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Community News

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Local Stories, Local Events, Local People and Local Businesses

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

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New High-Tech Buildings for Australian Christian College

BY JOSH KERWICK

Two new buildings were officially opened at Australian Christian College Marsden Park on Monday March 18th, bolstering the K-12 school's ability to accommodate for its rapidly growing enrolment numbers. The buildings were opened by the school's Principal Brendan Corr and Minister for Education and Early Learning Prue Car MP, along with members of the student body.

The school, which is set in a prime position of the North West Growth Corridor has grown massively in the past five years. In 2019, the school was host to 667 students; at the start of 2024, over 2,000 were enrolled. Due to its increasing numbers, the NSW Government recognised that ACC Marsden Park's growth plan aligned with their vision for the area, and both buildings were allocated funding from the Building Grants Assistance Scheme.

The Senior School building will accommodate over 650 students with 22 new classrooms spread across three interlinked levels. Also present in this building is a new admin and reception area and 4 science classrooms.

The new High-Tech Learning Hub is connected to the Senior School Building, and has a huge array of cutting-edge technology for students to utilise in their learning. The building includes two film and podcast studios, a production booth, two Mac labs, a robotics lab and a VR lab.

Brendan Corr spoke with excitement about the opening of the two buildings and how they

will assist students with learning valuable 21st century skills: "These services will assist in a very practical way. Students will be able to encounter industry standard technology, but it's also couched in a way that allows the thing that students are imagining in English or Art can be transferred into digital artefacts. They can walk into the studio and record the script or video production and share that on the network.

"It's incredibly exciting. We've watched it develop for about 15 months, we've looked at architects' impressions and plans, but it's not the same as being able to now walk through and experience it. My belief is that it's setting a very high level of expectation in the students, and that they will rise to that with these outstanding facilities. We're looking forward to seeing that!"

Students at ACC Marsden Park are equally thrilled to have access to these new facilities. Senior school students Yuj Patel and Prisha Malhotra were taking part in VR experiences on the opening day, and took a break to talk to Hills to Hawkesbury Community News about the benefits of the facilities.

Yuj said: "It helps us use facilities that will actually go outside of school, and we can use this space to do more hands-on work. It can really help us develop our future studies, and help us work as a group more." Prisha added: "It's a cool, interactive space. I'm really excited to use it more this year, and so is everyone else!"

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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.

HAVE YOUR SAY BY BEV JORDAN

Hawkesbury-Nepean Valley residents from eight Local Government areas are being encouraged to have their say and join a new community panel to help work underway to reduce the risk and impact of future floods in the region following six major flood events since 2020.

The NSW Reconstruction Authority announced the state's first regional Disaster Adaptation Plan on Tuesday, March 19th saying it will investigate infrastructure options "to better support communities" as well as strategies and ways to improve flood awareness and preparedness.

NSW Reconstruction Authority Head, Adaptation Mitigation & Reconstruction, Amanda Leck said: "The NSW Reconstruction Authority wants to reduce flood risk where we can and adapt where we can't. I encourage everyone across the Hawkesbury-Nepean Valley to share what they think their regional DAP should look like."

"Being informed will save lives – there's no simple solution to flooding in the Valley but we are making sure people are as prepared as they can be. This DAP will also be a key tool for our leading emergency services, including the NSW SES, who put their lives on the line when floods unfold."

But the announcement has dismayed the Hawkesbury Community Alliance which issued a statement saying: "Two years after the last major floods, the NSW Government has yet to provide tangible results, and we appear to be

still in a consultation phase.

This is yet another 'talk fest' with no action.

"Despite the community's active participation in the NSW Parliamentary FloodInquiry and unwavering cooperation with all information requests, the current government and the one before it have failed to deliver meaningful outcomes. This inertia is frustrating and disappointing.

"Hawkesbury Community Alliance has gone above and beyond by inviting several politicians to witness the devastation firsthand, including speaking to impacted residents. It also hosted the Flood mitigation forum, with expert input from Professor Stuart Khan for the community, politicians, and media, sharing what actions would make a difference in the future. Yet, despite these efforts, the situation remains stagnant."

The Hawkesbury-Nepean Valley stretches from Brooklyn to Wallacia and Wisemans Ferry. It covers land in the Hawkesbury, Hills, Blacktown, Penrith, Central Coast, Wollondilly, Liverpool and Hornsby local government areas.

NSW Reconstruction Authority Deputy CEO, Simone Walker said: "Floods in the

Hawkesbury-Nepean Valley have devastated communities, homes and businesses, and we know people will only face more and worse impacts if nothing changes.

"This critical work will provide strategies and actions to make sure people living and working in the Valley are safe and better prepared.

"Community input is vital to this work and the RA is seeking feedback to help us develop ways to better prepare for, and recover from, future floods."

The DAP is being developed in partnership with community, councils, government agencies, emergency services and technical specialists and will be delivered by mid-2025.

Community members can visit a dedicated Have Your Say page to share their views and express interest in joining the new Hawkesbury-Nepean Valley DAP community panel <https://www.haveyoursay.nsw.gov.au/hnv-disaster-adaptation-plan> or email hnrffloodstudy@reconstruction.nsw.gov.au

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A Splash of Blue

BY BEV JORDAN

Taking the plunge during Seniors Week was a great opportunity for The Hills Area Police Command's vulnerable persons aged crime prevention officer, Snr Constable Michael Barnes, to meet locals and chat about his role in the community.

He was one of seven police officers from the Castle Hill station to join Senior Week Aquarobics held at Waves Fitness and Aquatic Centre on Tuesday. The officers had a chance to mingle with seniors before jumping in wearing hats and waterproof uniforms to join in the class.

The session, organised by Hills Shire Council, gave Snr Constable Barnes the opportunity to talk to attendees about his role with The Hills PAC and advise about the help that is at hand.

Hills PAC Crime Manager, Detective Chief Inspector Chris Laird said: "Hills Police recognise that preventing crime in the first place is what we are trying to achieve for members of the community, and we have specialist officers who work in Domestic Violence, Youth and Vulnerable Communities.

"Senior Constable Mick Barnes, our Aged Crime Prevention Officer, works closely with support agencies, nursing homes, retirement villages and senior citizen organisations to help prevent our local seniors from being victims in the first place. Sadly Elder abuse is a problem that exists, but isn't as wide known

as other crimes such as Domestic Violence and Child Abuse... that is why we have a full time dedicated officer in this area."

Sue Pettman said it was her first time at Hills Shire Council Senior's Week event and it was great having the police involved.

"I've been working up until just recently but now that I am a senior, I need to get in and do some stuff. It was only last week that I came to Waves to enquire about classes and I found out about the Seniors Week Aqua Aerobics class so I put my name down and I came, and I thoroughly enjoyed it.

"It was a very active workout. Everybody was really into it today and it wasn't too slow for me. It was great."

Hills Shire Council Mayor Peter Gangemi said: "Council is proud to get behind NSW Seniors Week - a wonderful tribute to the remarkable contributions of our seniors.

Recognising the mix of excitement and opportunities this stage of life brings, we see this program as a chance to connect seniors with community support, including partnerships with local police and Council, further boosting their confidence and resilience."



Hills Commander Supt Naomi Moore with participants at Hills Shire Council's seniors event at Waves.



SEATBELT WARNING

Hawkesbury Highway Patrol are warning people to wear their seatbelts but also to check if all seatbelts in their care are in good condition.

Officers were recently conducting random stationary testing on Londonderry Road at Richmond when they spoke with a driver about his seatbelt. Not only was the seatbelt not being worn, an inspection of the seatbelt (pictured) found it to be dangerously defective.

He was issued a defect notice and infringement in the amount of \$387 and issued with three demerit points.

CONMEN ALERT

NSW residents are urged to watch out for travelling conmen in their local communities.

Beware of tradespeople quoting cheap prices for roofing work or laying bitumen for a new driveway.

They are known to insist on doing the job very quickly, demand more cash after the job is commenced or completed, or carry out inadequate or defective work in the first instance.

Conmen often move on quickly, so your town could be next on their hit list.

If you have any information or think you may have been the victim of a travelling conmen, you can contact NSW Fair Trading on 13 32 20, lodge a complaint at any Service NSW Centre or via website: <https://www.fairtrading.nsw.gov.au>

SPEEDING P-PLATER

An 18-year-old P-Plate driver is due in court for allegedly driving at over 150km/ph in a 50km zone.

Officers from Hawkesbury Highway Patrol were conducting speed enforcement duties on Carrington Road Londonderry as part of Operation Safer Speeds when they spotted the Red P1 Provisional driver at about 5.20am on Wednesday, 13th March.

Police allege he was travelling towards police at a speed of 153km/ph in the signposted 50 km/ph area and was stopped shortly afterwards.

His licence was immediately suspended and he was issued a Court Attendance Notice for the offences of Driving at a speed/ manner dangerous to the public and exceeding the speed limit by more than 45kph. He returned a negative result for Drugs and Alcohol.

MAN, 47, CHARGED

Hills Police investigating a series of break-ins on business premises in Norwest have arrested and charged a 47-year-old North Parramatta man with aggravated break and enter.

Over the past week, a number of commercial break and enters have been reported around Norwest Business Park, the most recent being in the early morning of Tuesday, 19th March.

Hills Police together with Northwest Metro Region Operational Support Group executed a search warrant upon a home at North Parramatta on Tuesday, 19th March. The 47-year-old has been charged with two counts of Aggravated Break, Enter & Steal.

TRAGIC DEATH OF LANCE CORPORAL Jack Fitzgibbon

A parachute training accident gone wrong on March 6th at the RAAF Base in Richmond resulted in the tragic death of Lance Corporal Jack Fitzgibbon, following injuries sustained during the incident.

The 33-year old Jack Fitzgibbon was the son of former Defence Minister Joel Fitzgibbon, and the soldier had recently become a member of the Special Operations Command in what was described as his 'dream job'.

Though it is not currently clear what caused the parachuting accident at present, three independent investigations into the incident are underway that are hoping to prevent another accident from happening again. The wider Australian Defence Force has halted all parachuting training exercises while investigations are active.

Acting Special Operations Commander Brigadier James Kidd addressed a press conference about the incident on March 7th, providing a statement about the Lance Corporal to those in attendance: "Jack was a much loved and respected soldier within the 2nd Commando Regiment, which is part of the Special Operations Command in the Army. Jack was loved for his courage and known for his sense of humour and his service to the country.

"Jack had served his country on operations abroad and also closer to home, serving

with country and local communities as part of natural disaster responses. Defence has initiated a formal investigation into this incident as we seek to learn how we can strengthen our processes, but we acknowledge that military training is inherently risky, and we remain committed to constantly training at the highest standards to achieve the level of excellence that we know our nation demands of us. Nonetheless, that investigation is underway and we'll be able to provide you some further information in due course."

Brigadier Kidd also presented a statement from Joel Fitzgibbon on behalf of the wider family, which said:

"We are devastated and heartbroken by the loss of our wonderful Jack. Serving in the Special Forces was Jack's dream job, and we take some comfort from the fact that he died serving his nation in the uniform of the Australian Defence Force. Jack was a dedicated, highly skilled and courageous soldier. He was an experienced parachutist. Our lives will never be the same

without Jack, but we will always remain proud of him and his many achievements."

The funeral for Lance Corporal Fitzgibbon was held in Cessnock on Monday March 18th, which was attended by hundreds of people including Prime Minister Anthony Albanese. Family members and fellow soldiers shared memories of the fallen soldier, remembering him for his genuine, fun-loving attitude and strong sense of mateship.

Our thoughts are with Jack's family and friends in these difficult times.



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Women Honoured

BY SOPHIE POREDOS

Every year International Women's Day is celebrated by State MPs who nominate their electorate's Local Woman of the Year.

CASTLE HILL: MELISSA MONTEIRO

Melissa Monterio was chosen for the award by Castle Hill MP Mark Hodges for her leadership skills and the transformative nature of her work.

Melissa is the CEO of the Community Migrant Resource Centre, a not-for-profit organisation offering settlement services and transition programs to refugees and humanitarian entrants in Western Sydney.

With a master's degree in social work, Melissa has over 27 years of experience within the community sector and this shines through her role as CEO. Melissa even found the time to write an Amazon bestseller in her 2021 published novel; *The Girl From Mumbai: A Migrant Story*.

Through her hard work in transforming the lives of her local community, Melissa reflected on what the award meant to her; "Recognising local contributions at International Women's Day is very significant as it has fuelled my passion to serve in my local community even more."



KELLYVILLE: KYLIE TZAVARAS

Kylie Tzavaras, President of the Baulkham Hills Shire Netball Association, has been chosen as Local Woman of The Year by Kellyville MP Ray Williams.

Kylie's continued efforts to empower young women in the community was also recognized with the 'Dot McHugh OAM Administrator of the Year' award in 2020. This award presented by Netball NSW, is a demonstration of Kylie's outstanding leadership in both management and administration, going above and beyond to enhance the game of netball.

In 2021, Kylie was also announced as Runner Up as a 'Local Champion' in the 'Her Sport Her Way Awards', an annual NSW government presentation recognising the achievements of leaders in women's sport.

Kylie reflected on her love for netball saying: "We don't do this for any reward, we do it because we love netball. We have a passion for it and I'm truly honoured."



HAWKESBURY: FIONA HERMAINE

Fiona Hermaine's advocacy for future fire management was why MP. Robyn Preston selected her as Hawkesbury's 'Local Woman of the Year for 2024'.

After moving to Hawkesbury in 2020, during the Black Summer Bush Fires and flood season; Fiona joined the Hawkesbury Blue Mountains Community Bushfire Alliance to improve community infrastructure and management of fires. As part of future prevention, Fiona also spoke at the 2021 'Parliamentary Flood Inquiry' to lobby the government for better resource investment for future disasters.

As an international fashion designer with Vivaldi Flora and owner of the Italian luxury label Allegra Lombard, Fiona has great expertise in the fields of marketing and fashion. She said the IWD award was a "surreal moment of accomplishment and inspiration".

Her message to young women is: "Please back yourself and do not underestimate your abilities and your power to affect change. There are many men who do not stop for a minute to think about half the barriers that women do, so please put yourself forward, get in there and get going."





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Inala's New Star

Cherrybrook disability service provider, Inala, is excited to announce that entertainment royalty Richard Wilkins AM has agreed to be its Patron. Inala supports nearly 200 individuals living with disability to live a life they choose. Offering both residential and day services, participants have direction over their lives, choosing the programs and activities they take part in, and contributing to the running of their homes.

CEO Alexandra Davis said: "We are delighted to have Richard join Inala as Patron, to support and advocate for the work we do at Inala. We enable each individual to take part in activities they choose, which could be yoga, packing boxes of vegetables for community members or pottery. There is a program for everyone."

Richard was inspired to take up the role of Patron for Inala by his son Adam, who was born with Down Syndrome. Richard welcomes the opportunity to give back to the community that has provided Adam with a beautiful, strong and caring environment that has enabled him to live a life full of meaning, joy and purpose.

Inala's very popular cooking program has been busy reopening the Dulkara Café, in Cherrybrook on Tuesdays and Thursdays. For a donation of \$5.50, customers can enjoy a scone and a cuppa. We welcome customers who, for a donation of \$5.50, can come and enjoy a scone and a cuppa.

The pottery group has made the plates, woodwork made the cart, and felting made the table runners. And the cooking program works hard every week to deliver a variety of delicious treats.



OVERCOMING DINNER TABLE FRUSTRATION: Combating Isolation Caused by Hearing Loss

Imagine this: you're gathered around the dinner table with your beloved family. The room is bustling with chatter, laughter, and the clinking of cutlery. It's chaotic, but it's filled with the warmth of your loved ones. However, amidst the noise and commotion, there's a silent struggle that often goes unnoticed – the isolating effect of hearing loss.

In such a lively setting, where multiple conversations intertwine and background noise competes for attention, individuals with hearing loss can feel isolated. Even with advancements in hearing aids, the battle to discern speech from noise can sometimes remain a challenge. The clatter of plates, the shuffle of chairs, and distant music create an environment that makes hearing more challenging in larger groups.

Seating arrangements play a crucial role, as those with hearing loss may rely on lip-reading and facial cues to follow conversations. Depending on where they sit, visibility of speakers may be limited, worsening their sense of disconnect from the conversations unfolding around them.

Trying to follow several conversations around you can be hard on your brain and can be quite tiring. Feeling unsure where to focus attention or struggling to keep pace with fast-paced discussions adds another layer of complexity to the dining experience. In these circumstances, a conscious effort from family members to engage and accommodate those with hearing loss can make a significant difference.

Thankfully, technological innovations in hearing aids offer a glimmer of hope. Directional microphones and technologies capable of identifying and reducing ambient noise can enhance the listening experience in noisy environments like family gatherings. These devices adapt to various environments making it easier to listen even amidst bustling surroundings.

Supplementary accessories can further enhance communication for individuals with hearing loss. These would include items such as a table microphones for meetings for example or a lapel-mounted mic for an improved one on one coffee shop meal with your partner. These devices pick up sounds closer to its origin and send it directly into hearing aids, which makes it easier to follow the conversation.

Recognising the signs of hearing loss and seeking professional assistance is the first important action. Taking proactive steps to address hearing concerns is essential for maintaining meaningful connections with your loved ones. While it may be tempting to lean on the thought that it is normal that our hearing reduces as we

age, it does not improve or address challenges and frustrations you or a loved one experiences.

At Ear Studio, a locally owned and independent audiology clinic, we understand the impact of hearing loss on social interactions. Our friendly and dedicated team is committed to providing personalised solutions to help combat frustration and isolation. If you or a loved one are experiencing challenges at the dinner table, we encourage you to schedule a hearing test with us.

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Pups Providing Mental Health Awareness

BY JOSH KERWICK

The Pawsitive Steps Festival is back for another year on April 27th 2024 at Rouse Hill Town Centre, promising a day of fun and mental health awareness for the Hills Community during the upcoming school holidays.

Organised by the team at Mind Connections Specialist Health Services, this year's event is shaping up to be the biggest instalment yet. There'll be a stage with live entertainment, a 'Pawshion Show', puppy pilates with local MaxFit trainer Lara Perret, informative workshops and walks for wellbeing, the Pawsitive Steps Festival is a highly entertaining way to become more aware of the community's mental wellbeing.

Mind Connections psychiatrist Padmini Howpage has always highly valued the positive impact of dogs on mental health. She explains: "This event started with my dog who helped immensely when our family went through a difficult time. If the dog wasn't there, I don't know how we would have coped – the dog knew that we were sad, and he had this remarkable ability to bring us together."

That inspiration, along with Padmini wanting to raise more awareness about mental health in the community, led to the Pawsitive Steps Festival. Initially, it began as a general

mental health day, but the integration of fun activities and animals has made the space more welcoming to people. Padmini says:

"The Festival is largely a family fun day where children, adults and dogs can join in, but the overarching theme is of mental health. In that way, people feel it's not stigmatised, and they feel very comfortable talking about the topic – it's a winning strategy!"

Nathan Cassar, the event's MC, is excited to be providing his service to such an important community event. He says: "Pets bring a lot of mental health benefits for us as humans – having a loyal companion like a dog that trusts you, believes in you and wants the best for you is so important, especially when a lot of people in this world don't get that experience in their human relationships."

"It's such a privilege and an honour to be asked to do this, and to be the voice and face of such a great initiative. I'm really excited to be able to delight and guide the crowd into each of the little mini experiences that are taking place



L-R: Nathan Cassar, Mayor Peter Gangemi, Dr Padmini Howpage, Lara Perret, Dr Daya Howpage

on the day because there's so many things that are on offer. It's really special and a highlight of my career."

Though Padmini is hoping that people will have fun on the day, she wishes for all attendees to walk away with a greater understanding of the reality of mental health in the community. "What is most important to me is people actually monitoring their mental health rather than waiting too long until it becomes severe. To have the ability to talk about mental health like it's any other physical illness so that people feel comfortable discussing it, that's what this Festival is trying to do – create awareness on where to go and how to get help. And of course, on top of that, we'll have lots of dog activities and a family fun atmosphere. Everyone will have something to do on the day!"

The Pawsitive Steps Festival is on April 27th from 9am-5pm, in the area across from the Metro station at Rouse Hill Town Centre.



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*Terms and Conditions: The 20% discount is off selected memorial products only at InvoCare Memorial Parks in NSW & QLD only (excluding Broulee Memorial Gardens and Toowoomba Garden of Remembrance). Types and availability of memorial sites vary by park. Offer valid until 30 June 2024. For full terms and conditions visit mymemorial.com.au/20off.



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Hills Twins head to Maths Olympiad

BY SOPHIE POREDOS

Twin sisters Cloris Xu and Iris Xu from Baulkham Hills High are heading to Georgia next month to compete in the 2024 European Girls' Mathematical Olympiad (ENGMO).

The Year 12 students make up half of the Australian team competing in Georgia in a mathematics Olympic-style competition. The ENGMO is a mathematical and problem-solving global contest where teams of four young women compete to win the prestigious title.

Host country Georgia is over 13,000km away and will be holding the Mathematics Olympic event from the 11th-17th April.

This will be Australia's 7th year represented in the global competition, and the third year that Cloris and Iris have entered. The other two Australian team members this year are Amber Lee from Pymble Ladies College and Laura Nan from Fintona Girls School, Victoria.

Iris, who has won third place in the past two years, said: "My passion for mathematics stems from a keen interest in problem-solving and understanding its impact on the world."

"I find satisfaction in overcoming challenging problems, and exploring the positive influence such skills can have on society. The possibility of meeting people [at EGMO] who share the same interest as me is exciting, and

it's also great to have a chance to form lasting connections that extend beyond the event".

Her sister Cloris also shares a passion for problem solving and finds the process of problem-solving complex mathematical problems very rewarding, wants to apply it to future issues such as climate change.

As both sisters are in Year 12, this will be their last year of participating in the ENGMO, but Cloris looks forward to the opportunity of meeting like-minded young women and hearing their perspectives on mathematics.

Both sisters were recognised for their mathematical excellence by the Australian Mathematical Olympiad Committee (AMOC) in 2022. In addition, Iris won the gold medal consecutively for two years as well as two bronze medals in the Asian Pacific Mathematical Olympiad in 2022 and 2023.

Head Mathematics Teacher at Baulkham High School, Jason Ribbens, praised the girls for their dedication and living out their school



values; "Since arriving at the school, the girls have demonstrated excellence in their study of mathematics".

"Both Cloris and Iris enjoy a challenge and thoroughly deserve this opportunity. As a school community, we could not be prouder of their effort and achievements."

CEO of the Australian Maths Trust, Nathan Ford, who announced this year's team also congratulated the four team members for their contribution to mathematics.

"While our teams always want to perform their best for the competition, EGMO is about so much more - a chance for young women to meet their international peers and form relationships that will last a lifetime. Above all, after the hard work they've all put in, it's time for Amber, Cloris, Iris and Laura to have fun and enjoy the challenge and inspiration of mathematical problem-solving."

RELAY FOR LIFE
Cancer Council

Hills Relay For Life

CELEBRATE. REMEMBER. FIGHT BACK.

REGISTER TODAY!

Sat 18 & Sun 19 May 2024
9am - 9am

Help us achieve a cancer free future by starting or joining a team! Celebrate cancer survivorship, remember loved ones lost and fight back against cancer.

Every dollar raised will go towards funding world-class research, prevention and support services, as well as helping patients both today and in the future.

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Sat 18 & Sun 19 May
9.00am - 9.00am
Castle Hill Showground
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yvette.haines@nswcc.org.au (02) 9354 2007

www.relayforlife.org.au/event/hills-2024
www.facebook.com/groups/289806063683739

Sat 23 & Wed 27 March

Your New Playground is Here!

Enjoy FREE entertainment, kids' crafts, a school choir performance, and our ribbon-cutting ceremony.



Kellyville Village is excited to announce that works on the proposed Kellyville Village Shopping Centre revitalisation is coming to an end, providing an improved shopping experience for our valued local Kellyville community.

We are proud to unveil our new community playground and space with our official Playground Grand Opening and Unveiling Ceremony being held on Wednesday, 27 March from 9:00am until 12:00pm.

Join us for an exciting experience and unveiling filled with laughter, activities and games, and the lovely local students from Sherwood Ridge Public School in Kellyville whose choir will be performing for us on the day. We are honoured to welcome these students who helped us name our new playground, Eucalypt Forest.

Enjoy live entertainment, including captivating performances and music, delicious treats from our popcorn food cart, and the ribbon cutting ceremony taking place at 10:00am on the balcony area next to the new playground.

There will also be an exciting Pre-Launch Fun Day on Saturday, 23 March from 10:30am until 2:30pm with face painting, fairy floss cart, live entertainment, and more for the whole family to enjoy.

out and about

with MICHELLE BYRNE

New Bus for Hills Community Aid

The power of community transport to connect people and places cannot be underestimated.

For the past 22 years, Hills Community Aid's (HCA) community bus has been instrumental to the success of the Tuesday Days Traveller Group which forms part of the Learning in the Hills program. Thanks to access to HCA's community bus, hundreds of independent travellers over the years have had the opportunity to explore different sites across Sydney and surrounding areas including gardens, beaches, galleries and places of historical interest whilst having fun and making new friends.

The community bus is driven by volunteers who not only love being part of the service but also have formed friendships with the groups they drive. Roly one of HCA's longest volunteer drivers, last year handed in his keys after more than 15 years of service. When Roly began driving there was 200,000km, by the time he had finished there was 465,830km on the clock.

HCA's community bus is also hired out at a low cost to community groups including sporting groups, Probus Clubs and Friendship Groups, giving them the opportunity to undertake activities without cost of bus hire being prohibitive. Mici Beer, CEO of Hills Community Aid is passionate about the service the community provides and the difference it is making in the lives of others.

"Without access to a community bus, people wouldn't have the opportunity to explore new places, visit places they haven't seen in years and make new friends. Two people who recently used our bus, mentioned to me that they hadn't been to the beach for over 6 years or visited Wollongong for over 10 years, they had a great day and enjoyed putting their feet in the water and listening to the waves." Mici Beer said.

With incredibly high mileage on the clock and after 22 years of service to the community, the well-loved HCA community bus is set to be retired. However, thanks to funding from State and Local Government, Hills Community Aid has a new bus, a Mitsubishi Rosa, which has been affectionately named Rosie by Hills Community Aid staff and volunteers.



"I am immensely grateful for the invaluable support received from Mark Hodges MP, Community Builders Partnership funding, and The Hills Shire Council. Their generous funding has been instrumental in sustaining our community bus program, which in turn supports our community to remain connected, fostering inclusivity, and enriching the lives of our clients" said Mici Beer

The official launch of the Community Bus will be on 27 March, 10am at Balcombe Heights Estate, Turner Buildings (Learning in The Hills). Everyone is welcome to attend.

The current user groups are excited about the new community bus with many commenting that "the old bus is struggling on the hills more these days". Rosie's first outing after her official launch will be with the Tuesday Traveller's to Fagans Park.

For more information on HCA's Community Bus and the Tuesday Travellers go to www.hca.org.au

DESTASH Make Come Cash!

Following the success of the previous Fabric & Wool Destash in 2022, the ladies of Elouera Cottage Crafts are organising another.

What is a Destash? It's an opportunity to downsize/re-purpose/re-home excess fabric, wool, yarn, craft supplies etc. from one's collection/stash, thus preventing these items from ending up in landfill. The event will be held on **Saturday 20th April 9am - 1pm** in the Hall at Cherrybrook Uniting Church, 134 New Line Road, Cherrybrook. Join in the fun with other crafters and **HIRE A TABLE** and make some cash from unwanted items in your craft stash **OR** Elouera Cottage Crafts will also gratefully accept

donations (by 6th April) of patchwork/dress fabric and wool.

If you are looking for additional craft supplies or a new project to undertake, come along on 20th April and browse the treasure trove of fabric, wool, sewing supplies etc. on offer at the many stalls.

TABLE HIRE / enquiries, please telephone 0408 441 766.

Full details www.cherrybrookuc.org.au or Elouera Cottage Crafts on Facebook/Instagram.



Elouera Cottage Crafts
CHERRYBROOK UNITING CHURCH

FABRIC & WOOL DESTASH

20th April 9am - 1pm

**TABLE HIRE/ENQUIRIES:
0408 441 766**

WWW.CHERRYBROOKUC.ORG.AU

REFUGEE CHILDREN

Thrive with World-Class Healthcare

When their homeland became too dangerous to stay, Ahmad* and Aafreen's* daughter Sayeh* was already very unwell. With healthcare in their country also in crisis, the family left Afghanistan and travelled to neighbouring countries to seek a diagnosis. For Sayeh, this came only when the family arrived in Australia two years ago, thanks to the HARK Clinic (Health Assessment for Refugee Kids) at The Children's Hospital at Westmead.

The HARK Clinic, was established in 2005, to provide refugee and asylum seeker children and young people under the age of 16 with multidisciplinary health assessments and treatments. The Clinic also makes referrals to specialised support services within the community, which are consistent with these children's health care needs.

Dr Nikola Morton, is the Clinical Lead of the HARK Refugee Service at The Children's Hospital at Westmead, and also works as a Staff Specialist Paediatrician and international advisor for organisations such as Médecins Sans Frontières in France and as a field paediatrician in the Middle East and Africa.

Support from the community benefits the refugee and asylum seeker patients and their families by ensuring that they have equitable

access to healthcare, it enables the team to provide education and training across Sydney Children's Hospitals Network to deliver care to these patients and their families. It helps strengthen partnerships with other refugee and asylum seeker community agencies and services.

"We really appreciate everything that has been done for Sayeh. The HARK Clinic has always been there to support us. We are very thankful to Dr Nikola Morton and her colleagues," Aafreen said.

Sydney Children's Hospitals Foundation (SCHF) relies on our Movement of Many to help raise vital funds for services like the HARK Program. By leaving a gift in your will, even as little as 1%, you can help children like Sayeh access the very best healthcare when and where they need it.

SCHF has partnered with Safewill, Australia's highest rated online Will writing platform and is pleased to offer you the opportunity to write your online Will for just \$80 (usually \$160). To learn more, contact us on 1800 770 122, plannedgiving@schf.org.au or visit [Leave a gift in your Will | Sydney Children's Hospitals Foundation](https://www.schf.org.au/gift-in-will)

**Names have been changed to protect privacy*



Sydney
Children's
Hospitals
Foundation

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



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to chance.**

**www.schf.org.au/gift-in-will
1800 770 122**



BE BIG SCHOOL READY



At Fit Kidz Learning Centres our philosophy identifies a commitment to providing the highest quality care and education. This is reflected in their school readiness program: **"Be School Ready"**.

Be School Ready is our exclusive school readiness program devised by qualified teachers in consultation with the NSW school syllabus.

"Be School Ready operates on the philosophy that constant exposure in a stimulating environment is the best way pre-school children learn. We offer a comprehensive program that covers all areas of development with adequate time and support for each child to learn" says Melissa Scaife, who is a qualified early childhood educator herself with over 25 years' experience.

The Educators at Fit Kidz Learning Centres goal is to support every child to reach their individual potential and be prepared and confident making the transition into "big" school.



"We work very hard on basic foundational skills to help children prepare for school, understanding that each child develops at their own pace and extra support is given to children who may struggle with these skills. Some of the areas we focus on are attention and concentration, receptive and expressive language or the understanding and using of language, play skills, self-regulation, executive functioning and planning and sequencing". Says, Melissa

It is very important to Fit Kidz Learning Centres to help prepare children for school.

"Ensuring our children are prepared and excited about learning and their transition to school is my goal for every preschooler. We can only achieve this with exceptional Educators creating exciting learning opportunities and forming great relationships with each child in our centres. We are fortunate to have a team with the same goals for children". Melissa states.



PETS OF THE WEEK

The Hawkesbury Companion Animal Shelter (CAS) is at 10 Mulgrave Rd, Mulgrave.
Call 4560 4644 for opening hours
or visit the new webpage
<https://hawkesburycas.com.au/>



AT A GLANCE

NAME: MARLIE
SEX: Male
BREED: Domestic Cat
AGE: 11 years old
PRICE: \$49

MARLIE is a sweet old cat looking for a loving home to retire in. Staff at the Hawkesbury Companion Animal Shelter say Marlie is an undemanding boy who just enjoys lying around in a cosy spot for the day. If you can give this older boy a calm environment and think that Marlie may be the cat for you, come to the shelter to meet him. As Marlie is already desexed he can leave the shelter with you. His adoption price has been \$49 which includes his first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

KOBE is 14 months old and wants to live his life in the fast lane according to staff at the Hawkesbury Companion Animal Shelter. Staff say that Kobe is a beautiful boy who loves everyone he meets and has a real zest for life. Kobe is a young, strong boy and staff say he would enjoy joining his new family on any adventures they embark on. With a smile that shines and amazing personality Kobe will make a wonderful companion for an active family. Staff says he sits when asked, walks well on a lead and is eager to please. His adoption price has been reduced to \$49 and includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

THOR has a lovely, outgoing personality and will make a great addition to your home, say staff at the Hawkesbury Companion Animal Shelter. They say Thor has striking good looks and walks nicely on a lead and can follow basic commands. If you are interested in meeting Thor please bring your family dog and the children to meet him at the Shelter. His adoption price has been reduced to \$49 and includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



AT A GLANCE

NAME: KOBE
SEX: Male
BREED: American Staffordshire Terrier
AGE: 1 yr 2 mos
PRICE: \$49



AT A GLANCE

NAME: THOR
SEX: Male
BREED: American Staffy
AGE: 2 years old
PRICE: \$49

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Baulkham Hills

472 Windsor Rd,
Baulkham Hills,
NSW 2153
(02) 9157 5557

www.sydneyanimalhospitals.com.au

Wellness Blood Tests and Regular Health Checks for Our Senior Pets

As our beloved pets journey into their golden years, it's crucial to prioritize their health and well-being. Since our furry companions can't verbally express their discomfort, regular health check-ups and wellness blood tests are essential to detect any potential issues before they escalate.

Did you know that dogs are considered seniors at 7 years old, while cats reach their senior years at 10? Aging pets may start showing signs of age-related health issues, affecting their behaviour, appetite, and mobility. It's crucial to recognize these signs early on, as prompt detection of age-related diseases is the key to managing them effectively and ensuring a high quality of life for your pet.

Some symptoms of aging may be obvious, like reduced stamina during walks, while others may be more subtle, such as changes in appetite or demeanor. Keeping an eye on your pet's eating and drinking habits, weight, toileting behaviour, and mobility is essential so that you can promptly report any changes to your veterinarian.

Common health problems affecting senior pets include osteoarthritis, obesity, metabolic

diseases like diabetes or kidney failure, dental issues, and cardiovascular changes. Behavioural changes are also common, which could be indicative of cognitive dysfunction or underlying pain or metabolic issues.

Regular annual vet check-ups and six-monthly wellness blood tests are recommended for all senior pets to monitor their health effectively. These blood tests help veterinarians assess the function of internal organs such as the kidneys and liver and can often serve as the first indicator of any underlying health issues.

With early intervention, most age-related diseases can be managed effectively, ensuring that your senior pet remains comfortable, happy, and healthy for years to come. Give your furry friend the gift of proactive healthcare – schedule their wellness blood test today and receive a complimentary bag of Hill's food tailored to your Pet's senior needs.



RuffTRACK Helping Out

Lawn Lads and Lasses is the newest social enterprise service offered by the Riverstone-based RuffTRACK charity which is working with youngsters to build up their skills.

RuffTRACK started in 2019 as a 12 week pilot program aimed at connecting young people with animals to foster responsibility and trust.

It now supports over 50 vulnerable, young people a year and is helping them develop life and work skills to plan their future pathways.

It was co-founded by David Graham (better known as Farmer Dave) and supports young people age between 12 and 17 who have disengaged with school and the community.

RuffTRACK centres on skill development with programs based on agricultural education, public speaking, animal care and training, building relationships, community outreach services self generated income projects.

The training programs include fabrication, animal husbandry, carpentry, dog, training, domestic skills, horticultural, landscaping, mechanics, leather work, physical education, welding and woodwork.

It's social enterprises services include the Lads and Lasses lawn and site clean-up service, a RuffTRACK mobile coffee shop, a metal fabrication and plasma cutting business, land regeneration and bushfire fencing so if you need help or want to know any more email office@rufftrack.com or see www.rufftrack.com/

RUFFTRACK TRIVIA NIGHT

Tease Your Brain
Lots of Games, Silent Auctions, Raffles and Prizes to be won

Saturday, April 6th
at Panthers North Richmond
33 Beaumont Avenue, North Richmond
Doors open at: 6:00pm
Game starts at: 6:30pm-10:30pm

\$30 per person / tables of 10
No outside drinks or food to be brought in
don't forget your gold coins

For a fun night and to raise money for RuffTRACK
Tickets can be purchased at
www.rufftrack.com

The Hills Shire Council News

Youth Week 2024

Youth Week is just around the corner and Council is proud to support a number of FREE activities for young people across the Shire

Youth Week Events:

- Movie Afternoon | Monday 15 April from 3pm – 5:30pm at Event Cinemas, Castle Towers
- Art Therapy | Tuesday 16 April from 2pm – 4pm at Castle Towers Community Hub
- Hills Community Aid Family Fun Day | Wednesday 17 April from 10am – 1pm at Balcombe Heights Estate
- Hills Youth Fall Festival | Thursday 18 April from 1pm – 5pm at Aub Juleff Arena, Castle Hill Showground

In addition to the events, Council has partnered with Rouse Hill Town Centre to provide a Youth Entertainment Bundle for 100 young people to access. The bundle includes one meal (from selected retailers), one movie ticket and small popcorn for Reading Cinemas and a single 30-minute session at Time Zone for free.

There is also still time to enter the Creative Arts Competition, closing on Thursday 4 April. The theme is 'Connection and Identity', with participants encouraged to interpret this through their very own experience of living, working or studying in the Hills. There are some major prizes up for grabs and the opportunity to be showcased at a special exhibition at the Youth Fall Festival on Thursday April 18.

For more information on Council's Youth Week 2024 events and activities, visit our website and search 'Youth Week 2024'.



Reconnect with nature



Take time out of your busy life and explore nature this Sunday 24 March. Immerse yourself in the outdoors and discover nature's healing power through a guided sensory walk amongst the trees, fern gullies and surrounding landscape at Eric Mobbs Reserve.

You will also learn about plant identification and bushland conservation through a guided bushcare session with the local Eric Mobbs Reserve Bushcare group.

To find out more and to register, visit Council's website and search 'Nature Walk and Bushcare'.

Recycle right this Easter

Did you know that you can recycle Easter egg wrappers? Waste such as foil from Easter eggs can be recycled via your yellow-lidded bin when rolled into a ball shape about the size of a golf ball.

Bins will also be collected as normal over the Easter period, so please ensure you place your bins out at the kerbside the night before your collection day.

To read up on more tips such as how to reduce food waste and what other Easter waste you can responsibly dispose of, head to Council's website and search 'Recycle Right this Easter'.

**Recycle
RIGHT
THIS EASTER!**
Bin collections will occur as
NORMAL - even on Public Holidays



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



Help Shape the Hills

Council has recently launched a new platform called *Hills Have Your Say*. It has been created to gather the community's opinions and views on important matters.

We encourage you to visit the website at hillshaveyoursay.thehills.nsw.gov.au and register as a user. By doing so, you will help us better understand your sentiments towards our projects. Registering also gives you access to new projects and initiatives and allows you to contribute your thoughts and ideas. You will also receive notifications on new projects and initiatives.

How is your business doing?

Calling all business owners in The Hills! Share your challenges and experiences with us in our Performance Sentiment Index (PSI) Survey. Your input will help to shape our upcoming support and educational programs for the year ahead. Help us, help you. For more information and to complete the survey, visit Council's website and search 'PSI'.



Unlock your business potential

Register now for our Expert Digital Advisor Session to help improve, grow and protect your business using digital tools. It will involve a one-on-one session with an expert business advisor to work on all matters digital and marketing.

The next session is on Thursday 18 April from 8:30am – 3pm. Head over to Council's website and search 'Expert Digital Advisor Session' for more information and to book.



Council Meetings

Tuesday 26 March 2024 at 7pm

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



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\$8 COCKTAILS
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THE GALSTON CLUB



Have an egg-cellent Easter Long Weekend at The Richmond Inn!

Starting with a huge lineup of local DJs on Thursday 28th March, from 5pm, knock off the work-week early and bring your mates round for \$16 Steaks, drinks and a boogie.

Dive headfirst into classic Good Friday specials, including Pan Seared Salmon, Southern Fried Barramundi Burger, Prawn Pizza, Fish Tacos and Prawns Aglio Olio!

Saturday is set to be a good one, with local DJs setting the groove from sunset and great specials on drinks into the night. With such a wide variety of DJs spinning tunes, we're all ears on Saturday night!

Easter Sunday is a time to cherish with your loved ones, and the Easter Bunny is visiting the children of Richmond... twice! Bring the kids along for a special guest appearance from the Easter Bunny, with prizes to be won from Easter egg hunts, raffles and more.

As always, KIDS EAT FREE ALL DAY EVERY DAY at The Richmond Inn. Don't miss the Hawkesbury's best Easter Line-up – book now!

*Visit our website for Easter Opening Hours. Public Holiday Surcharges Apply.
<https://richmondinn.com.au>

EASTER LONG WEEKEND

THURSDAY FROM 6PM
DJs TIL LATE
\$16 STEAK NIGHT

SATURDAY FROM 7PM
DJs TIL LATE

SUNDAY FROM 1-4PM
MEET THE EASTER BUNNY
EASTER EGG HUNT & RAFFLE
FACE PAINTING

ALL WEEKEND
KIDS EAT FREE!
FISH OF THE DAY
BOOK NOW
15% Surcharge applies on public holidays

28 MAR - 1 APRIL

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Mon-Sat 10am-late | Sun 10am – 10pm.
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(L to R) Retirement Living Services Director Kristen Edmonds, NSW MP for Hawkesbury Robyn Preston, WCV Resident Hermon "Dave" Jones and Federal Senator for NSW David Sharma, WCV Village Manager Maria Wheate

WCV Residents Receive New Australian Flag in Preparation for ANZAC Day

NSW MP Robyn Preston and Federal Senator for NSW Dave Sharma Visit Windsor Country Village Residents Ahead of ANZAC Day

On Friday, March 8th, 2024, the community of Windsor Country Village received a well received visit from NSW Member of Parliament for Hawkesbury, Robyn Preston and Federal Senator for NSW, Dave Sharma. The purpose of the visit was to present residents with a new Australian Flag, marking a poignant gesture in preparation for ANZAC Day. This symbolic event brought together residents and dignitaries alike for an afternoon of reflection and camaraderie.

Windsor Country Village holds a special place in the hearts of its residents, many of whom have contributed significantly to the region's

history. Among them are three individuals who have served in active duty, including Veteran Hermon "Dave" Jones. Jones's service in both the Royal Air Force (RAF) and the Royal Australian Air Force (RAAF), with many years stationed at Richmond RAAF Base, exemplifies the spirit of sacrifice and dedication to duty.

ANZAC Day holds profound significance for the residents of Windsor Country Village, who gather annually to pay homage to all those who have served and sacrificed for the freedom of their nation. This day of remembrance serves as a solemn reminder of the bravery and

resilience exhibited by those who have defended Australia's values and way of life.

The tight-knit community of Windsor Country Village thrives on coming together in both sombre and celebratory moments. With over 110 residents, many of whom hail from the Hills and Hawkesbury regions, the village takes pride in engaging with the broader community. Recent activities have included attending the Premier's Gala Concert at the Sydney ICC as part of the NSW Seniors Festival, as well as celebrating St. Patrick's Day with a lunch at The Fiddler and enjoying a trip to the Fish Markets for lunch.

Looking ahead to April, residents of Windsor Country Village are eager to embark on outings to Mt. Wilson to witness the breathtaking autumnal colours and to the Blue Lagoon Resort on the Central Coast for a relaxing beach stay. Amidst these moments of joy and leisure, the significance of ANZAC Day will not be forgotten, as residents pause to reflect on the freedoms they enjoy, made possible by the sacrifices of those who served in the military.

Dave Sharma's visit and the presentation of the new Australian Flag serve as reminders of the importance of honouring the sacrifices of veterans and cherishing the values they fought to protect. As ANZAC Day approaches, Windsor Country Village stands united in gratitude and remembrance, honouring the legacy of service and sacrifice that continues to shape Australia's identity.

Join us for the WINDSOR COUNTRY VILLAGE Open Day Morning Tea

Come and experience life at WCV
Meet the team & residents

6th April 9am to 11am

please RSVP to sales@wcv.com.au for inspection times
and catering purposes

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Anzac Day Ambassadors

ANZAC day this year will be a powerful reminder for four local Year 11 students in particular of the impact of war.

The four: Anika Pandey, Baulkham Hills High School; Isabelle Henderson, Northholm Grammar School, Jacob Carr, Marian Catholic College Kenthurst and William Go, Castle Hill High School are the 2024 Hills ANZAC Ambassadors and were named recently after an extensive selection process.

Sponsored by Castle Hill RSL Sub-branch, the Hills program was started in 2015. Over the years since then there have been 42 ambassadors.

President of Castle Hill and District RSL Sub-branch Cheryl Hill called it an "outstanding" program that added young voices to the remembrance services.

"It is important to involve the younger generation in this ANZAC Ceremony as they are our future. We are very proud of every one of our Ambassadors. All of those who have served as ambassadors have benefited greatly from the role. Not only have they enhanced their public speaking skills but, more importantly, they have developed an understanding and appreciation of the service and sacrifice of our veterans in all conflicts," she said.

Three ambassadors have had the additional experience of mentoring those ambassadors who followed them.

This year, former Ambassadors Elizabeth Rodd and Georgia Titterton participated in the selection process and are now mentoring the new ambassadors through their training and service.

Every year nominated students are given a given subject to research for their ANZAC Day talk, this year it is Gulf War 1 and 2.

The four will be speaking at this year's ANZAC Day Dawn Service on Thursday 25 th April 2024 at the Centenary of ANZAC Reserve, Wrights Road, Kellyville.

The address will be given by Commodore Terry Morrison, the Commander Surface Forces responsible for providing the Government with sustainable and lethal destroyers, frigates, major amphibious and underway replenishment vessels. He has served in the Navy for 33 years, 18 of these at sea and he has commanded Patrol Boats, a Navy Training Team in Iraq, a Guided Missile Frigate and a Canberra Class Landing Helicopter Dock.



(L to R) Anika Pandey, Isabelle Henderson, Jacob Carr and William Go with Castle Hill RSL President John Payne and Sub-branch President Cheryl Hill.

Castle Hill & District RSL sub-Branch is inviting veterans (anyone who has ever served), families, and community members to pay their respects to all those who have served in the Defence of the nation.

The ANZAC Day Dawn Service this year will be livestreamed and available at chrslsubbranch.org.au/2024ANZACday.

Cheryl Hill, President of Castle Hill & District RSL sub-Branch said: "Our service to the veteran community extends beyond ANZAC Day.

"Our mission is to support veterans, foster camaraderie, and resilience. Throughout the year, we run activities and events for service personnel and their families.

"The sub-Branch has a dedicated welfare team in place to support service personnel and their families."

To find out more visit the Website: chrslsubbranch.org.au; Facebook: facebook.com/ch.subbranch or call the office on 8858 4909.

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Dural Scouts in Competition Camp

Dural Scouts recently participated in the Oceans 2024 Camp at Glenrock along with groups from other Hills District Scouts.

Scouts were sorted into patrols of 4-6 scouts who competed for a trophy at the end of the camp. Competition points were awarded for the state and cleanliness of their camp, a MasterChef competition where they had to cook for the Leaders, a wide game on Saturday night and a video making contest.

Dural came third thanks to winning the MasterChef comp, special mention to Lachlan for his cooking skills. When they weren't competing, the scouts participated in abseiling, swimming in the lake on Saturday and a massive water slide was set up Sunday. Overall, a good time had by all, and some very tired scouts on Sunday afternoon.


Stage 3 Bushwalking is not a simple Scout Hike walking around the bush!

In early March, on a sunny and rain-free day the Cub Unit set off on a challenging bushwalk starting from Cherrybrook to Galston through the Berowra Valley National Park, covering 10.5 kms.

Everyone was well prepared, they had 4 short breaks and rest time, enjoyed some wonderful scenery and lookouts along the way with some challenging steep ascents and descents.

It was a pretty challenging bushwalk for everyone and I am sure there was a great sense of accomplishment! A big thanks to Nathan our Scout Leader and Parents who supported this bushwalk – and well done to all the Cub Scouts

Dural Scout Group has vacancies now for Girls and Boys from 5 to 25 years. Joeys (5yo), Cubs (8yo), Scouts (12yo) and Venturers (16yo). Please contact Phirooza: 0411 731 976 or phirooza@bigpond.net.au or Simon: thewolf_1stdural@bigpond.com



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.
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From Ferries to Fiona!

The Webbs Creek, Wisemans Ferry and Sackville ferry services are a lifeline to the nearby communities of Hawkesbury. Residents and businesses rely on them to get to school, to work, to attract customers, to attend medical services, attend sport and remain connected.

The industrial action by the Maritime Union of Australia (MUA) has caused disruptions to the daily lives of the people in this part of The Hills Shire and Hawkesbury region. The stoppages have proceeded with minimal notice. Ferry users have had to allow considerable extra time to travel and I know the ferry workers are uncomfortable with the pain this has caused.

Following on from my interventions in Parliament, the advocacy from the community and the media attention gained, the MUA and contractor Birdon Group, have decided to sit down at the negotiation table. I have also been advised that Transport for NSW has become more engaged in the dispute and is pressuring the parties to reach a workable employment agreement.

On a more uplifting note, let me introduce you to Fiona Germaine, Hawkesbury's 2024 Woman of the Year! Fiona has

a remarkable story as a successful international model with Versace and owner of a fashion business. A few years ago, Fiona and her family moved to Hawkesbury for a tree change and like most of us, fell in love with Hawkesbury's distinct landscape and culture.

The Black Summer Bushfires brought out Fiona's ability to identify critical needs and to find solutions. She felt compelled to help her community by working with volunteers to provide food and emergency resources for those isolated in remote parts of the electorate.

When floods swept throughout the region, Fiona again mustered help to provide essentials and support to those most vulnerable. While raising a family, Fiona enjoys competitive showjumping and has used her extensive business background to establish a new flower-farming business, Vivaldi Flora, with a vision to position local, eco-friendly and sustainable practices in a luxurious and stylish way.

As Director of Bells Line of Road Business Chamber, Fiona advocates for businesses to promote tourism in the area too. Congratulations Fiona!



NSW Youth Week 2024 Creative Arts Competition

"Connection and Identity" – Creative Arts Competition

Closes Thursday 4th April 2024 at 11.59pm

In celebration of Youth Week 2024, Hills Shire Council is hosting an art competition in honour of Youth Week 2024 and young artists are encouraged to submit their work!

This competition is available for young people, aged 12-24, living, working or

studying within the Hills Shire to showcase their creative and artistic abilities.

There are major prizes on offer and all submissions will go in the running to win. They will be reviewed through a panel of esteemed critics including Mayor of The Hills Shire Council, Dr Peter Gangemi. Submissions

will also be included at an exhibition at one of the Hills' largest Youth Week events for 2024, The Hills Youth Festival.

The theme of the competition is 'Connection and Identity'. Submissions should explore a young person's perspective living in the Hills. Submissions will need to be completed online via the link below. Submissions can be new or existing and from any medium, as long as they fit the competition's theme and artists will need to photograph their submission and upload it to the link alongside some other details.

Additional details regarding the competition can be found on the link below.

Please ensure that prior to submission, your artwork meets the following criteria.

- The artwork follows the theme of 'Connection and Identity'
- The dimensions of the artwork are no larger than 43cm (W), 29cm (D) and 20cm (H)
- The artwork is able to sit flat on a table OR upright with no additional support
- The artwork can be vertical or horizontal
- The artwork must be unmounted and unframed
- Any art materials may be used (paint, pencils, pastels, paper collage)
- The artwork must be able to be delivered to staff of The Hills Shire Council should it be selected to be included in the final exhibition.

Submissions Close: Thursday 4th April

Final Exhibition: Thursday 18th April

For submission details visit Hills Shire Council's website <https://www.thehills.nsw.gov.au> and search for Creative Arts Competition.

SUSAN TEMPLEMAN MP

Federal Member of Macquarie

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Investing in women's health care

If you're someone who doesn't have endometriosis, or doesn't know someone with endo, this may not seem important.

But women across the Hawkesbury and north western Sydney can now access endometriosis and pelvic pain care close to home, at a specialist clinic in Rouse Hill and I know it could change their lives.

Located at the Rouse Hill Town Medical and Dental Centre, the Evoca Endometriosis and Pelvic Pain Clinic is staffed by nurses, GPs with a specialisation in endo and pelvic pain, physios and other health professionals who can offer multidisciplinary and targeted treatment.

It is one of the first of 22 clinics the Albanese government has established to deal with this debilitating condition that strikes 1 in 9 women from puberty to beyond menopause and takes an average of seven years to be diagnosed and treated. It also costs some sufferers tens of thousands of dollars, mostly in lost wages.

The \$58.3 million package we've rolled out to fund the clinics also covers an additional Medicare item for MRI scans for women with endo having fertility problems and the development an endometriosis management plan.

We know there needs to be changes to the health care system, so it works better for women, and at a recent women's health forum I held with Assistant Minister for Health and Aged Care, Ged Kearney, we heard from women who've faced misdiagnosis, not being listened to, and being ignored- often when at their most vulnerable.

The results of a new national survey called #EndGenderBias confirm that this experience is overwhelmingly shared across the country, with 70% of women experiencing bias in the diagnosis and treatment of health conditions, while 70% of experts felt women were 'only slightly or not at all' believed about a health issues.



The endometriosis and pelvic pain clinics are designed to change that for women with the condition. I'd really encourage any woman or girl suffering in silence with pelvic pain or endometriosis to reach out to them and make an appointment. You deserve to be heard and you don't have to endure this pain.

MELISSA MONTEIRO

LOCAL WOMAN OF THE YEAR

I am very pleased to announce the Local Woman of the Year for the Castle Hill Electorate.

Melissa Monteiro was born in Mumbai, India and grew up in a working-class suburb. She has a Bachelor and Master's in social work and in 2000 migrated to Australia with her husband.

For the past 24 years, Melissa has managed the Community Migrant Resources Centre (CMRC), a not-for-profit community organisation, providing settlement services to Refugees and Humanitarian entrants in Western Sydney. Melissa is currently involved in empowering refugee and migrant communities settling in Australia.

She exhibits great passion for the needs of migrant and refugee women, humanitarian resettlement, and social justice issues. Through her role as the CEO of CMRC, she has made a significant and long-lasting positive impact on the lives of thousands of immigrant and refugee people.

Melissa is also a published author, having published her book 'A Migrant Story: The Girl from Mumbai' in 2021. She deeply values compassion, respect, the dignity and worth of every person, the right of self-determination, empathy, tolerance, and active listening. I believe Melissa exemplifies these values which she herself upholds, and all in all, is an exceptional member of the community, highly worthy of being awarded Local Woman of the Year.

NSW Women of the Year Awards



MARK HODGES MP
MEMBER FOR CASTLE HILL

AS YOUR STATE MP, I AM HERE TO:

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

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BRIDGING HISTORY

On the 19th March 1932 an Irish immigrant, a resident of the Hills district, caused a stir in the annals of Australian history. The occasion was the official opening of our first road crossing of Sydney Harbour - The Sydney Harbour Bridge.

The bridge was to be officially opened by the Premier Jack Lang, when the diminutive Irishman, Francis Edward de Groot, mounted on a horse borrowed for the occasion, charged forward brandishing a sword and slashed the ribbon at the entrance the bridge, shouting "I declare this bridge Open in the name of the people of New South Wales".

De Groot was a member of the Fascist organisation named "The New Guard" who were vehemently opposed to Jack Lang, the Labor Premier of New South Wales, who they believed was a Communist sympathiser. Upon the Police disarming de Groot and arresting him it was thought that he was a lunatic and the Police charged him as such but he was later pronounced sane. Colonel Eric Campbell, a Solicitor from Turramurra, was the leader of the New Guard and declared that had acted with the full approval of the Executive Council of the New Guard. Subsequently, de Groot sued the NSW Government on the grounds that a police officer had no right to arrest an officer of the Hussars (de Groot had served in the British Army in the 15th Hussars during WW1 and had kept his sword from this period) in which he was awarded what amounted to around \$138 in damages for wrongful arrest.

After his arrest, Francis de Groot is reported to have said, "Of course having ceased to even looking like fighting, I was easy, and accordingly about 14 large pair of hands tried to obtain a grip on some portion of me, not all with success because a lack of space..."

Tempers soon simmered down, my foot was released from the stirrup, and I was hurried into the toll house, where I remained for about an hour, whilst Lang, his Cabinet and Cops debated what best to do with me."

As well as being noted for his membership of the New Guard, de Groot was an antique dealer and a furniture manufacturer and was commissioned to make a chair for the first Australian born Governor-General, Sir Isaac Isaacs. The chair was last exhibited at the Centenary of Federation in 2001 at Centennial Park, by Governor-General, Sir William Deane. Regrettably, on the day, no commentator mentioned that the chair had been hand-crafted by de Groot. The chair is now in the Mitchell Library NSW State Library. Among his clients for handmade furniture was Dame Eadith Walker of Yaralla at Concord.

Prior to his death in Ireland, de Groot indicated he would like to see the sword returned to Australia. In 2004, the sword was

found on a farm in County Wicklow, in the possession of de Groot's nephew. Plans were announced to have it valued and returned to Australia, possibly as a display at the National Museum of Australia. However, the Museum was outbid by Paul Cave, the founder and chairman of BridgeClimb Sydney, the tourism company that conducts climbs across the Harbour Bridge. The sword was presented to Bridge Climb Sydney by prior students of Blackrock College, De Groot's old school, during a school reunion for ex-students now living in Australia.

The home in which Francis de Groot lived "Dunrath House" is currently still standing at 139 Castle Hill Rd, West Pennant Hills (Cherrybrook) and is currently owned by Top Place Development who are currently in receivership and controlled by controversial developer Jean Nassif who is believed to be in Lebanon. It was sold to Top Place for \$42 million in 2015 and is subject to Heritage Protection by Hills Shire Council.

Previous owners of Dunrath have included the artist William Dobell, radio personality Frank Clune and printer and publisher Bob McMillan.

De Groot died in Dublin in 1969 age 80.

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Sydney Hills & District Branch

AIR advances the interests of over 50's who are, or plan to be, fully or partly self-funded retirees.

Next Meeting: 5th April 2024 - 10.45am
Presbyterian Hall, 6a Welham St, Beecroft

Topics:

1. General meeting: Members Discussion Forum - key challenges in retirement
2. Finance Discussion Group: Members Financial Forum

Visitors Welcome | Contact: airsydneyhills@gmail.com

Looking for info that will help your retirement?
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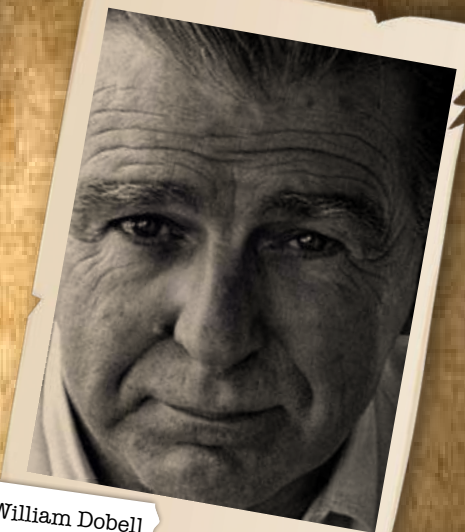
AS WE WERE

PHOTOS FROM THE PAST

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



Frank Clune



William Dobell



DUNRATH is the house of de Groot

All photos courtesy of News Ltd



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Golden moments for Budokan Judo Club

Budokan Judo Club have creamed their rivals in two major competitions, bringing home a massive haul of 47 medals, including 16 gold, to cement their reputation as one of the most successful clubs in NSW and Australia.

More importantly, the Castle Hill club is attracting more newcomers to its ranks and increasing the popularity of judo in The Hills District and surrounding suburbs.

The club is run by highly-experienced and passionate Hills judo coaches Rob and Kerrye Katz (who competed at the 1988 Seoul Olympics). They had 61 athletes competing in 85 competition divisions at the Sydney International Open and the ACT International Open.

In addition to the gold haul, their female and male representatives won 18 silver and 13 bronze medals. In addition, Budokan Judo Club's five competitors in the kata events captured three golds and one silver.

"Both the Sydney International Open and the ACT International Open were very successful events for Budokan Judo Club," head coach Rob said. "Our participation is higher now than ever which means we are building significant depth in competition experience across all our age categories."

Rob, rated as one of Australia's most successful judo competitors before he retired, said their better Cadet (15-17 years) athletes are competing in both Juniors (18-20 years) and

Senior categories meaning that if they progress through the rounds, they can get 9-12 matches in a day.

"This is great preparation for international events. Performances at these two events resulted in four of our cadets being selected for two competitions and training camps in Europe next month, which is really encouraging for all our athletes, including our youngest (under 11) competitors," Rob said.

"Our international senior athlete will continue his preparation for the Paris Olympic Games with the Pan-American-Oceania qualifying event in Brazil scheduled end of April."

According to the official results at the ACT and Sydney International events, Budokan Judo Club's medal tally across Juniors (U/11, U/13, U/15), Seniors (Cadets, Junior men/Women, Senior Men/Women), Veterans and Adaptive divisions, was the highest of any participating club. Rob said his athletes are training hard for the big championships slated for Melbourne and Perth prior to the June Nationals.



HILLS WOMEN ON SONG

The consistent Isabella Sciberras, Bella Donaldson and Aisling Davidson found the nets as Hills United FC stayed unbeaten after three rounds of the FNSW League One Women's football tournament.

Hills United were held scoreless in the first half by Sutherland Strikes before banking a 3-0 victory. They broke free in the second session, starting with Sciberras scoring from the spot in the 53rd minute.

Donaldson and Davidson then killed off their opponents hopes with two quick goals within four minutes to maintain their strong start to the 2024 season, with three wins.

In the second round, Hills United crushed Inter-Lions 5-0, thanks to goals from Bella Donaldson, Alix Roberts, Kaylie Shannon, Aisling Davidson and Ashleigh Heuston-Richardson.

The Hills women lie second to high scoring Blacktown City FC on goal difference as both have perfect starts after three rounds, along with third-placed Central Coast Mariners.

The in-form Hills women next take on hosts Mt Druitt Town Rangers on Sunday, March 24, at the Popondetta Park field 2 at 3pm.

Meanwhile, the Hills United men, who slumped to a 4-0 defeat against Wollongong Wolves in the sixth round, will be looking for better fortunes this Saturday, March 23, when they face Rockdale Linden FC at Landen Stadium, Seven Hills, from 7pm.

DURAL BOWLING CLUB NEWS

ROBYN SCOBLE HONoured

Robyn Scoble has been honoured by the Dural Bowling Club with a Life Membership, in recognition of her long service to the club. A highly-successful and skilled bowler, Robyn won many events both at home and away, including pennant wins and the Dural Major Singles.



Robyn has been a member of Dural Bowling Club since 2001 and held a number of offices, including president. During that period, when the men's and women's clubs decided to amalgamate, she expertly attended to the details of the constitution and practices of a joint men's and women's club because the foundation is so important to any organisation.

Robyn stayed on as president of the new venture to make sure it had a solid base and continues to keep in touch with members from the past and checks on members who are absent.

Mixed Triples competition. Final results: Team 4 - Marion O'Connell, Mike Keane, and Norm Nicholson.

Anyone interested in playing bowls or having a Barefoot Bowls Party, please contact Robert on 0411 375 580.

COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

☎ 02 9654 3571 (Thurs) | 02 9843 0533 (Wed-Fri)
✉ gnlolan@thehills.nsw.gov.au

Arcadian Quilters

Meet in Galston Community Health Centre 1st and 3rd Wed mornings, evening group 2nd and 4th Mon. New members welcome
Carole | 9894 7749

Baulkham Hills Probus

Meets 1st Thurs each month 1.30pm
Baulkham Hills Sports Club, 11 Renown Rd
Visitors welcome. Activities every Thurs.
Betina | 0419 595 007
✉ probus56830@gmail.com

Bonsai Society of Australia

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

Castle Hill Art Society

Art practice for artists of all ages, either in groups or classes for adults and children. Monthly demonstrations and workshops by well-known artists. Members can participate in exhibitions during the year.
9899 3179 (ans. machine)
www.castlehillartsociety.org.au

Castle Hill Senior Citizens Club Inc.,

Anyone over 55 welcome to come and play carpet bowls, cards and rummikub. Cnr of McMullen Ave. and Old Northern Road, Castle Hill (opp. new Metro station) with parking at the rear.
9680 3958 ✉ castlehillseniors@gmail.com

Combined Probud Club of Cherrybrook

We are a mixed gender club of over 170 retirees and semi retirees. Meetings on 1st Thurs of each month at the Cherrybrook Community & Cultural Centre.

Ross | 0411 104 863
✉ rossfitzpatrick@icloud.com
www.probusouthpacific.org/microsites/cherrybrook/Welcome

Computer Pals for Seniors – The Hills

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

Cumberland Bird Observers Club

The Club conducts 3 outings a month to observe birds in their natural environment. General meetings are held at Castle Hill on the 3rd Tues of the month. New members are always welcome.

Peter | 0412 770 757 or Cathy 9809 5668
www.cboc.org.au

CWA of NSW – Galston Branch

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

CWA of NSW – Castle Hill Branch

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

CWA of NSW - Toongabbie Branch.

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

Dural and District Prostate Cancer Support Grp

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

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498 www.duralmensshed.org

East Kurrajong School of Arts

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

have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.
Ann | 02 4576 5031

Embroiderers' Guild NSW Inc Hawkesbury Grp

For anyone who loves to stitch or would love to learn. Meetings: 3rd Tues 10am-2pm, 4th Tues 6-10pm Stan Stevens Studio, Deerubbin Centre 300 George St. Windsor (Windsor Library level). Guests always welcome.
Catherine Delaney | 0413340049
✉ 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

Baulkham Hills Sports Club on Renown Rd, Baulkham Hills meets on the 2nd Wed of the month at 10am and welcomes enquiries about our club.
Suzanne Dennis | 96390324 (home)
0412424593 (mobile)

Learning in the Hills

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

National Seniors Australia (Hills Branch)

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

North Rocks View Club

Meetings 2nd Thurs each month at 10.30 am. The Vikings Club, 35 Quarry Rd, Dundas Valley.
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

Probus Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

Is a mixed club and meets at the Galston Club 21-25 Arcadia Road, Galston on the 2nd Wed of each month commencing at 10.30 am. New members welcome.
Ken | 02 96296459

Probus Club – Glenorie

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

Probus Club - Kellyville Castle Hill Mixed

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

Probus Combined Castle Hill Club

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

Probus Combined Kellyville Club

Meet 2nd Mon of the month at 10am. At The Glenhaven Community Centre: 76 Glenhaven Road, Glenhaven. New members welcome.
Veronica | 0408 025 577
Susan | 0400 039 308
✉ ken_n_sue@hotmail.com

Probus Club of Winston Hills – Northmead Combined

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

RDA (NSW) Tall Timbers Centre

Equine assisted programs, Speech Pathology, Occupational Therapy and Volunteering Opportunities. Located at Gables/Box Hill 9679 1246
admin@rdanswtalltimbers.org.au
www.rdanswtalltimbers.org.au

Red Cross – Castle Hill Branch

Meetings 2nd Friday of the month 10.15am to 11.45am at Wesley Uniting Church, 32-34 Showground Rd, Castle Hill. New members always welcome.
Donna | 0416 082 626

Richmond/Windsor VIEW Club

Richmond/Windsor View Club Meets every 2nd Wednesday of the month at The Richmond Club. VIEW (voice, interest and education of woman) supports the Smith Family and Learning for Life
Trish Carter | 0417 010 619

Scouts Australia – Greater Western Sydney Region

9639 2488
www.greaterwestscouts.com.au

Sleep Disorders Australia – NSW

02 9990 3514
www.sleepoz.org.au

Soroptimist International of Hornsby Inc.

Meets on the first Wednesday evening of the month at Pennant Hills Bowling Club.
Pam | 0425 229 615
✉ sihornsbys@siaseap.org

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
✉ sihills@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 1pm; Barton Hall, 178 David Road Castle Hill.
9624 5034

The Hills District Pipe Band

Practices at Stamford Hall, Balcombe Heights Estate, Baulkham Hills every Wednesday 7-9pm. 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 | ✉ airdsneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

Meetings are held on the 2nd Tuesday of each month at 8 pm at Crestwood Community Centre, Cnr Crestwood Drive and Conway St, Baulkham Hills.
Ted | 0429 790 091
www.bushwalkingnsw.org.au/wanderers

Windsor RSL Fishing Club

Meets on the last Tuesday of the month at Windsor RSL Club at 6.30pm. New members welcome.
Les Mison | 0421 821 199

Windsor Probud Club

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

Winston Hills Joey Scouts

9862 8482
hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org

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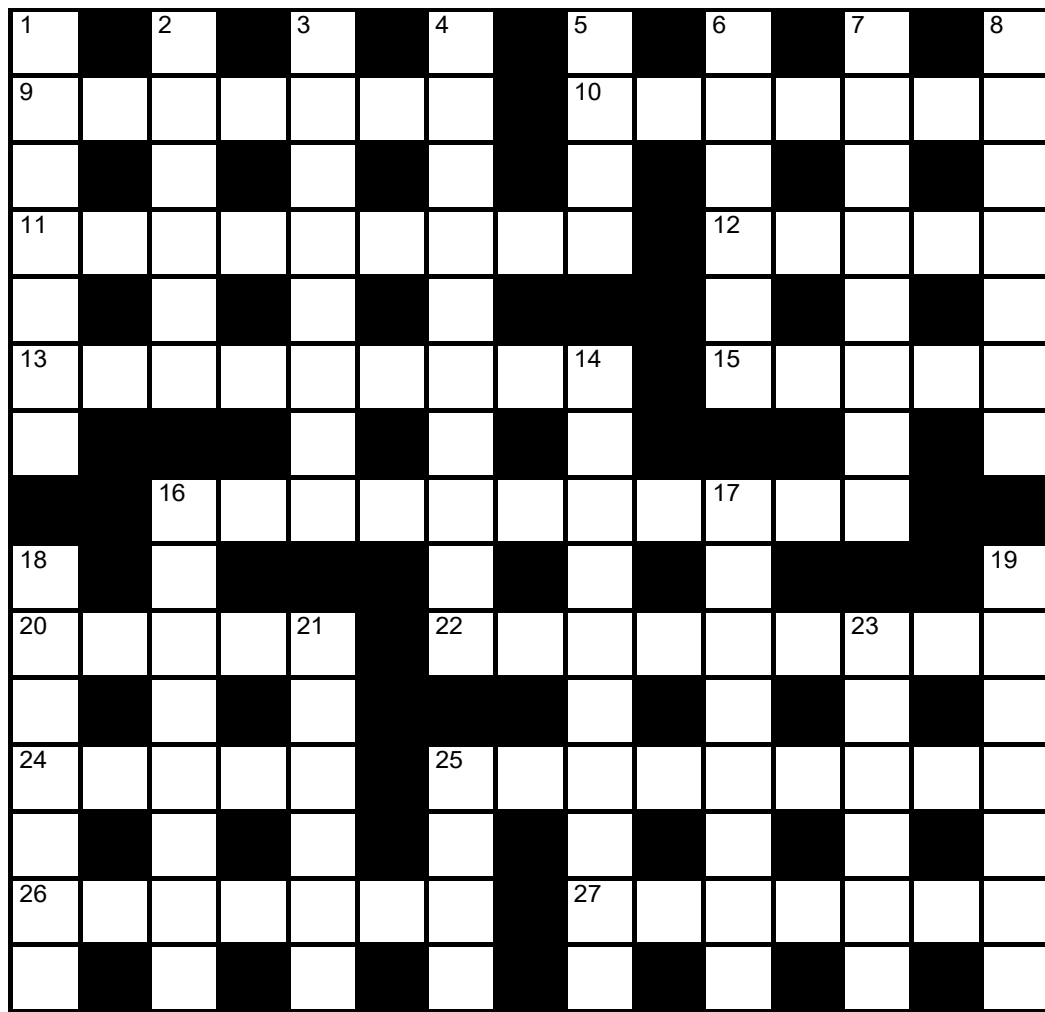
Answers from last issue

CROSSWORD

1	R	E	N	T	10	C	E	A	N	B	E	A	C	H	
2	X	A	P	X	O	L	H								
3	S	E	T	S	U	P	11	T	A	B	L	E	T	O	P
4	C	T	O	R	O	V	I								
5	Q	U	E	E	N	S	L	A	N	D	K	A	U	R	I
6	T														
7	S	O	C	R	A	T	E	S	12	O	A	T	H		
8	R	O	E	E	S	R	E								
9	E	S	P	Y	13	A	N	C	E	S	T	R	Y		
10	C	H													
11	C	A	P	E	Y	O	R	K	M	E	L	O	M	Y	S
12	W	H	T	H	A	D	L								
13	S	A	M	A	N	T	H	A	M	O	O	L	A	H	
14	K	R	I	K	E	U	M								
15	L	E	F	T	B	E	H	I	N	D	27	R	I	B	S

SUDOKU

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



Across

9. Fully owned (4-3)
10. Musical entertainment
11. Carried on
12. Elevate
13. Hero type (4, 5)
15. Storage centre
16. Controversial WA settlement between Lancelin and Cervantes (5, 6)
20. Person used as one's excuse
22. Institution for abandoned children
24. Prague resident
25. Asian ---, a shorebird seen in summer in the North
26. Energetic
27. Bigger than the rest

Down

1. Discriminating diner
2. --- Murphy, radical judge
3. Swore
4. Nuclear point of detonation (6,4)
5. Cricket World Cupper --- Hogg
6. Beat the goalie
7. Bare
8. Canadian oil province
14. Olympic gold-winning Hockeyroo forward (4, 6)
16. Undermine
17. Interconnecting devices
18. Series of waterfalls
19. Rues
21. Residence-based (2-4)
23. Former tennis Grand Slammer --- John Cooper
25. Evade

Arcadian Quilting News

Sometimes it's good to stop and look at 'the way we really are' ...
No photoshop effects .. No add-ons, .. No tinting and tinkering.

Look into a photo and see what really makes a Community Group 'a successful group'.

It could be weeding gardens around a Church Hall, mowing lawns at the local Primary School or in Arcadian Quilting, putting together quilts which we give happily to our surrounding community.

The photo above shows 'the HUB' of our group, creating, discussing, deciding on patterns, choosing colours, planning for workshops (and the occasional social event of course). This is a Women's Group in action. The beautifully coloured quilt below is an individual member's

quilt - showing just what can be achieved with imagination, vivid, strong colours and a creative mind. The fabrics seen here were featured as serviettes at an Indian family wedding. A wonderful keepsake for the bride's family.

Our door is always open; new members are very welcome as are our returning members.

We meet on the 1st, 3rd and 5th Wednesday of every month at 9.30am. Our venue is the Community Health Centre, The Glade, Galston. For further information please call Carole on 98947749.

WORD SEARCH IN THE JUNGLE

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

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APES
BABOON
CAPYBARA

COATI
COBRA
CROCODILE
GORILLA
JAGUAR

JUNGLE CAT
LEOPARD
MONGOOSE
OKAPI
PANDA

PARROT
PYTHON
SLOTH
TAPIR
TIGER

Answers from last issue

WORD SEARCH

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

CODE WORD

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

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

CODE WORD

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


SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

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