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

Why Advertise with Hills to Hawkesbury

Having our news published on different platforms means we are consistently increasing our website traffic month on month. Last month 46,000 readers visited our website, So if you are thinking of advertising with us, your ads will be seen by up to 46,000 users per month. We also send our weekly newsletter to over 6000 subscribers. In March our website was shown in search results to 706,000 potential new readers, who clicked through to our website 16,200 times.

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Search type: Web Date: 1st March – 30th March 2023

Total clicks
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'Blue' Leaves the Blue After 50 Years

After a record-making 50 years of service in the RAAF, Warrant Officer Ian 'Blue' Macgregor OAM is retiring.

From rubbing shoulders with Royalty and former Prime Ministers to pioneering work on aircraft, 'Blue', who started his RAAF career as a 15-year-old, will be dedicating his time to the local Hawkesbury community by volunteering at the Hawkesbury Community Kitchen as well as Windsor RSL sub branch.

On January 8, 1974, 15 year-old Ian Macgregor from Western Australia joined the RAAF as a radio apprentice never expecting his RAAF career to take him on the journey of half a century, close to half of the RAAF's existence.

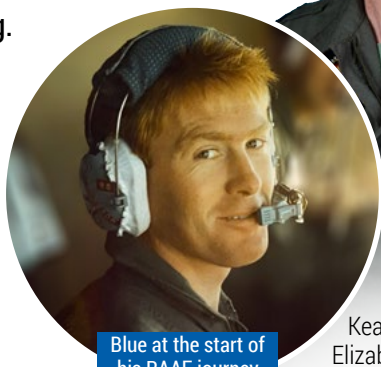
"I have always been very proud to wear the uniform and be part of the Air Force. That's the sad part, to leave all that behind," he said.

"To be a 15-year-old kid from WA, who had never been on an airplane, flying in a big 727 to Melbourne and joining with 32 other boys, I was just over the moon. It was fantastic!"

After completing his apprenticeship at RAAF Base Laverton, he was posted to RAAF Base Richmond as a radio technician at No. 2 Aircraft Depot.

A chance meeting with a flight engineer at a base cricket tournament ignited a new passion and in 1982, Blue retrained as a flight engineer on the then brand new C-130H Hercules aircraft and later No. 33 squadron's Boeing 707s.

During his time on both aircraft, he transported many famous figures including former Prime Ministers Bob Hawke and Paul



Blue at the start of his RAAF journey



Warrant Officer Ian 'Blue' Macgregor OAM

Keating, the late HRH Queen Elizabeth II, and Pope John Paul II's Pope-mobile.

Following the crash of a RAAF Boeing 707 in 1991, Blue began working on analysing and rewriting the operating procedures of RAAF aircraft and creating new ways to train aircraft operators in flight simulators. For his dedication to aircraft safety, he was awarded the Medal of the Order of Australia for meritorious service and a Pathfinder's Award for Excellence within Air Mobility Group.

Since 2006, he has continued his work with flight simulators as both a Reservist and Australian Public Service member as the Simulator Logistics Manager responsible for the through life support of aircraft simulators. More recently, Blue has had a vital role in developing a new capability in the C-130J Hercules simulator in cooperation with Australia's allied partners.

His advice to young aviators is: "Enjoy the journey. Make your hobby your vocation and you won't work a day in your life. I've felt that. I've been paid to learn, travel and have fun for the past 50 years."

Hills to Hawkesbury Community News

Local Stories, Local Events, Local People and Local Businesses

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

Please follow us on Facebook @hillstohawkesbury. Printed copies are available at local shopping centres and other outlets. For a full list visit our website www.hillstohawkesbury.com.au.

Castle Towers' Vision

BY BEV JORDAN

QIC, owners of Castle Towers, has confirmed it has lodged a rezoning review with NSW Planning for a sizeable piece of land it owns bordering Kentwell Avenue, Showground Road and Pennant Street Castle Hill.



Artist's impression of The Park by Castle Towers

The proposal is for 11 residential towers, a total of 1410 total dwellings, with towers ranging between 10 and 26 storeys. A spokesman said the majority will be below 14 storeys.

The proposal will be decided by a Planning Panel, it is hoped that the hearing in late-March. QIC has been operating Castle Towers for 35 years.

QIC Real Estate Investment General Manager Matthew James said: "As long-term stewards of this important community asset, QIC remains committed to ensuring Castle Towers continues to meet the evolving needs of the local community.

"Sydney is experiencing a significant shortage of well-located housing, and this site is ideally placed to contribute to the solution.

"QIC's Planning Proposal has the capacity to deliver significant benefits to The Hills' community and deliver well-located housing supported by infrastructure.

"That responsibility includes considering what services and facilities will meet the needs of the growing community, while attracting the best in business, lifestyle and education to Castle Hill."

- 1,410 dwellings within close (400m) walking distance to a Sydney Metro station, regional shopping centre, schools, local services and dining/entertainment precincts.
- Capacity for 22,000m² of employment-generating floorspace to facilitate local employment opportunities.
- Additional retail services and dining options together with childcare and medical facilities to service the local community
- Delivery of the new Woodward Indoor Sports Centre as an early activator of the precinct.
- A new 3,500 square metre public park to meet the needs of the wider community.
- Construction of new public roads, footpaths, cycleways, street tree planting and associated infrastructure.
- Contributions towards the delivery of local infrastructure.

QIC already has two Development Applications to be decided by the Sydney Central Planning Panel. The \$560m development proposal submitted in April 2023 includes a 210-room hotel and 12-storey commercial building as part of The Village plan and The Woodward sports facility.

The Village will host more than 70 new stores including distinguished homegrown designers as well as global brands. The 17-storey luxury hotel will have a rooftop pool and bar.

The Woodward Sydney sports centre is a big coup for the area. It will be a world-class indoor facility for skateboarding, BMX, scooter, snowboarding, skiing, aerial awareness, rock climbing and bouldering.

The purpose-built premises will cover three levels with a building footprint of 3,650m².

Originally founded in 1970 in Pennsylvania, Woodward has grown to be the global leader in action sports progression with multiple destinations across the US. To date, 48 Olympic medals have been won by former Woodward athletes and guest pros as well as 125 medals in other professional contests.

The Castle Hill premises will be the first overseas Woodward centre.

At the time of last year's announcement Matthew James said: "This is a bold new chapter for Castle Hill, which will deliver exciting new ways to live, work and play; drawing new audiences and delivering inspiration for future generations."

Riverside GARDENS



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LOVE SCAMS

There are always scammers out there but with Valentine's Day on the horizon people are being warned to watch out for romance scams.

Never assume a person that you've only met online is who they say they are. Scammers go to great lengths to convince you the relationship is real and manipulate you to give them money.

Scammers will find you on social media, dating or gaming apps and websites. They might also text or email you. They hide behind fake profiles and identities. They're really good at making you feel special, so you believe the relationship is real.

Once you trust them, they have an 'emergency' and ask you to give them products or money to help them. Or they ask you to do things for them, like set up accounts or transfer money they give you. Scammers can wait years to build this trust.

Warning signs:

- They express strong feelings quickly and the relationship moves fast. You are made to feel special quickly.

- If you are chatting on your usual social media platform or an official dating service, they will quickly try and move the conversation offsite, for example to WhatsApp.
- Romance scammers will encourage secrecy and will influence you to only trust them. They may try to isolate you from your family and friends.
- There will always be an excuse why they can't meet in person or show themselves on camera. They say they live overseas or somewhere remote, or their technology isn't working.
- If your online connection asks you for money, they are likely a scammer. Stop contact right away and seek support.
- Don't send money, card or bank details or important identity documents like your passport to someone you've only met online: No matter how long you've been messaging them.
- Never agree to transfer money for someone else. It's called money laundering and being involved is a criminal offence.

Check the person is who they say they are

- Take things slowly. Ask lots of questions and watch for things that don't add up.
- Search for the scammer's name along with the word 'scam' in a search, and look for websites about romance scams in the results.

Be careful what you share (and what you don't)

- Never send intimate pictures or videos of yourself to people you don't know. Scammers use these to blackmail people.
- Don't keep your online relationship a secret. Speak to people you know about it. It can be easier for others to spot the warning signs.
- Be careful about what you share about yourself online. Scammers can use information about your hobbies, job or family to target you.

For information about scams and how to report them visit scamwatch.gov.au

LOCK IT OR LOSE IT

Police are urging residents to get into a 9pm routine on checking if their home and cars are secure.

Valuables should be removed from cars before locking it. The most commonly stolen items from cars are: Wallets and purses, laptop computers, backpacks, spare change and cash, garage door openers, sunglasses, electronics, gifts cards and keys.

Residents are also urged to check if their CCTV is working and if possible, witch on the downstairs alarm at night.

Suspicious activity should be reported on 131 444.

TEEN IN COURT

A 16-year-old boy has faced court on multiple charges relating to an incident in Vineyard on Thursday 25th January when a passenger train hit a trailer on railway tracks just south of Windsor..

Emergency services were called to Level Crossing Road at Vineyard at about 5am when the citybound train struck a trailer.

Twenty-nine passengers on the train at the time escaped injury; the driver was checked by NSW Ambulance paramedics as a precaution.

Following inquiries by detectives at Hawkesbury Police Area Command, a 16-year-old boy was arrested at Penrith Police Station on Monday, 29th January. He has been charged with 13 offences,

- Do act with intent to kill or injure person on railway
- Possess prohibited drug (methyl amphetamine)
- Possession of equipment for administering prohibited drugs
- Recklessly deal with proceeds of crime
- Goods in personal custody suspected being stolen
- Drive motor vehicle during disqualification period (three counts)
- Larceny (two counts), and
- Steal motor vehicle (three counts).

STABBING CHARGES

Two people have appeared in court after a supermarket employee was stabbed at Riverstone.

Emergency services were called to the supermarket on Garfield Road about 4.15pm on Sunday 28th January and found a 47-year-old man suffering stab wounds to his side and chest. He underwent surgery in Westmead Hospital.

Officers from Riverstone Police Area Command arrested a 31-year-old man and 21-year-old woman who were taken to Riverstone Police Station where the man was charged with wound person with intent to cause grievous bodily harm, while the woman was charged with assault occasioning actual bodily harm, and larceny.

Police will allege in court the staff member was stabbed – and a second employee punched in the face – when they tried to stop two people suspected of shoplifting.

The man, who is from Fairfield East, and woman, from Wetherill Park, were refused bail.] A knife seized at the scene was sent for forensic examination.



If you need help or advice on your personal circumstances, but don't know where to start, then please stop by the Community Support Hub.

We have a brand-new venue at the Hawkesbury Leisure Centre where we can link you with:

- housing support
- financial information
- disability support
- general advice and MORE.

Plus there will be a FREE LUNCH and refreshments, thanks to the kind folk at Platform Youth.

This event is sponsored by Coles Windsor

Community Support Hub
opening on the 28th January
what First Wednesday of every month
11:00 am - 1:30 pm
where Hawkesbury Leisure Centre
114 March Street
Richmond

Find out more

If you're not ready to talk yet, then that's ok. We'll be here when you need us.

In the meantime, please scan this QR code to learn more about the Hub and how you can keep in touch.



Uniforms 4 KIDS

BY BEV JORDAN

An innovative program which re-fashions discarded police uniforms into new clothing for children in need has just started in Sydney with help from volunteers at Learning in the Hills at Baulkham Hills.

The first working bee was held on Tuesday, 6th February following a partnership between the Uniforms 4 Kids charity, Hills Community Aid and The Hills Local Area Police Command.

The charity was founded in Queensland eight years ago by Yvonne Pattinson, a keen sewer, who wanted to do something with all the material she had collected over the years. She made some clothes which were donated to an orphanage in Asia.

It was her daughter, Debbie Platz, a serving police officer, who suggested that old police uniforms could be used, rather than shredded, to make clothes for children in Australia and so Uniforms 4 Kids was born in 2018.

So far the charity has prevented thousands of items of uniforms going to landfill and donated over 53,000 items to children who have a need including library bags, pencil cases and hats as well as clothing.

Anne Macdonald, Director and Operations Coordinator at Uniforms 4 Kids said: "Uniforms 4 Kids are so excited to welcome Hills Community Aid to our volunteer family."

Anne, who retired after 33 years in the police, said it was great seeing nearly new

uniforms that would otherwise be discarded being made into something new and special for children in need.

She is one of the charity's directors and has been onboard since the charity was first founded.

"The children who receive these items love them, for most children they have never had a "new item" of clothing," she said.

"When they know that it was made from the uniforms of police who are giving them to them, they feel very special. The hugs the police get from children and the smiles on the children's faces says everything."

"We do not sell any of the clothes." She said the refashioned clothes are donated to domestic violence shelters, migrant shelters, community centres, charities helping communities in time of disasters and children's hospitals. "They go to children who need them."

Mici Beer from Hills Community Aid said they were very excited about the new partnership with Uniform 4 Kids and The Hills Local Area Police Command.



Leonie Paterson, Learning in The Hills Project Coordinator, Mici Beer, Executive Officer HCA; and Kaylene Wade, Acting Inspector, The Hills Police Area Command with Senior Constable Stephanie Brown and police volunteers John Brennan and Judy Johnstone.



"The outcomes from the partnership align with our core values of inclusion, support, respect, and trust and provide an opportunity for people to connect in a social setting whilst giving back to the community.

"We anticipate the initial nine-week program will be successful and we will be expanding the program to run on other days. The more clothes we can upcycle from the uniforms the more children we can assist with beautifully handmade clothes"

Sessions to create new garments will be held on Tuesdays, 1pm to 3pm at Learning in the Hills, Turner Building, 4 Balcombe Heights Estate, 92, Seven Hills Road, Baulkham Hills.

For more information about Uniforms 4 Kids or other Learning in The Hills courses, scan the QR code or call 9639 7918 to register.



Try something new! - Classes start February

Call 96397918 for more details and to register your place.

Balcombe Heights Estate, Baulkham Hills. E: learninginthehills@hca.org.au





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Champion Effort by Joan

BY BEV JORDAN

Long time member of Friends of Hills Libraries Joan Stammers is about to see her own publication on library bookshelves.

She has just had her first children's book, *Champion Camping Catastrophe* published and it was officially launched at Thursday's monthly meeting of the Friends of Hills Library at Castle Hill on 8th February.

She wrote the book 30 years ago but shelved it following rejections from publishers but after retiring as a teacher/librarian she joined a writer's group, a book club and Friends of Hills Libraries and was inspired to revisit her project.

Joan was on the staff at Murray Farms Public School, Carlingford for 30 years and spent her working life with young children and books, the illustrations were done by a teaching colleague from 30 years ago Lyn Pearce, the former Principal at Glenorie Public School.

Joan said: "When I started sending it to publishers 30 years ago I would put page 11 in upside down. It would always be returned to me with the usual rejection letter. It would be in pristine condition and page 11 would still be upside down."

"I knew they hadn't read it."

It was on the advice of Carnel Liddle from the Castle Hill writer's group that she updated the manuscript and sent it to London publishers Austin MaCauley who accepted it.

The grandmother and mother of three says her grandchildren have given both the book and illustrations their seal of approval.

"It has been such a long journey," she said. "The book does lead into a follow up."



Illustration by Lyn Pearce



Author Joan Stammers

She has donated a copy of the book to all four Hills libraries and also a copy each to Murray Farm Public School and Glenorie Public School.

Joan, originally from Yorkshire in the UK, is a big book fan. The target age for readers is approximately seven to thirteen.

Champion Camping Catastrophe follows the adventures of the Champions, – a quirky family of Mum, Dad, twelve-year-old Brett, his whimsical younger brother Shane, and their spirited dog, Rover who move to Australia in search of sunnier skies.

Deciding on an authentic outback camping experience to economise, they venture far from civilization, setting up camp amidst Australia's untamed wilderness.

Soon, they find themselves hilariously ill-equipped to handle Australia's unpredictable weather, wild creatures, and other unexpected challenges.

But the most pressing question remains: In the midst of all the chaos, can they navigate the antics and dynamics of their own family bonds? Dive into this rollicking adventure where nature meets nurture, Australian style.

The Champion Camping Catastrophe is available from all the usual book sellers, including Amazon, Booktopia, Goodreads and any bookshop will order it in. It's also available as an eBook. www.austinmacauley.com/book/the-champion-camping-catastrophe



Dinuka McKenzie TIPPING POINT

Join Hawkesbury Library Service for a discussion on Dinuka McKenzie's latest release, 'Tipping Point', at Hawkesbury Central Library on Tuesday, 13 February at 11am.

Dinuka McKenzie is an award-winning Australian writer, described by Michael Rotham as 'a born storyteller'. Her latest release, 'Tipping Point', is book three in the compelling Detective Kate Miles series.

Self-described book-addict Dinuka, lives in Southern Sydney on Dharawal country with her husband, two kids, and their pet chicken.

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

Bookings are essential via <https://hawkesburylibrary.eventbrite.com> or call 4560 4460.

Hawkesbury's 2023 Citizen of the Year

BY JOSH KERWICK

Keith Acton was honoured as 2023's Citizen of the Year at Hawkesbury's recently held Australia Day Awards, a ceremony that awarded exceptional members of the Hawkesbury community.

Other winners on the day included Gemma King for Young Citizen of the Year, Scott Hinks and Rochelle Miller for the Local Hero Award, Kurrajong Nursing Home Auxiliary for Community Organisation of the Year, Melissa Crane for Sportsperson of the Year and Windsor High School Thursday Lunchtime Interest Group for the Arts and Culture Award.

The possibility of Keith receiving a Citizen of the Year nomination never occurred to him until one of the teachers at Wisemans Ferry Public School, where he works one day a week for groundskeeping and maintenance, handed him a folded up piece of paper. "I opened it at home - it was an email from the Council saying I'd been nominated," he said. "I told my wife and she said that I should accept the nomination. I went into Hawkesbury Council and said that I would be attending with three guests, and I didn't expect anything at all on the day. All of a sudden on the day, I heard my name being read out for Citizen of the Year, and that was an absolute surprise."

Since moving to the Hawkesbury in 2003, Keith has become a highly involved and motivated member of the local community. A neighbour introduced him to the Wisemans Ferry RFS Brigade, and he took the opportunity to join in 2007 as a

chance to help the local community. He became a member of the Lower MacDonald RFS in 2015, and is currently the President and Equipment Officer of that Brigade while retaining dual membership at both Brigades. In addition to the positions in the RFS and Wisemans Ferry Public School, Keith is the Vice President of the Wisemans Ferry ANZAC Day Services committee and assists elderly and less able community members with a variety of tasks.

Keith was heavily involved with providing support with his brigades in the 2019-2020 Black Summer bushfire period, working to protect a huge portion of the Hawkesbury. He recalls: "One particularly memorable moment from that summer was when I went with the Wisemans Ferry RFS up to the Bilpin Fruit Bowl - that was an enormous fire up there, which was quite terrifying. But thankfully we were able to put out and extinguish a number of fires."

During the 2021 and 2022 Hawkesbury floods, Keith used his extensive knowledge of the Hawkesbury community to work with the RFS and SES to help those affected by the rising waters. "I know the people, I know how to get to places and where food relief needs to go," he says. "It's part of what you do when you volunteer for an organisation like the RFS; you've got to be active, you can't pick and choose what you're going to do."

Keith feels incredibly grateful to have won the Citizen of the Year award. He says: "I'm deeply humbled that people in the area would look at what I've done and consider it worthy of



nomination in the first place. All I do is help my neighbours, that's what you try to do. When they're sick, when they can't mow their lawns or clean their roof gutters, why not do it?"

Though extremely honoured to receive the award, Keith stresses that he couldn't have won it without help. He says: "Our community is what keeps me doing it. The people we help are friends or co-workers - they're all people that would go out and volunteer. It's a camaraderie in that sense, and we've got a very resilient community. And if you can give a little bit, if everyone just gives a little bit, the world will be a better place."



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Hills Relay for Life

BY BEV JORDAN

Plans are racing ahead for the 2024 Hills Relay For Life with the official launch scheduled for February 29th at Event Cinemas Castle Hill.

This will be the 23rd Hills Relay For Life event held in the Hills. The 24-hour event, held every May has so far raised more than \$5 million for cancer research and support programs in that time.

Hills Relay For Life 2024 will again be held at Castle Hill Showground starting at 9am on Saturday May 18th with the first lap for survivors and carers at 10am. It will be followed by a packed program of entertainment and activities on the day. The moving candlelight Hope Ceremony will be held at 6pm.

On Sunday, May 19th dog morning returns. The last lap for the 2024 Hills Relay is just before 10am on Sunday May 19th.

The event is run by a committed team of community volunteers ranging in age from students to grandparents. Hills Relay chair Lisa Carruthers said it is a wonderful community event to be part of with the committee reflecting the diversity of the people who walk, run and visit Relay.

"When the Cancer Council first approached the Hills Community to run a Hills Relay For Life event in the Hills I don't think anyone expected it to grow as much as it has.

"Last year the Hills Relay was the biggest event in Australia and raised \$359,927. The Hills Relay For Life has also won a best NSW Volunteer team award from the Centre for Volunteering in Sydney North West region for two years in a row. We have amazing volunteers."

The Christmas wrap held in Castle Towers for the three weeks leading up to Christmas Eve raised \$26,740 in total and involved more than 100 volunteer wrappers. Volunteer wrapping co-ordinator Ruth Didsbury presented a certificate to Castle Towers marketing team last week thanking them for their support in donating quality wrapping paper and ribbon enabling 100% of donations to go to the Cancer Council.

Lisa Carutters said the Hills Relay For Life had grown over the years from one 24-hour community event to several events run by teams and volunteers.

At the moment there are 31 teams registered in the 2024 Hills Relay For Life. If you want to register a team visit www.relayforlife.org.au/hills. Registration is \$20 per person until February 18th.



Hills Relay Volunteer Ruth Didsbury presents a Thank You certificate to Kylie Webster from Castle Towers and Thea Eduardo and Courtney Harkin.

Registration for Children under 7 is free, Youth (8 to 13) is \$15. Student and family registrations are also available.

The launch is February 29th for Team Captains, sponsors and supporters. The first Team information night will be March 12th.

To find out more contact yvette.haines@nswcc.org.au or call 9354 2007 or register online.



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'Sydney', AN AMAZING LITTLE DOG

BY IVOR JONES

As a busy guest speaker at several organisations, Faye Yarroll shares her inspirational story of living with the latest Cochlear hearing technologies and an Australian Lions Hearing Dog all across Sydney.

Faye was born with a hereditary sensorineural hearing loss, and grew up wearing two hearing aids. Faye lost the minimal hearing at 25 after being hit in the head by a hard snowball; two years later she lost the hearing in her left ear after a reaction to medication. Faye was now profoundly deaf in both ears.

When Faye received her first Cochlear implant, it proved so successful that she was soon implanted in her other ear. These implants changed Faye's life for the better and she couldn't be happier, she has long been an advocate for the implants.

Faye lives with her brother Robert, who also has poor hearing and wears two hearing aids. Though Faye considers herself lucky to be living at a time when help for the hearing-impaired has never been better, she found that when she is not wearing her Cochlear processors her ability to react to any emergency is almost zero. Her brother Robert suffers from various other health issues that often require nighttime assistance when Faye doesn't wear her processors – it can be a real problem if she misses his call for help.

One day, when talking to another deaf person, Faye learned about the work of the Australian Lions Hearing Dogs (ALHD) organisation. In the Adelaide Hills, there's a unique dog training centre that produces

miracle dogs that improve the life of hearing-impaired people throughout Australia.

The ALHD experts carefully curate dogs that display the important attributes needed for intensive training as helpers for the hearing-impaired. This help includes alerting their owner to noises like a knock at the door, ringing phones, alarm clocks sounding, babies crying and smoke alarms.

Faye realised this sort of Assistance dog would be a major help for her and Robert with their special training. She promptly applied for a Hearing Dog and was delighted when her application was accepted. Faye received a dog named Sydney in December 2014, a little two-year-old female Beaglier, the beautiful offspring of a Beagle and a Cavalier King Charles Spaniel.

Faye says she couldn't have been luckier. Little Sydney is a gem and a true hero, beautiful to look at with a personality to match. She is a wonderful little helper who alerts Faye to various sounds that she can't hear.

All Australian Lions Hearing Dogs are given free to recipients, and they each have full Public Access Rights and can go anywhere that

their owner goes: into shops, theatres, public transport and even aeroplanes.

Faye is now an enthusiastic advocate for ALHD dogs alongside Cochlear technologies. She says, "How lucky am I, a profoundly deaf woman having two Cochlear implants and a beautiful ALHD dog? Both amazing aides enable me to live a happy and fulfilling life. It's a great feeling!"

For more information on ALHD Programs or to request Faye Yarroll as a guest speaker, call (08) 8388 7836, take a look at <https://lionshearingdogs.com.au> or follow them on Facebook.



World Day of Prayer

The annual World Day of Prayer in the Hills will be held at Our Lady of Lourdes Church at Baulkham Hills on Friday, 1st March.

The day is celebrated in over 170 countries on the first Friday in March. The movement aims to bring together women of various races, cultures and traditions in a yearly common Day of Prayer, as well as in closer fellowship, understanding and action throughout the year.

This year's service has been prepared by an ecumenical group of Palestinian Christian women who were invited 10 years ago to write the 2024 program.

Their theme is "I Beg You... Bear With One Another in Love," based on Ephesians 4:1-7.

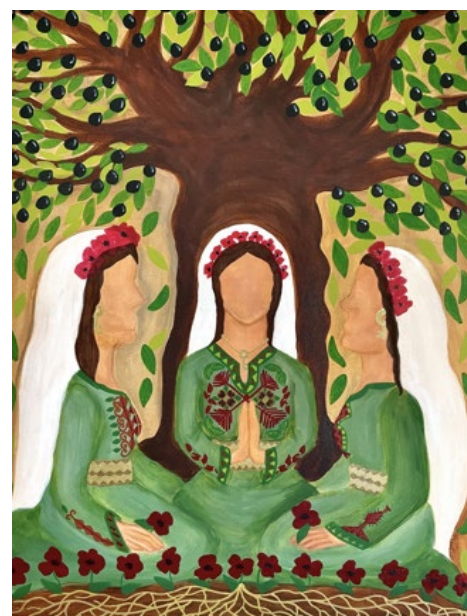
World Day of Prayer has been hosted by churches from different denominations around the Hills area for several years.

Lyn Keane from the Hills organising committee said: "Each year the service is prepared by Christians from many different countries from around the world, sometimes small little islands and sometimes large countries, but everyone has concerns which need prayer.

"It is good to occasionally look past our local issues and give time just one day for others' needs."

The service is being held at Our Lady of Lourdes Church, 1 Canyon Road, Baulkham Hills at 7.30pm Friday 1st March. There will be supper afterwards in the parish house.

For more details about the World Day of Prayer visit www.worlddayofprayeraustralia.org



BUZZING, RINGING, HUMMING... Why do some people hear a constant noise in their ears?

BY SANDRA RAZZAGHIPOUR



Ear Studio Director and Audiometrist, Daniel in a consultation with a patient.

It is called "Tinnitus" - the perception of a ringing or other type of sound and can affect one or both ears. While most of us have heard about tinnitus, it is often difficult for those who are not affected to fully comprehend the extent a 'noise in your head' can impact one's day-to-day life. Around 15-20% of the population is affected by tinnitus, for some periodically and others permanently and for about 2% of the population tinnitus can have a debilitating effect on life and it is important to make sure it is not simply dismissed, but properly investigated.

Overall, we distinguish between subjective tinnitus – the type that only the individual can hear and objective tinnitus – the type a practitioner can hear during an examination. The type of sound perceived varies, ranging from high-pitched ringing to low-frequency humming. Some people describe it like crickets or cicadas. Stress, lack of sleep, and exposure to loud noises are known triggers for tinnitus, with symptoms often worsening under prolonged stressful conditions. But there are also a multitude of other reasons and contributing factors to why someone would experience tinnitus. These include ear wax, blocked sinuses, medication, and pathological causes. The path to relief can also vary from one cause and person to another.

Getting to the bottom of a person's tinnitus' origin it is helpful to know that tinnitus is not always a condition in itself but may be a signal of an underlying condition. A hearing care professional is a great place to start the investigation. One of the first steps when looking into tinnitus treatment options should be a consultation with tinnitus assessment. The results will pinpoint the degree of impact the tinnitus has on which part of one's life. For example, to what degree it affects the ability to rest or enjoy social settings. A comprehensive hearing assessment should also be part of this assessment as tinnitus is often, but not necessarily related to hearing loss. Results may offer clues of the cause and potential treatment options. Some clinics specialise in tinnitus treatment and may offer further in-depth analysis. Depending on the result the hearing care professional may refer to a medical practitioner or might suggest a few options to investigate.

Treatment options for tinnitus are diverse and depending on how everyone reacts to it, the treatment can also be vastly different from person to person. Amplification with hearing aids or using external sounds to mask tinnitus are common approaches. There are also a range of smart device apps available - many

of them free of charge. The better ones can offer a choice of soundscapes to enjoy and mask the tinnitus. Another way to learn to deal with tinnitus includes Cognitive behavioural therapy (CBT), this is a process during which a practitioner, often a psychologist, will use the neuroplasticity of the brain to learn to accept and therefore ignore the disrupting sound.

While there is not one specific 'cure' for tinnitus there are a range of things that can be done to help and improve the situation significantly. A hearing care professional or GP is the best place to start to this journey to relief.

You can book an appointment with Ear Studio (located in Lawton house in Castle Hill) to book in to begin your Tinnitus Assessment and Management. Please call us on 02 9159 6122 or visit our website earstudio.com.au to book your appointment.

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Will-an-thropy:

The act of leaving a gift to charity in your Will

You may already be familiar with the term Philanthropy. Now there is a new buzz word in the world of charitable giving, **'Willanthropy'**, an act by someone who leaves a gift in their Will to charity.

It is a common misconception that only the wealthy can make a meaningful impact through legacy giving in a Will. Willanthropy is something everyone can do. Willanthropy comes in all shapes and sizes, from real estate, shares, or cash to leaving a percentage of your estate to the charity or charities important to you. **Everyone who makes a Will can be a Willanthropist!**

At Sydney Children's Hospitals Foundation (SCHF), those who become Willanthropists know that leaving a legacy is an act of kindness making a long-lasting and positive impact on countless lives well into the future.

Leaving a gift in a Will, **as little as 1%**, can make a significant difference to the future of sick kids and help them live their healthiest lives.

Willanthropist Lyn Cecil is a mum of a baby who survived thanks to the wonderful care received at Sydney Children's Hospital, Randwick in the 1970s. "I'm a retired Mum. I may not be in the position to make a significant donation today, but through my Will, I can in the future."

By leaving a gift in your Will to SCHF, you can help fund groundbreaking research, purchase vital cutting-edge equipment, and enable SCHF to continue its mission to ensure world-class health care for kids.

"Bequests gifts are a lifeline for children and families and a wonderful legacy to leave for the next generation." Said Willanthropist Emeritus Professor, Kim Oates AO, former Chief Executive, The Children's Hospital at Westmead.

SCHF has partnered with Safewill, Australia's highest rated online Will writing platform. Safewill makes it quick, easy, and affordable to write your Will online. You will be able to write a Will online, and have it reviewed by Safewill's legal team to ensure it has been filled out correctly.

SCHF through Safewill is pleased to offer you the opportunity to write your online Will for \$80 (usually \$160). To learn more, contact us on 1800 770 122, plannedgiving@schf.org.au or visit www.schf.org.au/gift-in-will



1 in 2 Australians don't have a valid Will.



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Tee-Off for Tall Timbers

BY BEV JORDAN

If you love golf and helping others then why not Tee-off for a great local charity, RDA (NSW) Tall Timbers.

The Riding for the Disabled charity at the Gables runs equine programs to support people with a disability to develop and enhance their abilities.

The golf day will be held at Lynwood Country Club at Pitt Town on Friday 15th March from 7am. It will be the third gold day run by RDA (NSW) Tall Timbers which relies heavily on donations, fundraising and volunteers to deliver its programs to locals every year.

Nicole King said: "We do not receive any regular government funding and have a skeleton staff to provide essential stability to the Centre's day to day operations. We have a herd of 15 horses and a 27 acre property to maintain as part of our services to the community.

"The programs help a variety of Participants from the age of 3 years into adulthood through a variety of programs including horse riding, groundwork, work skills as well as opportunities to participate in Mounted Games and Dressage events."

Equine programs are important for participants as it can sometimes be the key to learning life skills for the future when traditional learning environments are not engaging, it also

helps develop physical strength and mobility and many more benefits for the individuals that participate.

Last year the centre assisted 134 participants in the Equine Program and their families and another 60 participants at the Occupational Therapy and Speech Pathology clinic.

Nicole said: "The Annual Charity Golf Day fundraiser forms a huge part of our annual fundraising activities so that we are able to plan the programs for the future and understand what resources we have to support the needs of the community."

As the centre is not government funded, every \$90 raised will subsidise a session for a participant. Not all participants have NDIS funding to participate in the program and the hope is that the Centre can continue subsidising this program well into the future with the community's support.

If you don't play golf there is an option for lunch (\$65) and an option for lunch and golf lesson (\$95).



Hole sponsor: McCall Gardens staff and participants with RDA coaches Nicole King and Sophie Scarlett and horses L J and Nugget.

WHAT: RDA NSW Tall Timbers Charity Golf Day
WHEN: Friday 15th March from 7am
WHERE: Lynwood Golf Club, 4 Pitt Town Bottoms Rd, Pitt Town.
WEBSITE: rdatalltimbers.org.au
EMAIL: admin@rdanswtalltimbers.org.au

To find out how to get involved either as a player or sponsor visit events.humanitix.com/2024-rda-nsw-tall-timbers-centre-charity-golf-day



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New Citizens WELCOMED

Over 170 residents in the Hills and Hawkesbury were made Australian citizens in ceremonies held on Australia Day, 75 years after Australian citizenship was established on 26th of January 1949.

The new citizens hail from a huge number of countries around the globe, including Bangladesh, The Netherlands, South Korea, Vietnam, the United Kingdom, India, Germany, South Africa and many more.

Over 6 million people from over 200 countries globally have received Australian citizenship since the Nationality and Citizenship Act 1948 was established, which sought to make Australian identity distinct from British subject status. The Act has been amended many times since to be more inclusive and celebrate diverse communities.

The Hills Shire Council's event saw 129 local residents given certificates of citizenship, with smiles abounding throughout the whole ceremony. Mayor Peter Gangemi led the event, delighted at the excitement on the faces of each resident.

Mayor Gangemi said: "For our conferees, becoming an Australian citizen is one of the biggest moments of their lives, and having it occur on our national day makes it even greater. I wish all our new citizens every happiness and success, and I look forward to working with them on a bright future together."

Elynaea Pancho, as well as her daughters Amber and Faith, were among the conferees on the day who pledged their devotion to Australia. Having moved from the Philippines, Elynaea was delighted with Australia's focus on family and quality of life. She said: "I know this citizenship will not only change my life, but the trajectory of our entire family and the generations to come. This is the best legacy I can leave my kids with. They will have experiences and limitless opportunities because in Australia, everyone gets a fair go."

In the Hawkesbury, 44 people - including four children - were given a warm welcome to Australian citizenship by the local community at Windsor Function Centre, following a Welcome to Country speech by Boorooberongal woman Erin Wilkins.

Mayor Sarah McMahon provided a warm welcome to the new citizens, and reflected on what it means to be Australian. She said: "Australia Day is an opportunity for all of us to come together as a nation to reflect, respect and celebrate. We reflect on our history, its highs and lows; we respect the stories of others, and we celebrate our nation, its achievements, and most of all its people."

The 44 new citizens came from 17 different nations worldwide. The oldest of them is 88 years old, while the youngest is only three, a testament to the value of gaining Australian citizenship at any age. More smiles were on display as these locals received their certificates and conferred their citizenships.



Elynaea, Amber and Faith Pancho with Mayor Gangemi and family members

Australia Day is an opportunity for all of us to come together as a nation to reflect, respect and celebrate.

We reflect on our history, its highs and lows; we respect the stories of others, and we celebrate our nation, its achievements, and most of all its people.

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out and about
with MICHELLE BYRNE

Alive 90.5 Community Radio

Nestled in the Balcombe Heights Estate sits Alive 90.5, the local community radio station serving the Hills, Parramatta and Cumberland Local Government Areas. Originally known as Cumberland Community Radio, Alive 90.5 has an interesting history that spans all the way back to the late 1970s and early 1980s. With a failed attempt to establish a community radio in the Hills in the 1970s, the 1980s saw the amalgamation of two groups attempting to set up community radio, one in the Hills and the other in the Parramatta/Holroyd area. From 1987 and 1989, Cumberland Community Radio began tests broadcasts and was granted a permanent home in Building 9 within the Balcombe Heights Estate by Baulkham Hills Council (now the Hills). In 1992, Cumberland

Community Radio was granted a radio licence and began broadcasting on 90.5FM. In 2011, the station was rebranded to Alive 90.5.

What makes community radio truly special, is that it is run by locals passionate about using radio as a means of connecting and communicating with the local community. The content and programs are localized and aim at entertaining, informing and educating our community about local issues, local community groups and businesses as well as community events. Current programs include Breakfast and Drive with regular news, weather and traffic updates, Morning Magazine with news and special guests such as local politicians and personalities, plus a range of special interest programs and different cultural and youth

programs that reflect our very diverse and multicultural community. There is literally a program for everyone to listen to whether it be live on radio or online.

Alive 90.5 is run entirely by volunteers and creates opportunities for locals to learn about and participate in the areas of announcing, audio Production, music programming and content producing as well as helping to shape the future of community radio. A number of people who have volunteered at Alive 90.5 have gone onto careers in commercial radio.

Being a community radio station, Alive 90.5 is embedded in our community and supports our local community groups and charities by running outdoor broadcasts for events such as Hills Relay for Life and SuperTee packing days. Alive 90.5 also promotes local charities and community groups and offers a special membership rate that includes advertising on air.

If you have never visited Alive 90.5 I encourage you to do so, you will be impressed with the facilities which include two recording studios plus a brand new podcasting studio – all of which can be used by members and local residents.

Like most community groups Alive 90.5 relies on grants and donations as well as sponsorships from local businesses who are in turn promoted on air. However, one of the best ways you can support Alive 90.5 and the dedicated and passionate team of locals is by tuning into the station and listening to the many programs and music shows.

For more information on Alive 90.5 or to get involved go to <https://www.alive905.com.au>

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The Hills Shire Council News

Volunteer to start the year

Start your year right by becoming a volunteer for Council. There are plenty of volunteering opportunities available, allowing you to mingle with like-minded people and accomplish fulfilling tasks that contribute to our community. Below are just two examples of the many we have. Search 'volunteering' on Council's website to find out more.

Justice of the Peace

Council is seeking Justices of the Peace to provide valuable witnessing services to The Hills Shire community. JPs are based at The Hills Shire Council Customer Service Centre at Norwest or at The Hills Shire Library branches.

To become a Justice of the Peace for The Hills Shire, you will need:

- A current JP registration.
- To be available up to three hours during the week (generally mid-morning to lunchtime and/or evenings). If you aren't available every week, you could be placed on a rotating roster, depending on availability.

For more information and to apply, visit Council's website and search 'Justice of the Peace'.



Council Meetings

Tuesday 20 February 2024 – 7pm

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

Rose Garden Volunteering

Hills Shire residents can now register to volunteer to care for the beloved Queen Elizabeth II Memorial Rose Garden at Alfred Henry Whaling Memorial Reserve in Baulkham Hills. Volunteering is on every Wednesday from 9am – 12pm and will involve maintaining the beautiful garden by pruning and weeding.

So come on down and smell the roses! For more information and to register, please visit Council website and search 'Rose Garden Volunteering'.



E-Waste and more!

E-Waste 
DROP OFF EVENT
Recycle your E-Waste plus other waste items for FREE!



Drop off and recycle household items at this FREE E-Waste Plus event on Saturday 2 March 2024 from 9am – 3:30pm at Castle Hill Showground.

In addition to our annual electronic recycling event, Council is trialling the collection of soft plastic, hard plastic, polystyrene and textiles. Mark your calendars and head to Council's website to see the extensive list of acceptable items. Just search 'E-Waste Plus'.



Mayor of The Hills Shire Dr Peter Gangemi and The Hills Chinese Association at Arthur Whitling Park.

Celebrate the Year of the Dragon

Mark your calendars - the Hills is celebrating the Lunar New Year with a Lantern Festival event at Arthur Whitling Park, Castle Hill on Saturday 24 February 2024 from 3pm – 9pm.

There will be lantern displays, on-stage cultural performances and food stalls. Free craft activities and face painting are also taking place for families to enjoy. Head over to Council's website and search 'Lantern Festival' for more details.

Celebrate World Wildlife Day at the Environment Centre



Visit Council's Community Environment Centre for a special workshop co-hosted with Cattai Hills Environment Network on World Wildlife Day.

Hear the stories of citizen scientists, volunteers and the community's involvement in wildlife rescue, monitoring and care. You will learn about our local platypus and koala populations, and how you can get involved in making a difference. The event will include a catered dinner and plenty of opportunities to form connections with local Hills wildlife lovers.

Do you know of a heritage building in need of some TLC?



Did you know you can get financial assistance to help fund the restoration of heritage listed properties in The Hills Shire, through Council's Heritage Grants Program?

Individuals, not-for-profit community organisations, or commercial or private organisations based in The Hills Local Government Area (LGA) can apply for \$25,000 on a dollar-for-dollar basis for restoration, repairs and painting, conservation works and like-for-like replacement of heritage materials and fabric.

Applications close on Thursday 29 February 2024. Submissions are subject to a panel assessment process and reported to Council for endorsement.

For more information and to apply, visit Council's website and search for 'Heritage Grants.'

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



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WINTER FUN UNVEILED

CHRG Invites Locals to Embrace the Season of Sports

With winter on the horizon, communities are gearing up for the season of sports, and Castle Hill and its surroundings are no exception. Leading the charge is CHRG (Castle Hill RSL Group) - dedicated to providing diverse and engaging options for residents of all ages to stay active and involved.

Beyond Soccer: Badminton and Swimming Galore

For those seeking different avenues of physical activity, CHRG offers the Castle Hill RSL Badminton Club and Castle Hill RSL Swimming Club. Whether it's the fast-paced action of badminton or the refreshing waters of the swimming pool, participants of all ages can dive in and enjoy the benefits of staying active.

Football Frenzy with Castle Hill RSL Club Rockets FC

CHRG's commitment to soccer shines through its Castle Hill RSL Club Rockets FC, offering opportunities for players of all ages to join in the excitement on the field. From youngsters just starting out, to seasoned veterans, there's a place for everyone to hone their skills and be part of the team. The recent surge in registrations following the Women's World Cup in Australia last year is a testament to the growing popularity of the sport within the community.



CHRG's Diverse Offerings

Brett Andrews, Group Head of Sport and Wellness at Castle Hill Fitness & Aquatic Centre, commented on the benefits of exercise "Physical activity offers so many benefits - improving cognitive performance, including concentration and memory. Exercise anLeo increases blood flow and oxygen to the brain, enhancing brain performance." Andrews also notes the mood-boosting effects of exercise, which can help improve mental well-being and academic focus.

Additionally, Castle Hill Fitness is excited to announce the return of the Youthfit Boxing class for its second year. This dynamic program aims to instill a love of fitness in young participants, while teaching valuable skills such as discipline and self-confidence.

How to Join the Action: Registration Details

To get involved in the winter sports season, simply reach out to CHRG via email at info@chrg.com.au. Whether you're a seasoned athlete or looking to try something new, there's a place for you in the CHRG community of sub-clubs. Don't miss out on this opportunity to make winter memorable and stay active with CHRG!



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Hills Trio Bask in Deaf Games Success

Three Hills locals, Isla Custovic, Amelia Odell, and Jess Waters, are celebrating after helping the NSW women's team lift the 2024 Australian Deaf Games football title.

The NSW men's team also took home the gold medal, while the women were crowned overall champions at the Games held in Newcastle and Lake Macquarie from January 13-20. The players were chosen from the NSW Deaf Football and Futsal Club.

Isla, a qualified HFI football referee, Amelia, and Jess are in the mix to represent Australia at the 2025 Deaflympics in Tokyo. Participation in the Deaflympics is restricted to persons who are: deaf, defined as a hearing loss of at least 55dB in the better ear.

Isla plays for Norwest FC Youth Girls, Amelia represents Kellyville Kolts Youth Girls while Jess Waters is a former North Rocks FC player. The NSW team were coached during the games by Chris Kirk, the female football and referee coordinator at Hills Spirit FC.

During deaf football, all hearing devices are removed. Some players may still be able to hear at a reduced level, but many can't hear much or anything at all. It can be an unnerving experience for some players like Isla who has Cochlear implants, so she cannot hear anything

with her devices removed. Kirk said it becomes a very visual game and the way the players work together is amazing. He said he learnt quickly to communicate with the players, having been entrusted with the coaching only 15 minutes before the first game.

"The experience at the Deaf Games was awesome and took a lot of us out of our comfort zones," Chris said. "Some of the girls could hear without any hearing devices, but some were completely deaf during the games so I quickly found ways to communicate."

"We had a great group of girls and it was a pleasure to help them, achieving four wins, one draw, and one defeat. The games were hard-fought and with lots of great football on show. A credit to all the players involved."

Sponsors are urgently needed for the Australian Women's deaf football team because it was a lack of funding which prevented them from attending the 2023 Deaf World Cup in Malaysia leaving several disappointed players.



The NSW champion Deaf Women's Football Team

"The NSW team need their own uniforms (they currently share with the boys) and the Australian team need more uniforms so there are definitely many ways that sponsorship could help these wonderful players and grow women's deaf football in Australia," said one of the girl's parents.

The 2024 Australian Deaf Games features football, basketball, futsal, chess, darts and netball. A free friendly women's game will be played between Deaf Football Australia and St Mary's, Eagle Vale, at 3pm at Marconi Stadium, Bossley Park.

To help with sponsorship, contact James Lambert (Deaf Football Australia) at td@deaffootballaustralia.com.au or Joshua Chapman (NSW Deaf Football) at Joshua.b.chapman23@gmail.com



BOX HILL RANGERS: Building community through football

Box Hill Rangers AFC is now more than a football club as it continues to grow and shape athletes. Established in 2015 as one of the founding clubs of the progressive Hills Football Association, the BH Rangers attracts players from outside its base, including The Gables, Nelson, Oakville, Annangrove and North Kellyville.

"As interest in Box Hill Rangers continues to grow, the time is ripe for aspiring players to join the ranks," president Barry Conomy said. "Whether you're a budding talent or someone looking to rediscover the joy of the game, Box Hill Rangers welcomes you with open arms."

The club, earlier known as Rangers AFC, is keen to foster a sense of unity and shared passion. "Currently, the club calls Annangrove Park its temporary home while eagerly awaiting the development of football fields at Box Hill," Barry said. "Despite the change in location, the essence of Box Hill Rangers remains unchanged - a family-focused football club with a mission to provide a fun and nurturing environment for players to learn and enjoy the beautiful game."

According to Barry, what sets this club apart is not just its commitment to developing skilled players but also its dedication to building a tight-knit community around the love of football. He said their team of passionate volunteers

forms the backbone of the club, working hard to create an atmosphere where players of all ages can thrive.

The club caters to a wide range of players, from the Under-5's to the Men's and Women's All Age - Over 45's teams.

The recent success of the inaugural Summer Sessions football academy also underlines the community's enthusiasm. With as many as 180 registered participants aged between five and 13, the academy provided a great opportunity for youngsters to hone their skills and develop a love for football.

Indeed, the BH Rangers stand as a testament to the spirit of teamwork and dedication that defines grassroots sports.

Registration is now open for the 2024 season for anyone who wants to be part of this thriving football community.

As Barry puts it so well: "Box Hill Rangers AFC isn't just a football club; it's a community where passion, camaraderie, and the love for the game converge. Join the ranks and be part of something special - where the spirit of football thrives in the heart of our local community."

Visit the official website rangersafc.com.au for more information on how to join, upcoming events, and the latest updates.



DURAL BOWLING CLUB NEWS

Dural Lawn Bowls is looking forward to a successful 2024 and the years beyond following a busy 2023 and club presentation in December.

Dural Lawn Bowls said the amalgamation with Parramatta Leagues Club on August 18th, 2023, has given them a secured financial stability. It will provide improved amenities and a brighter future as per the agreed Memorandum of Understanding (MOU).

Travelling bowlers: A social game of lawn bowls took place recently with the travelling bowlers at Parramatta Leagues as an introduction to both playing groups. The travelling bowlers is a social group formed from the active players in Parramatta, The Hills and other nearby districts.

Open gender champs: Doug Farlow and Glen Davey defeated Reg Munusamy and Cheryl Hobart to win the Open Gender Major pair final in December.

Anyone interested in playing bowls or having a Barefoot Bowls Party, please contact Robert on 0411375580.

Baylie Inspires with Rugby Skills

BY JOSH KERWICK

14-year-old Windsor local Baylie O'Keefe is paving his way as one of the brightest and most dedicated young rugby stars in the Hawkesbury as he thrives at all levels of competition. Whether it's a local, national or international venture, Baylie's dedication to the sport is apparent to everyone around him.

Recently, he was selected to represent Australia in the national under 14's rugby league team; a testament to his incredible dedication to the sport.

Baylie explains his training routine: "I go to the gym in the mornings, and Monday to Friday I do skills on the field, practicing passing the ball and tackling techniques. On Wednesday I do speed and fitness training at MetaStrength with Luke Gordon to get faster and fitter. Then on Saturdays I play rugby, and Sunday is my rest day." Even two recent injuries haven't been able to keep Baylie down - he was back on the field 5 weeks after an ankle injury that should have seen him out of action for 8-12 weeks.

From the moment Baylie started playing rugby in 2018 for the Windsor Wolves, his talent for the sport was undeniable, according to his mum Kellie Hollingshed. She says: "He was just a gun on the field. Baylie's played at three different clubs now, and last November he went to Fiji with some of his teammates in

Hawkesbury Hawks where they played against two teams over there. And Baylie's was the first club to smash them!"

However, Baylie and Kellie are both aware that supporting a flourishing sports star is rather expensive. Kellie says: "I'm a single mother of three kids, and it's often hard to make ends meet. The costs for Football registration, personal training, and buying rugby equipment all adds up very quickly."

Understanding the costs for talented athletes from disadvantaged backgrounds, Baylie applied for and received a grant from the Link Wentworth Scholarship Program to alleviate costs associated with his rugby dreams. "The grant has been really useful," he says. "With the money, we've gotten two pairs of boots, and special socks that will stop my calves from cramping while playing."

Over the past 12 years, the Link Wentworth Scholarship Program has delivered 700 scholarships to people needing assistance



to soar to greater heights. Link Wentworth CEO Andrew McAnulty says: "The Program demonstrates our firm belief that everyone, regardless of their circumstances, deserves the opportunity to pursue their dreams. We are committed to enabling a brighter future for people facing housing stress or homelessness, and meeting people like Baylie is a great example of the profound impact these supports can have on individuals."

Baylie is now looking to reach even higher with his rugby career, aspiring towards a career as a professional football player, all while inspiring people in his community and beyond. Kellie says: "Each week, I wait for Saturday to watch him play footy - I'm probably the loudest parent on the sideline, and when he gets off the field he tells me all he can hear is my yelling! But I couldn't be any more proud of him, and I hope he keeps up the good work he's been doing."



SPORTS NEWS AT THE CENTRE DURAL

Boys Netball

Boys around NSW are embracing their speed, agility and coordination playing Netball with their peers.

Local Mum Jenni has an almost 12 year old who has been playing Netball in the local junior competitions. She said "He's absolutely loved the game and being a part of a team for the first time. He's developed skills he didn't know he had and it's been great to see him finally find a sport he enjoys."

Even though there are more boys playing netball than ever before, it's not easy to find pathways to continue once they reach the age of 12. Netball NSW in conjunction with Men's Netball NSW has been seeking to create more opportunity for high school aged boys to embrace this sport. The Netball NSW Schools Cup in 2023 had a big turn out of boy's teams keen to participate and showcasing their skills.

The Centre at Dural, with Netball NSW and the Dural Warriors Netball Club, is looking forward to offering boy's social Netball Competitions for high school aged boys in 2024. Boys can form teams with their mates and enjoy playing this intense and highly-skilled

sport. Maybe the next generation of Men's Netball Superstars will be grown right here in our local area.

If you have a boy interested in finding out more about Netball, see thecentredural.org.au/sports-competitions or call the sports team on 8989 0000.






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

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Authorised by Robyn Preston MP. Funded using Parliamentary entitlements.

A NEW YEAR WITH CHALLENGES

One of the biggest challenges families face at the beginning of a new year, is having enough funds to cater for the essential school needs for their children. Things like uniforms, books, stationery and back packs, all add up.

That's why the Back to School vouchers introduced by the previous Liberal/National Government, were so welcomed. Under this program, families received a \$150 voucher per student, to assist with school expenses. It gave a critical boost to the household budget when pockets were typically empty.

Premier Minns has steadfastly refused to renew the Liberal/National Government's Back to School voucher program, at a time when cost of living stress is building. I will keep pushing for funding for this program, so that consideration can be given in the next state budget. Have you been impacted by the disruption to ferry

services at Sackville, Wisemans Ferry or Webbs Creek? It is challenging enough dealing with the scheduled maintenance work that takes out these ferries, but recent rolling industrial action has forced their closure on too many occasions, which for some travellers, can add up to five hours additional travel time per return trip.

Whilst the push for pay increases and improved working conditions have motivated the stoppages, the community is anxious and cranky with the approach in these negotiations, which has had a tremendous impact on families, tradies, primary producers, tourism and small business owners and importantly, emergency services personnel, every time the ferries close down.

To make matters worse, the Lower Portland Ferry is closed for maintenance too, which brings me to the matter of financing this

service after the contract ends in June 2024. In the last term of government, I advocated for and secured two million dollars in funding from the NSW Liberal/National Government. This funding shifted the cost burden away from The Hills Shire Council and Hawkesbury City Council, who traditionally are responsible for the upkeep and operational costs for the Lower Portland Ferry service.

Both Councils are appealing to the NSW Minns Labor Government to offer certainty for those locals living, working and travelling in this remote part of Hawkesbury. I am supporting their appeal to transfer the management and costs of this service, to the NSW government.

Premier Minns – you need to fix this by allocating ongoing funding to cover the upkeep, maintenance and staffing costs for the Lower Portland Ferry.

AUSSIE PRIDE IS STRONG IN THE HILLS

It was a huge honour to participate in the annual Australia Day flag raising ceremonies in both Castle Hill and Kenthurst, and it was a great pleasure meeting local residents of all nationalities who were filled with Australia Day enthusiasm and pride. I hope you all had a wonderful Australia Day with your friends and family celebrating all the things we love about Australia: land, sense of fair go, lifestyle, democracy, and the freedoms we enjoy.

HILLS RESIDENTS - BIGGEST LOSERS FROM BROKEN TAX CUT PROMISE

One million Australians will now miss out on Stage 3 Tax Cuts thanks to the backflip by the Albanese Government. Now, apparently, anyone earning over \$150,000 doesn't deserve tax cuts. Approximately 44.5% of the households in The Hills earn a high income, meaning these residents will no longer be eligible. This is another election promise broken by a Labor Government, along with slashing cost-of-living measures including the hugely popular Active Kids Vouchers and the cancellation of the Back-to-School Vouchers which delivered \$150 for each eligible child in the form of three \$50 vouchers.



NSW Seniors Festival
Local Achievement Awards

SENIORS LOCAL ACHIEVEMENT AWARDS NOMINATIONS ARE NOW OPEN

NSW will once again be celebrating the NSW Seniors Festival which celebrates the positive impact of older people in our families and society. If you know a senior who helps make our community diverse, inspiring, and active, you can nominate them by collecting a Nomination Form from my office or download it from my website: raywilliamsmp.com.au



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Ray Williams MP

Member for Kellyville



As your State MP, I am here to:

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

📍 Suite 202, 10-14 Market Lane, Rouse Hill NSW 2155
☎ 8882-9555 ✉ kellyville@parliament.nsw.gov.au
🌐 www.raywilliamsmp.com.au

As your Federal Member for Greenway, I'm here to help.

Albanese Labor Government Delivers for Greenway in 2023-24 Budget

Minister Michelle Rowland MP

✉ PO Box 8525, Blacktown NSW 2148

☎ (02) 9671 4780

🏠 Level 1, Suite 101C, 130 Main Street, Blacktown

📘 @mrowlandmp

✉ Michelle.rowland.MP@aph.gov.au

🌐 michellerowland.com.au

Authorised by Michelle Rowland MP, Australian Labor Party, Blacktown NSW 2148



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OUR COMMITMENT TO ADDRESSING THE COST OF LIVING

In 2024, my top priority is continuing our work to ease the cost of living crisis impacting local families in North-West Sydney.

We have delivered responsible and meaningful support for Australian families including more affordable childcare, fee-free TAFE, and cheaper medicines. For the nearly 140,000 TAFE and vocational education students in Greater Sydney, our investments in TAFE and apprentices have also come into effect. This means more TAFE places, better learning environments, and more qualified graduates.

We are also giving access to up to \$10,000 in financial support to apprentices in need, making it easier to get the tools you need to work and learn your trade. We're getting wages moving again, provided targeted relief to deal with rising energy prices, and expanded paid parental leave to boost economic participation for new parents. And we've

delivered Australia's first School Student Broadband Initiative, which is providing quality broadband services to over 6,000 households – at no cost.

Whilst many students can access the internet at school, connecting at home to support remote learning and homework can be a serious challenge. If you or someone you know has school aged children and don't have internet at home, you can contact the National Referral Centre on 1800 954 610 to see if you are eligible for free broadband.

Our Government recently extended the program through to the end of 2025, meaning more families can enjoy the transformational power of broadband for longer.

These are responsible, effective and targeted measures that are helping to ease the financial pressure on local families – without unnecessarily adding to inflation.



I am proud to be part of a Government focused on addressing the cost-of-living challenge – and one that takes the quality of life of families living in North-West Sydney incredibly seriously.

We will continue our work to ensure we deliver on our commitment on a better future – for all Australians.

AUSTRALIA DAY 2024 – CELEBRATE WHAT MAKES US PROUD TO BE AUSTRALIAN

We live in one of the most safe, fair and free places in the world and we are lucky to do so. Australia Day is a day for all Australians to celebrate what is great about our nation. It is a day for all of us to come together as equals and give thanks that we live in the greatest country on earth.

A perfect start to Australia Day, at the site of the Old Government Farm of the early British Colony in Sydney at Castle Hill Heritage Park. Beginning with the flag raising ceremony and ending with the classic BBQ breakfast enjoyed by a big attendance of keen locals.



Thank you to the Castle Hill Rotary Club for hosting this significant event.

It was a pleasure to also attend the Hills Shire Council's Australia Day Citizenship Ceremony, congratulations to the 129 residents who took the pledge on this significant day, the 75th Anniversary of Australian Citizenship.

LOCALS HONOURED ON AUSTRALIA DAY

Congratulations to some remarkable people who were recognised in the 2024 Australia Day Honours list.

- **Ellie Cole AM** for significant service to sport as an advocate for diversity and inclusion
- **John Ebbott OAM** for significant service to the community through a range of organisations, including Lions Club of Crestwood, Apex Club of Baulkham Hills and NSW Rural Fire Service.
- **Brett Murray OAM** for service to children.
- **Lilian Ries OAM** for service to community health.

Anyone can nominate someone to be recognised for an Order of Australia. The Mitchell electorate has a wonderful volunteer workforce in our community and there are many who deserve to be recognised for their outstanding contribution. For further information please visit <https://www.gg.gov.au/australian-honours-and-awards>.

As your Federal MP, I am here to help.

- ✔ Assisting with accessing Federal Government services
- ✔ Attending your local community event
- ✔ Arranging congratulatory messages
- ✔ Helping you resolve federal issues, including NDIS, NBN and Centrelink

Please contact my office if I can be of assistance.

ALEX HAWKE MP

FEDERAL MEMBER FOR MITCHELL



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📍 Suite 8, 23 Terminus Street, Castle Hill NSW 2154

☎ 9899 7211

✉ alex.hawke.mp@aph.gov.au

🌐 www.alexhawke.au

📘 AlexHawkeMPMitchell

Authorised by Alex Hawke MP, Liberal Party of Australia, 8/23 Terminus Street, Castle Hill NSW 2154.



George Suttor's farm at Baulkham Hills was one of the properties raided by the rebels.

A BREAK-OUT EVENT OF THE PAST

During a conversation recently with Castle Hill resident, Marilyn Stoneham, I was reminded of an incident I had written about almost forty years ago in the "Hills TV Magazine", as this publication was called at the time. I think I also covered it in the, now defunct, "Hills News" around the same period. Marilyn mentioned to me that we are approaching, on 4th March, the 220th anniversary of the short-lived Castle Hill Rebellion.

I have heard also that there is a move to have Heritage Park, at Castle Hill, renamed to commemorate this rebellion as the park sits on the site of the starting point of the event. This will differentiate Castle Hill Heritage Park from the many Heritage Parks scattered around the country and remind or teach others of a very important historical event in our nation's development in what is today, a free, independent, multi-cultural modern nation.

It started on March 4th 1804 when a small hut occupied by prisoners at the Government Agricultural Settlement (aka The Government Farm) at Castle Hill, was set alight. During the ensuing confusion, Phillip Cunningham, a convict overseer of the Government Stonemasons, supported by other prisoners, broke into stores where firearms and ammunition were kept.

The prisoners who were mostly Irish rebels, quickly took control of the farm and spread out into the surrounding countryside, hoping to seize the ammunition of settlers and to recruit their convict labourers to the cause. The rebellion was an attempt by a group of Irish

convicts to overthrow British rule in New South Wales and return to Ireland where they could continue to fight for an Irish republic.

Within an hour of the revolt, the alarm was raised in Parramatta by a constable and others who had escaped from the Government Farm. Captain Abbott, Commanding Office at Parramatta, sent a message to Governor King at Sydney to advise him of the revolt.

Lieutenant Davies and Quartermaster Laycock were ordered to Annandale with a detachment of troops and told to report to Major George Johnston who was to take command and proceed to Parramatta. The urgency of the crisis caused Governor King to race ahead of the troops reaching Annandale before them, where he awoke Major Johnston and informed him of what had happened. Leaving Major Johnston to await the arrival of the troops, Governor King and his staff proceeded on to Parramatta.

In the meantime, preparations were made to defend Sydney from the rebels, Parramatta and the surrounding district was isolated from Sydney by the military.

Officers, seamen and marines from H.M.S. Calcutta, under the command of Captain Woodruffe, were landed to assist in the defence of the settlement should the rebels attack.

When Major Johnston arrived at Parramatta he split his troops into two groups. One group, under the command of Lieutenant Davies, headed north to Castle Hill whilst Major Johnston's group headed towards Toongabbie where they were to then head towards Castle Hill.

At Toongabbie, Major Johnston was told that 400 rebels had been sighted at the top of "Sugar Loaf Hill". Upon reaching the summit he found that they had left and were heading towards the Hawkesbury. With the use of delaying tactics by sending emissaries, he slowed the progress of the rebels therefore allowing his troops to catch up.

Once his troops were close enough to the rebels, he called upon their leaders to talk and listened to their demands which included "Death or Liberty".

Major Johnston, together with Trooper Anlezark, drew their pistols and put them to the heads of the rebel leaders. With the capture of the leaders, Major Johnston then ordered his troops to advance. Firing commenced from both sides until the rebels broke and fled. In the following pursuit 15 rebels were killed and six or seven wounded.

The final battle between the rebels took place near Rouse Hill and was named "The Battle of Vinegar Hill" reflecting a battle between Britain and Irish rebels at Vinegar Hill, near Wexford in Ireland, during the war for Irish independence.

Phillip Cunningham was hanged at Green Hills (now Windsor) on March 5th on the staircase of the public store. A further eight were hanged after a Court Martial at Parramatta. Others were put into chain gangs, flogged, and sent to start a new penal settlement at the mouth of the Hunter River (Newcastle).

**CUMBERLAND
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AS WE WERE

PHOTOS FROM THE PAST

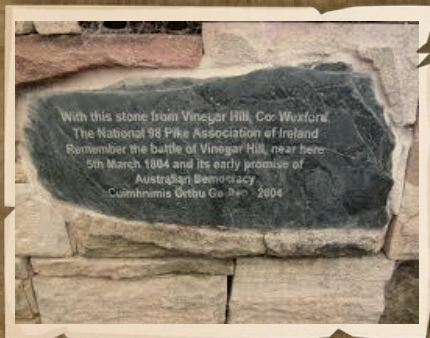
COLLECTION COMPILED BY IVOR JONES SHOWING LIFE IN THE HILLS AND HAWKESBURY AREA DURING PAST DECADES.



Elizabeth Macarthur fled from her home at Parramatta when she heard that the rebels were approaching Parramatta



General George Johnston who commanded the troopers



PETS OF THE WEEK

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



AT A GLANCE
 NAME: DIESEL
 SEX: Male
 BREED: American
 Staffy
 AGE: 9 years
 PRICE: \$49

DIESEL is a sweet old boy looking for a home to relax in. Staff at the Hawkesbury Companion Animal Shelter say Diesel is a very loving old boy with a very sweet, gentle nature. If you feel you can give this lovely old boy the caring home he deserves please visit the shelter any time during opening hours. 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.



AT A GLANCE
 NAME: MEMPHIS
 SEX: Male
 BREED: American
 Staffy cross
 AGE: 1 yr 6 mos
 PRICE: \$49

MEMPHIS is a sweet affectionate boy according to staff at the Hawkesbury Companion Animal Shelter. They say he is a bundle of joy who isn't afraid to give kisses and is always up for a play or a cuddle. Memphis can't wait to fin a family of his own to share his love with. Whether you want a snuggle-bug or adventure buddy Memphis is happy to fill either role. If you feel that Memphis will be a good fit with your life please visit the shelter any time during opening hours with your family and any other dogs you may have. 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.

Sydney Animal Hospitals

Baulkham Hills *Caring for all your family*



**New
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 soon!**

Providing high quality vet care to local communities since 1990. Proudly 100% independent and vet owner operated.

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472 Windsor Road, Baulkham Hills
7 DAYS A WEEK

baulkhamhills@sydneyanimalhospitals.com.au

www.sydneyanimalhospitals.com.au

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 Probud

Meets 1st Thurs each month 1.30pm
Baulkham Hills Sports Club, 11 Renown Rd
Visitors welcome. Activities every Thurs.
Betina | 0419 595 007
probud56830@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 rummy. Cnr of McMullen Ave. and Old Northern Road, Castle Hill (opp. new Metro station) with parking at the rear.
9680 3958 | castlehillseniors@gmail.com

Combined Probud Club of Cherrybrook

We are a mixed gender club of over 170 retirees and semi retirees. Meetings on 1st Thurs of each month at the Cherrybrook Community & Cultural Centre.
Ross | 0411 104 863
rossfitzpatrick@icloud.com
www.probusouthpacific.org/microsites/cherrybrook/Welcomer

Computer Pals for Seniors - The Hills

A non-profit club run by volunteers dedicated to providing low-cost tuition for Seniors in a friendly atmosphere, enabling them to stay safe online & become proficient in the many facets of computing.
Colin Wright | 0479 137 131 | cphills.org.au

Cumberland Bird Observers Club

The Club conducts 3 outings a month to observe birds in their natural environment. General meetings are held at Castle Hill on the 3rd Tues of the month. New members are always welcome.
Peter | 0412 770 757 or Cathy 9809 5668
www.cboc.org.au

CWA of NSW - Galston Branch

Meets 2nd Wed each month at the Galston Community Health Centre, cnr The Glade and 17 Arcadia Rd, Galston. 10am followed by business meeting and BYO lunch. Craft day 4th Wed each month. Visitors welcome.
Jann | 0439 222 217 or Patricia | 0412 948 787

CWA of NSW - Castle Hill Branch

Holds its monthly meeting every 2nd Tuesday at the CWA Hall, 2 Annangrove Road, Kenthurst (off Angus Road) from 10am. We also hold our Craft mornings for members on 1st and 3rd Tuesdays of the month from 10 to 12.
Maureen | 0411 724 925

CWA of NSW - Toongabbie Branch.

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

Dural and District Prostate Cancer Support Grp

We meet on the 3rd Mon of every month 7:00pm for 7:15pm at the Blue Gum Centre, Glenhaven Green, 607 Old Northern Road, Glenhaven
Graham | 8677 7896 or 042421062

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498 | www.duralmensshed.org

East Kurrajong School of Arts

1st Tues each month 10am to 1pm. Bring along any sort of craft activity you're interested in, bring pencil's or brushes to practice your drawing or painting with Ruth, browse the

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

Embroiderers' Guild NSW Inc Hawkesbury Grp

3rd Tues 10-2 & 4th Tues 6-10 of the month at Windsor Library. Bring your own project or join the workshop - Start with a Stitch. Beginners upwards \$10. Bookings essential.
Catherine Delaney | 0413 340 049
cdelaney1@vtown.com.au

Friends of Hills Library

Meets 2nd Thursday of the month at Castle Hill Library. New members welcome.
Lesley Nelson, President - 0478 000 925

Galston VIEW Club

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

Girl Guides Australia

Great programs for girls 6-18. They meet once a week in groups relevant to their age run by trained Leaders and Unit Helpers.
Margo | 0417 657 433.

Glenhaven Probud Club Inc

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

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

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

Hawkesbury Camera Club

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

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the 1st Fleeters

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

Hawkesbury West Probud Club

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

Hawkesbury Woodcraft Cooperative Ltd

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

Hills District Women's Bowling Club

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

Hills Older Men's Network INC

Meets fortnightly on the first and 3rd Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to chat in a non-judgemental, safe and supportive environment.
Ron | 0424 462 153 | HillsOM1@gmail.com

Hills Shire Symphony Orchestra

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

Hills Toastmasters

Meets every 2nd Tues, 7pm. Restore Church: 47 Britannia Rd, Castle Hill. New members welcomed
Terry | 0488 089 951

Hills/Toongabbie Music Club

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

Kurrajong Hand Spun Craft

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

Ladies Probud Club of Baulkham Hills

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

Learning in the Hills

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

National Seniors Australia (Hills Branch)

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

North Rocks View Club

Meetings 2nd Thurs each month at 10.30am. The Vikings Club, 35 Quarry Rd, Dundas Valley.
Pam | 047 420 4080 or Margaret | 9872 1405

Norwest Sunrise Rotary Club

We are a breakfast Club and meet every Friday morning at 7.15am. The Rotary Motto is Service Above Self. If you want to meet like-minded people pls join us.
norwestrotary.org.au

Pennant Hills Mens Probud Club

John | 9487 1385

Pennant Hills Combined Probud Club

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

Pennant Hills VIEW Club

Will hold their first meeting for the year on 13th Feb 2024 at a new venue - Baulkham Hills Sports Club (Renown Road) at 11am. This will be the AGM & Election of Officers. Members can stay for lunch in the Club Restaurant.
Margaret | 9873 2402

Pitt Town Probud Club

Meets at 10:00am on the 2nd Tues of the month at the Pitt Town and District Sports Club, 139 Old Pitt Town Rd Pitt Town. New members welcome.
Denise Fairfax | 0435 447 414

Probud Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probud 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

Probud 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

Probud 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

Probud Combined Castle Hill Club

General Meetings 3rd Tuesday of the month at 10am at Cherrybrook Community Centre.
Helen | 0403 751 934
enquiries@probudcastlehill.org.au

Probud 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

Probud 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.
winstonhillsprobudclub@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/thehillslclearningcentre

The Hills Shire Garden Club

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

Meets at 10am on the 1st Wed of the month at Windsor RSL 36 Argyle St, South Windsor.
Ross | 0414450900 or
Secretary Ann | 0414298945
ann.jones@jiff.com.au

Winston Hills Joey Scouts

9862 8482
hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org

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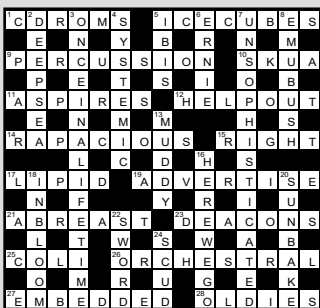
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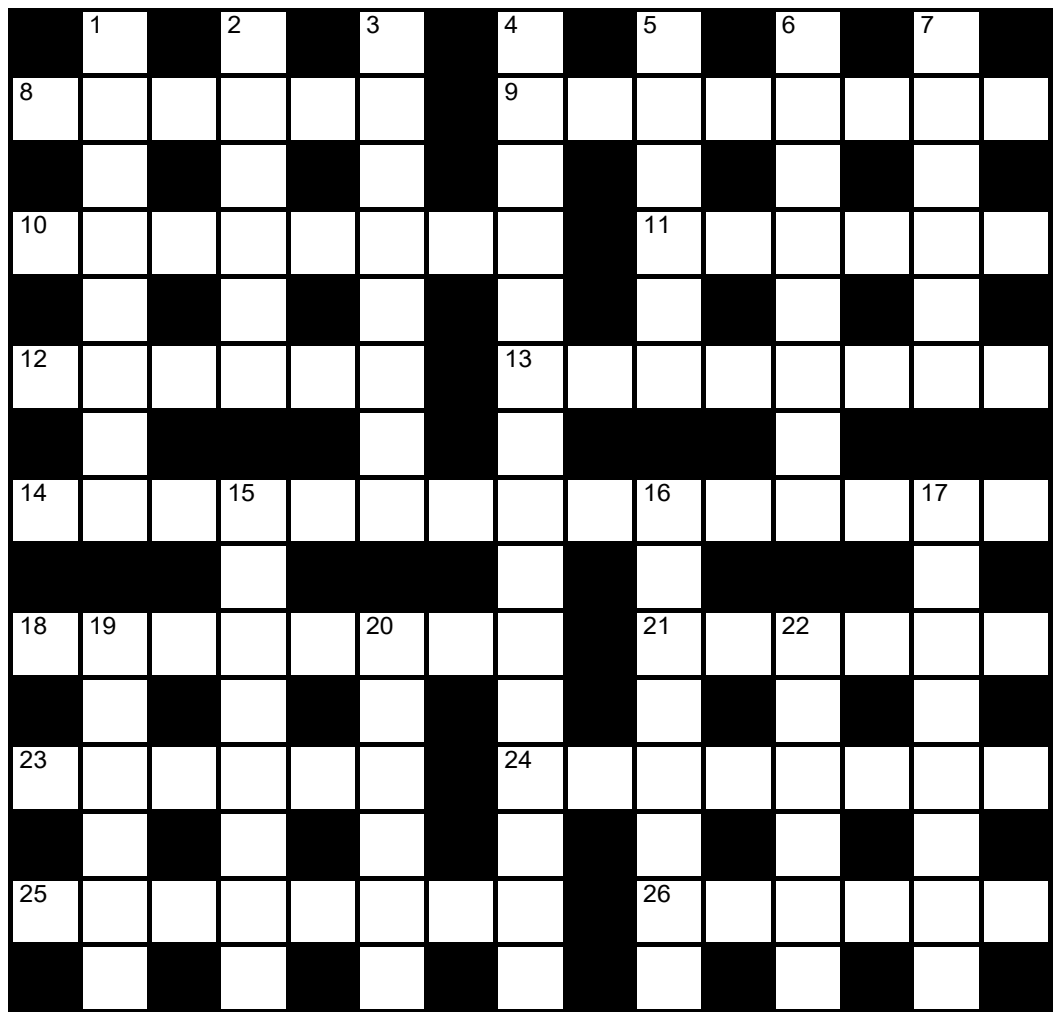
Answers from last issue

CROSSWORD



SUDOKU

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



Across

8. Most intimate
9. Former St. George Dragons pro rugby hooker and national captain (3, 5)
10. "Iron Gloves", Test wicketkeeper (3, 5)
11. Sort of (2, 1, 3)
12. Gun butts
13. What you usually see in a mirror
14. Rare Queensland spider-eating flying mammal (6-6, 3)
18. Patriotic (4, 4)
21. Refuse to accept
23. Deadeye Annie
24. For the few
25. Ghastly
26. SA leader --- Marshall

Down

1. Not too many (3, 2, 3)
2. Vast
3. Gets cracking (6, 2)
4. Long NW Australian coastal strip (6, 4, 5)
5. Instead (2, 4)
6. Worried
7. East Mediterranean democracy
15. Inhabitants
16. Playful dolphin relative
17. Place for old documents
19. Grounds
20. Give the pink slip (3, 3)
22. Bullying seabird

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WORD SEARCH CARIBBEAN ISLANDS

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

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CAYMAN

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GRENADA

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JAMAICA
MARTINIQUE
MONTSERRAT
NEVIS

PUERTO RICO
TOBAGO
TORTOLA
TRINIDAD
VIRGIN GORDA

Answers from last issue

WORD SEARCH

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

CODE WORD

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

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


8	12	5	9		17	14	21	14	2	1	13	9													
13		14		19		9		9		9		5													
17	1	9	22	13	24	9		10	14	25	18	18													
18		24		6		13		17		13		15													
15	13	13		24		9		17	13	16	12	24													
9				13	15	9	1	13		13		14													
24		3		16				24		8		15													
16		14		19	14	7	13	16				13													
14	11	1	16	13		1		12		14	23	18													
24		26		12		9		21		8		1													
12	21	12	15	23		12	24	14	6	12	21	9													
20		24		25		18		6		13		6													
13	4	13	21	24	12	15	23		2	1	14	10													
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	U	Q	3	4	5	6	7	8	9	10	11	12	13												
14	A	15	16	17	18	19	20	21	22	23	24	25	26												

SUDOKU

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

Rating: ★ ★ ★ ★ ☆

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



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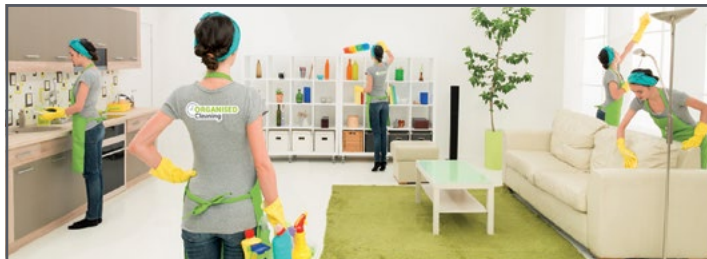
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