



# Hills to Hawkesbury

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## Community News

15th – 29th December 2023 | Volume 40 – Issue 25  
Local Stories, Local Events, Local People and Local Businesses

# Christmas AT THE FARM WITH STARS OF TV

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# Happy Christmas FROM US TO YOU

BY DIANA PATON

Well, it's been a busy year and this is our last edition of the Hills to Hawkesbury Community News for H2H in 2023.

This year our small, dedicated team has produced 26 editions with 32 pages of community content and one bumper 48-page edition.

That's over 900 pages of community content in print in addition to FREE community news online. Our website traffic now reaches over 73,000 local residents each month and we also have 10,000 followers on Hills to Hawkesbury Facebook page.

I am indebted to my committed team which produces the Hills to Hawkesbury Community News and the dedicated team which delivers our magazine to 120 drop-off zones in the Hills to Hawkesbury area.

We are a very small community team passionate about keeping our community informed, inspired and engaged.

Thank you also to the businesses large and small which support us through advertising to ensure that our community is connected. And, of course, a big thank you to you, the readers for picking us up every fortnight.

My personal highlights in 2024 were becoming a grandmother in October and helping my daughter through the first 6 weeks which involved a trip to the UK where she is living with her husband.

Hopes for 2024, are to remain fit and healthy as I age and to stay happy and positive in life. Also to be appreciative of everything my family, friends and my staff do for me. I hope to continue to support them and our community in the years to come.

Have a great Christmas and New Year, Our first edition for 2024 will be on 12th January.

I asked my team what their 2023 highlights were and their hopes for 2024:

**Gisela Horner:**

My highlight of 2023 has been a once-in-a-lifetime trip to the Antarctic. This pristine world is exquisite with majestic snow and ice-covered mountains towering above with amazing icebergs gliding silently past our vessel. The penguins were very cute and a pod of orcas slipping beneath the ship was pretty awesome. The Iguazu Falls in Argentina/Brazil were breathtakingly beautiful.

Highlight for 2024. The birth of my beautiful 1st grandchild in March.

**Tanya Cook**

The highlight of 2023 for me was moving my family into a lovely new house and expanding our family with our new fur babies.

My personal plan for 2024 is to work on my health and fitness, lose weight and enjoy life.

**Josh Kerwick**

A highlight of 2023 has been starting my career at Hills to Hawkesbury Community News - I've learned a lot and been able to do so many cool things in my short time here!

I'm hoping that 2024 brings new opportunities for learning and life... and more great stories to tell, of course.

**Ivor Jones**

One of the highlights of 2023 for me was the Coronation of Charles III. It was the second coronation that I have witnessed in my life. I have now lived under three different Monarchs.

My wish for 2024 is for more happy memories to share with readers and for a Covid free and long life for all.

**Bev Jordan:**

2023 was a brilliant year as I became a grandmother for the 3rd time and enjoyed lots of family time with my children and grandchildren.

I work and I volunteer which both bring me great joy. I am looking forward to doing more in 2024 as they both focus on connecting our vibrant community. I am also looking forward to more quality time with family and friends.

I am lucky to work with a great team at the Hills to Hawkesbury and 2024 is shaping up to be a great year for community news.

We thank our very talented creative team, **Cris, Shane** and **Glenda** who always come up with high quality design and a professional and beautiful magazine for our readers.

## Hills to Hawkesbury Community News

Local Stories, Local Events, Local People and Local Businesses

www.hillstohawkesbury.com.au | Facebook @hillstohawkesbury

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**The Hills to Hawkesbury Community News** has been serving this area for nearly 40 years. It's name may have changed over the decades but the commitment to providing a free service to the community is still at the heart of what this hyper local fortnightly publication does.

Established in 1982 it has evolved into a community news magazine with a big digital footprint. Our aim is to inform, inspire and connect our community. It is a family-owned small business. Our team is local and love what they do.

Please follow us on Facebook @hillstohawkesbury. Printed copies are available at local shopping centres and other outlets.

For a full list visit our website [www.hillstohawkesbury.com.au](http://www.hillstohawkesbury.com.au).

# Name change move

Moves are in motion to change the name of the newly opened Withers Road Reserve at North Kellyville to Kiliyurra Reserve to acknowledge the area's First Nations heritage.

Hills Shire Council has sent the renaming proposal to the Geographical Names Board for approval. The proposal will be evaluated by the Geographical Names Board which may involve additional public notices and consultation within the community.

Kiliyurra means turpentine tree in the local Dharug language, the Dharug people are traditional custodians of the land across Western Sydney, spanning from the Blue Mountains to Camden and The Hills Shire.

The proposed Kiliyurra Reserve has significant vegetation on site with an astounding 44 native species identified. Among the rich tapestry of indigenous flora, the turpentine tree has been recognised as the most prominent and abundant species in the community space, further emphasising the significance of its namesake.

Hills Shire Mayor Dr Peter Gangemi, said the renaming of the reserve reflects Council's dedication to creating public spaces that resonate with the diverse history of the region.

"My first act as Mayor was to move a motion to deepen our connection with our First Nations people, our elders and with local Aboriginal community groups and organisations.

"One of these initiatives was to name a park in The Hills Shire as a way of further recognising and honouring our Dharug community.

"We believe it's appropriate to honour the heritage of the land we inhabit, which has been cared for by our First Nations people for thousands of years, and the Kiliyurra Reserve proposal is a testament to that commitment."

This initiative has received significant support from Muru Mittigar, a local indigenous social enterprise group based at Rouse Hill, as well as Dharug elders with strong connections to The Hills Shire.

A spokesperson from Muru Mittigar said: "The use of the Dharug language on Dharug Country is a significant act of cultural preservation and identity for the Dharug people."

"It represents a deep connection to their heritage and a commitment to maintaining linguistic diversity.

"This practice not only honours their ancestors but also enriches the Australian cultural fabric, ensuring the Dharug language continues to thrive for future generations."

The North Kellyville reserve was inaugurated in August 2023 and is now open to



Hills Shire Mayor Dr Peter Gangemi and Aunty Ros from Muru Mittigar at the soon to be renamed Withers Road Reserve.

the community. The decision to rename it was made by Councillors during the October 24th Council Meeting.

The reserve boasts a lively and interactive playground with a shade shelter, a half basketball court, and a spacious grassy area with picnic furniture and seating. There are also pathways for walking, bike riding and scootering.

For more information, visit Council's website ([www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)) and search for 'Withers Road Reserve renaming'.

\* Mura Mittigar (pathway to friends) is a Dharug Aboriginal Social Enterprise at 21 Guntawong Rd, Rouse Hill providing education and employment opportunities. <https://www.murumittigar.com.au>

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## TRIBUTES TO FALLEN FIREFIGHTER

Fire and Rescue NSW Firefighter and Rural Fire Service volunteer Michael Kidd is being remembered as a “kind and selfless” man who dedicated his life to keeping others safe.

The father-of-two was on call with Richmond FRNSW when his crew responded to a blaze that engulfed a luxury seven-bedroom holiday rental in Grose Vale just before 8am on Tuesday, December 12th.

Fire and Rescue NSW (FRNSW) commissioner Jeremy Fewtrell said the 51-year-old was struck by what appeared to be a falling beam. FRNSW and NSW Rural Fire Service (RFS) firefighters both performed CPR until paramedics arrived and he was pronounced dead at the scene.

A volunteer with the Rural Fire Service since 1989, Kidd worked on-call for Fire and Rescue NSW responding to fires in regional areas.

He had been an on-call member of the Richmond Fire Station since 2010, and was awarded a National Emergency Medal and a Premier’s Bushfire Citation for his efforts protecting his local community during the 2019-20 black summer fires. FRNSW commissioner Jeremy Fewtrell described Kidd as a “kind and selfless” man who dedicated his life to keeping others safe.

“Firefighter Kidd has made an amazing contribution to the Hawkesbury community over many years and the impacts of his death will be widely felt for a long time to come,” he said.

“Tragedies like this are always difficult to comprehend, but it’s particularly cruel that firefighter Kidd’s death has occurred less than two weeks from Christmas.”

## STORM DAMAGE

Residents said it sounded like a tornado when a storm hit the Gables on Sunday 3rd December.

Volunteers from NSW SES The Hills Unit was called to 25 incidents in just 24 hours with SES volunteers working to provide emergency assistance to residents. Members worked through the night cleaning trees and debris

## BE PREPARED

Hawkesbury SES is advising people to keep cool and keep safe.

The unit is encouraging everyone to stay prepared throughout the upcoming heat season, and recommends a hydration routine, shelter and sun protection. This heat has potential to attract snakes and other reptiles as well as bush burns and grass fires. It also has potential to bring in thunderstorms and flash flooding.

Some tips to help prevent fire hazards include;

- Keeping appliances and power switches off if not in use,
- Try not to overload power points and/or outlets, as overheating may cause electrical sparks,
- Ensure your smoke alarms are in good working order.

A statement online by FRNSW said:

“...we mourn the loss

of an extraordinary member of the Hawkesbury community, firefighter Michael Kidd. Michael paid the ultimate price while battling a house fire at Grose Vale, north-west of Sydney earlier today. He was known as a kind and selfless man who had been working to keep others safe for many years.

“Michael is survived by his wife and two adult children. The impact of Michael’s death will be widely felt for a long time to come. We are supporting his family and his colleagues at this difficult time.”

State Minister for Emergency Services Jihad Dib said: “Firefighters are extraordinary people who dedicate their lives to protecting others and Firefighter Kidd has been a shining example of that for decades.

“His crew at FRNSW and fellow RFS members who came to his assistance are also in our thoughts as they deal with the loss of a valued colleague. I cannot imagine the grief they are feeling.

“We join his family, friends and colleagues in mourning an outstanding member of the community and honour his service as a member of FRNSW and the RFS.”

NSW Police and FRNSW are working to investigate the circumstances of his death.

from roadways with NSW Rural Fire Service volunteers from Box Hill Brigade, Rouse Hill and Oakville Brigades while staff from Endeavour Energy repaired power lines.

No-one was injured but two houses lost their roof and several trees were downed.

- Clear on and around property,
- Trim trees and branches,
- Ensure gutters are free from dry leaves and/or debris,
- Stay away from fallen trees and powerlines,
- In case of fire and evacuation, have an Emergency Kit prepared, including your pet and animal supplies and an Evacuation Plan.
- Speak with your local Fire Authority Station and stay up to date with warnings and procedures
- Do NOT leave children or pets inside hot vehicles
- Ensure livestock and animals have sufficient shelter, food and water
- Allow clear access to fire hydrants
- Know fire danger, stay low and go go go



Michael Kidd Richmond Firefighter.  
Photo FRNSW

## SCAM ALERTS

NSW Police would like to warn the public of scams involving Australia Post and other courier services. Please refrain from sharing your personal details or clicking on any suspicious links.

If you’ve made an order, verify the message’s authenticity by using the official Australia Post website.

If you receive a text or a link like <http://post.auhelp.life/> be warned that it is a scam that redirects you to a phishing website aiming to collect your personal information

### Pet scams are a growing concern.

Scammers pose as pet sellers, breeders, or rescue organisations, often offering adorable puppies or kittens at attractive prices.

They use various tactics to manipulate potential pet owners, including fake photos, false promises, and emotional manipulation.

### OTHER RECENT SCAMS

- **Loyalty point scams:** you might get an SMS text message or email telling you that your points, such as Qantas, Telstra or Coles, are about to expire. The message gives a link to a fake website prompting customers to log in and possibly provide credit card details. They then steal your points, login details and personal information to use elsewhere.
- **Phishing scams:** use an SMS text message or email that appear to be from an official company or organisation, such as the Australian Taxation Office (ATO) or Netflix. They will ask you to urgently fix something with your account and give personal details such as bank account details or email passwords. The scammers then use this information to steal money from you. In 2022 Australians reported losing \$157.6 million to these sorts of scams.
- **Tax scams:** be on alert during tax time for SMS text messages or ‘robo-calls’ pretending to be from the ATO or another government department saying you must pay an urgent tax debt or asking for financial information to get a fake tax refund. Scammers pretending to be a family member – if you get an SMS text message from an unknown number asking for help or money - check first if it’s actually your child or family member and not a scammer impersonating them.
- **Scams can increase following large data breaches:** scammers will use a data breach such as the Optus and Medibank data breaches in recent years to target people in any way they can. For example, pretending to be from Optus and offering to help you or asking you to verify who you are in order to steal from you.

To report a scam or learn more, visit [https://www.police.nsw.gov.au/crime/frauds\\_and\\_scams](https://www.police.nsw.gov.au/crime/frauds_and_scams)



Participants in The Hills Reclaim The Night

# Hills Community listening and learning about DV

By JOSH KERWICK

Two recent events in The Hills have sparked key dialogue about domestic violence, raising important issues while acknowledging victims who are still here with us, and those who are not.

The first of these events was “Hills Say NO To Domestic Violence”, held at Castle Hill RSL on November 24th and organised by The Hills Domestic Violence Prevention Network. Featuring a wide range of speakers and the launch of a poster campaign by Hills Shire Council, the event was a deeply moving one that stirred powerful emotions in the 85 attendees about the impact of domestic violence on the community.

Dr. Niveditha Manokaran and psychologist Kylie Druett both provided deeply personal and powerful talks about their own experiences with domestic violence. However, both women also had notes of hopefulness in their speeches. Niveditha declared the room as a safe space for anyone needing to start the journey of escaping an abusive relationship, saying: “This journey is bloody hard, and it is yours - it takes you to be able to make this change. And when you are ready, remember that you aren’t going to be alone.”

Similarly, Kylie’s heartbreaking talk on the Ripple Effect that has continued to affect her family concluded with praise for services committed to preventing domestic violence: “Despite the worst happening to our family, with support from services like the Hills Domestic Violence Prevention Network, we will have protection for our future generations.”

Another key element of Hills Say NO To Domestic Violence was the presence of students who had taken part in the Love education Bites program, including the presentation of a film created by students for the program and artwork completed by participants.

Crestwood High School student Tahlia Gray said: “Doing it with other students gave us that space where we could all come to the same understanding that’s now spreading throughout the whole school. Seeing all the artwork, it shows a huge range of students who have done the programs - I encourage young people to keep getting involved with programs and listening to speeches like the ones today to understand more.”

Her fellow student Thomas Vagg added: “Before the program, there were a lot of students in our grade who weren’t sure what’s right and what isn’t, and they needed that chance to learn from someone who isn’t their parents. There’s a lot more serious discussion around domestic and sexual violence now, which is a great positive change. We need to have a serious conversation with our friends about this stuff, and let them know you’re there for them and that you can always help out.”

The event concluded with a rose ceremony that gave 39 roses out to the audience, each remembering a life lost to domestic violence.

Reclaim The Night, held on December 1st, is the second recent event to tackle the issue of domestic violence head on, where over 85 people marched through The Hills to raise awareness and emphatically say no to DV as a community. Members from six Rotary clubs, Hills Soroptimists, Castle Hill Police and several Lions Clubs participated in the march, as well as Castle Hill MP Mark Hodges and Councillors Mitchell Blue and Frank De Masi. Castle Hill Rotary also ran a BBQ that raised \$400 for the Hills Transitional Housing Project.

Speakers on the day included social worker and DV survivor Azita Abdollahian, Hills Community Aid’s Anita Fisher and Hills Sanctuary’s Carol Harding; the three women shared powerful words on their experiences working with DV survivors, the necessity of breaking the



Tahlia Gray (L) and Thomas Vagg (R) at Hills Say No To Domestic Violence

generational cycle of abuse and the need to call on the government to help those in our community suffering in abusive households.

Emeritus Mayor and key organiser of Reclaim The Night Michelle Byrne says while domestic violence is still ongoing, events like these are essential. She says: “Domestic violence is a serious problem. It’s getting worse, not better; from January to December in 2022, there were 325 reported DV related assaults in the Hills. In 2018 there were 217 - an increase of 10.6%.

“It’s not just a government or a policing problem, it’s a whole community problem. It’s going to take all of us working together with the police and government to end it, and that won’t happen if we don’t make more noise. We want change and we want an end to domestic violence in our community.”

Domestic Violence hotline: 1800 737 732



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# The Hills and Hawkesbury Lit Up For Christmas

BY JOSH KERWICK

Christmas is less than two weeks away, and driving around the Hills and Hawkesbury is much more colourful than usual with a huge number of festive lights brightening our local area. Christmas lights aren't just a great opportunity for festive entertainment, though - they're also an exceptional way to bring attention to important issues.

A number of beautiful light displays this year are raising money for charity - consider making a stop on your Christmas light trail and donating to a great cause. The Sydney Children's Hospital Foundation has paired with a number of houses throughout the Greater Sydney Area to raise money for sick kids this Christmas with their Lights for Kids initiative.

According to a report by the SCHF, 41% of Hills District residents decorate their homes with lights while 61% of residents seek out lit-up homes each year, equalling about 165,000 people in total. As such, there's a great chance for those putting lights up to help raise money for charity while getting festive.

Kate Ferguson from the Sydney Children's Hospital Foundation spoke to the way that funds raised through the Christmas lights will help sick children: "The funds raised through Lights for Kids goes directly to the frontline and future of children's healthcare; these funds will work to deliver the brightest Christmas possible to sick kids."

"Hills District locals who aren't decorating their homes this year can help show their support for families spending Christmas in hospital this year by visiting their local Lights for Kids displays or donating online at [www.lightsforkids.org.au](http://www.lightsforkids.org.au)."

## NOTABLE DISPLAYS

- **7 Mallee Street, Quakers Hill** - 2023 is the last year this iconic lights display will be up after 30 years, as owners Peter and Lauraine Overton have to consider their physical health given the intense amount of work done each year on their house. This house is raising money for SCHF, with lights starting at 8pm.
- **Nice Place, Seven Hills** - This cul-de-sac shines brightly in Seven Hills with a number of houses getting into the Christmas spirit. A number of houses here are also raising money for SCHF, and lights begin at around 8pm.
- **28 Beacon Avenue, Glenhaven** - This Christmas lights display is notable for its wide, multi-level incorporation of lights onto this house, completely illuminating this corner of Glenhaven. This display is raising money for the Cancer Council, and starts at 8pm.
- **4 Farmhouse Avenue, Pitt Town** - This massive set of lights in Pitt Town has a number of cool features such as a moving text display in one of the windows, a walk-in area and a number of licenced characters that kids will recognise. Money is being raised here for SCHF, and the lights turn on at 7:30pm.
- **9 Monti Place, North Richmond** - This set of lights is programmed to synchronise with over 30 songs by resident David Kenny, making this a great stop for kids to see the lights dance alongside the music. David is raising money for Camp Quality, and the lights run from 8pm onwards.



7 Mallee Street, Quakers Hill



Murrumba Place, Castle Hill

## OTHER LIGHTS

### BAULKHAM HILLS

- Roxborough Park Rose Garden - 6:30pm-10:30pm
- 8 Goodin Road - 8pm-11pm
- 15 Burrandong Crescent - 8pm-11pm

### BLIGH PARK

- 32 Alexander Street - 5pm-10pm
- Lady Penrhyn Place - 7pm-11pm

### CASTLE HILL

- Murrumba Place - 8:30pm-10:30pm
- Penrhyn Place - 8pm-11pm
- 12 Ashford Avenue - 7pm-11:30pm

### GABLES

- Siltstone Street - 8pm-11pm
- Kiewa Grove - 7:30pm-11pm

### HOBARTVILLE

- 14 Hughes Avenue - 7:30pm-11:30pm

### KELLYVILLE

- 6 Gormon Avenue - 7:30pm start
- 10 Hector Court - 7pm-11:30pm

### NORTHMEAD

- Grasmere Road - 8:30pm-10:30pm

### NORTH RICHMOND

- O'Dea Place - 7:30pm-11pm
- Moraki Street - 8-10:30pm
- Flannery Avenue - 7:30pm-11pm

### NORWEST

- Hillsong Church, 1 Solent Cct - 7:30pm-10:30pm

### PITT TOWN

- Carusina Street - 6pm-11pm

### RICHMOND

- 2 Francis Street - 6:30pm-11:30pm

### ROUSE HILL

- Milton Drive, Monarch Close - 7pm-11pm

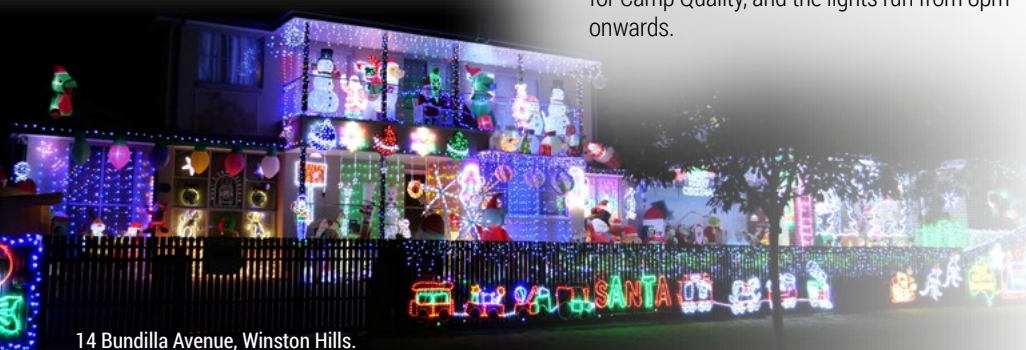
### SEVEN HILLS

- Nice Place - 7pm-11pm

### WINSTON HILLS

- Bundilla Avenue - 6pm-10:30pm

A large percentage of lights listed run until December 31st. To check details about each display and find even more lights in our area and beyond, head to <https://www.christmaslightsearch.com.au/australia/search> for more.



14 Bundilla Avenue, Winston Hills.

# A Century of Success

BY BEV JORDAN

Great-grandmother Esma Hulett is a walking, talking advertisement for healthy ageing.

Despite turning 100 years of age on Saturday, December 2, Esma doesn't use a walking stick, walking frame, or even glasses!

The Winston Hills resident keeps up the spirits of other residents around her home at Levande's The Willows retirement village with a sprightly sense of humour.

Esma confessed to wondering "what all the fuss is about!" when she saw all the preparations underway to celebrate her milestone with a special party at The Willows.

Born in Dubbo in country NSW in 1923, Esma was the youngest of three, having two older brothers. Tragically, her father passed away when Esma was just five years old.

After school, Esma worked in Dubbo's munitions factory, where rifles and machine guns were manufactured for Australia's war effort. When the building was converted to a Bonds clothing factory after the war, Esma stayed on.

Esma married her husband Clive in 1949, they then moved to Sydney where they ran a milk bar in Hurlstone Park. Later they moved again, to Campsie, raising their children Cheryl



Esma with her son Mark, daughter Cheryl and Bruce Nolte, Levande's Chief Information Officer.

### Birthday cake delight

and Mark. Esma now has four grandchildren and six great-grandchildren and says being a professional mother and caregiver has been her most cherished role.

Esma's secret to a long life? In her own words, "Being too stubborn to let anything get me down!" – that is despite four bouts of cancer and a brain injury.

These days Esma's constant companion is her iPad, on which she reads, plays games and watches YouTube videos, as well as keeping up with current events on the radio and television.

Lifestyle & Wellbeing Coordinator at Levande's The Willows village, Felicity Gee, said, "Esma is a pleasure to know and such a wonderful success story for retirement living.

"Every day she shows us how rewarding and enjoyable retirement can be. She's a lovely lady with a great sense of humour and a wonderful family around her to celebrate her century."

Levande's Chief Information Officer Bruce Nolte visited The Willows to present Esma with some gifts at her birthday party, where she also received an official greeting from King Charles III



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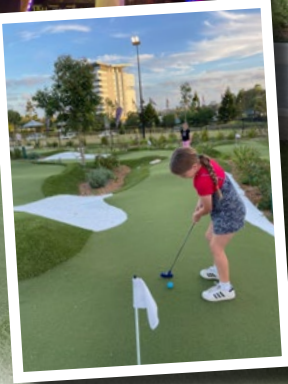
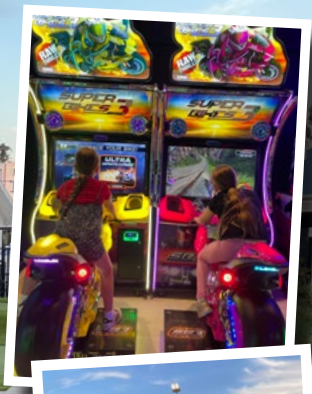
With Christmas fast approaching and with the end of year holidays upon us, now is the time to think about new ways to entertain the kids these holidays as well as fun ways to catch up with friends and family we may not have seen much of this year.

The Hills' newest entertainment hub, Swing City ticks these boxes, offering something for everyone from the young to the young at heart and is the perfect place to gather with family and friends or with your corporate colleagues.

Swing City is not your usual driving range. If anything, it is a golfer's paradise for golf enthusiasts of all levels. With 40 bays spread over two levels, Swing City is not your usual golf range. In an Australian first, Swing City makes use of a fully enclosed 60 meter net, powered by Inrange Golf technology. This radar-based technology provides real time data on every ball that is hit including the distance, accuracy and trajectory of the shot. There is also the option of playing virtual games and challenges ensuring that the Swing City driving range remains an entertaining way to improve your swing.

There is also an 18 hole mini-golf course on site which is more challenging than it first appears with white astro turf bunkers and many twists and turns making it so much more fun for children and adults alike. Along with the mini-golf there are other outdoor games to enjoy including table tennis and bean bag toss as well as plenty of space to run around.

To add to the entertainment offerings and one of our favourite things about Swing City is the Amusement Shed which offers a range of arcade games from the classics such as Donkey Kong, Space Invaders and Pac-man and the traditional pinball machines to the more modern arcade games such as Jurassic Park and Halo. Air hockey and basketball hoop throwing games are on offer creating an opportunity for a lot of competitive fun.



After working up an appetite, there is plenty of food and drink options on site including bistro type meals such as chicken schnitzel, burgers and fish as well as pizzas including Nutella pizza with marshmallows for those with a sweet tooth. There is also a bar on site offering a range of drinks including cocktails. One of the best things about Swing City is you can pop in for a meal or coffee and cake without having to play on the driving range or the mini golf and instead can simply enjoy the pleasant amenity that Swing City offers.

Although only new, it is easy to see why Swing City is already popular with the locals and I have no doubt my family will be back again and again.

For more information on Swing City go to [www.swingcitygolf.com.au](http://www.swingcitygolf.com.au)

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# INNOVATIVE EMBER PROTECTION DEVICE TAKES THE MARKET BY SURPRISE

## THIS SUMMER'S BUSHFIRES COULD BE THE WORST IN 20 YEARS SAYS THE RFS.

The Mayor of Hawkesbury Sarah McMahon, said, "I fully understand the importance of being prepared for bushfires, because the Hawkesbury can be a very dangerous fire prone area, and the outcomes from devastating fires can be catastrophic and heart breaking".

Sarah McMahon visited a property at East Kurrajong that just installed the new devices called Fire Halo, and said "it's cost effective, and simple and easy to use".

Sarah McMahon also meet up with the property owner Adrian, and Geoff & Rebekah Darmody from Ember Protection who organised the installation.

Sarah went onto say, "The Fire Halo device has so much potential to safeguard properties from Ember Attack, it saves water, and it's a great addition to any home or business that is looking for fire protection options".

Embers can travel up to 20 kms, further depending on prevailing winds, which can change at any time. Are you in the firing line?

We all know that bushfires can start at anytime, anywhere and create catastrophic damage.

In 2019 - 2020 Australia lost 398,000 (km2) through bushfires and 34+ people died.

The 2001 Christmas fires in Sydney, destroyed 109 homes and burnt more than 750,000 hectares.

## DON'T PUT YOURSELF OR OTHERS AT RISK, YOU HAVE OPTIONS.

**HERE IS AN INNOVATIVE OPTION: Fire Halo** is a new and unique clever way to help to protect your home against Ember Attack. As seen on Shark Tank in 2023, the Aussie founders of Fire Halo were commended and surprised the Shark Tank Team of Investors with it's design simplicity, low cost, it's easy to operate and the overall effectiveness of the device is brilliant.

Fire Halo has been years in the making after the inventors witnessed catastrophic bushfires, watching friends, family members and Fire Fighters clambering on their roof risking serious injury or worse, with hoses, sprinklers and clothing trying to fill and plug their gutters.

80% of bushfire damage to properties in rural areas is caused by the ember attack and not the actual bushfire front – this certainly true in Metro areas as well. Here is smart device that aims to reduce the difference between an ember attack and direct fire front damage.

Geoff & Rebekah Darmody owners of Ember Protection are the official distributors of Fire Halo in the Hawkesbury, The Hills, Terry Hills Hunter Valley and as far as Coffs Harbour.



Geoff & Bek truly believe that this device is a game changer, Rebekah said, installing Fire Halo can save lives, reduce injuries and most of all help to protect the community, that's why we both got involved. So please don't be complacent, timing is everything.

### WHAT CAN HAPPEN IF A BUSHFIRE OCCURS?

1. Electricity could be switched off or comprised.
2. The RFS could switch off water supplies or the pressure in your area may drop significantly due to usage. Fire Halo can still be effective even if the water supply is switched off.
3. If you have a generator and it can be put to good use, but what if you have to leave your property. Fire Halo is a set and forget system, it's working even if you are not around.

### WHO CAN INSTALL FIRE HALO?

It's up to you who you want to fit the Fire Halo device. If you're handy, do it yourself, you can hire a licensed roofer or plumber, or call Ember Protection we have experienced installers.

I have a sprinkler system on my roof. Fire Halo can help to reduce water wastage? Saving Water. Don't direct dirty water or leaves back into your water tank - Fire Halo has the answer.

View the video and read more about Fire Halo  
[www.firehalo.com.au](http://www.firehalo.com.au)



Main Unit - Connects to the water



Stopper - To stop water exiting the gutter



EMBER PROTECTION - OFFICIAL DISTRIBUTORS OF FIRE HALO  
**CALL BEK ON 0417 672 024**  
or email [contact@emberprotection.com.au](mailto:contact@emberprotection.com.au) for a free assessment & quote.

# Sober this Christmas

By BEV JORDAN

**For Suzie\* (not her real name) avoiding alcohol this Christmas is something she no longer has to battle with any more as she has lost her obsession to drink through the 12 steps of AA.**

The 49-year-old runs a weekly lunch-time meeting with a group of other members for Alcoholics Anonymous (AA) at Castle Hill. The group has grown enormously since it started meeting at the Wesley Uniting Church at Castle Hill on Thursday afternoons.

Suzie had her first drink at the age of 15.

"I had lost my Mother very young and I had suffered from depression and anxiety, an eating disorder and suicidal thoughts.

"I had also been interfered with by a neighbour at a young age so when I first had a drink at 15 years it was the first time I felt ok ... it took away all the pain I was feeling.

"As the years went by my alcoholism progressed and once I started drinking I just couldn't stop and when I stopped I couldn't stop thinking about alcohol.

"Every day I would wake up with shame, remorse and guilt, not really wanting to drink, it was like being on an endless merry go round."

Suzie said over the years she also took drugs mostly because she was "a blackout drinker" and as a young woman was scared of what might happen. "Many times I had found myself in dangerous and harmful situations and drugs gave me the ability to drink as much as I wanted and keep me safe."

"I always wanted to have a family and have children and this is when I really noticed alcohol was a problem for me as I struggled to stay sober and would try my best to be a good mother and just couldn't understand why other mums did not drink like me."

"I had been to AA in my mid-30s due to alcohol causing problems in my home and family life. I was drinking daily. I would do anything to distract myself from drinking but the days were long when all I could think about was my next drink.

"I then got desperate and went to AA. At that time **I still had my house, children, partner, my job so I really did not identify. I thought an alcoholic was a homeless person in the park and I really thought I was better than that, I was quite ignorant.**

"I left AA after the death of my father and that's when my alcoholism really took me to a dark place.

"I remember this day when I was drinking and hiding my alcohol in the cupboards from my children and partner. I could not do anything without alcohol and I thought oh I am in trouble ... this is what they were saying in AA meetings, it gets worse and it can kill you.

"I felt hopeless and a real failure and thought I am going to die like this, as it was getting impossible for me to do life, to work or even be a mother to my children.

"I was severely depressed. I did not want to live anymore. Eventually I lost everything, even my children. I was unemployable. I was really scared. That's when my journey to recovery began and I went back to AA and was welcomed with open arms. I got myself a sponsor and went through the 12 step program, attended AA Meetings and now live a spiritual life.

"It has not been an easy journey but my life and relationships with children have transformed and I am coming up to 4 years sober in February."

Suzie says when she was asked to open a daytime AA meeting at Wesley Uniting Church at Castle Hill she was initially scared and asked a fellow AA member to help, calling the group "the most amazing experience" for the past 5 months.



"We started meeting in the first week of July on a Thursday @ 12.30pm and we would get 20 to 25 visitors each week ranging from 19 years to middle age and people in their 80s.

"There was a real need for a meeting in the daytime in this area.

"Our meeting is open to everyone, we are child friendly and run every Thursday from 12.30pm at the Wesley Uniting Church Castle Hill, 32, Showground Road, Castle Hill.

We are open all year and throughout the Christmas period.

"My message to anyone that has lost hope or feels helpless around their drinking, that there is a solution and a life that you could not imagine ... freedom from alcohol and peace.

For more information visit <https://aa.org.au/>



## Work Local with Aussie Pumps

Local company Aussie Pumps has just completed their move into its newly refurbished facility in Norwest. This move is part of their strategic expansion plan, allowing them to increase production efficiency and meet the growing demand for Aussie-built, high-quality pumps and pressure cleaners.

To support this growth, Aussie Pumps is also embarking on a significant recruitment drive, seeking talented locals interested in working near home. This offers the benefit of reduced travel time and improved convenience for employees.

Aussie Pumps is currently seeking staff for several positions including Accounts Allrounder, Production Fitters, Warehouse Staff, and Logistics Support. They are eager to hear from enthusiastic, self-motivated Hills residents seeking rewarding careers.

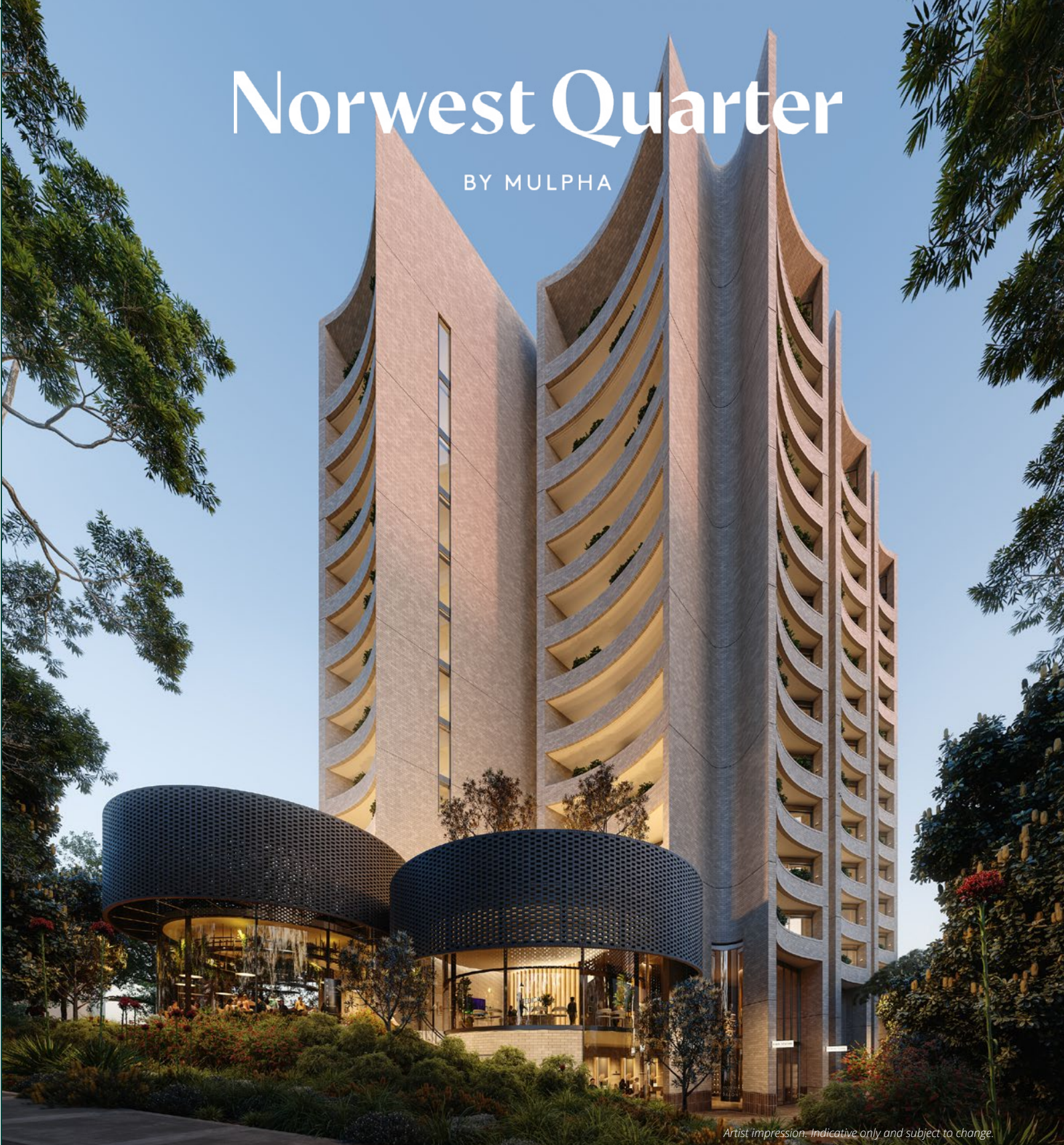
"At Aussie Pumps, we train our staff to prioritize customer needs, from product development through to customer service. We're proud to be an Australian manufacturer and stand by the quality of our products," said Lorenz.

Located on a 2.5-acre site in the Hills Norwest Commercial District, the new facility offers onsite parking, excellent public transport links, and numerous nearby retail businesses, making it a convenient and attractive workplace.

For more information on employment opportunities, please visit the careers section of the Aussie Pumps website <https://aussiepumps.com.au/careers/> or contact Linda-Sue Karkowski on 8865 3500

# Norwest Quarter

BY MULPHA



*Artist impression. Indicative only and subject to change.*

## A track record you can trust.

Creating places to live, work and play in Norwest for 30 years.  
Apartments under construction and now selling from \$720,000\*



[norwestquarter.com.au](https://norwestquarter.com.au)  
1300 103 580

\*Price correct as at 15/11/2023



# Chloe's Flying High Around Australia

By Josh Kerwick

Chloe FAMILTON's story about her dream to be the youngest woman to circumnavigate Australia solo while raising \$20,000 for A Start In Life was in our 17 November issue, just after she set off on her flight. We at Hills to Hawkesbury Community News have been closely following Chloe's journey, and we were keen to catch up with her again to hear about the highlights of the journey so far.



The 17-year-old Cherrybrook local is now a month into her journey, and she has faced a number of unforeseen challenges like a change in aircraft and tropical weather patterns that have delayed her progress. Chloe says: "Every day has had its own challenges and you just can't predict them. I've needed to be flexible and adapt to whatever happens. But I've met so many wonderful people at all the stops I've been to - it's been great!"

Chloe grew up hearing stories of her grandfather's experiences as a pilot in the Vietnam War and as a civil air traffic controller, giving her a reverence for the world of flying. She says: "We got to go up to the tower with him and watch all the aircraft landing and departing. We even got to go out and see some of them, and I think that gave me the idea that flying was something I'd like to do."

However, only 5% of Australian pilots are women, which meant Chloe did not consider it as a potential career until much later. "The way aviation is presented to the general public, you don't really see much female representation," Chloe says. "So I'm hoping that through this flight, I'm able to show people who were like me three years ago that it's very much possible for anyone, especially women, to do."

At every stop of the trip, Chloe has been welcomed with open arms by the Australian aviation community. She remarks: "I haven't expected all the support I've received from every airport. There've been people who have come out to meet me at Townsville, and at Rockhampton a tower controller recognised my voice and wished me good luck. I wasn't expecting that, but it was really wonderful -

aviation as a community is a small niche, but everyone in it has been so welcoming and so supportive."

Reflecting on the trip so far, Chloe says: "To be honest, I've completely loved it. While flying, it requires incredible focus on managing all the systems and navigating weather. But taking a few moments to just look out the window and see the country underneath me change from being quite tropical to completely red was insane."

"Every time I take off and set myself up in the air, I always think I'm the luckiest girl in the world to be able to do this. Flying is very much my passion, so getting to do it every day is the most fun thing ever."

Follow Chloe's journey and donate to A Start in Life at <https://www.chloefamilton.au>.

## WIN A TRADITIONAL CHRISTMAS HAM\*

Win 1 of 3 Hams a day!  
Thursday 14 - Wednesday 20 December

Simply spend \$10 or more in any specialty store OR \$50 or more at Woolworths, Coles or ALDI at Grove Square - The Hills to enter.

Write your contact details on the back of a valid receipt\* and pop it into the barrel located near the Information Desk.



Ham supplied by



\*Terms and conditions apply. Prize is a selected ham and cannot be substituted or redeemed for cash. First three entries drawn daily meeting the terms and conditions will be deemed the winner. You can enter as many times as you like, but you can only win once during the competition. Visit [grovesquare.com.au](https://grovesquare.com.au) for details.



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# Boost Your Well-Being in 2024: Improve Your Hearing Health

An article from the team at Ear Studio

As the new year begins, it's a great time to focus on your overall well-being, including your hearing. Many people worldwide deal with hearing loss, often without getting help. But nowadays, technology and personalised care from hearing clinics make it easier than ever to test your hearing and discover how hearing aids can benefit you. This article discusses why testing your hearing matters, the positive impact of hearing aids, and the perks of choosing a clinic that offers tailored experiences.

## Why Hearing Tests Matter:

Regular hearing tests are crucial because they can catch any hearing issues early. Untreated hearing loss affects life in big ways, causing problems with communication and can even have a bad affect how the brain works. Getting your hearing tested is the first step in regaining control of your life.

## The Benefits of Hearing Aids:

Hearing aids have evolved a lot—they're not clunky anymore. Now, they're small, high-tech devices that fit seamlessly into your daily routine. They make sounds clearer, making conversations, music, and other sounds more enjoyable. Using hearing aids doesn't just help with hearing; it boosts confidence, improves relationships, and makes life better overall.

## What Our Clinic Offers:

Picking the right hearing clinic matters a lot. At Ear Studio, we focus on your specific

needs. Our assessments look at your lifestyle, preferences, and hearing challenges to suggest the best hearing aids for you. Our experienced audiologists guide you through the entire process and offer ongoing support, ensuring you get the best possible outcome.

## The benefits of Joining a Hearing Clinic:

Being part of our clinic isn't just about the initial tests and getting hearing aids. We're here for follow-ups, adjustments, and maintenance to ensure your hearing aids continue to meet your needs. We also provide resources and counselling and phone/tablet app to help you adjust to your improved hearing. Joining our clinic means being part of a community that understands and supports you.

## In Conclusion:

Make 2024 about taking care of your hearing health. Get your hearing tested and consider joining us at Ear Studio, a clinic that offers



Our Director Daniel discussing our unique rehabilitation journey with some clients.

personalised care. Improving your hearing can significantly enhance your life—don't let hearing loss limit you. Embrace better hearing and all the opportunities it brings for improved communication and a vibrant year ahead.

Join us at Ear Studio! We are reopening on January 3rd, 2024. If you or someone you know is experiencing hearing difficulties, don't hesitate to reach out. Whether you prefer to give us a call or send an email, our dedicated team is here to assist you. Contact us on **02 9629 6122** or email us at [reception@earstudio.com.au](mailto:reception@earstudio.com.au) - We're conveniently located inside **Lawton House in Castle Hill, Suite 9-10 / 60 Cecil Ave**, offering off-street parking. Our clinic operates **Monday to Friday, from 9 am to 5 pm**. Let's work together to improve your hearing health!

# EAR STUDIO

Passion for Hearing™

Our last clinic day for 2023 is Friday 22nd December  
and we reopen on Wednesday 3rd January 2024



Brendon



Daniel



Sandra



Ahmad



Sarah



Kylie



Natalie



Kerry



MERRY  
christmas

from the team at  
**Ear Studio**

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

# Letter to the Editor

It's hard to find another council in NSW that doesn't livestream or audio-visually record their council meetings, yet The Hills Shire Council recently voted to stay with the outdated practice of providing an audio-only recording 3 days after the meeting.

I attended the meeting on 28/11/23 and was dismayed at the commentary and the decision.

People have busy lives. It's not fair to ask us to attend a council meeting if we want to witness a certain agenda item. Greens councillor Dr Mila Kasby spoke in support of improving public access by live-streaming the meetings but despite council already having this capacity (ie; no extra cost involved), councillors elected not to do so.

Council says they are working to improve community engagement so why are we are not afforded the basic courtesy of having an AV recording of their public meeting available online?

Other disappointing changes mean that residents (or public experts) will no longer be able to speak at meetings on an item (motion) initiated by a councillor and petitions will no longer be accepted unless they include a name, street address and signature. Many people like me, will be hesitant to sign for privacy reasons.

It appears that this is an attempt to silence us. These are knee jerk reaction changes coming just after a community petition was tabled and Cllr Kasby asked for a public briefing on the proposed elite rugby union facility at Fred Caterson Reserve. Are we going to put up with this anti-democratic behaviour from our council?

There is an opportunity to "have your say" by writing a short submission before Jan 1st.

Council should be there to listen to and act on the behalf of community, not shut them out. <https://www.thehills.nsw.gov.au/Contact-Us/Have-Your-Say/Have-Your-Say-on-Councils-Model-Code-of-Meeting-Practice>

Catherine Woolnough  
Hills Shire Resident

*We welcome Letters to the Editor. The opinions are not our own. Letters must carry the senders' name and contact details (for verification, not for publication). Please keep letters to a maximum of 300 words. Email to [contribute@hillstohawkesbury.com.au](mailto:contribute@hillstohawkesbury.com.au)*

## NEPEAN/BLEUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP - DECEMBER MEMBERS' MEETING

The next Member's Meeting of the Nepean / Blue Mountains Prostate Cancer Support group will be held on Monday 18th December 2023 at the Emu Sports Club, 1 Leonay Parade, Leonay, NSW 2750 commencing at 11.30 am.

This meeting will be the Group's Annual General Meeting. Following the AGM the group's Christmas Party will commence at midday. Please note the different start time.

The Annual General Meeting requires a minimum 15 paid up members to be in attendance. We need you to be there as a paid-up member to vote. Membership fees are \$10.00 per family group per year.

Your Board needs the support of all Members. As an incorporated body we will have to consider our future as a group if we fail to achieve a quorum. This meeting, as well as being the Group AGM, is still open to all men who may be experiencing prostate problems or just wish to become more aware of this disease. As usual at all of our Group Meetings, partners are not only welcome but are encouraged to attend. For further information [www.prostatesupport.org.au](http://www.prostatesupport.org.au) or 'phone the Group's President David Wilkinson on 1300 13 38 78.

## Young Author Celebrated By Bev Jordan

**At just 11-years-old Ashleen Khela has had her first book published.**

Her book was officially launched by her very proud school principal Grant Rimmer at Kenthurst Public School recently.

Not only did the Year 6 student write the appropriately titled, 17 Stories but she did all the illustrations and raised the money herself to have the book published.

She worked hard over two years to raise funds to cover the \$1200 cost associated with publication.

Ashleen collected used drink cans, plastic and glass bottles which she took to recycling stations. She also planted yucca, mango, guava and jacaranda trees in her backyard during covid lockdown and sold those.

To make up the final amount she broke open her piggy bank.

All proceeds from the sale of 17 Stories will be donated to the Cancer Council Australia, Starlight Kids Foundation as well as contribute towards the underprivileged kids of India and other developing nations.

When the Hills to Hawkesbury Community News spoke to Ashleen about her book she had already started her second book of fiction.

"My goal is to write a book every year," she said.

Ashleen was 8 when she discovered her love of writing and then COVID came restricting everyone's movements.

"I was so bored, I started drawing and then I started writing. I am best at writing fiction but I like mixing my real life experiences into my fiction."

One of the inspirations for the stories in her book came from a visit she made to India to see her grandparents who gave her fruit to give underprivileged children by the roadside. It showed her that in some parts of the world such as rural Punjabi, a single banana is a big treat and there are huge social disparities in the world.

Some stories, such as "Zombie Virus Diary Entry", capture her personal experiences being confined to home during the Covid lockdown, "Elisa and Josephine" as a poignant tale illustrating the contrast in lifestyles between kids in developed and developing nations.

Ashleen wants to become a doctor when she grows up but wants to keep on writing on the side. "I want to help people, and save lives," she tells the *Hills to Hawkesbury magazine*.

She loves reading to her younger sister aged 7 and brother aged 5 who she says have heard some of her simpler stories.

The book has been published by Autumn Art Publisher, Patiala in India and Ashleen said she couldn't wait to see the final product.



"I was over the moon when I finally saw it." Federal education Minister Jason Clare was one of the first to congratulate her on her mammoth effort.

Ashleen is one of the youngest published authors in Australia and the youngest in NSW. She has donated several copies to the school library at Kenthurst Public School.

To find out more about Ashleen or order one offer books (\$25) visit her website [www.ashleenkhela.com](http://www.ashleenkhela.com)

# Christmas on TV at Bella Vista Farm

BY GISELA HORNER

Lifestyle show *Better Homes and Gardens* has been a popular addition to Channel 7's output for decades and this year, they decided to celebrate their Christmas show at Bella Vista Farm (aired 1st December). Check out Episode 44 of the show on [7plus.com.au](http://7plus.com.au) click on Shows/Better Homes and Gardens.

"Every single person here is so impressed by Bella Vista's beauty and what is on offer for people to come and experience" says **Johanna Griggs** who joined the show in 2005. "At Bella Vista Farm you can actually immerse yourself in a bygone era and learn about the history. It is amazing. Settlers left us with a great legacy - these magnificent trees and buildings - they are all so important. Even if you don't have the history when you come here, you would just love a day out in these incredible grounds. It is an unexpected bonus". Johanna, former teenage swimming backstroke champion, showed great interest and knowledge about the farm, its originators and its volunteers who continue to keep the farm alive and active.

**Graham Ross**, the program's award-winning gardening expert, a local resident, knows the farm well, visiting on many occasions. "When I hear the property is open, I always mention it on my radio program (*The Garden Clinic* on 2GB). The Hills is a great growth region. Bella Vista Farm gives all of us a wonderful opportunity to experience our history firsthand." Graham is

particularly impressed by the beautiful line of Bunya trees on the property. "Look at them - those *Araucaria bidwillii* - they are fantastic. Nobody is planting rows of them like that. I would like to see even more along the driveway! Trees are precious, buildings are precious and the history it represents is precious. Australia is a special island, it's a unique community in which we live with our First Nations People and we should all celebrate this".

Vet **Dr Harry Cooper** who joined the show in 2004, also expressed his joy at being in such a beautiful location. He visited the resident sheep and noted they were in extremely good condition. He gave eight bales of hay used on the shoot, which were gratefully received by the sheep for bedding! "What a great place for the sheep to live out their days!"

Harry has always loved the country, living a free life as a young boy, running through the bush, fishing in the local river. His father wanted to be a vet, but his two sons achieved that goal. Neil, Harry's brother, has no interest in appearing on television, he just loves his life



Crew setting up for the shoot

as a vet. Harry enjoys combining his television persona with his career. As a boy, his father gave him a ruler in a velvet envelope and said to him "Harry, this is an instrument to measure. It will be used to measure your life. Make sure it is as straight and true as this rule". Harry has always lived by this advice.

Johanna summed up the day: "We are so grateful to have Bella Vista Farm for our Christmas location. It's magic".

It was announced popular chef, **Ed Halmagyi AKA Fast Ed**, was leaving the show after two decades to open his new bakery, *Avner's*, in Surry Hills Sydney. *Avner's*, (Ed's Hebrew name), will serve classic Jewish food including bagels, pastrami and other delicacies. We wish him well in his new venture.

The Friends of Bella Vista Farm, in partnership with the Hills Shire Council, maintain the grounds, including the heritage gardens. They also apply for restoration grants. On Open Day, the volunteers welcome visitors, they run the popular Trash and Treasure stall, serve Devonshire Teas and the Sausage Sizzle (with onions and home-made chilli jam). Members of the Hills Shire Symphony Orchestra play in the gardens and knowledgeable guides conduct house tours which take the visitor back in time to the 1840's. Bella Vista Farm gives to so many, visitors and volunteers alike - the Friends of Bella Vista Farm do it because they love being there. Come and visit on Open Day - the first Sunday of each month (except January). Cnr Elizabeth Macarthur Drive and Norwest Boulevard Bella Vista from 9am-2pm. For more information visit the Council website: [www.thehills.nsw.gov.au/Venues/Parks-Recreation/Parks-Recreation-Directory/Bella-Vista-Farm-Park](http://www.thehills.nsw.gov.au/Venues/Parks-Recreation/Parks-Recreation-Directory/Bella-Vista-Farm-Park)



Dr Harry Cooper, Johanna Griggs and Fast Ed



Dr Harry Cooper, Karen Martini, Graham Ross

## 'tis the season to recycle

Bin collections will occur as normal – even *Christmas Day*

Need advice on how to dispose of your Christmas and New Years' waste? Head on over to our website and search 'Tis the Season to Recycle' for information on what you can and can't recycle.

And just a reminder, over the Christmas period bins will be collected as normal, even if your bin collection falls on Christmas Day or other public holidays.

### Council Operations over the Festive Season

Council's Administration Centre at 3 Columbia Court, Norwest will close at 4:30pm on Friday, 22 December 2023. Operations will resume at 8:30am on Tuesday, 2 January 2024.

For more details including libraries, childcare centre and Waves Fitness & Aquatic centre hours, search 'Council Operations' on our website.

We wish you all a safe and wonderful holiday season.

### Council Meetings

Tuesday 6 February, 2024 – 7pm

For more information, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for 'Meeting Agendas and Minutes.'

### Your bin collection day may have changed



Bin collections for around 20,000 households and businesses have now changed for sections of the following suburbs:

- Rouse Hill
- Kellyville
- Maraylya
- Nelson
- Baulkham Hills
- Annangrove
- Glenorie
- Castle Hill
- Box Hill
- North Kellyville
- Beaumont Hills
- Norwest
- Bella Vista
- Glenhaven

Search 'which bin' on our website to find out your waste collection day.





Mayor Gangemi officially switched the lights on during opening night on Thursday, 30 November.

## Illuminate the Hills

The Queen Elizabeth II Memorial Rose Garden has been lit up this Christmas period for visitors to enjoy the festive season.

Wander through the rose-lined pathways and twinkling fairy lights with your loved ones and soak in the magnificent Christmas installations, including a nativity scene.

Relax in the company of carollers from the Blackout Theatre Company every Friday and Saturday night, from 6:30pm - 9.30pm until Saturday 23 December.

The rose garden will remain lit up until 10:30pm every night until 2 January 2024. Location: 43 Roxborough Park Road, Baulkham Hills.



Photos of the opening night only special which included free coffee, ice cream and visits from Santa, Mrs Claus and some lovely Christmas carollers.



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## The festive season is almost upon us, and with it comes the excitement of school holidays!

Castle Hill RSL Club is all set to turn these holidays into a fun-filled playground for kids with its range of interactive workshops that aim to enhance children's creativity. The workshops are designed to engage children in various activities, such as arts and crafts, and science experiments, to help them learn while having fun.

In addition to the workshops, Castle Hill RSL Club is also offering free meals for kids on Mondays, making it an affordable option for families looking for a day out. The club has a variety of dining options that cater to every taste bud in the family. Whether you prefer Asian, Western, or Mediterranean cuisine, the club has got you covered. You can choose from Courtyard Kitchen, Wokafella BBQ, Jin Yan, and Short Cut, all of which offer a unique dining experience.

Castle Hill RSL Club is the perfect place to spend quality time with your family this holiday season – visit [castlehillrsl.com.au](http://castlehillrsl.com.au) to find out more!

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# Christmas

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- Best Dress Kid
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PAINTX SYDNEY

# Taking the pain out painting

Trusted family business PaintX Sydney has been operating in the Hills to Hawkesbury area for several years and has built up a loyal clientele from businesses to local families.

Founder and managing director Affy Elzami has taken her passion and commitment for providing a premium service to the next level.

Affy and her husband Paul established Paul's Painting in 2015 but as the business grew so did the need to expand and rebrand and PaintX Sydney was born.

From dental surgeries, churches and office buildings to three storey homes and everything in between Affy, Paul and their son are dedicated to taking pain out of painting. Affy and her team manage every detail, allowing you to bypass the usual stress and mess of painting.

Affy's hands-on approach guarantees that the space is not only transformed but left immaculate afterwards.

Affy was 18 when she bought her very first home. She transformed the small, shabby house into a beautiful home and then helped her friends and colleagues do the same.

When Affy moved from Iran to Australia nearly 20 years ago she dreamt about using her passion and creativity to transform other people's homes on a professional basis.

Since establishing their family business she and her team have worked with more than 300 clients and enjoy huge customer satisfaction.

"Our mission is to deliver excellence through professional advice, craftsmanship and customer service," says Affy.

"My aim is to create an environment that adds value to my client's biggest asset, "their property" and also enhances the quality of life for both our clients and my wonderful team."

Affy sees PaintX not just as a painting service but as a partner in creating better living and working spaces plus a tool to be a service for the community.

She has trusted qualified staff with more than 25 years experience and can put house owners, real estate agents and business owners in touch with other qualified professionals who they can trust to transform any space. Trust is a huge part of what PaintX offers.

One Baulkham Hills resident said she was happy leaving PaintX in charge while she travelled interstate and was not disappointed on her return.

"My home was transformed. Affy helped me with colour selection (originally every room was a different colour including one wall with blackboard paint) and then made sure that everything was clean and tidy when I returned.

"My home is now one bright fresh shade throughout and the attention to detail with



repainted window sills, skirting boards and wooden panelling is astounding.

"I have since recommended PaintX to several families I know who have all had the same positive experience."

If you are renovating, refreshing or want to add colour and life to a new space contact Affy for a chat and a free quote. Affy will guide you through your journey. Call 0423 533 883 or visit the website [paintxsydney.com.au](http://paintxsydney.com.au) or the Facebook page PaintX Sydney.



## Compulsory Acquisition of Land – Roads Act 1993

Attention is invited to the notice published in Government Gazette No 541 of Friday, 24 November 2023 reference [n2023-2142] regarding the compulsory acquisition of land for road purposes at Richmond in the Hawkesbury City Council area and said to be in the possession of The State of New South Wales (registered proprietor) and Western Sydney University (being the manager of the Crown land).

(TfNSW Papers: SF2022/223086)

K Durie  
Statutory Land Transactions Manager  
Transport for NSW

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SF1318

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# 'Ramses' Exhibition A Great School Holiday Activity

By JOSH KERWICK

An exhibition 3,000 years in the making has arrived at the Australian Museum in Sydney in time for the Christmas holidays; Ramses & the Gold of the Pharaohs exhibition opens to the public on Saturday 18th of November to provide a blockbuster experience of the peak of Ancient Egypt until May 2024.

On November 16th, we were lucky enough to be invited to a preview of the exhibition before it officially opened to the public to get a preview of this terrific exhibition. Although not in the Hills or Hawkesbury, the sheer quality of what the Australian museum has with this incredibly immersive exhibit must be seen to be believed, and we highly recommend it as a great day out for the December school holidays.

Ramses & the Gold of the Pharaohs is centred on the reign of Ramses II, the Egyptian king of kings who left a lasting impact on the annals of Egyptian history. Ramses ascended to the throne when he was just 25 and reigned until his death at 92, the second-longest reign of any of the pharaohs.

Ramses' reign was prosperous on many fronts – he was a huge architectural influence in Egypt in his lifetime, as well as an accomplished wartime leader and peace broker, having signed the world's first recorded peace treaty with the Hittite empire following the Battle of Kadesh

in 1274 BC. The King of Kings also had eight wives, and is estimated to have fathered over 100 children.

For the exhibition, the Australian museum has generously been loaned 192 unique artefacts from Egypt for this exhibition, including the remarkable Coffin of Ramses II. Though not the pharaoh's original resting place, as he was likely placed in the coffin as part of a reburial process in a later dynasty, the item is still awe-inspiring in person owing to its exceptional preservation. Sydney is only the second city outside of Egypt to display this invaluable historical artefact, having been on display in Paris earlier this year.

The incalculable value of the exhibition is reflected in its quality, with stunningly preserved pieces of history on display throughout the exhibit. Key highlights of the exhibition include the limestone head of Ramses that greets you at the exhibition's entrance, the ornately painted sarcophagus of the artisan Sennedjem, innumerable gold pieces and a huge array of other statues that give you a sense of the overwhelming power that Ramses had during his reign.

Ramses & The Gold of the Pharaohs is likely to be one of the most popular Christmas school holiday activities in all of Sydney, and for good reason. Kids with an interest in history



A granodiorite bust of Ramses II from the Temple of Amun, Piramesse



The Coffin of Ramses II

will be enamoured by the amount of gold and size of the various coffins and statues spread throughout the exhibition. For older audiences, the Australian Museum offers a deeply engaging experience that gives Sydney a one-time opportunity to experience a once-in-a-lifetime look into the past when Ancient Egypt was at its most powerful.

Ramses & the Gold of the Pharaohs is on at the Australian Museum until the 19th of May 2024. Tickets vary across dates and times – head to the Australian Museum website to find prices that work for you: [https://australian.museum/exhibition/ramses/?gad\\_source=1](https://australian.museum/exhibition/ramses/?gad_source=1)

## 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](http://www.facebook.com/hawkesburycitycouncil)



#### AT A GLANCE

NAME: COOPER  
SEX: Male  
BREED: American Staffordshire  
AGE: 4 years  
PRICE: \$49



**COOPER** is a lovely well behaved boy who has been great towards the other dogs while enjoying his play time in the exercise yard according to staff at the Hawkesbury Companion Animal Shelter. Staff say that Cooper loves going for walks and loves nothing more than being allowed to hang out with you. If you have been looking for a lovely well-mannered dog please come to the shelter with your family dog and children to meet him. His adoption price has been reduced to \$49. The adoption price includes the first vaccination, microchipping, desexing and life-time council registration.

*Hawkesbury Council's Rehoming Organisation Number is: R251000145.*

**LARA** is a sweet girl according to the staff at the Hawkesbury Companion Animal Shelter. They say that Lara has been friendly towards the other dogs at the shelter and has been very well-behaved. If you are interested in adopting Lara please come to the shelter with your family dog and children to meet her. As Lara is already desexed she can leave the shelter with you. Her 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.*

#### AT A GLANCE

NAME: LARA  
SEX: Female  
BREED: Bull Arab  
AGE: 5 years  
PRICE: \$49





# Community Gifts

With the end of 2023 fast approaching, we look back on a busy year of community and sport support and activity.

Membership-based participation is the glue that binds a community, through sharing the activity they love. CHRG sub clubs support nearly 3,000 members across more than 15 different community and sport-based activities – with more than half of the participants being junior members involved in swimming, gymnastics, badminton, cricket, football, golf and our award-winning Youth Wind Orchestra which always takes out the national championships.

Local schools are also an important focus of CHRG's support, be it through school formals, end of year concerts, award showcases, or simply taking part in the Learn to Swim Program at Castle Hill Fitness and Aquatic Centre. More recently, we've seen an influx of community members enjoying barefoot bowls at Castle Hill Bowling Club.

This year also marked a significant milestone with the completion of additional LoveBites training for local Police and civilians – bringing the total number of people trained to engage and educate our youth about respectful relationships to 80! This highly impactful program is being rolled out to Hills schools, with over 1000 students participating to date, via interactive workshops that address relationship violence and the foundation of healthy relationships. These were delivered in collaboration with NAPCAN, trained facilitators and local Police who co-deliver the workshops.

Andy Abey, Chief Operating Officer, CHRG said: "CHRG is proud to support our local communities through the assistance we provide to local charities, schools and sporting clubs. Our clubs, for many, are a place to come

together and connect. The groups we support extend that connection further, to ensure help is always at hand."

More broadly, CHRG supported around 130 local organisations with grants or in-kind support to the value of almost \$800,000.

Recipients included:

- Fit Kidz Foundation and their SibWorks program to provide support for siblings of children with special needs
- Donation of a Christmas tree to St Gabriels School, Castle Hill
- Proud sponsor and participant in the Cancer Council's Hills for Relay and Rotary's Run for the Hills, raising funds for cancer research
- Support for SuperTee which provides amazing superhero medical garments for children in hospital.
- Heart of the Nation support to provide defibrillators in the local community.
- Heartbeat of Football will run four heat health testing days aimed at the local sporting community.
- Support for local radio station, Alive 90.5FM. The support has enabled them to upgrade their studios in Baulkham Hills to better provide podcasting and digital streaming services.
- The Movement Clinic to run their diabetes support program.
- Supported a number of local Rotary events, including Annual Year 6 Students Writing Competition, Excellence in Policing Awards, and a Wellbeing Connect program to connect people to community groups.

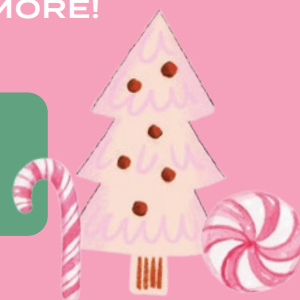
# CHRISTMAS SPECTACULAR

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# Ray Williams MP



Member for Kellyville

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- Provide Justice of the Peace services.
- Arrange congratulatory messages.
- Assist in accessing NSW Government services, assistance or grants.

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 ☎ 8882-9555 ✉ kellyville@parliament.nsw.gov.au  
 🌐 www.raywilliamsmp.com.au

## Happy New Year

The start of each New Year is a time to reflect on the year just past, and make plans for the future. Given how challenging 2023 has been, it feels especially important to express our hopes and dreams for better days ahead for us all.

So Happy New Year Kellyville! Wishing you a happy, safe and healthy 2024.

## World First - Accessible Checkout Unveiled By Woolworths

In what is believed to be a world first, Woolworths has unveiled an accessible checkout, designed specifically for team members living with a physical disability, including people who use wheelchairs and other mobility aids such as walkers. The first groceries were scanned at the innovative checkout on the 6th of December at the opening of Woolworths' new Kellyville Grove store, and it was such an honour to be a part of this momentous day! During my tenure as the NSW Minister for Disability Services, we

put great focus on creating new employment opportunities for people who use a wheelchair or live with other physical disabilities. So it was great to see how Woolworths has led the way by creating opportunities for participation and found a solution for those who have difficulty with shopping checkout. It was also great to catch up with Geoff Trappett who is Woolworth's Diversity and Inclusion Lead; and to meet the lads from Our Lady of the Rosary school choir who sang the national anthem.

Well done Woolworths! Truly inspiring!



## Christmas: A Time for Hope and Love

Christmas is a wonderful opportunity for families, friends and neighbours to come together and celebrate the birth of Jesus and the foundations of our fantastic country. Christmas is a time to be grateful for the blessings of peace and prosperity we enjoy as a nation.

As your local member it has been an honour to serve this community in 2023. In 2024 I will continue to take up the fight to preserve the country we all love and represent the interests of the hardworking people of Western Sydney in our Federal Parliament.

On behalf of my family, Amelia, Jack, Lachlan, Thomas, Jonathan, I would like to wish you and your family a happy and holy Christmas, and a safe and prosperous 2024.

## Hills Community Aid

Hills Community Aid (HCA) is one of the best community services in our District. It was my pleasure to attend the 53rd Annual General Meeting and pay tribute to outgoing President and Chair, Allan Gibson OAM for his incredible service and leadership over the past 6 years. Allan has steered Hills Community Aid through some of the most adverse social and economic situations this country has ever seen. Hills Community Aid has a major impact on the ground helping vulnerable families and communities.

Congratulations to the newly elected President, Sarah Tolhurst and the three new board members. Thank you also to the Executive Officer, Mici Beer, for her leadership and passion to serve and to all the HCA staff and volunteers who make a positive difference to many lives on a daily basis, especially during difficult times. The Hills community aid volunteers are the backbone of community life in Mitchell contributing their skills, services, and time. Our volunteers and I thank them for their service and the essential role they have played in keeping our communities safe, resilient, and thriving.

If you have the capacity this Christmas, please consider donating your time or money to the Hills Community Aid.



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**ALEX HAWKE MP**  
 FEDERAL MEMBER FOR MITCHELL

📍 Suite 8, 23 Terminus Street, Castle Hill NSW 2154 ☎ 02 9899 7211  
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Authorised by Alex Hawke MP, Liberal Party of Australia, Suite 8, 23 Terminus Street, Castle Hill NSW 2154.

*Christmas is a time when we come together to celebrate the birth of Jesus. This year it is more important than ever to celebrate the hope of Jesus Christ. I wish you and your family a happy and holy Christmas and safe and prosperous New Year.*







# ROBYN PRESTON MP

## MEMBER FOR HAWKESBURY

**How my office and I can help you**

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

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

Authorised by Robyn Preston MP.  
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## Christmas cheer topped with fear

Throughout the year, we have faced many challenges and with a change in Government following the State election in March, there have been many shifts in the way I deliver for the Hawkesbury. I am now striving to ensure projects funded by the previous Coalition Government continue so that you get the outcomes you deserve.

There is another \$88 million needed for the Pitt Town bypass, Hawkesbury's new fire control and emergency operations centre is looking for an appropriate location and infrastructure, such as an upgrade to the evacuation route in Hawkesbury, is needed to help families, businesses and the community in day-to-day life.

In October, we had a referendum and seventy three percent of Hawkesbury residents voted no. The cost of that referendum could have built the Pitt Town bypass four times.

This Christmas, why not opt to shop local and support small business. By getting out and

about to shop for Christmas, we can support Hawkesbury, get competitive value and soak up the therapeutic benefits.

On another point, I want to draw your attention to an announcement made by Minister for Planning, Paul Scully, which will impact the very fabric of The Hills Shire and Hawkesbury City Council areas. In a nutshell, the Minns Labor Government wants to strip local Councils of their planning instruments and rezone housing lots, so that townhouses and apartments up to six storeys, can be built where a home already exists, and you won't know what your neighbour is up to, until the cement truck pulls up in the street to pour the slab.

This new planning arrangement is a move by stealth to destroy the DNA of our communities. People in Hawkesbury are drawn to the area because of the ambience, the large lot and acreage and also, its people, the amenities and the vista.

So here we have a light bulb moment, that the Planning Minister thinks is the silver bullet for a housing shortage, but let me tell you, we are staring down the barrel of a catastrophe. Good planning should deliver the necessary infrastructure to accommodate growth, but this formula, to pump up the population, will exacerbate traffic, parking, create more congestion, noise, overshadowing and denigrate people's privacy, not to mention the character of a suburb.

I'm determined to protect Hawkesbury from this ignorant direction that the Labor Government is heading in.

Now let's take a breath and remind ourselves of the value of Christmas. It's about caring for your family, looking out for your neighbour, your mates, our veterans and those challenged with mental health issues. Remember, there's always someone worse off than us.

Once you've lent a helping hand, make time for your own wellbeing. I wish you a Merry Christmas and let's hope 2024 is on the rise.

## Carols in the Hills

### The Hills were alive with the sound of music and Christmas cheer over the weekend!

The Kenthurst Carols in the Park and the Glenhaven Carols by Candlelight were held on the 9th and 10th of December and was a great way to kick off the Christmas season. Despite the heat, many families and communities members flocked to enjoy the events.

The Annual Carols in the Park is run by the Rotary of Kenthurst in John Benyon Rotary Park. Although the rides were cancelled due to the extreme heat, the event was still a great success with entertainment and music, food trucks, a BBQ, and a special visit from Santa. Thank you to the Kenthurst Rotary for such a lovely community event to get us into the Christmas spirit.

The Glenhaven Carols by Candlelight was organised by the Glenhaven Carols Committee and the Friends of Glenhaven. The crowds flocked to

enjoy the 23rd annual Carols by Candlelight at Glenhaven Oval. Mr and Mrs Claus were there along with the community to enjoy the evening of fun, food, and festivities. There was even a fireworks display to top off the evening. Thank you to the Glenhaven Carols Committee, the Friends of Glenhaven, sponsors, and all volunteers who made this even possible. It was such a joyful and exciting way to get into a festive mood.

It was a great opportunity to join the communities of the Hills at the Kenthurst and Glenhaven Carols events.





# MARK HODGES MP

## MEMBER FOR CASTLE HILL

**AS YOUR STATE MP, I AM HERE TO:**

- Help you with any State Government matters.
- Assist in accessing NSW Government services, assistance or grants.
- Provide Justice of the Peace services.
- Arrange congratulatory messages.

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# A SHORT HISTORY OF *Christmas* CUSTOMS

As we approach Christmas, thought has been given to Christmases past and toys of bygone years. A suggestion from one reader was for a history of the Rocking Horse as it was said that Queen Victoria had popularised rocking horses as Christmas gifts. Following the death of Prince Albert, Victoria was in mourning and she had not been seen about in public for some time. Members of the Palace household were concerned and suggested that she may like to visit a Children's Hospital and to be seen as being about amongst the public. She was dismayed that the children in the hospital seemed to have little to keep them entertained. She returned to the palace and ordered her staff to make 50 rocking horses to be supplied to the hospital for the use of the patients. She also ordered that they be painted "dapple grey" same as the horses in the household cavalry. Upon completion they were then presented to the hospital. This assisted in popularising the giving of gifts at Christmas and also giving to charitable causes.

Before the marriage of Victoria to Prince Albert, Christmas was not widely celebrated in the United Kingdom. It was Prince Albert that introduced the Christmas Trees custom that we celebrate today. Prince Albert came from Germany where the practice of bringing a fir tree into the home and decorating it with sweet treats and fruit at Christmas time was popular and was introduced to the Royal household and was soon followed by the upper classes of the UK and gradually the rest of the population. One custom that did not catch on widely, however, was the tree being suspended from the ceiling. So far in my investigation I have only seen it referenced in a re-enactment of the coronation of Queen Victoria at Windsor Castle.

The symbol of the upside down tree may have begun in 7th century. Folklore around

the topic credits a Benedictine monk named Boniface. According to the legend, Boniface saw a group of pagans worshipping an oak tree. In response he cut down the tree and in its place grew a fir. Then, Boniface cut down the fir and turned it upside down, using its triangular shape as a way of explaining the Holy Trinity to the pagans.

But it was southern Poland where the trend really thrived. In a tradition called *podłazniczek*, Polish people used "fruit, nuts, sweets wrapped in shiny paper, straw, ribbons, gold-painted pine cones" to decorate a spruce hanging upside down from the ceiling in the centre of the room. It was often the poorer families of the 19th century that hung their Christmas trees from the rafters.

It was not until the 19th century that the giving of presents or gifts at Christmas became popular. Previously, in many countries, the giving of presents or gifts was done on New Years Day to welcome in the New Year however, as Christmas Day became more popular than New Years Day, the practice moved to the earlier date.

In the early 1840s, British candymaker, Tom Smith, got the idea for Christmas crackers while on a trip to France. There he discovered *Bon Bons*, paper-wrapped sugared almonds, and decided to make a sweets-filled version of his own which snapped when pulled apart. The crackers, which are now typically filled with paper crowns and toys, have been a staple of Christmas ever since.

In 1843 Henry Cole commissioned an artist to design a card for Christmas. The illustration showed a group of people around a dinner table and a Christmas message. At one shilling each, these were pricey for ordinary Victorians and were not immediately accessible. However the sentiment caught on and many children -



Queen Victoria's included – were encouraged to make their own Christmas cards. In this age of industrialisation, colour printing technology quickly became more advanced causing the price of card production to drop significantly. Together with the introduction of the halfpenny postage rate, the Christmas Card industry took off. By the 1880s the sending of cards had become hugely popular, creating a lucrative industry that produced 11.5 million cards in 1880 alone. The commercialisation of Christmas was well on its way. However it seems that the technological age has seen the production of Christmas cards and written letters including those bearing Christmas greetings to family and friends reducing in numbers as email and electronic messaging services expand.

As we celebrate the festive season some industries have also benefitted from the season. Butchers, Fishmongers (that's now an old term hardly used), Supermarkets and other food purveyors all cater for the family and work gatherings being held.

In conclusion I wish all readers a happy and joyous Christmas and New Year and hope to see all back again in January when we return.

## Alive Appreciation By Leonie Dixon

The station recently celebrated the amazing achievements of many of the volunteers who give so much of their time to ensure Alive 90.5 is one of the top Community radio stations in Australia. The event was held at Parramatta Leagues Club and was attended by over half of the membership, a record for attendance at such functions. We also appreciated the attendance of mayors, MPs and councillors from our broadcasting area who added prestige to the award ceremonies. The draw cards were trophies and certificates for 7 categories of on-air shows with 3 nominees in each category and the winner being announced on the day. Other categories included Golden Microphone, Community Engagement and Volunteer of the Year Awards. Our very own

red carpet event! Besides that, medallions were given to volunteers with 5, 10 and 15 years' service. All in all it reflected the value we place on our members and volunteers. Other community members gave willingly of their time to provide entertainment in the form of Italian singing, Indian dancing and Australian singers (many of whom had performed on air at Alive). The afternoon concluded with gift packs and wonderful cup-cakes especially made by member, Karenza De Leon. If you are a volunteer somewhere, do you feel as valued as members at Alive 90.5 do? If you have radio, technology, computer or people skills, you might want to consider coming over to Alive. Just visit our website to find out the advantages of membership.





# AS WE WERE

PHOTOS FROM THE PAST

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



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## Bumper medals harvest for Hills athletes

It's been a bumper crop of gold medals for Hills athletes at the 2023 Australian All Schools Championships in Perth, helping NSW win the team trophy.

Isaac Beacroft, Caitlin Martin, Cameron Bloem, Sophie Polkinghorne, Olivia Scott-Rogers, Parker Bohman, and Vanessa Apel were among the golden Hills squad.

Isaac Beacroft of Quakers Hill LAC continues to smash records. Having set a new meet record last year, Isaac broke the championship record, the Australian U18 and U20 records while recording the fastest U17 5000m walk in the world. His time of 19:31.21 seconds missed the officially-recognised U18 world best time of 19:30.15 by China's Rui Zhang.

"I'm stoked with that, I'm really happy. It was good to come out, hit the time I really wanted to get the gold," Beacroft told Athletics Australia. "I'm thankful for the boys who dragged me through in the first two kilometres."

In November, Isaac set an Australian U18 record with a time of 41:48.76 for the 10,000m, which qualifies him for the 2024 World U20 Championships.

North Rocks Carlingford LA star Sophie Polkinghorne dominated the 3000m walk, winning in 14:34.27 seconds. This was Sophie's



Viktorija Calusic ... silver medalist

Idris Burkhardt Bronze medalist

Isaac Beacroft ...record-breaking athletes

Sophie Polkinghorne... race walking champion

third Australian title this year, despite the difficult conditions.

"It was hot and windy and difficult to hold the pace," she said. "But I'm just glad to have the win."

Hills ace Cameron Bloem smashed the meet record with an outstanding win in the gruelling U15 2000m steeplechase. Cameron clocked 5:59.05, to erase the old mark by 10 seconds set back in 2004. This is also the sixth fastest time in the world for U18s.

Olivia Scott-Rogers of the Hills District LA continued her hot form to win the gold in the U14 high jump with a personal best of 1.68m, having also dominated the State and NSW LA championships this year.

There were gold medals for Caitlin Martin in the U15 high jump (1.68m), Parker Bohman in the U17 400m (55.42 seconds), and Vanessa Apel in the U18s high jump (PB of 1.77m). Tanisha Kumar won bronze in the U16 pole vault (2.75m).

Cherrybrook Athletics also enjoyed success at the Australian All Schools Championship, with one silver and four bronze medallists.

Cherrybrook's winners were: **Viktorija Calusic** – silver in the U18 high jump with an equal PB of 1.74m; **Nisini Rajapaksha Mudiyansele** – bronze in the U14 pole vault with a PB 2.35m; **Teddy Hampton** – bronze in the U16 pole vault with a PB 3.70m; **Lani Khiroya** – bronze in the U16 triple jump with 11.37m, and **Idris Burkhardt** – bronze U17 steeplechase with a PB time of 6:12.39 seconds. Samuel Price finished fourth in U15 discus with a PB throw of 49.59m

**Daniel Photios** of Hornsby District Athletics won gold in U17 pole vault with a PB of 3.85m, and joins Teddy Hampton at an elite week-long pole vault clinic at the WA Institute of Sport.

NSW won the team trophy with 1664.5 points, followed by Queensland (1393) and Victoria (1241.5).

## Budokan Judo Club's crowning glory

Castle Hill's Budokan Judo Club, which has produced Olympians and Commonwealth Games medallists, honoured their outstanding athletes, coaches, and volunteers at its recent 21st Awards Night.

Having been started by the highly-experienced judokas Rob and Kerrye Katz 25 years ago with just 10 members and two classes a week, the Budokan Judo Club now has more than 200 members and runs nine classes each week.

"When we took over the club in 1999, Kerrye and I tapped into all the experiences that we had as athletes training at different clubs all around the world when we were competing," Rob explained. "Our aim was to build a club with a unique culture: one which focussed on a grass-roots entity as a community-based family-oriented judo club while also paving the way for high performance and international competitiveness.

"Our vision has always been to be recognised in the judo and general communities as the premium judo training centre in Australia. Rather

than focussing on results, our coaching culture instills acknowledgement for participation in every aspect of the sport, in taking on challenges and putting in the best efforts in all activities, lessons that help in all aspects of life."

Rob said that they succeeded in building depth in each age group. Thanks to a strong mentoring ethic by senior athletes, this has resulted in significant performance achievements, he said.

Rob said their biggest achievement in competition is having consistent representation year after year at the World Championship level across all three senior age groups: under-17, under-21, and senior.

"The pinnacle of achievement has been having two Olympic representatives in Athens,

followed by our first two home-grown Olympic representatives in Rio 2016 and then again in Tokyo 2020," Rob said. The club were also very proud to have won two bronze medals at the 2022 Commonwealth Games, adding to their growing international profile.

"We have one athlete currently on track for qualification to Paris 2024 and are also proud of our diversity," Rob said. "We had two athletes winning a gold medal and silver medal at the Virtus Asia-Oceania Games, the first time that Budokan has been represented at an international multi-sport competition in the Oceania-Asia region for elite athletes with an intellectual impairment.

"Budokan Judo Club's membership ranges from four to 81 years from recreation players, to interested parents to Olympians and everything in between."



The Budokan Judo Club has a growing reputation in Australia and internationally.

Olympians Nathan and Josh Katz

# 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 Probus 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 pencils or brushes to practice your drawing or painting with Ruth, browse the

library for a book to read or simply just relax, have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.  
Ann | 02 4576 5031

## Embroiderers' Guild NSW Inc Hawkesbury 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 Probus Club Inc

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

## Glenwood Men's Shed

Jim | 0438 701 275

## Hawkesbury Artists & Artisans Trail

02 4567 7400 | 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 Probus 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 Probus Club of Baulkham Hills

Meetings 10am, 2nd Wednesday of the month. At The Fiddler, Windsor Road and Commercial Road, Rouse Hill. New Members welcome  
Suzanne Dennis | 0412 424 593  
ladiesprobusbh@gmail.com

## Learning in the Hills

To find out more about the huge range of courses available call 9639 7918  
www.hca.org.au/learning-in-the-hills/

## Lions Club of Richmond Inc.

Geoff | 0412 969 651

## Lions Club of Windsor Inc

Pam | 0413 395 145

## Macquarie Towns Garden Club

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

## National Seniors Australia (Hills Branch)

Meets on the 1st Thurs of every month at Baulkham Hills Sports Club Renown Rd, Baulkham Hills at 9.30am for 10am. New members welcomed.  
May | 0414 634 572  
maybruce@bigpond.com

## North Rocks View Club

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

John | 9487 1385

## Pennant Hills Combined Probus Club

Meets at Hotel Pennant Hills every third Monday of the month at 10am. New members and visitors welcome.  
Lorene | 0429 396594

## Pennant Hills VIEW Club

Meets for lunch on 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 Probus 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  
wendyreneblack@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.  
Donna | 0416 082 626

## 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 | airsydneymembers@gmail.com

## Thursday Ladies Tennis Competition in the Hills District

hillsladies.tennis.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 Probus 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

## FERGIES TREE WORKS



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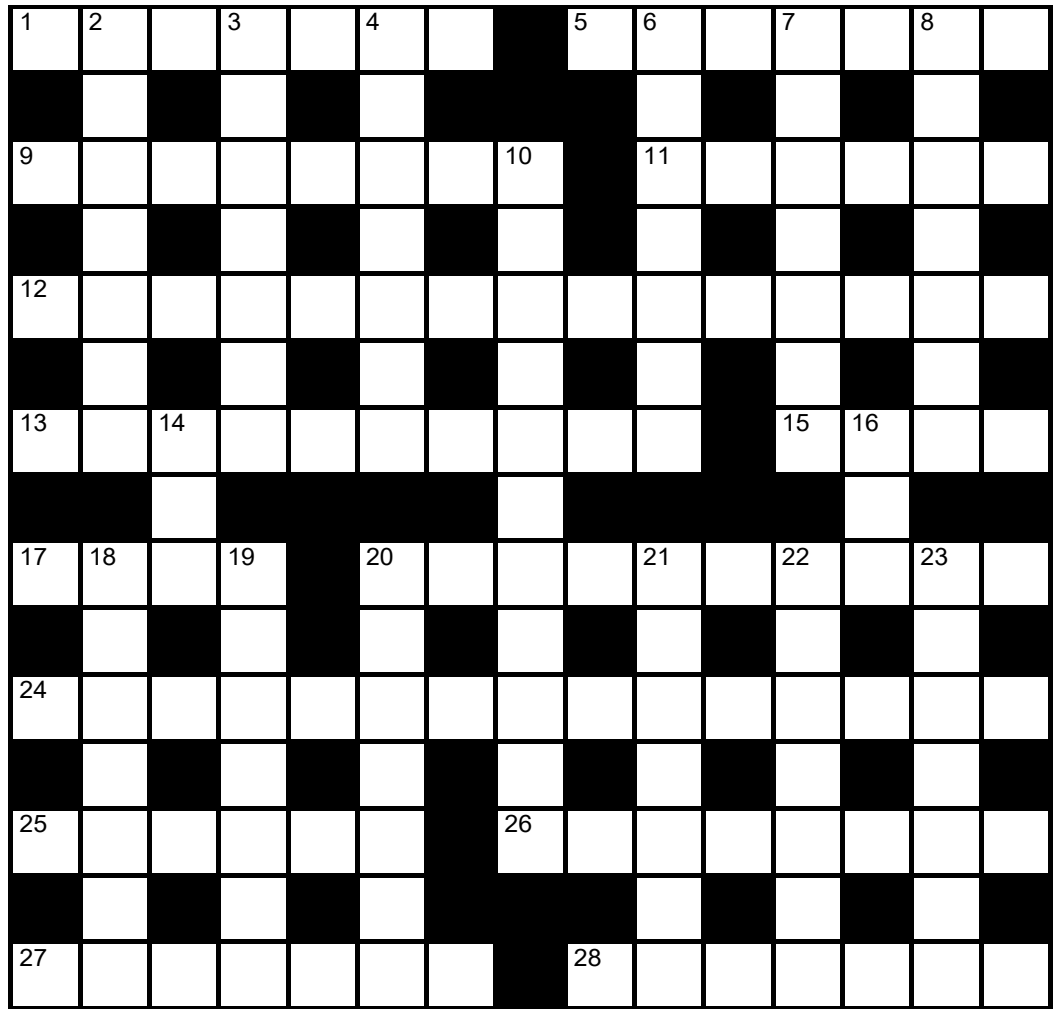
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### Across

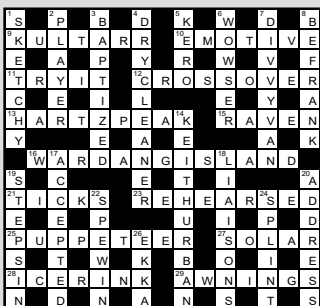
- 1 Four-sided pillar
- 5 Gulp down
- 9 We drones got drunk, went downhill
- 11 Former South Vietnam's --- Van Thieu
- 12 Sky worker (6, 9)
- 13 They're not rural (5, 5)
- 15 Ollie's ally
- 17 Tom Clancy hero Jack ---
- 20 Small NSW seaside resort with brilliant white sand (5, 5)
- 24 Arising at the same time)
- 25 Panda food
- 26 Moron
- 27 Bizarre (4, 3)
- 28 In a tasteless manner

### Down

- 2 A very hot day
- 3 Italian restaurant choice
- 4 Artisan fixed singer
- 6 Players at the edge
- 7 Saint Bernadette's city
- 8 Australia is its biggest component
- 10 "--- Holt", and disappear (2,3,6)
- 14 Fur scarf
- 16 "--- With Mussolini" (1999 Zeffirelli film)
- 18 Salty Western Australia Nature Reserve (3,4)
- 19 In a remarkable way
- 20 Olympic hockey gold-medallist Robert ---
- 21 Australasian ---, a porgie
- 22 Brought to bear
- 23 Local government body

Answers from last issue

CROSSWORD



SUDOKU

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

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Head of Marketing  
Solaray Energy

[www.hillstohawkesbury.com.au](http://www.hillstohawkesbury.com.au)

**Hills to Hawkesbury**  
Community News

# WORD SEARCH DANCES

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

**BALLET**  
**BARN DANCE**  
**BEGUINE**  
**BOLERO**  
**BREAKDANCE**

**CHA-CHA**  
**FANDANGO**  
**FLAMENCO**  
**FOXTROT**  
**JITTERBUG**

**JIVE**  
**LINDY HOP**  
**MAMBO**  
**MERENGUE**  
**QUICKSTEP**

**RUMBA**  
**SALSA**  
**SAMBA**  
**TANGO**  
**TWO-STEP**

Answers from last issue

## WORD SEARCH

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

## CODE WORD

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

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

11	23	22	11	14	22	23	21		23	10	3	7													
2			21		1		16		22		13	21													
3	21	9	10	7		3		9	5	9	1	7													
6			15		17		9		1		21	4													
				23	11	11	13	23	22	11	14	4													
10			16		13		26		7		20	1													
9	13	14	15	14	1		2	10	21	14	20	11													
21			3		22		18		11		22	12													
21	9	24	2	23	22	14	9	2	3																
2			2		26		15		23		19	23													
11	25	14	21	21		15		21	7	23	6	3													
7		7		7		21		21		2		10													
3	14	11	7		13	7	22	8	22	21	7	3													
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13													
		S										R													
14	15	16	17	18	19	20	21	22	23	24	25	26													
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# SUDOKU

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

Rating: ★ ★ ★ ★ ☆

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

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Our next edition will be available on  
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