
 5-11 BUNGAREE ROAD, YELLOW ROCK NSW 2777
 891 MOUNTAIN LAGOON ROAD, MOUNTAIN LAGOON NSW 2758
 6102 PUTTY ROAD MELLONG NSW 2756
 554 SINGLETON ROAD, LAUGHTONDALE NSW 2775
 470 SINGLETON ROAD, LAUGHTONDALE NSW 2775
 1041-1117 MULGOA ROAD, MULGOA NSW 2745

Please restrain all domestic pets at this time. In the event of accidental poisoning, please seek veterinary assistance.

For more information or to sign up for future campaigns contact **Jacob French, Biosecurity Officer on 1300 795 299.**

SB1124

\$75.5 million Boundary Road upgrade to progress to design phase

A crucial rural road in The Hills Shire's north-west is a step closer to receiving a major upgrade. Hills Shire Councillors unanimously voted to commence the detailed design phase for the \$75.5 million transformation of Boundary Road at the Council meeting on Tuesday 12 September.

The project will see the rural thoroughfare, which is located on the border of The Hills Shire and Hawkesbury LGAs, upgraded to a major collector road. As part of the works, Boundary Road will be converted to four lanes between Windsor and Old Pitt Town Roads with a roundabout or traffic signals to be constructed at four key intersections.

The Hills Shire Council will commit to 70 per cent in design costs with Hawkesbury City Council contributing to the remaining 30 per cent, which was decided as part of discussions in the Boundary Road Technical Working Group, chaired by the Department of Planning and Environment's Planning Delivery Unit (PDU).

Mayor of The Hills Shire, Dr Peter Gangemi said he was looking forward to the completion of the project. "Boundary Road connects our two great communities, and the roadway will further grow in importance as more families choose to live in the area," Mayor Gangemi said. "This is an essential upgrade that will service our existing and future population. It's vital that our infrastructure caters for our population growth in Box Hill and Gables and enables safe travel for commuters."

Mayor of Hawkesbury City Council Sarah McMahon said reliable roads were one of the top priorities for local residents. "We are proud to partner with The Hills Shire to deliver this critical upgrade to Boundary Road," Mayor McMahon said.

"Both councils are committed to getting on with the job of delivering a robust road network for our communities and Boundary Road will serve as a perfect example of how great outcomes are achieved when we work together."

"Boundary Road is an important link for thousands of residents across both local government areas, and its role will only grow in the coming years."

Detailed design will include plans for:

- the upgrade of Boundary Road to four lanes between Windsor Road and Old Pitt Town Road
- the construction of the Boundary Road bridge over the Killarney Chain of Ponds
- traffic signals at the intersection of Boundary Road, Commercial Road and Brocklebank Street

- construction of a roundabout at the intersection of Boundary Road, Harkness Road and Brahman Road
- traffic signals at the intersection of Boundary Road, Menin Road and George Street and
- traffic signals at the intersection of Boundary Road and Old Pitt Town Road.

The total project cost will be partially funded using the combined \$9.2 million both councils received under the NSW Government's Accelerated Infrastructure Fund (AIF).

The AIF funding will be used to bring forward the first stage of construction, which includes new traffic lights at the intersection of Commercial Road, Brocklebank Street and Boundary Road and the Boundary Road bridge over Killarney Chain of Ponds Creek.

"I want to thank Hawkesbury City Council and the NSW Government for their ongoing support in fast-tracking the upgrade of Boundary Road" Mayor Gangemi added.

For more information on the Boundary Road project, visit The Hills Shire Council's website, www.thehills.nsw.gov.au.

Kids eat free at the Richmond Inn, every day

Hang up the oven mits, parents! All roads lead to The Richmond Inn, every day of the week.

Little tummies longing for a pub feed will go hungry no more, as The Richmond Inn extends their legendary kids eat free offer to seven days a week, 365 days a year. Pub-going parents are entitled to one free kids meal with the purchase of their full-priced adult main*, all day every day.

Brimming with family-friendly energy, The Richmond Inn is a watering hole for local Hawkesbury families. Fit with a giant ball pit, sunny courtyard spaces, cosy corners and slushy machines, the kids are covered rain, hail or shine.

And the menu does not disappoint! Award-winning Chef Brad Sloane, who was voted NSW Australian Hotels Association Chef of the Year in 2013, has curated an affordable pub menu for the whole family. From pizzas to pastas, nuggets and fish and chips, the little tikes are sure to leave with full bellies and big smiles! To cash in on the free kids feed, parents can indulge in delicious pub classics, including homemade chicken schnitzels and quality steaks. Better yet, round out the week with a succulent Sunday roast (and the best Yorkie in town!), and entertain the kids with free face painting and balloon twisting from 1-3pm on Sunday afternoons.

Let Richmond Inn take care of the cooking. Book a table today: www.richmondinn.com.au Keep up to date with The Richmond Inn and give them a follow on socials! @richmondinnsw

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*One free kids meal valid with the purchase of a full-priced adult main. Not valid with daily specials or any other offer. Management reserves all rights.

PINK INK CHARITY *Continued from page 5*

June says tattoos are a simple way to ease the distress caused by the residual scarring, body disfigurement, loss of nipple/areola, radiation burns and permanent eyebrow loss that may result from breast cancer surgery, chemotherapy or radiation treatment but for many people the cost is a barrier.

She has a board of eight business women who are all involved in the community and are all determined to bring a bit of beauty into someone's life at a very vulnerable time.

"We want to stop survivors from going down the rabbit-hole of depression and developing the mental disorder of body dysmorphia (an obsessive mental disorder)," said June.

"Body dysmorphia has ruined marriages, affected relationships, impacts ones everyday thought processes and has been linked to suicide. If a simple tattoo can save a life - or provide a sense of normalcy, then all our efforts will be worth it."

Referrals will have to be made through a medical professional. June hopes their first tattoo will be a Christmas gift for a breast cancer survivor.

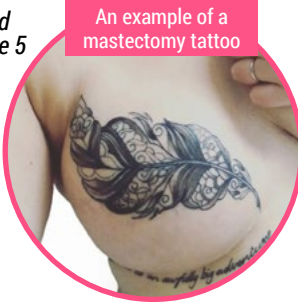
The launch of Pink Ink (Australia) will be held on Saturday, 14th October in the Oasis Room at the Hillside Hotel on Old Northern Road, Castle Hill.

Tickets are \$70 which will include drinks, nibbles, live band, dancing plus raffles and auctions and a chance to win a \$3,000 voucher to spend at Robert Cliff Master Jewellers at Castle Towers.. All money raised will go towards the charity.

"I want it to be a celebration," says June. "It will be a very cool party." Tickets are limited. Too book visit <https://events.humanitix.com/the-official-launch-of-pink-ink-australia>

To find out more about the charity visit www.pinkink.org.au

An example of a mastectomy tattoo



Food Drive 2023 Thank You!

The people of Dural Anglican Church are so very grateful for the generosity of our district. Your ongoing support of the Anglicare Food Drive has been extraordinary.

All of us are feeling the pinch of rising costs for groceries, petrol, interest rates and more... and everyday living has become especially hard for people living in some of Sydney's most disadvantaged suburbs.

Your practical support through our annual food drive has made a huge difference.

Many of the supplies you provided will be distributed to needy people through Anglicare's mobile pantry initiative. In partnership with Sydney Anglican Churches, these mobile "supermarkets" make basic food items and personal hygiene products available to people in need.

Though you're unlikely to meet those who benefit, please be assured that your generosity has made a practical difference in someone's life.

Why do we do this? Motivated by the love we've received from Jesus, the people of Dural Anglican are committed to doing what we can to share Jesus' love with others

If you want to find out more, please join us.

Dural Anglican is an active local church. Our Sunday services are – 8am, 10am and 6pm at St Jude's Dural and 9:30am at Christ Church Kenthurst. In addition, we host a K-5 kids' program on Friday afternoons plus a youth group for years 6-12 on Friday nights during term time. We'd love to welcome you.

Absolutely Alive BY LEONIE DIXON

At our recent AGM Andsley Dennis was again elected as the Chairman with Roy Padlin stepping down after providing continuity during a turbulent period. Several new members were also elected to the Board and they now have an important agenda to continue as Alive strives to fulfil all its community expectations. More and more people are contacting the station to become presenters and receive training and Sponsors are also seeking to be more involved. Through grant money becoming available we will have the new podcasting studio available for community use by the end of next month. It has all the latest in technology. More grant money has enabled the purchase of high quality Outside Broadcasting equipment and the community is recognising it as an asset and requesting we attend and broadcast from numerous events. The most recent OB was at

Bella Vista Farm on Sunday 10th September supporting Run 4 the Hills in their endeavours to raise money for cancer research.

Membership continues to grow as many people come for a tour of the station and are so impressed with the facilities we have, they are keen to be involved. Students are emailing requests for work experience and the number of Cultural shows has increased in line with the changing demographics of our listenership area. Community Service Announcements aired for free. Of course, we give a voice to locals with important messages through our interview programs and play music

sent to us by aspiring singers. We hope that these are the needs of the community we serve, but if you feel there is something else we can offer please email me at mail@alive905.com.au



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A New First-Class Medical Centre, Our Medical Kellyville is Now Open

Our Medical Kellyville opened on 11th September with the commitment to deliver exceptional healthcare for all. No appointment is required to see a bulk billing GP at the new first-class medical centre. Open 365 days a year until 10pm, Our Medical Kellyville will provide greater access to primary healthcare for Kellyville and the surrounding area.

Our Medical Dental has also opened providing general, emergency, and cosmetic dental services. Dentist, Dr Nader Malik has a focus on offering comprehensive dental care and understanding the strong links between your teeth and the rest of your body. New patients can take advantage of the 'No Gap' or \$149 Dental Check-up & Clean introductory offer.

Co-located bulk billed pathology is also available 7 days a week. The combination of bulk billing GPs, pathology, and treatment room, means the Our Medical Kellyville is fully equipped to handle a range of medical needs. Physiotherapist, Stan Ivancic will commence in October.

Henry Bateman, Cornerstone Health's CEO and Managing Director commented on the opening of its fourteenth medical centre,

'At Our Medical our fundamental belief is that everyone deserves the right to quality healthcare when, where and how they need it, and so we have opened in the Hills District to meet the local community needs.'

Our Medical Kellyville is a brand new, purpose-built centre, offering a full range of essential healthcare services under one roof. Our Medical Kellyville promises to deliver a first-class, health service to the area, supporting the local community access to efficient, quality healthcare, particularly during afterhours and on weekends."

Dr Matthew Breslin, who is one of the doctors practising at Our Medical Kellyville, had this to say,

"Our Medical is a system that works. The beauty of this model is working amongst a diverse group of doctors, each with unique areas of expertise. This is invaluable, as it means that doctors can seek secondary opinions with GP experts within the Our Medical network, further elevating the quality of care offered to patients."

Other doctors who have joined Our Medical Kellyville include Dr Martin Jodlowski-Tan, Dr Paul Joseph, Dr Syed Naqvi, Dr Harry Pope, Dr Syeda Rahman, Dr Jeevitha Rajagopal, Dr Peter Stobo, Dr Vijay Vadali and Dr Alex Yao.

The medical centre is located at 1 President Road, on the corner of Windsor Road. There is plenty of parking on-site, underneath the medical centre. More information is available at www.ourmedicalhome.com.au/kellyville



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ourmedicalhome.com.au/Kellyville

7am - 10pm weekdays

8am - 10pm weekends and public holidays



OPEN
to 10pm
every day



The Hills Shire Council News

Platypus Discovery

Australia's iconic platypus has recently been re-discovered living in The Hills and to celebrate you are invited to a free workshop to learn more.

Join our local environment community group, Cattai Hills Environment Network (CHEN), at the Community Environment Centre in Annangrove on Tuesday 10 October from 6pm – 8pm. A live Q&A with researchers and citizen scientists will be a highlight.

Register your spot now on Council's website by searching 'Platypus Discovery'.



Proposed Road Closure – Mile End Road, Rouse Hill

Council is proposing to close part of Mile End Road, Rouse Hill as it intends to subdivide and sell the portion of the former road to an adjoining landowner.

The proposal is in accordance with the provisions of the Roads Act 1993 under Section 38B.

If you are interested in making a submission, write to the General Manager, The Hills Shire Council, PO Box 7064 Norwest NSW 2153 before 20 October.

Council will consider all made submissions before deciding whether to continue with the proposed road closure.

Enquiries: Amy Brooks | 02 9843 0181

Council Reference: 3/2021/RC



Spring into health

The Hills Shire Libraries have partnered with Western Sydney Local Health District to help you spring into health during the month of September.



Discover the latest health and well-being information for you and your loved ones. Join free NSW Health Programs, find tips to stay healthy and register to attend free workshops.

Head to Council's website and search 'Library Health Month' to find out more.

Do you have batteries to dispose of?

Batteries contain a range of metals that could pose a hazard to the environment if not disposed of correctly. Give batteries a safe goodbye and take them to a B-cycle drop off location near you or at a Council drop off point. Remember to tape battery ends before recycling. Visit Council's website and search 'Battery Recycling' for more information.



Fox Baiting

Council will be carrying out a fox baiting program at the following reserves:

- Excelsior Reserve, North Rocks
- Ted Horwood Reserve, Baulkham Hills
- Eric Mobbs Reserve, Castle Hill



The reserves are closed to both cats and dogs (including dogs on leads) from Monday 9 October to Friday 24 November. Dogs on leads can return to the reserves on Saturday 25 November 2023. For more information, head to Council's website and search 'Fox Baiting'.



Businesses invited to network at Hills WEXPO 2023

The first-ever Hills WEXPO event is taking place at the Pioneer Theatre on 11 October from 7am – 6pm. The event is a chance for business owners in The Hills to network with each other and with local community groups. There will be keynote speakers, activities and workshops run throughout the day, including a Jobs Forum.

To find out more and to register for the event, visit Council's website and search 'WEXPO'.

Escape the heat Waves this Summer

Brace yourselves, summer is coming. Escape the heat wave this upcoming summer and head down to Waves Fitness and Aquatic Centre for a refreshing dip.

Bring the kids back to the beloved Splash Pad, re-opening on 23 September.

Get that summer bod by signing up at the Fitness Centre, sweat it out in the steam room and sauna or simply relax in the spa.

Visit www.wavesfitnessandaquatic.com.au for more information on entry times and pricing.



Let the treasure hunt begin

Australia's favourite festival of pre-loved stuff, The Garage Sale Trail, returns to The Hills this November with two giant weekends of money-making, planet-saving, treasure-hunting fun.

Interested sellers can now register for free to participate in this nationwide garage sale, which involves being listed on the national sales map, access to promotional resources, and a how-to guide with tips and support.

For shoppers, it's time to mark your calendars as there will be up to 3 million items up for grabs. You know what they say – one person's trash is another person's treasure.

Find out more about this event on Council's website by searching 'Garage Sale Trail' and help kick-off the circular economy.



Council Meetings

Tuesday, 26 September, 2023 – 7pm

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



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THE HILLS
Sydney's Garden Shire

out and about
with MICHELLE BYRNE

Waves Fitness and Aquatic Centre

With the hot weather already here, now is the perfect time to visit the recently rebuilt Waves Fitness and Aquatic Centre in Baulkham Hills.

Like most places in the Hills and Hawkesbury, Waves has its own story to tell of generations of residents learning to swim and enjoying the coolness of the sparkling water on a hot summers day. Baulkham Hills War Memorial Pool or Waves as it is now known as first opened on the 11th March 1967 by the Minister for Local Government & Highways, The Hon P.H. Morton MLA and Shire President Bernie Mullane.

Prior to 1967 there was no public swimming in the Hills with the closest being Granville pool which was built in the 1930s and Parramatta pool which was built after WWII. Heather Watson, author of "Castle Hill Where have all the Orchards gone?" tells the story of swimming in the early days of Castle Hill before the pool where locals would swim in water holes and creeks particularly as there were no swimming pools in rural Castle Hill. Residents would create weirs or dams across the Darling Mills Creek near the bottom of Church Street, Francis Street and Excelsior Avenue. In 1943 Council enlarged one small weir on Darling Mills Creek to create a 'swimming hole' known as Loch Bruce. The Council promised if the enlarged 'swimming hole' was well utilised they would consider building a swimming pool for Castle Hill. As expected, the 'swimming hole' was very popular with locals and Council stuck to their word and built an Olympic sized swimming pool on the 'Roxborough Park Estate' half way between Baulkham Hills and Castle Hill.

In 2020, 53 years after the pool had opened, the decision was made to replace the ageing facility that had served the community so well with a brand new modern facility with more swim space to meet the needs of a growing population well into the future.

The new Waves Fitness and Aquatic Centre which opened in 2022, contains a FINA Olympic standard 10 lane, 50 metre outdoor pool, a 10 lane 25 metre outdoor pool and an indoor 25 metre pool plus an indoor family leisure and toddler pool area. There is also an outdoor water splash pad which will open on 23 September for the summer season.



For the fitness fanatics there is a large gym as well as spa, sauna and steam room. Waves also has a large café on site, function rooms and cabanas to enjoy a family catch up or a celebration.

Like many kids who grew up in the Hills, Waves was where we learnt to swim and where we spent our summers. I have many fond childhood memories of Waves and it is exciting to see the next generation of Hills residents creating their own fond memories in such a fantastic award winning facility.

For more information on Waves go to www.wavesfitnessandaquatic.com.au



PROPOSAL TO UPGRADE A MOBILE PHONE BASE STATION AT EXISTING MONOPOLE AT JONAS BRADLEY PARK, THE PONDS BOULEVARD THE PONDS NSW 2769 INCLUDING 4G & 5G

1. Vodafone proposes to install a mobile phone base station on the existing monopole to provide 4G and 5G coverage in the local area.

The proposal includes the installation of;

- Three (3) new Vodafone panel antennas (each measuring not more than 1.0m in length) attached to the existing monopole at a height of 34.8m
- Three (3) new Vodafone panel antennas (each measuring not more than 2.8m in length) attached to the existing monopole at a height of 34.5m
- Ancillary equipment including antenna mounts, feeders, cabling, combiners and other associated equipment; and ancillary works within the equipment shelter.

2. Vodafone regard the proposed installation as a Low-impact Facility under the **Telecommunications (Low-impact Facilities) Determination 2018** ("The Determination") based on the description above.

3. In accord with Section 7 of **C564:2020 Mobile Phone Base Station Deployment Code**, we invite you to provide feedback about the proposal. Further information and/or comments should be directed to: **Scott Sibly at Service Stream Limited, 0455 214 172, TPG.Submissions@servicestream.com.au or Level 3, Tower B, Zenith Centre 821 Pacific Highway, Chatswood NSW 2067 by 5.00pm Monday 9 of October 2023.**

4. If you would like to know more about this site, further information can be obtained from www.rfnsa.com.au/2769002





Young Golfers Nurtured

Calling young golfers from the ages of 5 to 18... Lynwood Golf & Country Club has a few places left in its Junior Golf Academy which is now in its fourth year of fostering young talent.

The scholarships are sponsored by CHRG (Castle Hill RSL Group) and are open to anyone with an interest in golf with parents who are members of the Lynwood Golf & Country Club.

So far 56 players have registered for the program with the first session starting on September 26th. There is no cut off point for applications as the program will run through to August 2024.

Young participants are placed in one of three groups and take part in two sessions a month either as part of the Introductory Squad, Development Squad or Junior/Elite Squad. They also take part in school holiday clinics.

The program is valued at approximately \$160,000 but the only cost to participants is a \$50 administration fee.

While 56 players are registered (32% are female in the Introductory squad) there is room for a total of 70 spots across the entire program.

Head Golf Coach Blake Dowd expanded Lynwood's Junior Golf Academy to cater for up to 30 junior golfing scholars last year but with the growing interest in golf with children the capacity was more than doubled this year.

General Manager of Golf and Country Club, Matt Bailey, has held three information sessions for parents already (pictured) and is happy to speak to other interested families.

The Information sessions were held in Lynwood's newly developed Green Room where the club's two new golf and multi-sport simulators provide an all year, all weather golfing experience.

"Lynwood, with the support of CHRG, is excited to offer an opportunity for kids in the local community to give golf a go. Our Junior Golf Academy caters for all levels of golf," said Matt. "Our Academy is into its 4th season and we have seen a number of Juniors move through the Tiers and are now representing Lynwood at the highest amateur levels of golf."

"Lynwood's Junior Golf Academy is designed to bring a team element to golf, with monthly squad training seasons giving all scholars the chance to build lasting friendships, while developing their skillset."

If you would like more information on any of the Junior Golf programs offered by Lynwood Golf & Country Club, contact Pro Shop on p 02 4580 8555 or visit the website <https://www.lynwoodgolf.com.au>

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South Maroota Fair

By DR KIM LOO

North West Community Services Inc. (NWCS) is a non-profit community organisation based in the Sam Lane Community Complex, Park Street, Riverstone.

Formally known as Riverstone Neighbourhood Centre, NWCS was renamed in March this year (2023) and is behind the Riverstone Family Medical Practice where I work. It supports a range of services including a Men's Shed and community garden.

On Saturday (September 16th) NWCS held a Community Spring Fair at South Maroota.

Present were all the services that help foster community, engage and support those who are vulnerable, help with preparedness for disasters and improve and nourish the community with more green spaces.

I spoke to Alex Blair from Maroota RFS who told me the summer is going to be hot and dry. And not that long ago there were serious fires.

He and his team are working with residents to make sure the community is well prepared. This community has not had a major fire in this area for 20 years. To find out more about being prepared visit the Rural Fire Service website www.rfs.nsw.gov.au and www.myfireplan.com.au

I spoke to Angela Van Dyke the CEO of North West Community Services about this wonderful organisation which works in multiple

ways to foster community well-being and disaster preparedness. This service has helped several of my patients.

CEO of Landcare Tulough Guerin was also there. The Landcare movement is an invaluable organisation which encourages a community-based approach to protecting and managing our resources. Our natural world is so important for our physical and mental health.

Our interests overlap as I do nature prescriptions and this does intersect with the work of Landcare. I prescribe time with nature for my patients such as a walk in a wooded area or gardening. It helps with psychological distress and improves general health. There are good studies in Australia with supporting evidence of this.

The SES and service NSW Service NSW were also present. As we have increasing heat waves and extreme weather. We need to have community preparedness and good disaster planning.

This fair was important because it gave an opportunity for our community to connect and



Angela Van Dyke the CEO of North West Community Services with Dr Kim Loo from Riverstone

find out what is available and accessible so that we can all plan ahead for any disaster.

North West Community Services has a full program of activities every week. To find out about regular programs and special events like the Spring Fair visit <http://nwcs.org.au>

The Hills to Hawkesbury welcomes articles for consideration. If you have been to an event in the Hills to Hawkesbury area that you want to write about submit it and a photograph to contribute@hillstohawkesbury.com.au

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Glenorie Probus Club Activities

Glenorie Probus Club has had another active period which included a wide range of activities. A visit to the Nancy Bird Airport Experience Centre was very informative as this is developing at a rapid rate and will have some impact on our area.

A weekend at Mudgee included a day at the Mudgee field day and a day in the historic town of Gulgong (the town on the first \$10 note). A very pleasant Christmas in July lunch this year was held on the Nepean Belle Paddle-wheeler cruising the Nepean Gorge. An enjoyable tour was undertaken to Mount Wilson to view the Autumn Colours. A visit to the Secret Gardens and Nursery at the Western Sydney University Campus which is operated by the North West Disability Services for individuals with special needs showed how disadvantaged people benefit from activities like this.

The Club meets on the at 11.00am on the 4th Wednesday of the month at Glenorie RSL. There is a different guest speaker of interest to members each month and members stay for lunch after the meeting.

New members are always welcome. Contact Wendy Black on 9653 1022 or email wendyireneblack@yahoo.com.au



Winning Public Speakers

BY BEV RICHARDSON

As part of Orange Blossom Festival celebrations Members of Soroptimist International of The Hills held their Annual Public Speaking Competition for local High School students on Saturday afternoon, 9th September at the Glenhaven Community Centre with over 40 students from local schools participating.

There was a strong focus on education for women and girls with topics for both Junior and Senior Sections chosen to build on the Theme for International Women's Day 2023 relating to access to digital technology.

The Junior topic was – "Digital Technology is developing at a rapid rate – How are these advancements impacting the youth of today?" and Senior topic "In what ways does accessible education empower women and contribute to breaking down barriers of discrimination?"

Hills Shire Mayor Peter Gangemi and State Member for Castle Hill, Mark Hodges attended and presented Awards to participants and winners.

Soroptimist International is a vibrant dynamic organisation for women working

through service projects to advance human rights and the status of women.

The word Soroptimist comes from the Latin words soror meaning "sister" and optima meaning "best" which loosely translates as "best for women".

As In the past The Competition was strongly supported by teachers and is an excellent opportunity for students to try out their public speaking skills, and address the meaningful topics chosen.

Club President Cathy Tracey said "It was evident that the student speakers had planned and researched the topics well and there was a diversity of responses. They articulated their thoughts and ideas with confidence and made it a difficult job for the adjudicators. Congratulations to them all on their polished performances."



Soroptimist International of the Hills Members at the Public Speaking contest

WINNERS WERE

- **Junior A: Years 7/8**
MEGAN SUHARTONO
Tara Anglican School
- **Junior B: Years 7/8**
OLIVIA YUN
Tara Anglican School
- **Junior C: Year 9**
AARYA SHAH
William Clarke College
- **Senior A: Year 10**
JENNIFER WANG
OLMC, Parramatta
- **Senior B: Years 11/12**
SHREYA MANN
William Clarke College

Interested community members can find out more about our Club's activities by accessing sithehills@gmail.com, on facebook at [facebook.com/sithehills](https://www.facebook.com/sithehills), or by contacting President, **Cathy Tracey** on 0435 837 118.

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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: MANNY
BREED: Cattle Dog
Cross
SEX: Male
AGE: 3 years
PRICE: \$49



MANNY is a beautiful cattle dog who is much-loved by the staff at the Hawkesbury Companion Animal Shelter where he has been since April this year. Staff say Manny has a lovely placid nature and is really deserving a caring home. If you can give this lovely boy the home he deserved please come to the shelter with your family dog and children to meet him. Manny is already de-sexed so can leave the home straight away. As one of the featured dogs his adoption price has been reduced to \$49. The adoption price includes the first vaccination, microchipping and life-time council registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

VERA is a sweet, shy girl who loves a good cuddle according to staff at the Hawkesbury Companion Animal Shelter. Staff say Vera is very social with the other cats, even snuggling with them. If you are interested in adopting this snuggle bug please come to the shelter to meet her during opening hours. As cat of the week Vera's adoption price has been reduced to \$29. The adoption price includes the first vaccination, desexing, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



AT A GLANCE

NAME: VERA
BREED: Domestic
short hair
SEX: Female
AGE: 2 years
PRICE: \$29

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 Arrange congratulatory messages

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JULIAN LEESER MP
FEDERAL MEMBER FOR BEROWRA

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 02 9980 1822
 julian.leeser.mp@aph.gov.au julianleeser.com.au julianleesermp

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

THANK YOU TO OUR RFS VOLUNTEERS AND PREPARING FOR THE UPCOMING BUSHFIRE SEASON

As we approach the official start of the fire season, I want to acknowledge our remarkable Rural Fire Service volunteers. Across Berowra there are over 1,500 local volunteers across 27 brigades who do a remarkable job. They're an extraordinary group of men and women.

They volunteer all year round. In autumn and winter they undertake drills and hazard reductions and prepare. Over the past year brigades across the two local districts have responded to over 700 incident calls. Floods, storms, multiple-vehicle accidents—no matter what the disaster, they're always there to lend a hand.

But, of course, the role the RFS volunteers play in our fire safety is their most significant contribution. Berowra is a beautiful bushland electorate. But it means we're also a bushfire prone electorate. Every year, our RFS volunteers stand ready to defend properties and lives during the fire season.

Many residents will not have lived through the terrible bushfires that ripped through our area in 2002. Those who did will remember how ferocious and devastating they were.

That is why it is so important to start getting your property ready now, in case we face similar conditions this fire season.

Make sure your bushfire survival plan is up to date and that you undertake important preventative work, like clearing out gutters or keeping your yard free of combustible material. As part of that bushfire survival plan, you should think about which valuables you need to pack up – so if you need to go, you can before it's too late.

If you've got a pool, I would also encourage you to get a static water supply (SWS) sign at your property entrance. That water might save your own home, or your neighbour's.

Thanks again to the wonderful RFS for all the work they do for our community and for all Australians.

Run for the Hills

The greatest community fun run, 'Run for the Hills' was held over the second weekend of September in association with the Orange Blossom Festival. Formally known as the Cross-Country Challenge, the fun run was held at a scenic location, the historic Bella Vista Farm. There were three courses offered, the 11.1 km expert, the 7.4 km intermediate, and the 3.7 km family fun run. I joined the community and completed the 7.4-kilometre course around the Farm. The event would not have been possible without the commitment and service of the Castle Hill Rotary Club. Run for the Hills raises much needed funds for three great charities, the Positive Vibes Foundation, Youth Insearch, and Youth Off the Streets. Well done to everyone who participated this year.



Be Fire Ready

With the weather heating up recently the Rural Fire Service recommends some simple steps you can take to prepare your home for the upcoming bushfire season:

1. Trim overhanging trees and shrubs. This can stop the fire spreading to your home.
2. Mow grass and remove cuttings. Have a cleared area around your home.
3. Remove material that can burn around your home (e.g., Door mats, wood piles, mulch, leaves, paint, outdoor furniture).
4. Clear and remove all the debris and leaves from the gutters surrounding your home. Burning embers can set your home on fire.
5. Prepare a sturdy hose or hoses that will reach all around your home. Make sure you've got a reliable source of water.



MARK HODGES MP
MEMBER FOR CASTLE HILL

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TAKING CARE OF THINGS

Some of the team on this journal are associated with the historic property of Bella Vista. Naturally, we care for the preservation of its heritage. Many years the property was left vacant and started to rot and decay. Due to its isolation, it also became a haunt of drug dealers who used it to distribute drugs to addicts.

The Heritage Council of NSW took control of the property in the early 1980s and decided to advertise for a caretaker in 1982. A British migrant from Yorkshire decided to apply and was interviewed by Justice Hope on behalf of the Heritage Council. That person was Len Ward, born in Middlesborough, Yorkshire in Capt. Cook's home district and went blackberry picking at the village of Great Ayrtton where Capt. Cook had attended school.

Len first arrived in Australia in 1951 after he signed up in England to join the Australian Army and after six years he then worked in a number of different occupations where he worked on sheep stations, shark fishing and working on the Snowy Mountains Scheme. He spent twenty five years in these jobs until he decided to apply for the position of Caretaker at Bella Vista.

Len had a reputation of being a bit of a story teller and much that he may have said could be taken with a grain of salt. However it is true that some of the going ons at Bella Vista did in fact happen whilst the property was under his watchful eye.

Len's residence during his period at Bella Vista was a caravan situated on the property. Initially he had no electricity but only candles for lighting until a diesel generator was installed. Len said he was reluctant to use the generator,

as it consumed two gallons of diesel an hour. The property had become overgrown and red-bellied black snakes could be found basking in the sun. In fact Len claimed to have been bitten on at least three occasions and said that he had never called a Doctor "I self-medicated by sweating it out" he said.

Len's main concern however were the "Druggies" who had been using the property to distribute drugs and vandals who would ride mini-bikes around the homestead and throw stones smashing windows as they rode past. Some of the drug dealers and vandals would also be armed with shots being fired at him. He had a pet dog who would walk alongside Len that was hit and a distraught Len had to "Finish it off". Local vandals had also battered to death 175 geese and two pet deer were shot.

Len thought that he would also try to get the local politicians involved to help curb the violence that occurred at Bella Vista and as I reported in this magazine back in July he approached local MP Wayne Merton who raised the matter in the NSW Parliament and convinced the State Government to give a State Heritage Grant and provide assistance in the preservation of the property.

Len decided to get the local schools involved to assist in curbing the vandalism by

having meetings with students and parents and getting involved in projects on the history of Bella Vista. Schools groups started to visit the farm and a greater respect was engendered within the community of the history of the farm and its importance.

Len's most frightening experience at Bella Vista was during a storm in 1988 when a lightning strike overturned his caravan one night. His leg pouring blood from a gash he eventually clambered out of his van and stumbled almost a kilometre to Old Windsor Rd to stop a car to take him to hospital.

Len retired back to the UK in April 2004. Much of what Len started at Bella Vista has been carried on by the members of "Friends of Bella Vista Farm" who hold a monthly open day on the first Sunday of the month during which members of the public can visit the farm and also undertake tours of the homestead. Much restoration has been undertaken by the "Friends" and money raised by the "Trash and Treasure Stall", the sale of Devonshire Teas and the house tours is put towards the restoration of the property and the feeding of the sheep.

As I said some of the people who bring you this journal very fortnight are asl associated with "Bella Vista" and I hope to see you there one day.

AS WE WERE

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Hills ace Christian excited ahead of F4 debut in US, Asia

The latest Hills speed ace Christian Estasy is revving up for the biggest challenges of his young career when he tests his mettle against the best F4 drivers in the US and Asia.

The sky is the limit for the very talented driver from The Ponds. Just 16, he has already represented Australia at the 2021 Rotax World Finals in Bahrain.

Christian showed his immense talent by winning the Lithgow Junior Light karting championship in his debut season before being crowned the Lithgow Senior Performance Club champion while setting two lap records.

Christian follows in the footsteps of his Dad Adrian who competed against seven-time F1 world champion Lewis Hamilton at karting. Christian will compete in the US and Asia with leading American and Asian Formula 4 teams in his quest to become the second Australian to win the F4 United States Championship after Lochie Hughes.

The highly-successful Jay Howard Driver Development (JHDD) chose Christian as their top driver for the 2024 F4 United States Championship. Christian will also race for multiple Asian F4 champions Blackarts Racing in Asia.



Christian Estasy in action.

Christian attended Rouse Hill Anglican College but now works part-time for a karting team, focusing on fitness and training. Younger brother Oliver also competes in kart racing.

"My family has always been into motorsports but when I first drove a kart for the first time, I fell in love (with the sport)," Christian said. "I then knew that's all I wanted to do."

"I am very excited (about the huge challenges next year) but I feel ready. I'm sure we can hit the ground running and be competitive from the offset."

In 2021 he finished runner-up in the Queensland State Junior Rotax Championship. After securing the Lithgow Junior Light Clyde Marshal Championship in 2021, Christian was promoted into the senior class where he emerged as ACT State Senior Performance champion.

After Christian made his Formula 4 debut with two podiums, Motorsport Australia selected him for the Ferrari Driver Academy at the Sepang F1 circuit, Malaysia.

Christian Estasy ready for biggest challenges



Christian, who travels to the US and Malaysia for testing sessions, is offering local businesses the opportunity to get involved in the exciting world of motorsports.

"Motorsport is primarily a business, and a driver and team need to give a return on investment to their partners," Christian said, "and this is what we're doing for local businesses who help me get to America."

"In return for local businesses and individuals who support me, we offer some exciting marketing opportunities that are quite unique and fun, such as branding on the F4 car I will be driving, images and video of me promoting my partners' product or service on my social and local media platforms and more."

"It's an easy way for partners to get to use a Formula 4 car in their marketing, and get noticed in America and Asia." Drivers who succeed in F4 can move up the ranks to F1.

The link for local businesses to get involved is: <https://christianestasyracing.com/christians-journey-to-america/>

Winston Hills Bears crowned Under-16 champs

The Winston Hills Bears FC are the Under-16 champions in the Hills after edging out table toppers Kellyville Kolts 1-0 in the recent grand final. The core of this champion under-16 Bears outfit have been together from the under-8s and 9s, and their strong bonding saw them overcome several challenges this season.

Jubilant skipper George Jasser said he was very proud of the team. "It has been a tough season with some key players out with injuries but the boys held on and getting the win is amazing, we are so happy," George said.

They defeated Castle Hill United 3-0 and Baulkham Hills FC 2-0 enroute to the grand final of the Hills Football championship which included more than 20 matches. Oakhill College's Tim O'Shea scored the match-winner in the grand final at Bernie Mullane, Kellyville, capping an amazing team effort that saw them unleash a 10-match winning streak.

Team Manager Chris Fileman said: "We've been so lucky to have such a great bunch of kids and coaches over the years."

"We are extremely proud of them as this is the first time they have won and after being

together for so long, the win has meant so much more," a Winston Hills Bears official said. "The Hills competition for kids only goes until U17's and then it turns into an All Age Men competition. So, to keep the boys together for so long and to finally get the win has been amazing. They are such a great group of boys."

It has been a remarkably successful season overall for the club which fielded six all-female teams in the different competitions. Winston Hills also won the championship in the U13 Division 1s, Under 17's Division 1 in addition to some All Age men groups. In all, Winston Hills Bears had 93 teams across all competitions.

It had been a rocky season for the young team starting off slow through the winter sport season after numerous player injuries. It



The champion Winston Hills Bears Under-16 team

seemed an almost impossible task as the Bears played the semifinals and grand finals with no substitutes.

Winston Hills FC Under 16's, Division 1 Hills Football Grand Final Champions 2023: Caden Bowden, Alex Burga, Lachlan Diaz-Brand, Tom Fileman, Caleb Henderson, George Jasser, Tony Maroun, JP Matanganyidze, Will McDonald, Ryan McIlvenna, Tom O'Shea, Harry Poole, Zach Redwood, Christian Tannous, Coaches Hanif Vejandi and Lochie Porter.

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

Baulkham Hills Probus

Meets 1st Thurs each month 1.30pm Baulkham Hills Sports Club, 11 Renown Rd Visitors welcome. Activities every Thurs.

Betina | 0419 595 007

probus56830@gmail.com

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 Probud 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

rossfitzpatrick@icloud.com

www.probusouthpacific.org/microsites/cherrybrook/Welcome

Computer Pals for Seniors – The Hills

A non-profit club run by volunteers dedicated to providing low-cost tuition for Seniors in a friendly atmosphere, enabling them to stay safe online & become proficient in the many facets of computing.

Colin Wright | 0479 137 131 cphills.org.au

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

Meets 2nd Wed each month at the Galston Community Health Centre, cnr The Glade and 17 Arcadia Rd, Galston. 10am followed by business meeting and BYO lunch. Craft day 4th Wed each month. Visitors welcome.

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 held 1st Tues of the month at Toongabbie Girl Guide Hall in Junia Avenue Toongabbie from 10am. We also hold craft mornings for members on 1st and 3rd Tues of the month from 10-12.

ToongabbieCWA@gmail.com

Dural and District Prostate Cancer Support Grp

We meet on the 3rd Mon of every month 7:00pm for 7:15pm at the Blue Gum Centre, Glenhaven Green, 607 Old Northern Road, Glenhaven

Graham | 8677 7896 or 042421062

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 Grp

3rd Tues 10-2 & 4th Tues 6-10 of the month at Windsor Library. Bring your own project or join the workshop – Start with a Stitch. Beginners upwards \$10. Bookings essential.

Catherine Delaney | 0413 340 049

cdelaney1@vtown.com.au

Friends of Hills Library

Meets 2nd Thursday of the month at Castle Hill Library. New members welcome.

Lesley Nelson, President - 0478 000 925

Galston VIEW Club

The 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 Probud 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 www.haat.com.au

Leanne@mellowcrest.com

Hawkesbury Camera Club

Club meets at 7.30pm on the first 3 Wed of the mo at the Richmond Club, Francis Street, Richmond. Facebook Hawkesbury Camera Club.

www.hawkesburycameraclub.com.au

Hawkesbury District Agricultural Assn

4577 3591 (BH)

www.hawkesburyshow.com.au

Hawkesbury Nepean Chapter of the 1st Fleeters

Meets on 2nd Saturday of each month.

Pamela Hempel | 0407 660 579

www.fffhnc.com

Hawkesbury West Probud Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond. 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 HillsOM1@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 2nd Tues, 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 Probud Club of Baulkham Hills

Meetings 10am, 2nd Wednesday of the month.

At The Fiddler, Windsor Road and Commercial Road, Rouse Hill. New Members welcome

Suzanne Dennis | 0412 424 593

ladiesprobusbh@gmail.com

Learning in the Hills

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

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

macquarietownsgardenclub.wordpress.com

National Seniors Australia (Hills Branch)

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

May | 0414 634 572

maybruce@bigpond.com

North Rocks View Club

Meetings 2nd Thurs each month at 10.30am. 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 Probud Club

John | 9487 1385

Pennant Hills Combined Probud Club

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

Lorene | 0429 396594

Pennant Hills VIEW Club

Meets for lunch on 2nd Tuesday of each month - Oatlands Golf Club at 11am. A short meeting, a two course lunch & an interesting guest speaker. Visitors & new members welcome. On the 4th Tues of the month a social outing is organised.

Margaret | 9873 2402

Pitt Town Probud 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

Probus Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

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

Ken | 02 96296459

Probus Club – Glenorie

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

Wendy | 9653 1022

wendyireneblack@yahoo.com.au

Probus Club - Kellyville Castle Hill Mixed

Meets at 10am on 2nd 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

Probus Combined Castle Hill Club

General Meetings 3rd Tuesday of the month at 10am at Cherrybrook Community Centre..

Helen | 0403 751 934

enquiries@probuscastlehill.org.au

Probus 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

Probus Club of Winston Hills – Northmead Combined

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

winstonhillsprobusclub@gmail.com

RDA (NSW) Tall Timbers Centre

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

9679 1246

admin@rdanswtalltimbers.org.au

www.rdanswtalltimbers.org.au

Red Cross – Castle Hill Branch

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

0419 431 084.

Richmond/Windsor VIEW Club

Richmond/Windsor View Club Meets every 2nd Wednesday of the month at The Richmond Club. VIEW (voice, interest and education of woman) supports the Smith Family and Learning for Life

Trish Carter | 0417 010 619

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

sithills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

02 8850 0555

RSVP | info@thehillslc.com.au

facebook.com/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..

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's 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

Welcome to Members and Visitors.

Mal Steel | airsidsydneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsdiadistenniss.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.bushwalkingsw.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 Probud Club

Meets at 10am on the 1st Wed of the month at Windsor RSL 36 Argyle St, South Windsor.

Ross | 0414450900 or

Secretary Ann | 0414298945

ann.jones@jbff.com.au

Winston Hills Joey Scouts

9862 8482

hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

Meeting Tues and Sat 9am - 5pm

Alan Hunt | 4566 4626 or 0428 784 425

Adrian Acheson | 0448 833 781

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org

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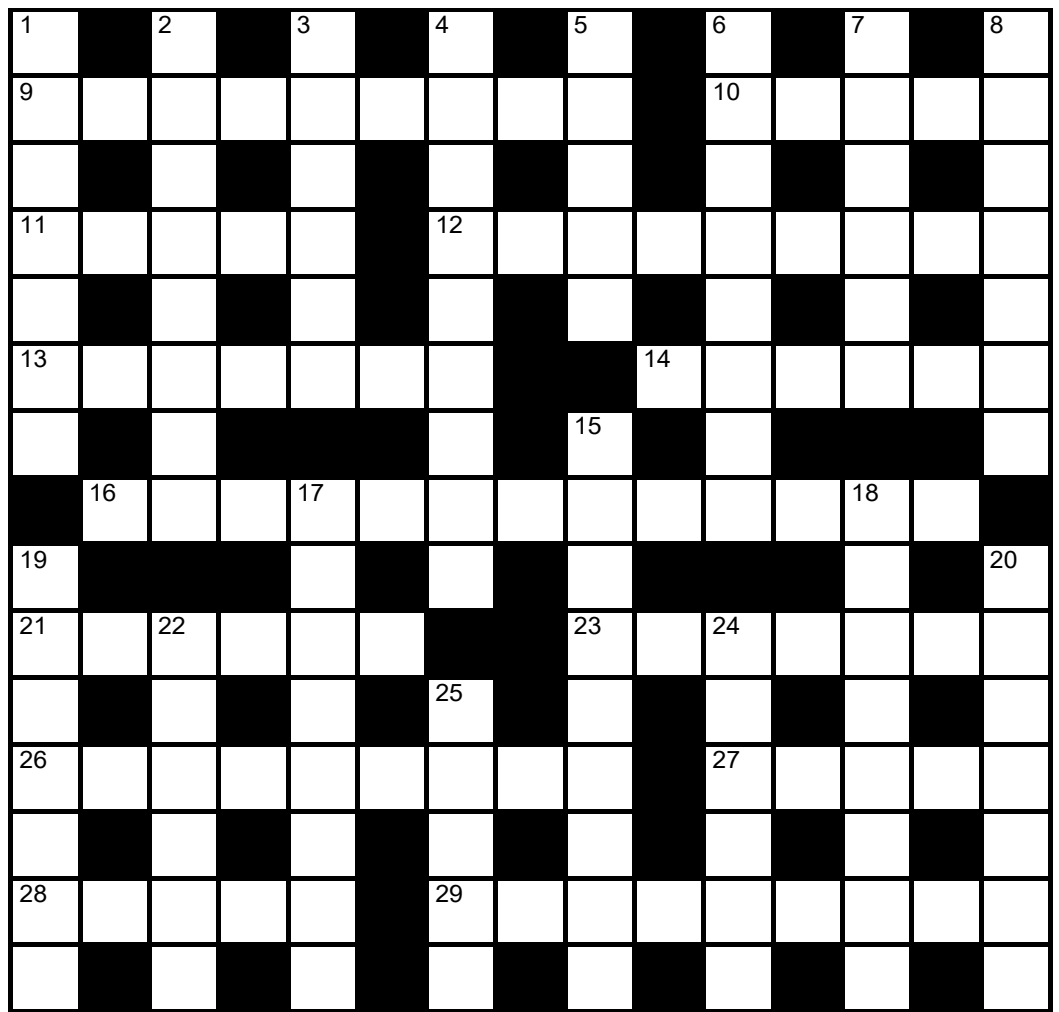
Answers from last issue

CROSSWORD

1	C	O	N	C	E	N	T	R	I	C	1	D	O	C	O
2	G	U	H	U	E	E	I	A							
3	S	T	R	O	L	L	V	A	L	U	A	B	L	E	
4	D	O	L	O	E	G	C								
5	C	O	G	K	T	A	I	L	B	U	N	Y	I	P	
6	O														
7	C	R	O	C											
8	O														
9	A	L	L	P	U	R	P	O	S	E	S	P	O	T	
10	E	Y													
11	Z	A	G	R	E	B									
12	V	I	E	R											
13	F	E	N	G	S	H	U	I							
14	I	H	A	E	E	C	A								
15	U	N	I	T											

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



Across

9. The Wompoo --- (5,4)
10. Musical drama
11. A highway and a desert are named after him
12. Awful role misrepresented an essential of civilized society (4,2,3)
13. Up for grabs (2,2,3)
14. Piles of stones in Queensland?
16. It once housed a leper colony off Queensland (7,6)
21. Like many heroes
23. Calls briefly (5,2)
26. Hive sweet spot
27. Finance
28. Fill up here
29. Stratagem

Down

1. Away from the main place of business (3, 4)
2. Commuter country
3. Pain in the side
4. Fire-struck Paris landmark (5, 4)
5. Notorious bushranger
6. What 5 Down had to do, more than once (2, 2, 4)
7. Trader
8. Service at 28 Across, sometimes (3, 4)
15. Oxbow lake
17. "Idylls of the King" author
18. Steep drop
19. Sideboard
20. Looked up to in NSW
22. Guard
24. Followed orders
25. Accepted standards

TAKE WEIGHT OFF YOUR MIND

Have you tried to follow a diet and felt like you failed? Join Dietician and mindfulness practitioner, Sallyanne Pisk (pictured) at a talk about mindful eating and why diets don't work. The free talk will be held at Hawkesbury Central Library on Friday, 6 October from 6pm. Sallyanne Pisk is a nutritionist and Accredited Practising Dietitian with over 20 years of experience. Her interest in mindful practice, and eating, arose from her involvement in Traditional Chinese Medicine. Her book, *Eating for You* introduces principles to guide your way of eating and living drawn from both the East and West.

Come along to learn how to change your eating habits for good, remove the confusion about what to eat, and to feel empowered about the choices you make.

Bookings are essential via <http://hawkesburylibrary.eventbrite.com> or by calling 4560 4460.



WORD SEARCH

RIDING A BIKE

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

BALANCE
BEARINGS
BELL
BICYCLE
BRAKE

CABLE
CHAIN
DYNAMO
GEAR
GLOVES

HELMET
HORN
LIGHTS
PEDAL
PUMP

PUNCTURE
SADDLE
SPOKE
UNICYCLE
WHEEL

Answers from last issue

WORD SEARCH

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

CODE WORD

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

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.

CODE WORD

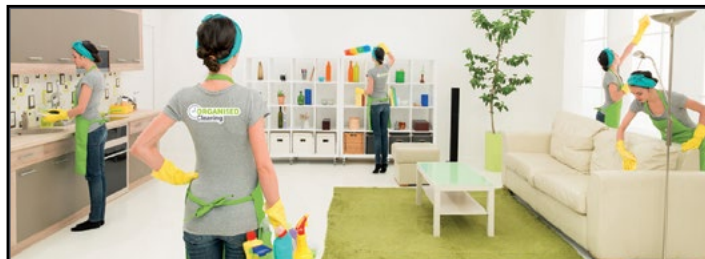
18	9	4	11	2	20		8		18		21			
16		18			12	19	19	12	22	11	12	9		
20	12	16			26		8		11		5			
12		15	8	7	12	13	17		18	3	19	8		
1		8			9		18		21		8			
8	25	20	23	19		11	13	6	12	13	9	2		
			11		24		20		11					
10	23	20	20	8	2	20		12	26	24	19	7		
	23		3		7		6			21		8		
16	14	18	21		16	23	21	13	8	18		18		
	12		8		10		23			7	8	2		
12	13	1	18	2	12	23	13			8		20		
	17		15		16		17	11	12	9	8	2		
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1	2	3	4	J	5	6	7	8	E	9	10	H	11	12
13														
14	15	16	17	18	19	20	21	22	23	24	25	26		

SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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



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