

Hills to Hawkesbury

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Community News

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Local Stories, Local Events, Local People and Local Businesses

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100 YEARS YOUNG

JOHN'S FULL STORY PAGE 13

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Performance on Search results

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

Total clicks

16.2K

Total impressions

706K



A special lunch held at Castle Hill RSL recently hosted The Families of Veterans Guild through its War Widows program which aims to provide a space for war widows to connect and form new friendships.

The aim is to establish a new social club in the area.

Caroline Kirche from the Guild said the Hills lunch had an amazing turnout with local war widows and special guests, including Mark Hodges MP, State Member for Castle Hill, Dr Peter Gangemi, Hills Shire Mayor, and RSL Sub-Branch representatives.

"With the help of the RSL Sub-Branch, we reached more war widows than ever before.

Walking around the room, one could sense the strong sense of community.

"Dr Gangemi told us of the tight-knit nature of the Hills area and the strong sense of helping and being there for one another, something that isn't always easy to find in a large city. Those ladies' stories, like Sue's and Shirley's are a testament to this.

"Sue attended the lunch to support her 90-year-old neighbour, Shirley. After years of supporting each other, their relationship has grown from neighbours to family. Sue sees Shirley as a mother, and Shirley views Sue as a daughter.

"Despite the generational gap, they find true support in each other, doing almost everything

together. With Sue's mother passed and Shirley's son living in the USA, their bond has deepened. Sue takes Shirley to places, while Shirley offers Sue guidance. Though Sue isn't connected to defence, her bond with Shirley has made her part of a veteran's family."

"Carolyn, who lost her husband two and a half years ago, initially hesitated to attend the lunch but decided to go and asked her good friend to come with her for support. Having her friend supporting her was essential and she was delighted to connect with women who share similar experiences and understood her journey.

At Carolyn's table, sat another lady named Shirley, a Families of Veterans Guild Member, who was telling Carolyn how wonderful it had been for her to be welcomed with open arms at the Younger Members Social Club after the passing of her husband. She told her about the bond and connection she shares with other Vietnam war widows and how unique and special it is. At the same table, one of the widows had lost her husband only six months before and was still adjusting to life without him.

RSL Sub-Branch President, Cheryl Hill, praised the initiative, noting the surprising number of war widows in the area and the importance of bringing them together.

To find out more about a new club in Castle Hill email guild@fov.org.au or call 02 9267 6577.

Hills to Hawkesbury

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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](https://www.facebook.com/hillstohawkesbury). Printed copies are available at local shopping centres and other outlets. For a full list visit our website www.hillstohawkesbury.com.au.

HOUSING TARGETS

BY BEV JORDAN

Hawkesbury City Council has welcomed the decision by the NSW Department of Planning, Housing and Infrastructure to exempt the council area from the State Government's housing policy for Low and Mid-rise housing.

The State reforms will allow residential flat buildings of 3-6 storeys, terraces, townhouses, duplexes and smaller 1-2 storey apartments in suburbs where they aren't currently permitted – with a focus on significantly increased housing densities near established town centres and train stations.

They were vigorously opposed by Hawkesbury councillors at a meeting earlier this year.

The Department informed Hawkesbury City Council last week that it had been exempted from the proposed planning reforms.

Hawkesbury City Mayor Sarah McMahon said the exemption was a welcome relief.

"After eight floods in four years it is abundantly clear that a significant increase in population in the Hawkesbury posed an unacceptable risk to current and future residents."

According to the NSW Government Planning website Hawkesbury's Housing target is 1,300 new homes completed by 2029. The figure for The Hills Shire Council is 23,300 new homes by 2029. Blacktown City Council's housing target is 21,400 new homes by 2029 and Hornsby Council's target is 5,500 in the next five years.

Meanwhile Hills Shire Council is urging residents to have their say over a NSW Government plan for an expanded housing precinct between the Kellyville and Bella Vista Metro stations saying there has to be "significant investment" by the State Government in schools and roads to cater for an influx of new residents.

The vision is for an additional 20,700 homes between the Kellyville and Bella Vista station precincts on top of existing homes and approvals and are part of the NSW Government's Transport Oriented Development (TOD) program.

The State Government website says: "The Kellyville and Bella Vista precincts, including Stanhope Gardens and Glenwood, are well-positioned to support more homes. These precincts are located next to metro stations and are within walking distance of key public transport interchanges, promoting walking and cycling opportunities."

Hills Shire Mayor Peter Gangemi said: "The proposal would see close to 100,000 people living in the Kellyville and Bella Vista Precincts ... both Windsor Road and Old Windsor Roads are already a car park during the morning and afternoon peak, even without the additional growth being proposed."

"Intersections along Norwest Boulevard and Showground Road need urgent upgrades to improve traffic flow."

He said the Hills has the most overcrowded schools in the State with more than 40 per cent exceeding their enrolment cap by more than 100+ students this year.

"The infrastructure needed for our precincts will cost a lot more than the \$520 million set aside for all TOD precincts, let alone the two in our Shire," Mayor Gangemi said.

Residents have until 9th August to have their say via the NSW Government's Planning Portal www.planningportal.nsw.gov.au/draftplans/exhibition/kellyville-and-bella-vista-state-led-rezoning-proposal.

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TEEN CHARGED

A 17-year-old was arrested on Monday, 8th July and has been charged with 15 offences, including the theft of luxury cars from Glenhaven.

Detectives attached to Strike Force Sweetenham were called to a home on Wayfield Way, Glenhaven last month (Monday 10th June) after a Mercedes GLC and a Dodge Ram were allegedly stolen at about 4am.

At around 5.30am officers responded to reports of an attempted break-in on a home in Volmer Street, Oatlands, and a home in the same street where access had been gained and eight pairs of luxury shoes, worth about \$14,400, were stolen.

A car parked on Volmer Street had also allegedly been broken into and a wallet containing cash was taken.

Shortly after midnight (Tuesday, 11th June), three motor bikes were allegedly stolen during a break-in from a business on Parraweena Road, Caringbah.

The 17-year-old was arrested at a home in Dubbo and later charged with aggravated break and enter commit serious indictable offence x 3

- Attempt Aggravated break and enter commit serious indictable offence
- Enter inclosed land not prescribed premises without lawful excuse
- Face blackened/disguised with intent commit indictable offence
- Dishonestly obtain financial advantage etc by deception
- Take & drive conveyance w/o consent of owner
- Larceny
- Aggravated break and enter commit serious indictable off-in company-steal etc >\$60,000
- Dishonestly obtain financial advantage etc by deception
- Be carried in conveyance taken without consent of owner
- Attempt dispose motor vehicle part-theft=serious indictable
- Participate criminal group contribute criminal activity
- Hinder or resist police officer in the execution of duty

Police allege the teenager was involved in the incidents with other co-offenders

Strike Force Sweetenham is a metropolitan region investigation into the theft of high-performance and luxury vehicles.

Anyone with information about this incident is urged to contact Crime Stoppers.. Information is treated in strict confidence.

PURSUIT RESULT

Two males have been charged following a pursuit on Saturday 6th July.

Officers attached to the Traffic and Highway Patrol Command observed an allegedly stolen black Audi Q7 driving in a dangerous manner on Nutt Road, Londonderry at about 2.52pm.

Police attempted to stop the vehicle. When it didn't stop, a pursuit was initiated. The pursuit was terminated a short time later due to safety concerns.

The vehicle was tracked by PolAir to a shopping centre carpark on High Street, Penrith, where it came to a stop. Two people were seen leaving the vehicle on foot.

A short time later, a 19-year-old man was arrested and charged with two counts of be carried in conveyance taken without consent of owner, larceny value less than or equal to \$2000 and passenger not disclose driver's/other passenger's identity.

The vehicle was seized for forensic examination.

Following further inquiries by officers attached to Hawkesbury Police Area Command, the second person – a 17-year-old boy – who police will allege was driving the vehicle, was arrested at an address on Mileham Street, Windsor on Monday 8th July.

He was taken to Windsor Police Station, where he was charged with three counts of drive conveyance taken without consent of owner, three counts of drive motor vehicle during disqualified period, exceed speed more than 45km/h, police pursuit – not stop – drive recklessly, drive recklessly/ furiously or speed/ manner dangerous and breach of bail.

OPERATION SIDESTEP

Hawkesbury Police Area Command ran Operation SIDESTEP on Thursday 27th June focused on preventing, disrupting and responding to retail theft, street offences, anti-social behaviour and road safety within the Hawkesbury area.

Police were assisted by Loss Prevention Officers from major retail stores. A Loss Prevention Officer was assaulted by a female at Woolworths, Richmond.

Six people were given shoplifting criminal infringement notices and two youth warnings (shoplifting were issued and 1 youth caution (shoplifting)).

The Operation also resulted in: 1 warrant offender, 16 bail compliance checks, 11 ADVO compliance checks, 14 people searched, 2 vehicles searched, 1 drug detection, 317 random breath tests (1 person charged), 82 random drug tests, 33 traffic infringement notices, 4 parking infringement notices, 1 traffic charge and 3 move on directions, Police also carried out 4 safe storage firearm inspections and 1 business inspection.



TRUCK ROLLOVER

Emergency services were called to Heritage Park Drive, Castle Hill following reports of a truck rollover at about 1.30pm Monday 8th July.

Officers attached to The Hills Police Area Command attended the scene and found a concrete truck had overturned.

The truck driver – aged 23 – was treated at the scene for lacerations to the face before he was taken to Westmead Hospital.

DV INVESTIGATION

A police officer has been charged following an investigation into alleged domestic violence related offences.

Following an investigation by officers from Hawkesbury Police Area Command, officers arrested a 31-year-old man at a house in Kurrajong Heights at about 12.30pm on Friday 28th June.

The man was taken to Windsor Police Station where he was charged with eight counts of common assault (DV), two counts of stalk/intimidate intend physical etc harm (domestic) and assault occasioning actual bodily harm (DV).

The man was granted strict conditional bail to appear before Windsor Local Court on Thursday 4 July 2024. His employment status is currently under review.

ASSAULT CHARGES

A police officer has been charged this month with assault following two incidents which occurred whilst on duty last year.

The first incident is alleged to have occurred at Castle Hill on Tuesday 18th July 2023, with the second occurring at Baulkham Hills on Saturday 9th November 2023.

Following an internal investigation into the incidents, a Future Court Attendance Notice was served on the 42-year-old male senior constable's legal representative for two counts of common assault on Wednesday 3rd July 2024.

He is due to appear at Parramatta Local Court on Wednesday 28 August 2024.

The officer's employment status is currently under review.



FATAL CRASH

A male driver has been charged following an investigation into a fatal crash in Castle Hill last month.

Emergency services were called to Tuckwell Road, Castle Hill at about 5.25pm on Wednesday 19th June following reports of a two-vehicle crash.

A silver Mercedes sedan and a white Isuzu utility had collided. The front passenger in the Mercedes, a 58-year-old woman visiting from Canada, was treated by NSW Ambulance paramedics, however, she later died at hospital.

The 24-year-old female driver of the sedan and two other passengers, aged 60 and 18, were also taken to hospital for non-life-threatening injuries.

The 47-year-old male driver of the ute was taken to Westmead Hospital for mandatory testing.

Officers from the Crash Investigation Unit commenced an investigation into the circumstances surrounding the crash. On Saturday 29th June, the driver of the ute attended Castle Hill Police Station where he was arrested.

He was charged with dangerous driving occasioning death, drive manner dangerous, negligent driving (occasioning death), cause bodily harm by misconduct - in charge of motor vehicle, and negligent driving (no death or grievous bodily harm).

The man was granted conditional bail to appear before Parramatta Local Court on Wednesday 7th August.

NORTHMEAD PROWLER

Police are still searching for a prowler who is believed to have attacked four women and stolen a car in the Northmead area and Toongabbie in the early hours of Wednesday 3rd July.

Officers from Parramatta Police Area Command were notified by members of the public about a man trespassing on numerous properties in the Northmead area between 4am and 5am on 3rd July.

At about 5.10am officers responded to reports of a white Mitsubishi Outlander SUV allegedly stolen from a service station along Windsor Road, Northmead, whilst the owner had entered the store.

Approximately 10 minutes later, a 47-year-old woman was walking along Mons Road, Northmead, when the SUV stopped near her, and the driver exited the vehicle and approached her. As she attempted to flee, the man allegedly stole her handbag before driving off.

About 5.40am, a 19-year-old woman was walking along Junia Avenue, Toongabbie, when the man allegedly threatened her with a knife and stole her bag, before leaving in the SUV which was parked in the same street.

About 5.46am, a 49-year-old woman was walking on Toongabbie Road towards the intersection of Octavia Street, Toongabbie, when the SUV stopped and the man allegedly exited the vehicle, threatened the woman with a hammer, before stealing her backpack.

About 6.05am, a 27-year-old woman was walking on North Rocks Road, North Parramatta, when the man allegedly struck her on the left shoulder with a hammer, before stealing her purse and mobile phone.

The man ran to a nearby shopping centre carpark and left the scene in the SUV.

A short time later, two male relatives – one aged 27 – attended the woman's location, where they then drove to the intersection of North Rocks Road and William Place, North Rocks, after being able to track the phone.

Upon arrival, the man allegedly approached their vehicle and smashed the windscreen with



the hammer. A physical altercation occurred between the 27-year-old man and the male before he ran from the scene.

The SUV was located nearby and has been seized for forensic examination.

General duties officers, with the assistance of PolAir, Dog Unit, Raptor Squad and the Operational Support Group, conducted a major search for the man, however, he was unable to be located.

There were no reports of any person being seriously injured.

The man is described as being of slim build, in his early 20s, with an olive complexion, with short black mullet style hair, wearing a black beanie, black balaclava, a black hoodie, black long pants, black gloves, and black shoes.

Police are also investigating if the same man is responsible for break-ins committed on several homes in the same area two days earlier.

Members of the public are urged to NOT approach the man and contact Triple Zero immediately.

Anyone with information about this incident is urged to contact Crime Stoppers. Information is treated in strict confidence.

SPEEDING FINES

A 55 year old male driving a Ford Mustang more than 60 km/h over the signposted speed limit has been fined more than \$2,700.

The silver Ford Mustang GT was being driven on Windsor Road, Baulkham Hills on Friday 28th June at about 5.10pm before the driver took the M2 on-ramp, entering the M2 Motorway and travelling in an Easterly direction.

Police say the Ford Mustang accelerated harshly and the 55-year-old driver merged from lane number one into lane number three around other vehicles in heavy traffic during the afternoon peak hour.

Ryde Highway Patrol were conducting stationary speed enforcement at the location and checked the Ford Mustang's speed at 163km/ph which is 63km/ph over the signposted 100kmph speed limit.

Police stopped the driver a short time later. His licence was immediately suspended for a period of six months. The vehicle's number plates were seized and registration cancelled for 3 months. The driver was issued a Traffic infringement notice for 'Exceed speed over 45kmph - Lidar' totalling \$2794 and six demerit points. The driver tested negative to all roadside testing.

In another speeding incident a motorcyclist was stopped by police the following day travelling at twice the signposted speed limit.

Police attached to the Hawkesbury Highway Patrol were performing stationary speed enforcement in Agnes Banks near Richmond when they detected a Harley Davidson motorcycle travelling at 123km/ph in a 60km/ph speed enforced area at about 12:30pm on Saturday 29th June. The motorcyclist was stopped and the male rider produced his unconditional NSW rider's licence. The rider had his driver's licence suspended for six months and received six demerit points.



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The company has been established for over 25 years, building homes throughout the Sydney metropolitan area. Gremmo Homes have award winning, proven results in delivering homes which are as remarkable as they are unique, with a team that can facilitate all of the design, statutory and building requirements for your home, including your interior design, landscaping and pool construction.

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Consultant ensures that your home progresses efficiently through the statutory approval process.

A recently completed project in Kenthurst is a perfect example of how the Gremmo Homes team work to create a home that provides all of the modern living requirements whilst blending in seamlessly with its surrounding environment. The outdoor kitchen and al-fresco of this property functions as an extension of the internal living areas of the home. The BBQ takes centre stage alongside a chilled beer fridge, everything that you require for effortless entertaining. Overhead ceiling fans work to cool the space during Sydney's warm summer evenings, while the builtin fireplace ensures the party can continue into the cooler months. The

stone detailing featured on the front façade of the home is reprised here, creating further cohesion.

The alfresco looks over the stunning pool, offering a picturesque backdrop to the leafy backdrop beyond. Of course, a home of this calibre is not without its modern comforts such as automation, security systems, a ducted vacuum and video intercom. Photovoltaic panels, a Tesla battery and rainwater harvesting also help to limit the environmental impact of the home.

This fusion of modern contemporary design located in a bushland setting ensures that this home is a true statement piece, a luxurious sanctuary to sit back and enjoy the leafy surrounds.



The NSW Premier and Cabinet Ministers are visiting Riverstone

If you live in the Riverstone area, you are invited to attend a Community Forum with the NSW Premier and Cabinet Ministers to discuss the priorities for your community.

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Event details

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Kenthurst Singer heads to Tamworth Academy of Country Music

BY SOPHIE POREDOS

Kenthurst's Ava Bizzanelli amongst 27 other students, is a junior scholarship winner for Tamworth's CMAA Academy of Country Music, happening from July 14 to July 20.

Every year, Tamworth's Academy of Country Music selects rising talents to immerse them in an intensive six-day course taught by Australia's biggest musical stars. Known as the Country Music Capital of Australia, Tamworth has hosted both junior (10-18 years old) and senior programs for over 20 years. The Academy is a prestigious scholarship, with recipients travelling from NSW, Queensland, Victoria and even New Zealand.

Throughout the course, 16-year-old Ava will practise her musicianship, songwriting, performance, business, and media skills at Tamworth's Liberty College. During the program, students will co-write with professional songwriters and learn about the music business from industry experts. Notable alumni of the Junior Course include Jessica Mauboy, James Johnston, Max Jackson, and Melanie Dyer.

Ava's ambitions are to one-day create and perform her own music and believes that:

"As an artist it's important to explore all genres of music, to develop my own sound and

style. In 2021 I began writing my own songs and took my ideas to The Artist Studio, where I have been working to create a catalogue of my original music".

Ava has been singing with the Sister2Sister School of Singing since she was seven years old, focusing on pop, jazz and country. Her previous work within the 'S2S Squad' has led to numerous music opportunities including recording backing vocals for two of Delta Goodrem's albums and performing alongside Goodrem at ANZ Stadium for Fire Fight Australia. Ava is drawn to the world of performing and musical theatre, as demonstrated by her recent high school production of Mamma Mia. However, she also loves dancing, piano and guitar and is

Ava is excited to continue working on her music and acknowledged the difficulty for young artists to navigate the music industry without supportive mentors:

"I am excited to work with some of Australia's up-and-coming country music



Aspiring singer, Ava Bizzanelli, heading to Tamworth this July.

stars. I believe it's a wonderful opportunity to collaborate in songwriting and performing, and to form relationships with talented and like-minded people. As a young person the music industry is extremely difficult to navigate. Any support or mentorship from those in the industry is beneficial to young and developing artists!"

The students in Tamworth will be mentored by a host of musical talent and professionals including Academy Director Lyn Bowtell, General Manager Roger Corbett and Assistant Director Ashleigh Dallas.

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dpi.nsw.gov.au/ai

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On Course to Shine

TAFE NSW's new Certificate IV in Arts and Cultural Administration qualification offered exclusively at Castle Hill and Kingswood is opening doors to graduates to work in art galleries, museums and performing arts centres across the state.

The new qualification provides practical hands-on experience and training specific to the arts and cultural events industry, delivering a pipeline of administrators to support galleries, museums, artists, and curators in bringing art exhibitions and events to life.

The course is designed and taught by industry professional Sheona White, who has impressive career and industry experience, including her role as the Head of Public and Education Programs at Art Gallery of NSW.

Dan Kyle is an example of the high-quality students TAFE NSW is training to meet skills demand now and into the future.

An established artist from the Hawkesbury area, the 35-year-old, is a Brett Whiteley Travelling Art Scholarship recipient whose works have been exhibited across the country, including Parliament House in Canberra.

His next solo exhibition is at Brisbane's Edwina Corlette Gallery in November.

"I'm doing the Certificate IV in Arts and Cultural Administration course at TAFE NSW so I can become skilled up to put my hat in the ring for higher-paying jobs in the sector, such as public programs, and exhibition coordinating and eventually curating," said Dan.

"I think the quality of the teaching is the reason I'm enjoying the course so much; being taught by someone like Sheona White at TAFE NSW Nepean is an absolute privilege.

"The qualification has provided me with a breadth of skills and knowledge and an incredible overview of the industry, as well as key management skills, which are important for working in the industry."

Sheona White said: "Working in creative arts administration offers a unique blend of diversity and depth, with a range of career opportunities for students to pursue, from curators to registrars, archivists, program producers, exhibition, and collection teams; the work is not just behind the scenes, but also at the forefront of shaping our cultural landscape."

Cath Barcan, who heads the visual arts curriculum and programs at TAFE NSW Nepean, said "the great news is the part-time course design – one day a week onsite, three hours per week online – makes it easier for people to work and study at the same time".

Across Australia, 23,700 more creative arts workers will be needed by November 2026, according to 2021 census figures. This includes the unsung heroes of the sector – the arts



Daniel Kyle
Image by David Clare

administrators – who play a crucial role behind the scenes, nurturing curator's and artists' ideas and supporting arts and cultural organisations to flourish.

Enrolments are now being accepted for Terms 3 and 4 at TAFE NSW Castle Hill and Kingswood, respectively.

For course and enrolment information, visit www.tafensw.edu.au or call 131 601.



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Is there a link between Hearing loss and dementia?



WITH SANDRA RAZZAGHIPOUR | EAR STUDIO

Hearing loss is a common condition. According to the Australian Government Department of Health and Aged Care about 3.6 million Australians have some level of hearing loss.



As with other areas of the human body, we also experience wear and tear in our inner ear, the cochlea, which may cause an age-related hearing loss. In addition to the inconvenience and frustration this can cause, hearing loss has also been linked to an increased risk of dementia. A client summed it up for us the other day by saying "Getting old is not for the faint hearted".

While the link between hearing loss and dementia is seen as established by researchers, the detailed mechanisms are still debated. One possibility that is mentioned frequently is that hearing loss may lead to social isolation. When people have difficulty hearing, they may withdraw from social activities and conversations. This is due to the effort of communicating becoming too great or it feels too embarrassing asking friends and family to repeat themselves, it can seem easier to simply not attend get-togethers. This can lead to loneliness and depression, both of which are known risk factors for dementia.

Another possible link being explored is that untreated hearing loss may cause cognitive decline. As the brain must work harder to process sound, it has fewer resources available for other cognitive tasks, such as memory and attention. This may be a reason for cognitive decline over time.

The number of studies which have found a link between hearing loss and dementia is growing though. For example, a large study published in the journal *JAMA Neurology* found that people with hearing loss were twice as likely to develop dementia as people with normal hearing. Another study, published in the journal *Lancet Neurology*, found that people with severe hearing loss were five times more likely to develop dementia than people with normal hearing.

It is important to mention though that hearing loss is a risk factor in developing dementia, which means a link between the two has been verified. It does not mean that dementia is caused by hearing loss as is also pointed out by Dementia Australia.

Looking forward this means the recognised link between hearing loss and dementia has several implications for us all. First, it suggests that treating hearing loss may help to reduce the risk of developing dementia. Second, it suggests that people with hearing loss might benefit from screening for dementia regularly.

But where do I start you may wonder. If you have not had your hearing tested in the last few years, that is the best place to start. Your hearing care practitioner will explain the results and advise you if any further steps are recommended.

Should you have a hearing loss, there are a number of things you can do to protect your brain health:

- Get treated for your hearing loss. Hearing aids can help to improve your hearing and communication skills.
- Stay socially connected. Make an effort to spend time with friends and family, and participate in social activities.
- Stay mentally active. Challenge your brain with puzzles, games, and other activities.
- Get regular exercise. Exercise is good for your overall health, including your brain health.

If you are concerned about your dementia risk, talk to your doctor. They can assess your risk and recommend strategies to reduce your risk.

We at Ear Studio are happy to help you with all your hearing concerns. If you find yourself noticing any of these signs, or have more questions about your hearing ability, book your next appointment today.


To book, phone (02) 9159 6122 or Email: reception@earstudio.com.au or visit www.earstudio.com.au Ear Studio is located at Suite 9-10/60 Cecil Avenue, Lawton House in Castle Hill. TRADING HOURS: Monday to Thursday 9am to 5pm and Fridays 9am – 4pm by appointment only. "Proudly independent and locally owned"

Do you find yourself asking others to repeat themselves often? If so, it might be time for a hearing assessment. Schedule your appointment with Ear Studio today and start your journey to better hearing health!

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Getting Greener

It may not have a huge amount of trees yet but Box Hill has been named as one of the nation's greenest suburbs for 2023 according to the number of homes that have solar panels.

The figures have been released by Solar Run which lists Tarneit in Victoria at the top with 2,177 solar installations followed closely by Box Hill NSW with 2,152 installations. Also making its name in the Top Ten is Kellyville with 1,442 installations in 2023. They are the only two NSW suburbs in the Top Ten.

Solar Run, a renewable energy advocate and provider, analysed publicly available data from the Clean Energy Council (CEC) to calculate the total number of solar installations in every Australian suburb between January 2020 and December 2023, offering a detailed look into the early adoption of clean energy at a community level.

Both Box Hill and Kellyville have featured in the top ten across Australia for the past four years. In a snapshot of State-wide figures for NSW, Box Hill and Kellyville topped the list and were joined by Baulkham Hills in seventh spot for 2023.

"These findings are a testament to the growing momentum of renewable energy across Australia," says Anthony Kurta, Managing Director and CEO of Solar Run.

"Communities are increasingly recognising the benefits of solar power, not just for the environment but also for economic resilience.

Our report highlights the leaders in this green revolution and emphasises the importance of continued support and investment in clean energy."

Glen Ollerton, Director at MDP Architecture, also commented on the growing demand for energy-efficient homes: "The rising cost of living pressures are a concern for everyone in the community, including homeowners and the rental market.

"In particular, the rising energy costs bring into focus the immediate impact on people's financial landscapes. Keeping our homes

warm, cool and lit is a staple requirement of every house. Clients are now asking, How can we reduce our energy bills? That is often the question that opens the door about sustainability and what it means to them and the environment."

According to the report Box Hill was the greenest suburb in Australia in 2022 with 1,957 installations with Kellyville 8th in Australia with 1,317. In 2021 Box Hill was ranked 6th and Kellyville 8th Nationally. The report went back to 2020 when Box Hill was fourth in Australia and Kellyville sixth.

TOP 10 GREENEST SUBURBS IN AUSTRALIA IN 2023

1	Tarneit	Victoria	2177
2	Box Hill	New South Wales	2152
3	Bundaberg	Queensland	1735
4	Caloundra	Queensland	1651
5	Mackay	Queensland	1502
6	Roxburgh	Park Victoria	1475
7	Maryborough	Queensland	1466
8	Kellyville	New South Wales	1442
9	Toowoomba	Queensland	1422
10	Werribee	Victoria	1363

Have your say on the future of Kellyville and Bella Vista



The Department of Planning, Housing and Infrastructure welcomes your feedback on plans for Kellyville and Bella Vista, including Stanhope Gardens and Glenwood.

We are exhibiting plans to rezone land in this area as part of the Transport Oriented Development program. The rezoning will help deliver:

- up to 20,700 new homes
- mandatory **affordable housing** contribution of between 3-8 per cent in perpetuity and managed by a registered Community Housing Provider, for all new residential development in the Precinct
- potential for **new open space, parks, pathways and cycleways**

Have your say by 5pm on 9 August

Scan the QR code to find out more and give feedback.



planning.nsw.gov.au/kellyville-and-bella-vista

Will-an-thropy:

The act of leaving a gift to charity in your Will

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

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

At Sydney Children's Hospitals Foundation (SCHF), those who become Willanthropists know that leaving a legacy is an act of kindness

making a long-lasting and positive impact on countless lives well into the future.

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

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

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

world-class health care for kids.

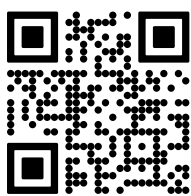
"Bequests gifts are a lifeline for children and families and a wonderful legacy to leave for the next generation." Said Willanthropist Emeritus Professor, Kim Oates AO, former Chief Executive, The Children's Hospital at Westmead.

SCHF has partnered with Gathered Here, one of Australia's most trusted online Will writing services. Writing your Will online with Gathered Here is completely free. Follow the easy step-by-step process and in just 10 minutes, you can create your online Will, leaving a legacy that will impact the future of kids' health, long into the future.

To learn more, contact us on 1800 770 122, plannedgiving@schf.org.au or visit www.schf.org.au/gift-in-will



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



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John McAuley's Century

BY BEV JORDAN

There were 100 reasons for family and friends to gather and celebrate John McAuley's birthday recently and there were three big parties to mark the occasion.

The WW2 veteran, retired economist and author celebrated his 100 years in style, first with an early birthday party at the Anglican Retirement Villages at Castle Hill with over 100 friends and family on the Wednesday before his big day.

On Saturday he celebrated with members of Castle Hill and District RSL Sub-branch when he was presented with a specially designed hand-made quilt in recognition of his RAAF service to his country.

On Sunday, his actual birthday, he celebrated with four generations of his family and very good friends at his eldest grandson's home in Middle Dural.

Julian Leaser MP presented John with congratulatory messages from King Charles and Queen Camilla, Prime Minister Anthony Albanese and NSW Premier Chris Minns and spoke about John's long service to the community.

The great grandfather from Castle Hill was born on 30th June 1924 at Murray Bridge South Australia to Patrick and Myra McAuley (nee Travers).

John was just 18 months old when his father died. The family affairs were entrusted to a solicitor who lost the family's money on the horses.

The solicitor was jailed but it left the family, Myra, her son John and his two sisters, Eileen and Sheila, destitute.

It was thanks to the generosity of Myra's brother, Ed Travers, that the family were saved from penury.

John was a boxer, played cricket and tennis sports in which he engaged well into later life.

In June 1942 John joined the Royal Australian Air Force and was trained as a

radar operator at RAAF Richmond. During World War 2 he was based in Merauke, which was then Dutch New Guinea. Even while a radar operator John acquired various other qualifications as an accountant and company secretary.

He was demobbed from the RAAF in 1945 and thanks to the Chifley Government's Post-War Retraining Scheme, graduated as a Bachelor of Economics from the University of Adelaide. Many years later, he was awarded a Master of Economics by Macquarie University.

On 22 August 1946 he married Margaret O'Connor. He cared for Margaret for a number of years prior to her death in 2010.

The couple had three children, Michael, Catherine and Elissa.

John and Margaret moved to Sydney where John worked as an economist in the Commonwealth Bank, prior to joining the State Bank.

An expert on public debt, John published two books, as well as numerous articles. His economic perspective is Keynesian, favouring government action to remedy the abuses of unrestrained capitalism.

John was Treasurer of the United Nations Association of Australia.

In the late 1970s and early 1980s when the trickle of Vietnamese refugees became greater and greater, John helped a Vietnamese family establish itself in Australia.

After he retired from the State Bank, John was a member of the Administrative Appeals Tribunal, a role in which he attracted

controversy for his dissenting decisions in favour of injured workers.

He has 9 grandchildren and 24 great grandchildren and is looking forward to having a total of 30 great grandchildren by the end of the year.

John spoke to the *Hills to Hawkesbury Community News* saying the celebrations had been "an exhilarating experience" and it was wonderful to see so many members of his family altogether outside of Christmas gatherings.

"I look forward to seeing them all."

While his family is his greatest joy, writing a quarterly newsletter for former RAAF radar operators after World War 2 for over 24 years was an important achievement.

"It kept comrades together and renewed their friendships," he said.

A great reader and philosopher, he said the one piece of advice he would give people is the one he adhered to at a young age: "Become qualified".

He learnt accounting over a correspondence course at an early age and finished the course at the age of 20.

"That's the advice I give to my young people, to have a goal in life and qualify to achieve your aim," he said.





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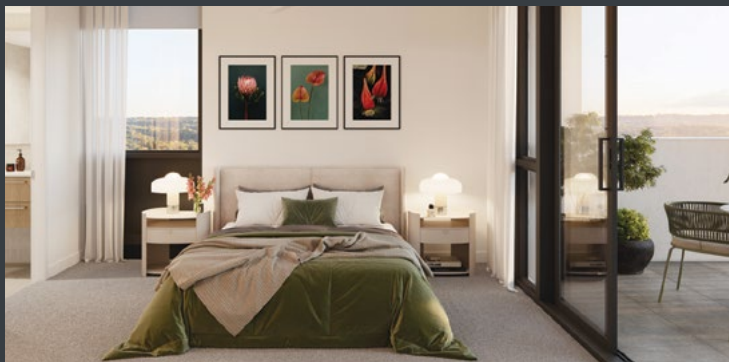
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Bus Route Changes

BY BEV JORDAN

Bus routes in the area are set to change to coincide with the opening of the Sydney Metro from Chatswood to Sydenham which is likely to take place on Sunday, 4th August.

A Transport for NSW spokesperson confirmed that while some services will be terminated to avoid duplication other services will be expanded to "better connect commuters to local amenities and the new Metro."

To reduce network duplication with Sydney Metro, the Sydney Trains network, light rail and other bus services these changes will include the withdrawal of five bus services, including Route 602X (from Bella Vista station to North Sydney) and Route 619 (from Castle Hill Metro to Macquarie Park).

The Sydney Metro opening will see the Metro West service run from Tallawong to through to Sydenham with no need to change at Chatswood. There are new underground station at Crows Nest, Victoria Cross, Barangaroo, Martin Place, Gadigal and Waterloo as well as new Metro platforms at Central and Sydenham.

The spokesperson said: "Bus service changes will also result in increased service frequency and extended operating hours on select bus routes, ensuring improved connections to Sydney Metro, as well as

additional weekend services and increased weekly frequency."

There will be more services throughout the week on the following routes and the introduction of new weekend services: Routes 546 and 549 (Parramatta to Epping via North Rocks), 630 (Blacktown to Epping via Baulkham Hills), 715, 740 (Seven Hills to Rouse Hill via Norwest and Kellyville), 742 (Riverstone to Rouse Hill), 745 (Norwest Private to St Marys via Stanhope Gardens), 747, (Rouse Hill via Marsden Park and Riverstone), 748 (Marsden Park to Rouse Hill via Schofields), and 751.

Route 610X from Castle Hill to the City QVB will have: more services on weekends, and an improved frequency of every 10 minutes during the week.

Routes 643, 740, 747 and 751: will be extended to support significant residential growth. And there will also be extended operating hours on Routes 261, 267, 549, 630, 742, 746, 748 and 751.



Tallawong to Sydenham Metro train.

For passengers who currently use a bus on Route 602X (Bella Vista Station to North Sydney) can instead use M1 Metro services from Bella Vista to Crows Nest or Victoria Cross when the line is officially opened or catch route 607X and interchange to route 612X on the M2.

For passengers who use bus route 619 (Castle Hill to Macquarie Park) rather than the M1 Metro services from Castle Hill to Macquarie University or Macquarie Park stations, or catch routes 610X or 612X and interchange to route 611 on the M2.

For more information about the upcoming changes visit www.transport.nsw.gov.au/buschanges for the latest information.



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RSVP is essential. Health and safety practices apply.

Plastic Free July at the Annangrove Environment Centre

BY SOPHIE POREDOS

This Plastic Free July, the Annangrove Environment Centre and local libraries are offering a variety of workshops and working bees to help citizens rethink their approach to waste.

Founded in 2006, the Annangrove Environment Centre provides residents with workshops on topics such as growing your own food, caring for native bees, and living a plastic-free lifestyle. As the Hill Shire's Community Centre, its mission is to promote sustainability tips for local residents and support native biodiversity through initiatives like their free annual plant drive.

For any avid green thumbs, the Annangrove volunteers also organise the 'Growing Food for Wildlife' Working Bees. These events, held on the second Saturday of each month, involve tasks like weeding invasive species, harvesting native foliage, and concluding with a social BBQ.

However, the Centre doesn't just focus on household and gardening advice; the Centre is also engaged in platypus research in the Hills. Collaborating with the Cattai Hills Environment Network and other local environmental groups, they aim to track and study the movements of these webbed marsupials.

Workshops are held most Thursdays and Saturdays, and can be found at the Community Environment Centre, off Currie Avenue in Annangrove. Working bees are currently operating on the second Saturday of the month from 10am - 1pm with BYO lunch.



One of their previous community workshops, held in the Centre's gardens.

Mayor Gangemi has previously praised the work of the Annangrove Centre and is looking at ways to integrate its sustainability practices into broader council operations:

"The Community Environment Centre is an integral part of the environmental work of the Council. It's a tremendous way for the community to connect, and deepen our appreciation and respect for our natural environment."

The Hills Shire Council has also undertaken various environmental initiatives, including reducing plastic waste at the Council chambers in Norwest and reviewing the use of single use plastics, including practical ways to phase them out.

In line with Plastic Free July, the Council has planned a series of workshops. For schoolchildren in Years 2-6, the "Go Plastic Free" workshop will be held on Thursday, July 18th, at Vinegar Hill Memorial Library from 10:30 am to 11:30 am. For adults, the "Plastic Free Living" workshop is scheduled for Thursday, July 25th, at Castle Hill Library from 6 pm to 8 pm. Bookings are required for both events and are available online for Hills Shire residents only.



Volunteers at one of the Working Bees, harvesting edible produce.

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MORE INFO

Community Connect 2024

BY BEV JORDAN

A special kind of market day showcasing the community clubs, groups and activities operating in the Hills is being held at Castle Hill on Sunday, 28th July.

Community Connect is the perfect one-stop shop if you have time on your hands and want to be involved in something but don't know what is available in the area.

The event is being held at the Harvey Lowe Pavilion at Castle Hill Showground between 10am to 2pm. It will be the third year that Norwest Sunrise Rotary Club has organised the annual connected event.

There will be over 30 community stalls including groups such as the State Emergency Service, veterans sub-branch, Rotary groups, Probus, The Hills Women's Shed, Positive Vibes and Hills Community Aid as well as leisure groups and charities.

Food and drink will be available to purchase at the Hills Daily Grind coffee cart and Norwest Rotary sausage sizzle.

President of Norwest Sunrise Rotary Club Maria Conducto said: "Whether you're looking to volunteer, find a new hobby, or just explore, there's something for everyone. We would love to see you there."

Hundreds of residents attended last year's Community Connect. Joanne from Riding For the Disabled Tall Timbers at Gables said attending Community Connect had been fabulous. She said

people had put their names down as potential volunteers and they had made good connections with several groups at the event.

Mici Beer from Hills Community Aid called Community Connect a great experience.

"From meeting the community and learning about other services to welcoming new volunteers, it's a valuable opportunity for all."

Visitors said they were amazed by the amount of groups in the Hills and the diversity of interests covered.

Leo from West Pennant Hills said: "It's a great initiative and a way to know what's going on in the area."

Lynne from Castle Hill said: "I signed up for Days for Girls and I am joining the Wanderers bushwalking group. There are a lot of groups I would have joined if I had more time."

Margaret and Rob from Winston Hills said they were interested in following up with three of the groups at Community Connect.

Margot from Kellyville took away a lot of information from several groups.

Ryan from North Rocks said he took the opportunity to find out more about the Positive Vibes Foundation and its work in the area of mental health and the Men's Table.

- Community Connect is an initiative by Norwest Sunrise Rotary Club and is supported by Hills Shire Council.
- It is on Sunday 28th July Just pop in at any time between 10am and 2pm at Harvey Lowe Pavilion Castle Hill Showground. The Hills Daily Grind Coffee Van will be there and there will be a Rotary sausage sizzle.
- If you would like to know more about having a stall at the event call Deb on 0490 723 163 or email seriousonsafety@gmail.com



Significant inroads made on historic Thomas James Bridge restoration

Restoration of the historic Thomas James Bridge on Settlers Road near Lower Macdonald has reached the halfway point after consecutive floods between 2021 and 2022 caused significant damage. The restoration required the excavation of the site down to the bedrock to install new steel and concrete footings and drainage that will be resilient in the face of future flooding and rain events.

The hand-cut sandstone block retaining wall – erected by convict labour in the 1830s – has been carefully disassembled with each block numbered, original position recorded and placed into storage. Thomas James Bridge is the oldest in-use road bridge on the Australian mainland and is part of the world heritage listed Old Great North Road. The Great North Road is historically significant for its role in connecting the Hunter Valley to Sydney, and as the first road to be constructed north of the Hawkesbury River. All work at the site is taking place under the supervision of an archaeologist.

The assembly of the steel footings is currently underway at the site. Once the footings and new retaining structure are completed and excavated ground restored to its original level with structural fill, the sandstone block wall will be reassembled with all blocks returned to

their original place and the timber bridge deck reinstated to maintain the historical significance and visual characteristics of the site.

Concurrently, work has been taking place to clear and stabilise a significant rock slip between the bridge and the Wisemans Ferry crossing that partially buried Settlers Road. It is estimated the restoration works will be completed in March 2025, weather permitting. Access through the site has been maintained

for local traffic at all times via a bypass which can service vehicles up to 12.5 metres long and weighing up to 42 tonnes. The bypass saves between one and two hours of travel per day for Macdonald Valley residents that would otherwise need to detour via Webbs Creek ferry.

The \$17.5 million project is being managed by Hawkesbury City Council utilising funding from Federal and State Government infrastructure recovery programs.





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Kids Eat Free not valid during Snow Week 12th-21st July 2024.

The recent renovation of The Vineyard on Windsor Road brings a new dining experience to North-West Sydney. The first stage of renovations boasts an impressive bistro and two new bars; with a menu featuring pub classics and specialty dishes such as rotisserie meats, southern-fried chicken, and meats cooked on the Josper Grill. The Vineyard has just started accepting function bookings, so you can host your next celebration or special event in the bistro, lounge, or fireplace area. The versatile spaces are designed to accommodate a variety of gatherings, so you can create lasting memories with friends and family.

Looking ahead, Stage 2 promises several exciting additions set to open later this year. Construction is well underway for a brand-new café to serve freshly brewed coffee and wholesome breakfast bites, a vibrant beer garden with live music every weekend, and a massive new playground for the kids.

The Vineyard is rapidly growing into a precinct that will offer a destination for the community to gather, relax, and enjoy. With something for the whole family, you can experience something new with every visit to The Vineyard.



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GOLDEN MILESTONE

The Castle Hill RSL Master Swimming Club recently celebrated a monumental milestone, marking its 50th anniversary with a heartfelt luncheon.

David Hagan, club president, described the event as "a chance to reflect on the past and rejoice in what we have today."

The celebration was a journey down memory lane, uncovering the origins of both the Castle Hill RSL Club and its cherished swimming club. Founded in 1974 as a men's adult swimming club, the club evolved in the early 2000s to welcome both men and women. This significant change was one of many milestones celebrated during the event.

"The day was filled with many special moments that either made you laugh or brought a tear to your eye," Hagan noted. The club, with members ranging from 16 to over 80 years old, has always been a vibrant community full of colourful characters.

One of the highlights of the day was honouring long-term members who have been part of the club for decades. Special mention

was given to John Langford, Joe Serg, and Peter Edwards. These three stalwarts were also the inaugural recipients of the newly created JJP-Service Award, named in their honour. This award will continue to recognise exceptional service to the club in the future.

John Langford, a foundation member since July 1974, was celebrated for his 50 years of dedication. Joe Serg, who joined in April 1975, was recognised for his 49 years of commitment, while Peter Edwards was honoured for his 46 years of membership since 1978. Other long-term members were also acknowledged, including Ray Brown (36 years), John Dempsey (28 years), Debbie de Ridder (25 years), Robina Fellner (23 years), Wendy Sheppard (23 years), Ray Steel (21 years), and Mark Burrough (20 years).

The contributions of female members were also celebrated, highlighting their significant roles within the club. Lilly Peirce was the first

woman to join the mixed club, followed by Debbie de Ridder, who was the second woman to join and the first to serve on the committee. Robina Fellner made history as the club's first female president.

The club's competitive spirit was also a point of pride. In 2009, the Castle Hill RSL Master Swimming Club joined the Masters Swimming Association and assembled a team to compete in the World Masters Games in Sydney. Since then, CHRSL members have competed across Australia in master swimming competitions, showcasing their talent and dedication.

David Hagan concluded with optimism, expressing his excitement for the future: "We look forward to many more years of swimming, community, and success in the pool."

The 50th anniversary was not just a celebration of the past, but a testament to the club's enduring spirit and bright future.



John Langford, Joe Serg, and Peter Edwards

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The Ghosts of Old Windsor Town

BY SOPHIE POREDOS

If you have ever caught yourself staring at your own reflection in the historical town of Windsor, you may find someone else staring back.

Windsor is a hot-spot for paranormal activities, which isn't surprising considering its the third-oldest place of British settlement in Australia.

Janice Hart, Wilberforce local, is the tour guide for 'Windsor Ghost Tours' where history enthusiasts can enjoy a guided walk around Windsor's most haunted spots including Howe House and the Macquarie Arms Hotel. Janice also volunteers at the Australian Pioneer Village, where she saw her first ever ghost:

"The site was closed for the day and I remember somebody walked past me. I turned to look and say hello before I realised that everybody who was in the village that day - was in the building already. The medium behind me asked if I saw him and I said that I had. It was a man in a top-hat, but there've been a lot of experiences like that in Windsor too!"

At the start of the tour, Janice passed around flash photographs that were taken with spirit-orbs hovering in the photos. The most densely concentrated appeared to be in the Green Hall cemetery, which were attached to certain individuals. In the cold evening chill, we began our walk with lanterns at the historic Howe House, built by John Howe in the 1820s. As an overseer of the early convicts of Australia, he resided in Thompson's Square from 1835-1839 with his daughter Mary.

Mary has reportedly been spotted by one volunteer, walking upstairs in Howe House and presumably to her old bedroom. Howe House became part of the Hawkesbury Museum in 2008. However, during its early days under the operation of the Historical Society, a black cat was frequently seen curling up next to the fireplace, even though it was devoid of embers.

As we continued down the cobblestone lane of Thompson's Square, we came upon The Doctor's House, built in 1819 and shrouded in darkness. Originally an inn called The Lord Nelson, this sandstone terrace served as a doctor's practice from 1858 until 1992. The most notable figure from this period was Dr. Thomas Fiaschi of Tizzana, whose patients travelled from as far as Adelaide to receive his care. It has since been transformed into a private residence and previously functioned as an Airbnb. Janice shared stories of ghosts following guests to the markets, a sailor seen staring down guests at night, and a TV mysteriously turning on and off on its own.

Walking upwards into the light of Macquarie Street, we ventured into the Macquarie Arms Hotel, built in 1815 by Richard Fitzgerald.

As the oldest pub in mainland Australia, it's also considered as the most intact major commercial building from pre-1820 Australian colonial history. The crowd shuddered when we learnt that on the balcony overlooking Thompson Square, floggings were often displayed as a form of entertainment.

A door to the left of the circular staircase once led to an upstairs bedroom. Though sealed on the exterior now, figures have been reported hanging in its doorway, hidden in the darkness.

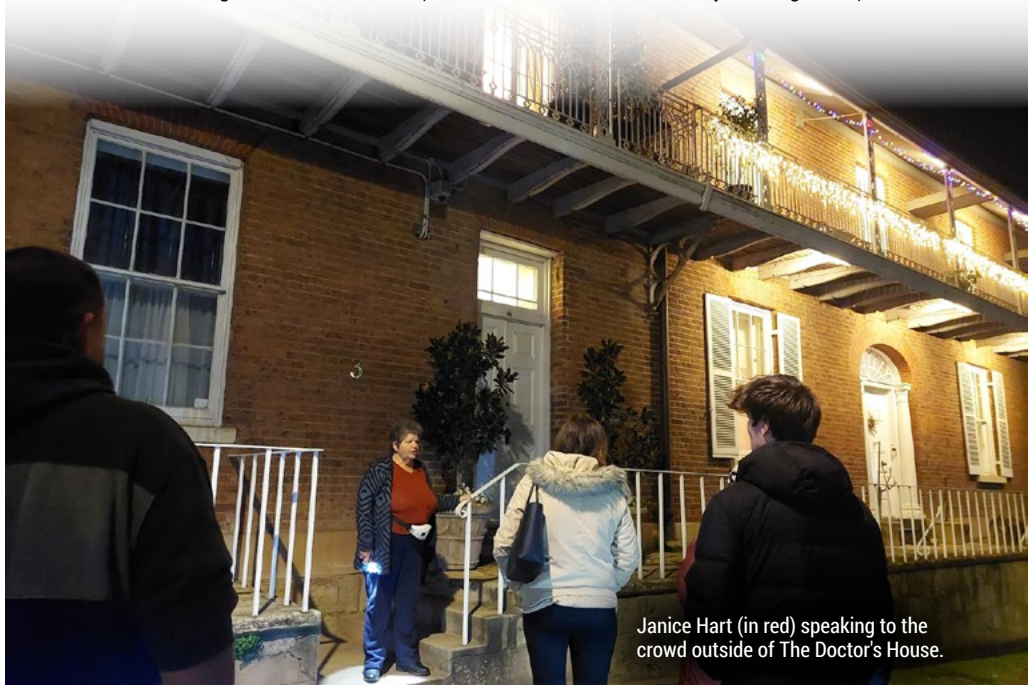
Some workers have even refused to enter into the Macquarie Arms cellar, feeling a cold and uneasy presence down there. Perhaps it could be a pair of convicts who allegedly blew themselves up in the cellar? Or perhaps it's the draft from the 'Smugglers Tunnels,' where a collapsed hole in the wall is the only remnant of the highly debated rum smuggling tunnel said to have existed in the early colony.

The rest of the walk took the group down George Street, past the former Maternity Ward from 1861 and also the Windsor motel, which was used to be a Government Storehouse. We heard the harrowing tale of convict Phillip

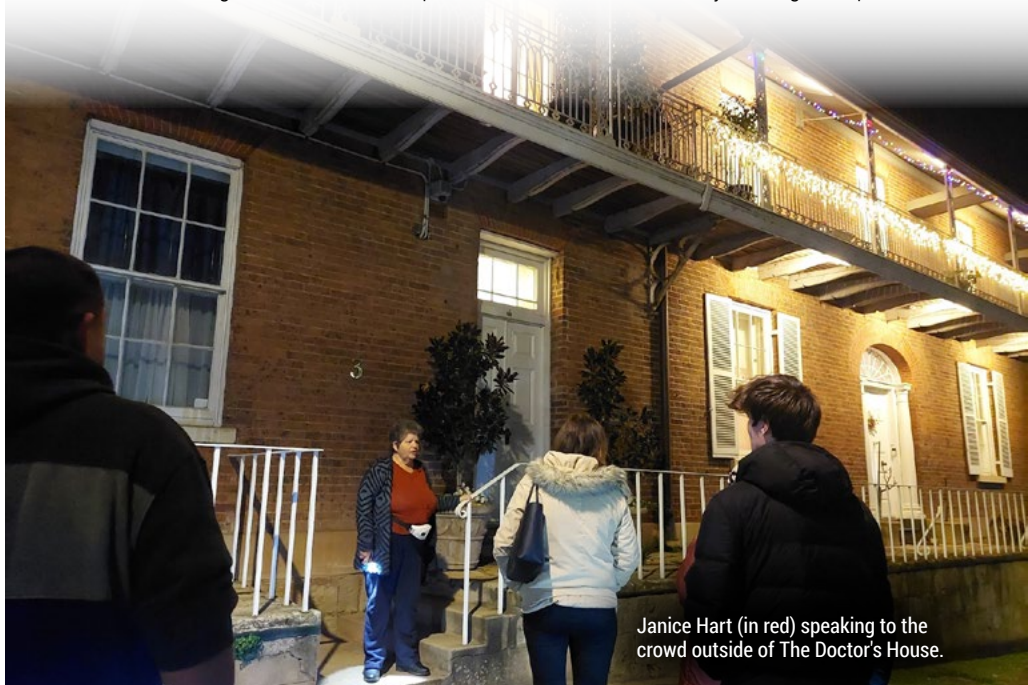
Cunningham, hanged in 1804 where the School of Arts now stands. At the corner of George Street, our group imagined the Government House from 1799 to 1919 (now a private residence) where Lachlan Macquarie famously established the five Macquarie Towns on the 6th of December, 1810. At the final leg of the 1.5hr tour, we visited one of only two Toll Houses remaining in Australia.

For Janice, who is also a member of the Hawkesbury Historical Society, preserving history through these historical ghost tours is becoming a lost art: "I just like the history and what we still have here - we are so lucky that we have what we have now. I know a lot has been knocked down in the last couple of years and it's pretty sad. Keeping it is important because that's where we came from and we need to understand what people lived like. We should be able to showcase our historical buildings to the public."

If you would like to learn more about the history of Windsor (and get spooked in the process), you can contact Janice Hart on 0408 751 422 or book online via 'Windsor Ghost Tours'. Tours run most Saturday evenings at 7 pm.



Howe House from 1879 (Source - Hawkesbury City Council and National Trust Australia)



Janice Hart (in red) speaking to the crowd outside of The Doctor's House.

Winter School Holidays 2024

We love school holidays especially in the winter. No getting up early in the cold, no making school lunches and no looking for lost shoes! The first week we usually spend relaxing at home before venturing out in the second week to find things to do.

Here is some of the activities on our list to do in the second week of the holidays across the Hills and Hawkesbury.

The Richmond Inn Snow Festival

My daughters have been asking to see "real" snow and next week there is wish about to be fulfilled. We will be grabbing our jackets and gloves and heading to the Richmond Inn to play in 50 tonnes of real snow. As part of the Snow Festival there will be plenty of frosty fun activities including meeting Queen Elsa and Anna at two Frozen events, winter movies, games, craft activities, snow cannons, Mario Kart competitions and so much more. The Richmond Inn Snow Festival runs from Friday 12 July to 21 July 2024. For more information go to <https://richmondinn.com.au/snow-festival-at-the-richmond-inn>

Dinosaur Safari at Sydney Zoo

Like many children, my daughters are massive dinosaur fans and many of our conversations revolve around dinosaurs, how they lived and similarities with animals in our world today. Until 21 July, Sydney Zoo is hosting Dinosaur Safari, a prehistoric adventure through the Zoo with life-size, moving and roaring dinosaurs. We can't wait to step back in time and come face to face with our favourite dinosaurs that we have read about in books including the Brachiosaurus, the Stegosaurus, the Velociraptor and of course our ultimate favourite, the king of the dinosaurs, the Tyrannosaurus Rex.

School holiday Activities in the local Shopping Centres.

Our local shopping centres are great places to find free or almost free activities to keep any school holiday boredom at bay.

To mark the upcoming Olympics, **Castle Towers** is running a Champions Arena with 5 interactive sporting activities to test your skills and agility. The 5 activities include Tic Tac throw, walking across a balance beam with a flag, shuffleboard, long jump and reflex tester to see how quickly press the buttons as they light up. Compete with the kids or your friends and see who is the ultimate champion. Located



on Level 2 (opposite David Jones), the Champions Arena runs from 10am to 2pm daily.

Rouse Hill Town Centre is running a Soccer Studio, providing an opportunity for kids to colour in a mini soccer ball. Tickets are only \$2 and each child receives a youth sized (21cm) soccer to customise and to take home. The Soccer Studio will run until 19 Friday in Market Square with 20 minute sessions running between 10am and 2pm. On Wednesday 17 to Friday 19, Hills Football will also join with the Soccer Studio creating an opportunity for kids to test their own goal scoring skills! For more information or to buy tickets go to <https://events.humanitix.com/soccer-studio-2024>

Winston Hills Mall has planned a Jungle Adventure these school holidays. From Monday to Friday, 10am to 1pm, kids can visit the Jungle Activity Centre, participate in fun craft and activities, as well as pick up a clue sheet to find the Jungle Animals hidden through the centre. Find all the jungle animals and you can enter the draw to win a pass to Taronga Zoo.

If we manage to achieve all of the above activities next week, I have no doubt we will be heading back to school the following week for a rest!

Hills District Retirement Village & Resort Expo

Sun 28th & Mon 29th July 2024 | 10am-3pm daily
Castle Hill RSL Club, 77 Castle St Castle Hill NSW

On display will be the latest resort style developments as well as established villages from many different organisations. All offering a wide range of services & facilities, sizes, prices and locations, all under one roof with free admission.

Wonderful opportunity to ask questions and gather information

FREE
ADMISSION

www.retirementexpo.com.au

Visit the Hawkesbury and explore its hidden delights

(PART 2) BY SOPHIE POREDOS

The Ebenezer Church is only 15 minutes away from Windsor!

EBENEZER CHURCH

Just up the road from the Hawkesbury River in Ebenezer is Australia's oldest continuously used church where you can now enjoy a cup of Devonshire tea.

Although the Church was built in 1809, the site has been a significant place since pre-colonial times, as the Hawkesbury River was known as Dyarubbin by the Dharug people. Ebenezer Church was constructed with funds from its eight 'founding' families aboard the 'Coromandel' in June 1802; Davison, Hall, Howe, Johnston, Johnstone, Mein, Stubbs, and Turnbull, amongst others. The original sandstone bricks visible today were donated by George Hall and transported from across the river in Pitt Town.

The nearby shaded cemetery is also considered one of the most important burial sites in colonial history, as the inscriptions describe the lives of the early settlers and founders of the Church. Unfortunately, the Great Hawkesbury Flood of 1867 decimated all cemetery burial records, with floods also occurring in 1805 and 1956.

Outside the original Schoolmaster's House built in 1817, visitors can enjoy a Devonshire tea or coffee service with fresh scones under the grape-covered pergolas. The Schoolmaster's House is open daily from 10.00 am to 3.00 pm, Wednesday to Sunday. Inside the two-storey sand-stone building, you'll find locally made jams, crafts, souvenirs, family and church history books available for purchase.

For large bookings, you can contact the church shop at 02 4579 9350 or by emailing them on info@ebenezerchurch.org.au.

SCHEYVILLE NATIONAL PARK

Tucked away near Pitt Town, you'll find a protected national park rich in history and natural beauty. Scheyville National Park is a historical time capsule that offers a 1.1 km Migrant Heritage Walk within its Camp Precinct, as well as its 4 km Long Neck Lagoon Walking Trail. In the early 20th century, Scheyville served as a casual labour camp providing short-term employment for unemployed or vulnerable men. From 1910-1940, the site functioned as a Government Agricultural Training Farm, teaching young British men farming skills before they became apprentices.

Throughout the Migrant Heritage Walk, you'll discover the original Dreadnought dining hall and brick dormitory buildings that these young boys stayed in. Between 1949 and 1964, Scheyville became a place for migrant settlement as seen by the remnants of the rusted Nissan huts. It's estimated that in this time, over 1500 people a year from more than 22 countries lived in these temporary

accommodations. Along the walk, you'll also discover the Office Training Unit, which operated from 1965 to 1973. The interpretive panels and photographs across the site detail how cadets were trained and called in for service by the Australian Army.

Scheyville's historical status on the NSW State Heritage Register isn't all the site has to offer - the Longneck Lagoon Trail offers visitors a chance to birdwatch over 140 recorded species in the park. As a permanent freshwater wetland, herons and egrets will often fly above as well as ducks, grebes and spoonbills, within the 4 km stretch. Scheyville National Park also offers a 12 km horse riding trail across beautiful creeks, woodlands and grasslands.

You can visit Scheyville National Park at 71 Memorial Drive in Scheyville, from 8 am to 6 pm (May to August) or 8 am to 8 pm (September to April). However, the park (except for Longneck Lagoon) is currently closed for pest control until the 22nd of July, 2024.



Dreadnought Farm dormitories built in 1929. They later became military training units during WWII.



WHAT DO MEN SAY ABOUT BEING PART OF A MEN'S TABLE,

A fast growing men's group found all over Australia

The Men's Table is a grassroots community organisation that invites men to connect and talk over a simple meal once a month to have genuine conversations, form meaningful connections, and build support communities amongst themselves.

Each Table is made up of between 8-12 men who meet in the same place and day of the month, guided by principles called "The Fundamentals" that help them go beyond the usual male banter.

According to Eric Balinghasay, Regional Host for The Men's Table, there are now more than 200 Men's Tables all over the country with new ones forming every month. Including Tables in Baulkham Hills, Castle Hill, Rouse Hill and other areas in the Hills District. There are no membership or joining fees ; and men just pay for their own dinner.

Due to community requests for more Tables and with funding support from the Western Sydney PHN (Primary Health Network), an introduction dinner called an Entrée will be held at The Castle Hill Tavern on Wednesday, August 7 (630-9pm).

As seats are limited, registration is required which you can do here : <https://events.humanitix.com/the-hills-men-s-table-entree-wednesday-7-august-2024>.

You can also check themenstable.org website ; or contact us at 1800 636 782 / hello@themenstable.org.

COMMUNITY NEWS



THE MEN'S TABLE
MEN SERVING MEN

"It's great to connect with men who I probably would never have talked to ... or even connected to in my "regular life". Their experiences and stories widen my perspective on my life."

....

"I have been supported through the highs and lows of relationships, parenting and business. It's now like a second family for me."

....

"I'm grateful for this group where men can be themselves and not behave based on specific roles or expectations assigned to them."



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The Hills Shire Council News

Celebrate Platypus Month

Visit the Community Environment Centre for an exciting educational workshop about platypuses on Thursday 1 August from 5:30pm to 7:30pm.

Learn how researchers from Western Sydney University and a local environmental group, Cattai Hills Environment Network (CHEN), discovered platypuses in The Hills.

Discover the story of 'Bluey' the platypus and interesting facts about the species. During this workshop, you will learn about platypus biology, threats and habitat, as well as current research work and what you can do in your own backyard and community to help our platypus population in The Hills.

A light supper will be served. To learn more and register for this workshop, visit Council's website and search for 'Platypus Discovery in The Hills.'



Free Art Workshops for Young People



Join this colourful series of Easel and Eats sessions, designed to unleash creativity and fun for young artists.

These FREE workshops will be held across four Fridays from 19 July 2024 at the Vinegar Hill Community Centre in Rouse Hill Town Centre.

Location: Vinegar Hill Community Centre, Henry Rooke Room

Ages: 12-24

Food: Sliders, wraps and desserts catered for all participants

Arts supplies and instruction will be provided. All skills levels are welcome.

Register and find out more on Council's website by searching 'Creative Skills Workshops'.

Enjoy a Winter Stroll

Warm up and get active by trying one of our self-guided bush or Metro walks.

The Hills Shire boasts a range of beautiful scenery and great cycling and walking tracks. The walks are family friendly and will guide you through a mix of natural and urban environments. There are several parks and playgrounds to stop at along the way as well as local restaurants and cafes for a bite to eat or a coffee.

Search 'Walks in the Hills' on Council's website to find details on all the routes, including maps with directions and a guide on what you may see along the way.



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



The Friends of The Hills Library are Celebrating 30 Years of Volunteering

The Friends have been supporting The Hills Shire Library Service since 1994. They've raised over \$193,000 for Castle Hill Library to provide additional services to The Hills community, such as the popular lego workshops for children known as 'Bricks in the Library.'

Join The Friends in the Sonya Phillips Room at Castle Hill Library on Saturday 27 July at 2pm to celebrate their incredible milestone. There will be refreshments, special presentations and speeches.

For more information about The Friends, visit Council's website and search for 'Friends of The Hills Library.'

Plastic Free Kids

Join this children's workshop at Vinegar Hill Memorial Library on Thursday 18 July from 10:30am to 11:30am.

Learn how to be a planet protector and discover how plastic can harm our environment. Learn about daily tips and actions that will help reduce your use of plastic followed by a fun craft activity.

Bookings are essential, so head over to Council's website and search 'Go Plastic Free'.

Council Meetings

Tuesday 23 July 2024 at 7pm

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

Leaf Your Mark for National Tree Day

The Hills Shire Council will continue its tree-planting efforts for National Tree Day 2024, following last year's success at Wheelie Park in the Gables. There will be two additional sites added this year. Leaf your mark and help at one or all of the sites listed below.

Crane Road Reserve, Castle Hill

- Sunday 21 July from 1pm to 3pm
- 500 trees will be planted with a FREE BBQ

Wheelie Park, Gables

- Sunday 28 July from 9am to 12pm
- 5,000 trees will be planted along with a FREE BBQ provided by the Lions Club

Tree Frog Park, North Kellyville

- Sunday 4 August from 9am to 12pm
- 500 trees will be planted with a FREE BBQ

Please bring a pair of gloves and wear a pair of sturdy, closed-in shoes and long trousers. Join the effort by searching 'National Tree Day' on Council's website.



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



THE HILLS
Sydney's Garden Shire

Help plant 6000 trees and plants this National Tree Day



Residents and gardening enthusiasts are invited to use their green thumbs this National Tree Day to plant 6000 trees, native shrubs and ground cover.

The tree planting event will take place at Wheelie Park in the Gables on Sunday 28 July from 9am – 12pm. A complimentary barbecue hosted by Castle Hill Lions Club will also run during the event.

Two smaller tree-planting events will be held at Crane Road Reserve, Castle Hill on Sunday 21 July from 1pm to 3pm and at an already booked-out event at Oxlade Reserve, North Kellyville on Sunday 4 August. Attendees at both these events will also enjoy a complimentary barbecue.

Mayor of The Hills Shire, Dr Peter Gangemi said he is looking forward to joining the community to grow the area's tree canopy.

"According to the NSW Government's tree coverage mapping, since 2019, canopy coverage in The Hills has increased from 23.5 per cent to 29.1 per cent," Mayor Gangemi said.

"This is a terrific result, and I'm determined for us to continue this trend, especially in our newer suburbs, like the Gables.

"This year, we seek to plant 1000 more trees than we did at last year's National Tree Day

event across the three sites. I am encouraging our community to come together to support and help revitalise our local environment."

National Tree Day is Australia's largest community tree planting and nature protection event held annually by Planet Ark. Over one million new trees, shrubs, and grasses are planted across the country each year.

Gardening tools, trees, and plants will be provided on the day. Participants are encouraged to bring a hat, water bottle, gardening gloves, and sunscreen.

To register for the National Tree Day events, visit The Hills Shire Council's website, www.thehills.nsw.gov.au, and search for 'National Tree Day 2024'.

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ST ANDREW'S UNITING CHURCH INVITES YOU TO A

Community Lunch

Join us for a lovely, sociable lunch in the Auditorium with guest speaker - Arun Naicker Uniting Care Chaplain

Date: Thursday 25 July 2024

Time: 12 noon

**Location: St Andrew's Uniting Church
25 West Market St RICHMOND**

Cost: \$15

RSVP appreciated: Sandi 0417 673 757



"An extremely good place to be"

Stella, aged 87



Aged care that's personal

Stella moved to Australia in the 60's from the north of England and now calls The Donald Coburn Centre home. A fully converted Aussie, Stella's favourite food is none other than our beloved meat pie but she still refuses to embrace beetroot and avoids it whenever possible. In Stella's words, "I do like being with friends and enjoy the entertainment. It's just a jolly thing to do". Stella goes on to say "I'm very grateful to be here, the staff are all very friendly, very helpful. This is an extremely good place to be." Scan the QR code to hear more of Stella's story and to meet some of the other wonderful residents.



The Donald Coburn Centre

15 Blue Gums Way, Castle Hill

1300 111 278

anglicare.org.au/tdcc



Anglicare

LIBRARY NEWS

Hills Shire Library Events

Bricks in the library

Part of the *July School Holiday Activities 2024 collection*

15 July 2024, 10:30 AM – 11:30 AM

Baulkham Hills Library, 1 Railway Street Baulkham Hills

Get creative and let your imagination go wild with bricks in the library. Sponsored by the Friends of The Hills Library.

Free | Bookings essential online | Suitable for children in school years K-6.

We ask that only children attend Bricks in the Library. Adults are required to stay in the library for the duration.

In consideration of others, please cancel your booking if you are no longer able to attend.

Books you and your child might enjoy: *Incredible LEGO creations from space* / Sarah Dees; *The bricktionary* / Ryan McNaught; *How to build LEGO dinosaurs* / Hannah Dolan

Amazing Mini - Beasts (Sensitive Friendly)

Few tickets left – A sensitive friendly session for children in school years K-6

16 July 2024, 10:00 AM – 11:00 AM

Sonya Phillips Room, Castle Hill Library, 14 Pennant St Castle Hill Castle Hill

Join us for a fun, interactive hands-on minibeasts incursion, featuring a colourful curation of large, live Australian invertebrate animals such as insects, arachnids and more! Learn about special physical adaptations, fascinating life cycles and how we can help these amazing animals within our ecosystems. Supervised handling of harmless animals included.

Sensitive friendly accommodations during the session include: smaller group size; parent/carer will attend with their child but do not need to book a ticket;

space to move about the room, ability to come and go from the session

Cost | \$17.00 Per child | Bookings essential online | Sensitive session for children in School Years K-6. No Refunds

Please note your financial institution may charge you to use this service; Refunds will only be given if this event is cancelled. Adults are required to stay with their child but do not need to book a ticket.

Books you and your child might enjoy: *Everything you know about minibeasts is wrong*; *Chris Humfrey's coolest creepy crawlies*; *Mini beasts* / Natsumi Penberthy

Go Plastic Free (School Years 2-6)

18 July 2024, 10:30 AM – 11:30 AM

Vinegar Hill Memorial Library (Rouse Hill Library), 29 Main St Rouse Hill

Be a planet protector! Join us to learn about how plastic can harm the environment. This workshop will include daily tips and actions to help reduce your use of plastic followed by a fun craft activity and quiz. This event is for Hills Shire Council residents only.

Presented in collaboration with The Hills Shire Council's Resource Recovery team.

Cost | Free | Bookings essential online | Suitable for children in school years 2-6

This event is for children only. Parents/carers are required to stay on library premises throughout the event.

Books you and your child might enjoy: *Kids fight plastic* / Martin Dorey; *Kids vs plastic* / Julie Beer; *The plastic problem* / Aubre Andrus

Learning for Life- Plastic Free Living

25 July 2024, 6:00 PM – 8:00 PM

Castle Hill Library, 14 Pennant St Castle Hill Castle Hill

Start your journey to Plastic Free Living! Are you looking for ideas to reduce plastic use in your everyday life? This workshop looks at ways to eliminate plastic by suggesting alternatives to common products such as food storage containers and wraps. Discover how your garden plays a role in sustainable solutions and see a demonstration of how to make safe, beeswax-infused food wraps. Beeswax wraps will be raffled off to our lucky attendees at the end of the night.

This event is for Hills Shire residents only. Presented in collaboration with The Hills Shire Council's Resource Recovery team.

Free | Bookings essential online | Suitable for Adults In consideration of others, please cancel your booking if you are no longer able to attend.

Books you might enjoy: *Quitting plastic* / Clara Williams Roldan; *Living without plastic* / Brigitte Allen; *A zero waste life in thirty days* / Anita Vandyke



Hawkesbury Library Events

Winter School Holiday Activities at the Library, Museum, and Gallery

Keep the kids entertained during the winter school holidays with these fun and educational activities! You can watch movies in the library, get close to nature at the gallery, or build a nebula in a bottle PLUS heaps more fun activities at the Museum.

LIBRARY

HOLIDAY MOVIES

17 July 2024, 2:00 – 3:30 PM

Blast Off! into another galaxy watching these "spacey" movies. Bring your snacks and drinks. Check Eventbrite or call the library for the title of the DVD to be screened. FREE – For ages 5-16

THE FORCE IS WITH YOU SCIENCE WORKSHOP

16 July 2024, 10:30 – 11:30 AM

The Jedi aren't the only ones who use the force! This fun, interactive workshop, presented by Children's Discovery, explores the laws of force and motion. \$5 - For ages 5-12

GALAXY EXPLOSION BOX

19 July 2024, 10:00 AM – 12:00 PM

Create your own galaxy-inspired explosion box that will be out-of-this-world once it is filled with photos and keepsakes. \$10 - For ages 10+

Book activities at the Library online at [Hawkesburylibrary.eventbrite.com](https://www.hawkesburylibrary.eventbrite.com). Library activities are held at Hawkesbury Central Library, Windsor. All Welcome.

MUSEUM

CRAFTY RAFTERS

18 July 2024, 10:30 AM – 12:00 PM

Build a raft from upcycled materials and learn how to navigate the rich aquatic history of the Hawkesbury inspired by the mighty Dyarubbin (Dyarubbin means Hawkesbury River in Dharug language). \$15 – For ages 5 – 12

Book activities at the Museum online at [HawkesburyMuseum.eventbrite.com](https://www.hawkesburymuseum.eventbrite.com). Museum activities are held at Hawkesbury Regional Museum, 8 Baker St, Windsor

GALLERY

NATURE PLAY

Wednesday, 17 July 10.30AM -12.00PM

We are nuts about nature! If you are too, come and learn how making art connects us to the natural world. In this workshop, you can use imagination to make your mark using foraged leaves and flowers! \$15 – For ages 5 – 12

Book activities at the Gallery online at [HawkesburyGallery.eventbrite.com](https://www.hawkesburygallery.eventbrite.com). Gallery activities are held at Hawkesbury Regional Gallery, 1st Floor, 300 George St, Windsor.

"It's good to laugh"

Suzanne, aged 81



Aged care that's personal

Suzanne is always on the go and enjoys being outdoors looking at the plants, hearing the birds and in her own words, "maybe have a little seat somewhere that's got the sunshine coming on it" she says. Even more than the outdoors though, Suzanne loves being with people: "Friends are important to exchange ideas with. Having a laugh is most essential. It's good to be able to laugh with someone". Suzanne can be found chatting and sharing ideas with all her friends at the place she calls home, The Donald Coburn Centre. Scan the QR code to hear more of Suzanne's story and to meet some of the other wonderful residents.



The Donald Coburn Centre

15 Blue Gums Way, Castle Hill

1300 111 278

anglicare.org.au/tdcc



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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: SONIC
BREED: Mastiff
SEX: Male
AGE: 3 yrs 3 mos
PRICE: \$49

SONIC is a beautiful, big friendly dog who has a lovely easygoing nature according to staff at the Hawkesbury Companion Animal Shelter. Staff say Sonic is very obedient and is only too happy to sit, shake and lay down when asked. Sonic has not shown any negative behaviour towards other dogs while he has been at the shelter. If you are interested in meeting this lovely well-mannered boy please come to the shelter with your family dog and children to meet him. Sonic's adoption price has been reduced to \$49 and includes desexing, the first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



AT A GLANCE

NAME: PEBBLES
BREED: Domestic
shorthair cat
SEX: Female
AGE: 5 yrs 1 mo
PRICE: \$49

PEBBLES just loves to follow you for that little bit of extra loving say staff at the Hawkesbury Companion Animal Shelter. Pebbles is a very affectionate girl who is looking for a family to love her. If you feel you can give this lovely girl the home she deserves please come to the shelter to meet her. Pebbles is already desexed so she can leave the shelter with you. Her adoption price is \$49 which includes her first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

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Keep Your Dog's Smile Bright with Sydney Animal Hospitals

Dogs can't brush their teeth, but just like people, they are at risk for dental problems that can cause pain and serious health issues.

Causes of Periodontal Disease

Periodontal disease is caused by an accumulation of plaque, a colourless film that contains large amounts of potentially harmful bacteria. If left unchecked, built-up plaque can create infection, destroying your dog's gums and the tissue and bone that support the teeth. Preventive oral care can reduce plaque and help maintain proper oral health.

Signs of Periodontal Disease

Schedule an appointment with your veterinarian if your dog shows any of these warning signs:

- Bad breath
- Yellow-brown crust on teeth
- Red or bleeding gums
- Change in chewing or eating habits
- Tooth loss
- Change in behaviour
- Abnormal drooling

Contributing Factors

Poor Oral Hygiene: Ignoring the condition of your dog's mouth can lead to periodontal disease, tooth loss, and other serious health problems.

Breed: Periodontal disease is more common in smaller breeds of dogs.

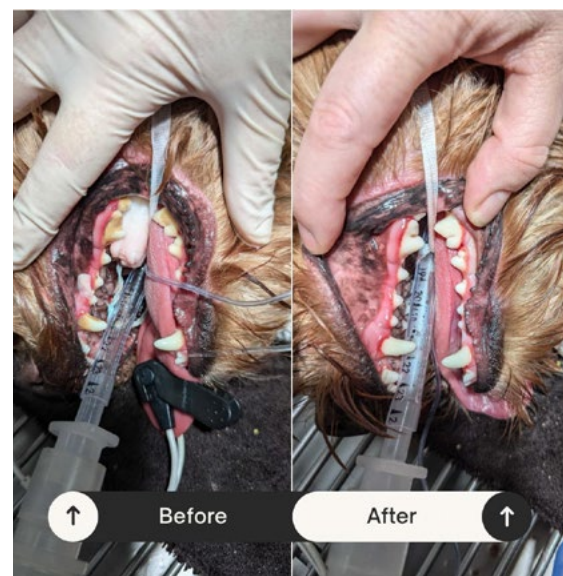
Age: Periodontal disease is more common as dogs grow older.

Healthy Mouth, Healthy Body

Proper oral care isn't just good for the mouth – it's good for the whole body, too. Poor dental health can put your dog's systemic health at risk. Plaque builds up on a dog's teeth, and bacteria in the plaque irritate the gums. The irritated gums bleed, allowing bacteria from the plaque to enter the bloodstream and travel throughout the body, negatively impacting vital organs. Emerging science suggests a strong link between good oral health and heart health.

Dogs with poorly maintained teeth and gums also run the risk of experiencing several other serious health problems:

- Painful dental infections
- Tooth loss
- A taxed immune system, which limits a pet's ability to fight disease and infection



Your Veterinarian is Your Pet's Dentist

Just as people should have regular checkups by their dentists, your dog needs regular dental care by your veterinarian. Every regular exam at Sydney Animal Hospitals includes a thorough dental exam. We'll also recommend a home care plan to help you keep your pet healthy. If we find disease, we will recommend a treatment plan. Ask us about our free dental check with a qualified nurse program today!

During Dog Dental Months this July and August, our team at Sydney Animal Hospitals is ready to help keep your dog's teeth and gums healthy. Book in for your dogs Free dental check now.

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Services offered

- **House sitting**
Mail, bins, watering plants, performing household duties.
- **Pet sitting in your home**
Take the stress away from your pets by leaving them in an environment they feel comfortable. Avoid expensive kennels!! I am a huge animal lover and would be more than happy to ensure your pets stay fit and healthy whilst you are away.

BOOK IN NOW!

Carly Paton 0497 722 444
carlypaton04@icloud.com

LOCATIONS CURRENTLY AVAILABLE

- Castle Hill
- Dural
- Baulkham Hills
- Norwest
- Epping
- Cherrybrook
- Pennant Hills
- Beecroft
- Macquarie Park
- Bella Vista
- Kellyville
- Kellyville Ridge
- North Rocks
- Surrounding areas

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WHAT'S ON

IN THE HILLS TO HAWKESBURY



13
JULY

The Sydney Hotshots Live at Windsor RSL

07:30 PM to 09:30 PM

36 Argyle Street South Windsor, NSW

A brand-new Sydney Hotshots show is locked and loaded, and you are invited! Two hours of non-stop action-packed entertainment from some of the sexiest guys direct from Sydney! The ultimate lady's night out, complete with high-powered dance routines, spectacular lighting, and fabulous costumes. This show will have you blushing, laughing, and screaming all night long! Leave your worries at the door and have some fun with the Sydney Hotshots!

14
JULY

Ellerman Park Bushcare

by The Hills Shire Council

08:00 AM to 12:00 PM

Ellerman Park, 22Z Pellitt Lane, Dural

Ellerman Park Bushcare Group is restoring the Critically Endangered Ecological Community of Sydney Turpentine – Ironbark Forest. Grants from DECC and HNCMA are being used for the restoration. No experience is necessary to join the group.

Currawong Bushcare

by The Hills Shire Council

08:00 AM to 12:00 PM

Currawong Reserve, 20Z Bellamy Farm Road, West Pennant Hills

The Currawong Bushcare Group works in Currawong Reserve, West Pennant Hills.

The group is working in an area of Blue Gum High Forest which is listed as a Critically Endangered Ecological Community under both State and Federal legislation.

This reserve contains Powerful Owl habitat as well.

Dural Village Markets

by Skye & Brad Browne

09:00 AM to 01:00 PM

Dural Country Club, 66Z Old Northern Road, Dural, 2158

Community Markets – Growers, Produce, Artisans and food.

Blue Gum Creek Bushcare

by The Hills Shire Council

01:00 PM to 04:00 PM

Blue Gum Creek Reserve, Blue Gum Road, Annangrove

The Blue Gum Creek Bushcare Group removes weeds in Blue Gum Creek Reserve, Annangrove (Cattai Alluvial Tall Forest). They meet on the 2nd Sunday of the month (except heavy rain) from 1pm to 4pm. Entry is off Blue Gum Rd (eastern side) near the fire trail. All welcome, no experience needed!

Pygmy Possum Patch Bushcare

by The Hills Shire Council

01:00 PM to 04:00 PM

Colbarra Place Reserve, 16 Colbarra Place, West Pennant Hills

Join the Pygmy Possum Patch Bushcare Group! We remove weeds and plant natives to help these adorable possums thrive in West Pennant Hills' Colbarra Place Reserve. All welcome, no experience needed.

Richard Webb Bushcare

by The Hills Shire Council

01:00 PM to 04:00 PM

Richard Webb Reserve, Aiken Road, West Pennant Hills

The Richard Webb Bushcare Group cares for critically endangered Blue Gum High Forest in Richard Webb Reserve, West Pennant Hills. They meet at the Aiken Rd playground.

12
JULY

Snow Festival 2024

by The Richmond Inn

July 12-21, 2024

90 March Street, Richmond NSW

Get ready for 50 TONNES OF REAL SNOW at The Richmond Inn for Snow Festival, from Fri 12th July – Sun 21st July! Enjoy 9 days of frosty fun with Queen Elsa & Anna, winter movies, games, snow cannons, Mario Kart competitions, DJs, and \$5k in prizes!

13
JULY

East Kurrajong Stamp, Coin & Collectables Fair

July 13, 2024, 09:00 AM to July 14, 2024, 04:00 PM

East Kurrajong School of Arts Hall, 1090 East Kurrajong Road, East Kurrajong NSW

Take a lovely country drive to see the Stamp & Coin Fair and Crystals, Gems & Fused Glass. A variety of stamps and covers for sale from several dealers – plus fused glassware, candles crystals, handmade jewellery & collectables. Refreshments available. Saturday 9am-4pm, Sunday 9am-2pm.

For contact 02 4576 5031

Chrissy in July Festival

by Hawkesbury Showground Markets

09:00 AM to 01:00 PM

Hawkesbury Showground, Racecourse Road, Clarendon NSW

Come join us at our indoor event with over 80 stall holders. Make sure to arrive with an empty stomach and some shopping bags! We have a variety of offerings including hot food, coffee, desserts, candles, kids accessories, and much more. Enjoy live music and performances starting at 11am. Enter through gate 4. See you there!

Biodynamic Farm Tour

by Warrah Farm Shop

10:00 AM to 11:30 AM

20 Harris Road, Dural NSW

Explore Sydney's ACO certified biodynamic farm with a guided tour led by Warrah's farm manager. Learn about nutrient-dense food origins and our approach to balancing commercial operations with social therapeutic horticulture.

Bromeliad Society of Australia Meetings

by Bromeliad Society of Australia

Federation Pavilion, Castle Hill Showground, Castle Hill

The next Bromeliad Society of Australia meeting will feature guest speaker Amal Eid, a Bromeliad hobbyist, enthusiast, collector, and grower.

For details, contact President Ian Hook at 0408 202 269 or ianhook1@bigpond.com, or visit www.bromeliad.org.au for updates.

Great Concert of Great Classical Symphonies

by Western Sydney Symphony Orchestra

07:00 PM to 09:00 PM

TLC Theatre, Baulkham Hills High School, 419A Windsor Road, Baulkham Hills

The Western Sydney Symphony Orchestra is very proudly presenting this concert to the Hills community.

Supported by The Hills Shire Council, and featured with local musicians alongside the professional musicians of the Sydney Contemporary Orchestra, in this concert we will play great classical symphonic works by great classical composers. It will be an unforgettable evening.

**15
JULY****Hills Holiday Sport Program – Western Sydney Wanderers***by The Hills Shire Council*

09:00 AM to 12:00 PM

Brindle Parkway Reserve, Cnr Terry Road and Cart Street, Box Hill

For Beginners aged 7 – 10 years at 9am – 12pm; Beginners aged 11 – 14 years at 1pm – 4pm; Junior Session for Neurodivergent individuals aged 7 – 10 years at 9am – 10.30am; Youth Session for Neurodivergent individuals aged 11 – 14 years at 1pm – 2.30pm.

Francis the Frog Waterway Adventures*by North West Community Services Inc*

10:30 AM to 11:30 AM

Elara Community Hub, Marsden Park, NSW

Come and join Francis the Frog to learn all about his aquatic adventures! Limited spots available for the 15 attendees, so make sure to sign up using the provided link. Don't miss this enjoyable and educational event! For Children ages 3-7

Slime Making Workshops*by Grove Square - The Hills*

July 15 – 16, 2024

Grove Square- The Hills 375-383 Windsor Rd, Baulkham Hills Outside Red Dollar Baulkham Hills, NSW 2153

Get creative and messy with our fun slime-making sessions!

Cost: \$5 per ticket (non-refundable), includes slime kit and take-home container. Bookings essential.

Suitable for children aged 4-12 years. Parents/carers do not require a ticket, however, must supervise their participating children.

**16
JULY****SCHOOL HOLIDAYS – Science Workshop. The Force is with you***by Hawkesbury Library Service*

10:30 AM to 11:30 AM

Hawkesbury Central Library, 300 George Street Windsor

The Jedi aren't the only ones who use the force! This fun, interactive workshop, presented by Children's Discovery, explores the laws of force and motion. \$5 – For ages 5-12

**17
JULY****NATURE PLAY – Painting and making your mark with Nature***by Hawkesbury Regional Gallery*

10:30 AM to 12:00 PM

Hawkesbury Regional Gallery, Deerubbin Centre, 1st Floor/300 George St, Windsor

We are nuts about nature! If you are too, come along and learn how making art may help to connect us to the natural world.

In this workshop, our art educator will guide you through the process of painting and using foraged leaves and flowers to make your unique mark. \$15 – For ages 5 – 12 COST: \$15 – Eventbrite booking essential

Arcadian Quilters Meet

Community Health Centre, Arcadia Road cnr The Glade, Galston

Arcadian Quilters meet on the 1st, 3rd & 5th Wednesday of every month at 9.30 am. Community Health Centre, Arcadia Road cnr The Glade, Galston. Carole on 9894 7749.

**18
JULY****Go Plastic Free (School Years 2-6)***by The Hills Shire Library Service*

10:30 AM to 11:30 AM

Vinegar Hill Memorial Library, 29 Main Street, Rouse Hill

Be a planet protector! Join us to learn about how plastic can harm the environment. This workshop will include daily tips and actions to help reduce your use of plastic followed by a fun craft activity and quiz.

**18
JULY****Crafty Rafters***by Hawkesbury Regional Museum*

10:30 AM to 12:00 PM

Hawkesbury Regional Museum 8 Baker Street Windsor

Build a raft from upcycled materials and learn how to navigate the rich aquatic history of the Hawkesbury inspired by the mighty Dyarubbin (Dyarubbin means Hawkesbury River in Dharug language).

\$15 – For ages 5 – 12 ; COST: \$15 – Eventbrite booking essential

**19
JULY****SCHOOL HOLIDAYS – Galaxy Explosion Box***by Hawkesbury Library Service*

12:00 AM to 12:00 PM

Hawkesbury Central Library 300 George Street Windsor

Create your own galaxy-inspired explosion box that will be out-of-this-world once it is filled with photos and keepsakes. \$10 – For ages 10+

Book activities at the Library online at [Hawkesbury library.eventbrite.com](https://hawkesbury.library.eventbrite.com). Library activities are held at Hawkesbury Central Library, Windsor. All Welcome

Collection Conversations Tours*by Powerhouse Museum*

09:30 AM to 10:30 AM

2 Green Road, Castle Hill

The Powerhouse Collection is one of Australia's largest and most diverse museum collections, with over half-a-million objects amassed since 1880. Each month, volunteers lead Collection Conversations events, featuring presentations, afternoon tea, and tours of display storage areas.

**23
JULY****Christmas in July***by North West Community Services Inc*

11:30 AM

9 Park Street, Riverstone

Christmas in July at North West Community Services. \$5 for lunch and entertainment. Limited spaces: Bookings required by 08/07/24.

For more information, please contact Harry on 9627 3622 or hagle@nwcs.org.au.

Help Shape Your Community for the Better

11:45 AM to 12:45 PM

Riverstone Schofields Memorial Club

If you live in the Riverstone area, you are invited to attend a Community Forum with the NSW Premier and Cabinet Ministers to discuss the priorities for your community.

**26
JULY****Mrs. Warren's Profession***by Pavilion Theatre*

July 26 to August 17, 2024

Pavilion Theatre Doran Drive, Castle Hill, 2154

By George Bernard Shaw, Directed by Steve Rowe,
Content Warning: Adult themes

"Mrs. Warren's Profession" by George Bernard Shaw, written in 1893, debuted on the London stage in 1902. The play explores the complex relationship between Kitty Warren, a successful businesswoman who owns brothels, and her daughter Vivie. Shaw challenges the societal judgment of individuals' choices, particularly in the context of economic necessity. The play's themes remain relevant today, prompting reflection on how we judge others and the decisions we make for ourselves.



Reflections from GAZA

by DR SIRAJ SIRA

In April this year Castle Hill resident, GP Dr Siraj Sira spent two-weeks on a medical mission in Gaza. Dr Sira, co-founder and chairperson of Global Medical Foundation Australia (GMF Australia), a not-for-profit organisation providing medical and humanitarian aid to underprivileged people around the world, says the mission left an “unforgettable mark on my soul. Words alone cannot encapsulate the depth of what I witnessed during my time in Gaza”. This is his story.

Global Medical Foundation Australia's medical team embarked on an UN-sanctioned mission to Gaza. After obtaining permits, we travelled to Cairo for security briefings from WHO and the UN. Carrying essential supplies, we joined a UN convoy through the Sinai Desert to Gaza. After a 550 km journey and numerous military checkpoints, we reached the Rafah crossing. There, hundreds of trucks loaded with food and essential supplies awaited entry. After a seven hour wait at this crossing, our team got the clearance to enter Gaza.

Upon arrival, the constant buzzing of drones and distant gunshots greeted us. We were transported to a safe house in Rafah, passing countless tents sheltering around 1.5 million internally displaced people at the time. That night, briefed on security measures, we prepared for the tasks ahead, unaware of the gravity daylight would reveal. We managed to get a few hours of sleep, waking up regularly to the sound of bombs, at close intervals. The bombs were hollow, with a deep sound that reverberated throughout the surrounding areas.

My first week was spent at a makeshift Primary Health Clinic (PHC) in Tal Al Sultan, Rafah. The roads were lined with closely nestled tents, reflecting the dire living conditions. People were living in crowded tents, about 100-150 people sharing 1-2 toilets, water was scarce and there was no electricity. People queued for bread in makeshift bakeries, children crowding around large water tankers, carrying containers in their little hands. Stagnant water, garbage,

and sewage spills were common sights. Each day, I encountered an overwhelming influx of patients suffering from respiratory and gastrointestinal infections, each with their own story, but a common theme of suffering, pain and resilience. Additionally, there was an outbreak of hepatitis A and skin infections and managing these conditions was extremely challenging.

Children's malnutrition was particularly heartbreaking, with one in ten in South Gaza and one in three in North Gaza severely malnourished. The blockade of supply trucks exacerbated this crisis. Postpartum women, also malnourished, struggled to produce enough breast milk, compounded by the pervasive lack of privacy within the tent, further worsening the situation for their children.

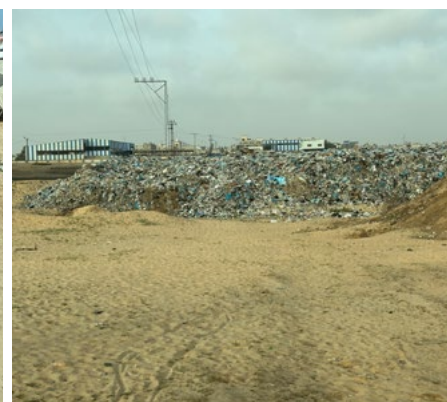
The second week at Al Aqsa Hospital in Deir Al Balah was equally harrowing. Originally a maternity hospital, it was now inundated with patients suffering from trauma and chronic conditions. Bombings were frequent, and the hospital was overwhelmed. Many patients, including children, suffered horrific injuries. The lack of medications and resources made treating chronic illnesses and injuries very difficult.

Among the many heart-wrenching cases, innocent children who were victims of bomb blasts, like Hamza, a 6-year-old who died from injuries to his head and torso, 12-year-old Jamal, who died a painful, horrific death from shrapnel wounds, Fatima a 7-year-old who presented

with her left arm blown off and 3-year-old Isa who died in his parents' arms with bullet wound to the head. The hospital was inundated with patients lying on floors and in corridors.

These were just a few of the cases we saw, in our two-week mission in Gaza. I grapple and continue to struggle to justify our inaction at these atrocities and the absence of humanity in this situation. We all share the one world, yet, voiceless in the support of one another. It's been just over two months since I have returned from Gaza. The smell of the hospital, sounds of drones, and faces of people I treated are still vivid in my mind. For peace to prevail, the humanity in us needs to alight. The people of Gaza are resilient and show unimaginable strength in the face of extreme hardship, much of which is attributed to their strong faith. The children of Gaza have lost their childhood yet look to the world with hope to end this war and reclaim their future. It is now, more than ever, that we need to stand up and be the voice for the unheard, call for an immediate cease fire and allow entry of humanitarian and medical aid.

For access to the full story, click on the QR code.



YOUR REGIONAL BUSHLAND ASSETS



BY LACHLAN TURNER

Welcome to the first of a monthly column showcasing local bushland and what it has to offer.

Bushland reserves within the Hills and Hawkesbury and Hornsby Shire Council Regions and adjacent areas are available for public access at any time of the year.

Each month we will introduce some not so well known, and even hidden, features of local bushland areas.

For example, there are hundreds of wildflowers that come into bloom throughout the year. There are walking trails and tracks following fire trails and creeks with some passing through some quite rugged locations.

Many birds, no longer seen in built-up residential areas, are easily located residents in most bushland habitats.

Wildflowers currently in flower, somewhere in local bushland, will be illustrated, along with other features typically found in bushland environments. But you need to visit bushland reserves fairly regularly to see them and the changes that occur during the seasons.

When out bushwalking, you meet some very interesting people, such as bush care volunteers, photographers, bird watching enthusiasts, some just enjoying the environment as well as those simply discovering where a particular track leads. There is much happening too, to help preserve our bushland fringes by dedicated bush care volunteers.

We will share some of these encounters throughout each month.

It is hoped too, that this column will increase a deeper community interest in the value of preserving local bushland habitats.

A large proportion of the Hills and Hawkesbury Shires' residents are not aware of the recreational facilities that are available not too far from their doorstep.

So, keep your eye out for this column each month and gain an understanding of some of the interesting happenings that are *Hidden in the Hills*.



Alive 90.5FM is a leading community radio station serving the Hills, Parramatta and Cumberland Districts since 1992.

Our programs include **Breakfast and Drive** with regular news, weather and traffic updates. We have a range of **special interest programs**.

We also have many speciality programs covering hits from the past, smooth jazz, country, blues, rock, rnb, pop and foreign language music.



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No New School for Castle Hill



Following the Government's recent second Budget, I am deeply concerned about its failure to fund crucial infrastructure, which will significantly impact Castle Hill residents.

The Budget projects revenue to be \$118.5 billion for 2024-25. Despite the projected revenue, the Budget has significant shortcomings: inadequate infrastructure, lack of cost-of-living support, economic risks, and increased debt.

The Budget has failed the Castle Hill electorate. The question most members of our community are asking is why the government has not funded a new school within the Castle Hill Showground Precinct. Last year, the Government increased the maximum number of dwellings in the Precinct to allow for an additional 9,500 dwellings. Based on one child per dwelling, there will be an additional 9,500 school-aged children living in the Castle Hill Showground Precinct. Parents are asking when the Government will commit funding to build the much-needed schools for our community. As your representative in the New South Wales Parliament, I will continue pressing the government to fund schools and other essential infrastructure for our community.

The Government's long-term approach to the education of our children is something many parents have raised as a concern. The Budget Paper reveals a worrying decline in education spending, from



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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\$3.036 billion in 2024-25 to \$1.801 billion in 2027-28. Parents across New South Wales, including in my electorate, are deeply troubled by these funding cuts.

If you would like any more information concerning the recent New South Wales Budget and how the cuts will affect you, please email my office. As your representative, I will continue to advocate for funding infrastructure projects including schools, roads, hospitals, and police stations; provide cost-of-living relief to all community members; promote energy policies in the community's interest; and uphold our community's core values.

I am working with members of the local community to petition the Government to build a new school for our electorate. Scan the QR code to add your support to this petition and let's make Castle Hill an even better place!

Accessible and Affordable Healthcare

I've been out doorknocking on some lovely (and some not so lovely) winter's days, and I'm hearing that some people here in the Hawkesbury are under pressure right now.

It's the reason why I have continued to advocate for additional cost of living relief, and we are now starting to see some of the measures come into effect. Our aim is to ease the financial pressures on people, but also bring inflation down, as it is currently the key driver of interest rates.

One of the areas we've been able to reduce costs is with medicines.

From July, we froze the maximum cost of medicines on the Pharmaceutical Benefits Scheme so that no one will pay more than \$31.60 for a PBS script. The one-year freeze

on the co-payment for everyone with a Medicare card will extend to a five-year freeze for pensioners and other Commonwealth concession cardholders, so their costs will be capped at \$7.70 for a PBS script.

Even before the latest freeze, residents in the Hawkesbury have been saving money on medicines. Across the electorate, residents have saved more than \$1.7 million on their scripts with our earlier cheaper medicines policies and 60 day dispensing.

Our incentives to improve bulk-billing for GP visits by the under 16s and seniors – the two groups who most frequently visit the doctor – have also started to show results, with more than 84% of GP visits now being bulk billed, above the state and national average.

But we know there's more to do to make sure access to health care in the Hawkesbury – at the GP, mental health and hospital level – is affordable. To that end, I was pleased to join the NSW Health Minister, Ryan Park, at his first visit to Hawkesbury Hospital as a public hospital, to discuss what opportunities there were for improving services.

Our tax cuts for every taxpayer, our energy relief for every household and our medicine freeze for every PBS script add to the cheaper childcare, fee-free TAFE and the biggest ever investment in bulk-billing.

And we'll keep looking for ways that help people save money – like our quarterly price comparison of supermarkets – while at the same time help to tackle inflation.

SUSAN TEMPLEMAN MP

Federal Member of Macquarie

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*[^]Must be 18+ years of age. To win a bottle of wine applicants
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Hills star Matt Gonzales set for Olympic debut

Castle Hill star Matt Gonzales will be making his Olympic debut with the Australian rugby sevens side in Paris. The outstanding rugby back is a proud product of Eastwood Rugby Club, which has a strong foothold in The Hills District.

Another Hills resident Michael Icely has been chosen as one of the travelling reserves for the Olympics. Flying Australian winger Mark Nawaqanitawase is the third Eastwood player to make it to the Olympics, showcasing the extraordinary talent and development in the well-established rugby club.

Eastwood Rugby general manager Robert Frost said Matt has a great burst of speed and has been one of the standout players for Eastwood since starting in the Colts back in 2013. Now 30, Matt is regarded as one of the top Australian sevens players. He is among the many Oakhill College alumni to distinguish themselves on the rugby union or league pitch.

Matt became a surprise sevens specialist in his late 20s when highly-respected national coach John Manenti asked him if he would like to trial for Australia.

Always up for a challenge, Matt - one of the quickest backs in Sydney's Shute Shield competition - grabbed the chance with both hands. "I said yes straight away, I did not hesitate," Matt said in an official interview. "I would have been mad not to take it. I didn't

think an opportunity would ever arise for me again. I'm a bit older, I didn't think it was going to happen."

A fitness trainer by profession, Matt gets his rugby genes from his Dad Serge, a tremendous player in his day and now Eastwood's official photographer.

Despite an injury-hit career, Matt starred for the Australia sevens team, which finished fourth at the 2022 Commonwealth Games in Birmingham.

Matt helped Australia win their first World Rugby Sevens Series Crown in 2021/22 and was in the team which finished fourth at the 2022 Sevens World Cup in South Africa.

Matt was a part of the 2015 Shute Shield Grand Final-winning squad at Eastwood, and runners-up in the 2020 grand final. "He has great acceleration, is tough and durable and a great team player," Frost said.

"Michael Icely also came through our Colts program. He started in 2016 and has been one of the outstanding players in Sydney rugby for many years. Last season, he won the Ken Catchpole Medal for the Player of the Year in Sydney.

"Mark Nawaqanitawase came to the club five years ago as a raw young player and he has



Hills Rugby Star Matt Gonzales set for olympic debut. Picture: Courtesy Australian Olympic Team

blossomed into an outstanding international player, making his Wallaby debut in 2022. He has now signed to play for the Roosters in the NRL for the next two seasons."

Eastwood, one of the most successful rugby clubs in Australia, has produced a staggering 45 players who have donned the Wallaby jersey while 10 players went on to play international rugby for other countries. In addition, 10 of their players represented Australia in sevens competitions.

Hills Women slump against Bankstown City

Hills United slumped to a 2-1 defeat at the hands of Bankstown City FC on Sunday, denting their chances of closing the gap at the top of the FNSW League One Women's football championship. The loss comes on the back of two successive draws and means the Hills women (40 points) need something special to knock table leaders Mt Druitt Rangers (44 points) off their perch.

An unfortunate own goal by Kaylie Shannon gave Bankstown an early lead in the

third minute before Isabella Sciberras levelled the scores in the seventh minute.

However, Bankstown regained the lead in the 20th minute through Stephanie Ambrose and managed to hold off the Hills for the rest of the game. The Hills, who started the season in rollicking style, face St George on Sunday, July 14 in their next game.



CHARLIE CALE debuts for Australia

The Hills District's giant backrower Charlie Cale, 23, made an impressive debut for Australia in their stirring 25-16 win over Wales last Saturday. One of three brothers who play for Eastwood Rugby Club, Charlie plays for the Brumbies in Super Rugby Pacific and is highly regarded as a back rower.

Cale, who tips the scales at 105kg and is 195cm tall, was picked by Wallaby coach Joe Schmidt, after eye-catching performances this season. He came off the bench to help the Wallabies hold off a Welsh fightback in the second half.



The Hills United FC Powerchair team completed its 2024 season as impressive runners-up in the NSWPFPA league after drawing 0-0 with fancied St George. It was also the farewell game for Hills star Jacob Cross (inset). Picture: Courtesy Hills United

Jayden Bruce rapidly moving up the boxing ranks

Jayden Bruce is one of the rising pugilists in Australia's highly-competitive amateur boxing scene.

The 22-year-old champion boxer from Baulkham Hills was a strong contender but had a controversial split decision loss in last month's Queensland Golden Gloves Championships in Townsville, ending up with the bronze medal. Jayden received gold for moving up two weight classes to box at the Golden Gloves.

Jayden weighs 63.6kg and is 179cm tall. He is trained by his Dad William (a former state champion) and Cory Howell, and has fought over a range of weight classes, ranging from 41kg to 71kg.

Jayden and his Castle Hill Boxing Club mate Liam Howell did remarkably well after moving up the weight divisions at the Golden Gloves. Liam brought home the gold while Jayden did not get the judges' decisions, despite a dominant performance, according to CHBC vice-president and treasurer Michael Holani.

The talented duo also competed at the Australasian titles in Bathurst in June, but unfortunately were unable to win any titles even after some commanding displays.

A boxer since he was 15 years old, Jayden won silver medals at the 2018 and 2019 Australian titles, silver in the 2021 Queensland

state championships, silver in the 2023 Golden Gloves in Cairns plus bronze medals in Australian titles in 2017 and 2023.

"I feel like my performance this year has been the best it's ever been," Jayden said. " (That's because) I've just been learning a lot from my coaches Bill Bruce, Corie Howell and my other boxing mentors, about my unique boxing style, the boxing IQ and the ring craft that comes with it.

"In my past and to this day, I've always fought the best and I thank them for it because it helps bring out my best as well, especially when I know I can go with them, which always turns into a really good tough fight.

"By doing this, it has definitely improved my performance and helped me reach that extra step in my goal of becoming the boxer I am supposed to be... And I'm really keen for the future because my true potential is yet to come."

Jayden, who attends Randwick TAFE, previously studied at Jasper Road Public School and Model Farms High School.

CHBC has a great record in producing Australian and state champions since it was established by Walter Townsend in 1982. Australian champions include Shane Lodge, 1997, Nathan Turpine, 1997, Mitchell Watts, 2014, 2016; Daniel Parkinson 2013, 2014; Andrew Constantinou 2015; Jayden Bruce 2016;



JAYDEN BRUCE is showing tremendous potential

Michael Holani 2016; Elijah Rodericks 2017; Kaid Fosker 2018 and Luke Ugov 2018, 2019.

"The development of culture, community, and excellence offered constantly by William Bruce and the club has seen the continual development of many of its alumni throughout the years," said Michael Holani. "These alumni have gone on to leave a significant impact on society long after they move on from the sport."

William Bruce has been operating the club since 2001.

Our MiniRoos Kick-Off sessions will be returning for Term 3!

Location: Valentine Sports Park, 235 – 257 Meurants Lane, Glenwood.

Introducing a new Monday afternoon session alongside our current Tuesday morning classes.

MiniRoos is the perfect program for new and pre-existing football lovers looking to improve their football skills, have fun and make new friends.

Upon registration you will receive a "Participant Pack", which includes a MiniRoos Ball, MiniRoos shirt and notebook/certificate.

Please reach out with any questions or concerns, happy to discuss to help decide what is best for your child – Ryan Mettenbrink (ryanm@footballnsw.com.au or 8814 4473)

Term 3 Afternoon Classes:

- Mon 4pm – 5pm for 10 weeks
- Start date: 22nd July
- End date: 23rd September
- Cost: \$120
- Under 4 to 11 years
- Location: VSP

Term 3 Morning Classes:

- Tues 10am – 11am for 10 weeks
- Start date: 23rd July
- End date: 24th September
- Cost: \$120
- Under 4 – 6 years
- Location: VSP

Our afternoon classes will be for 4 – 7 years and 8 – 11 years, with the two age groups split into separate groups to play with kids at their similar skill/ability level.

With our Tuesday morning classes catered towards the younger kids Under 4s – 6, looking to develop some social and football skills before they enter kindergarten.

MiniRoos FOOTBALL AUSTRALIA

KICK OFF YOUR FOOTBALL JOURNEY

4-6 YEARS MIXED

TUESDAYS: 23 JULY - 24 SEPT

10:00AM - 11:00AM

4-11 YEARS MIXED

MONDAYS: 22 JULY - 23 SEPT

4:00PM - 5:00PM

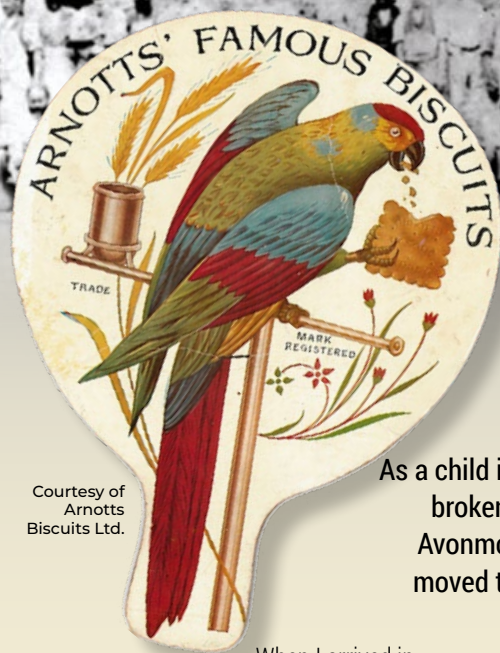
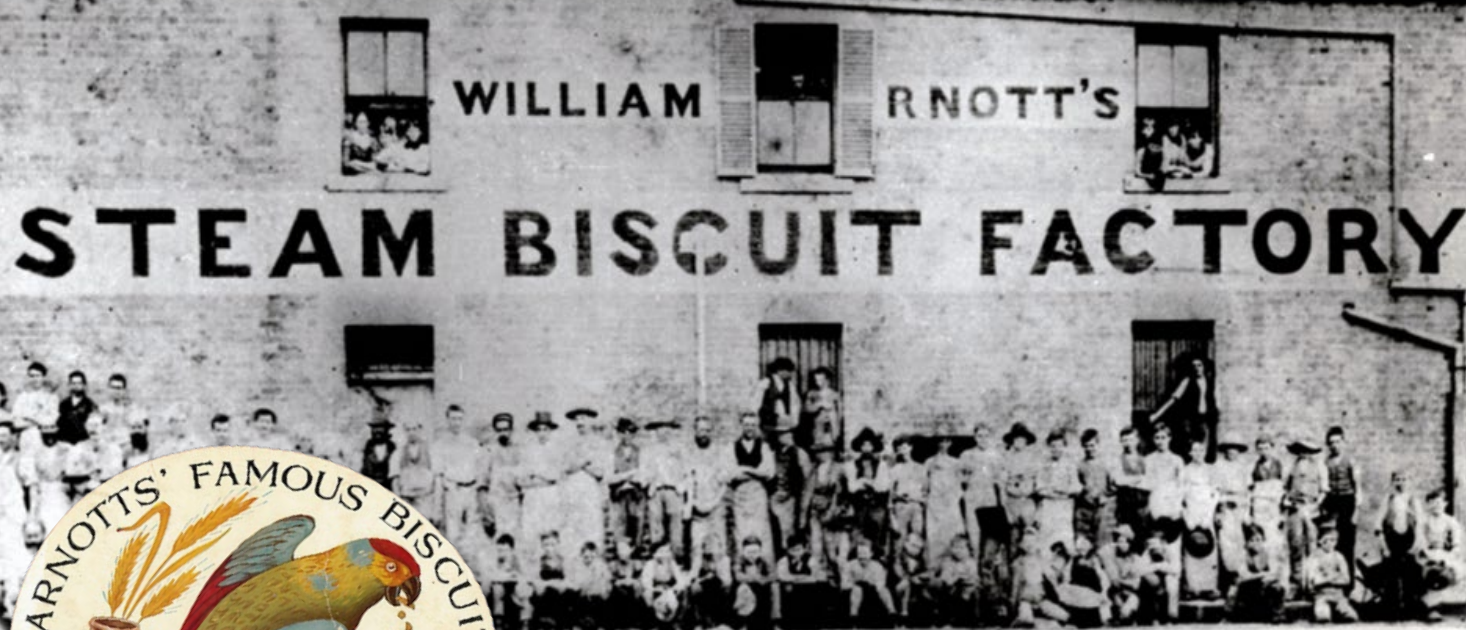
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MINIROOS.COM.AU/PLAYERS

The Arnotts factory.
Courtesy of Arnotts Biscuits Ltd



Courtesy of
Arnotts
Biscuits Ltd.

A CRACKER OF AN IDEA THAT REALLY TOOK THE BISCUIT

By Ivor Jones

As a child in England I have memories of my mother, during the 1950s, bringing home from work broken biscuits which to me was a very welcome treat. My mother at the time worked in the Avonmouth factory of Peek Freans Biscuits near Bristol in England. Later, after my family had moved to New South Wales, my mother gained employment at Arnott's biscuits at Homebush.

When I arrived in Australia there were a number of biscuit companies operating in various states including Swallow & Ariell, T. B. Guest, Menz, Ve-Toy, Brockhoff and quite a few others.

Now both companies have some similarity in their histories and although their names have survived as renowned brand names only Arnotts survived as a company in its own right.

Peek Frean started life as a tea importation company in 1821 in England called Peek Brothers & Co founded by James Peek and his brothers. James Peek and his wife had eight children and two of their sons announced that they did not wish to join the tea business. So James suggested that they start a related business of producing biscuits.

The sons eventually decided that they did not wish to continue with the biscuit business leaving James Peek to seek someone to manage the biscuit side of the business. One of his nieces had married a miller and ship's biscuit maker, George Hender Frean, so James invited George to manage the biscuit business of Peek Brothers & Co.

In 1857 Peek, Frean & Co. Ltd was registered. It started to export biscuits to Australia in 1861. In 1931 the company established a factory at Camperdown, Sydney. 1921 saw Peak Frean & Co Ltd enter into

amalgamation with Huntley & Palmer, another British biscuit manufacturer, which led to the formation of a holding company known as Associated Biscuit Manufacturers Ltd. Jacob's biscuits also joined the group in 1961. The company ceased to exist after being sold to Nabisco in 1981. Various brands and factories were eventually sold off in different markets, Arnott's gaining the Australian operations and brands such as "Vita Weat".

Arnott's became the largest biscuit company in Australia largely by acquisition and merger. It was not the first biscuit manufacturer in Australia, that title has been claimed by Swallow & Ariell which was started by Thomas Swallow in 1858 and joined by Thomas Harris Ariell in 1859. Arnott's was founded by Scottish immigrant William Arnott who established a bakery at Morpeth, NSW along with his brother David. He stuck at this for three years before the lure of gold fever struck and he went searching for gold on the goldfields of NSW. He was not successful in his gold seeking and eventually returned to baking.

In 1865 he started the William Arnott Steam Biscuit Factory in Newcastle NSW. The factory later moved to Forest Lodge and then later still to Homebush. As stated, Arnott's grew by acquisition and merger. In 1949 the company merged with Brisbane biscuit manufacturer

Morrow Pty Ltd but its biggest growth took place in the mid 1960s when it formed a holding company named The Australian Biscuit Company Ltd and acquired the following companies, Brockhoff's, T. B. Guest, Swallow and Ariell, Menz, Mills & Ware, and also Motteram giving the company manufacturing and distribution facilities nationwide. Later it also acquired brands such as "Wagon Wheels" from George Weston Foods.

Many of the now Arnott's brands have come from such acquisitions including "Marie", "Tiny Teddy" and "Salada". You may also be interested to know that the "SAO" biscuit name came about as Arnott's were asked to manufacture a cracker biscuit for the Salvation Army Organisation.

Arnott's Tim Tam biscuits have become the biggest selling biscuit product of all time in Australia. It has been claimed that it came about after a visit to the UK by a Arnotts executive saw and tried the "Penguin" brand biscuit manufactured by McVitties and decided to create something similar in Australia.

The Parrot logo came about after William was gifted a colourful macaw parrot by a ship's captain in the 1870s when he was returning from a visit to his native Scotland – the fated fowl became the face of Arnott's biscuits for more than 150 years – and counting.

AS WE WERE

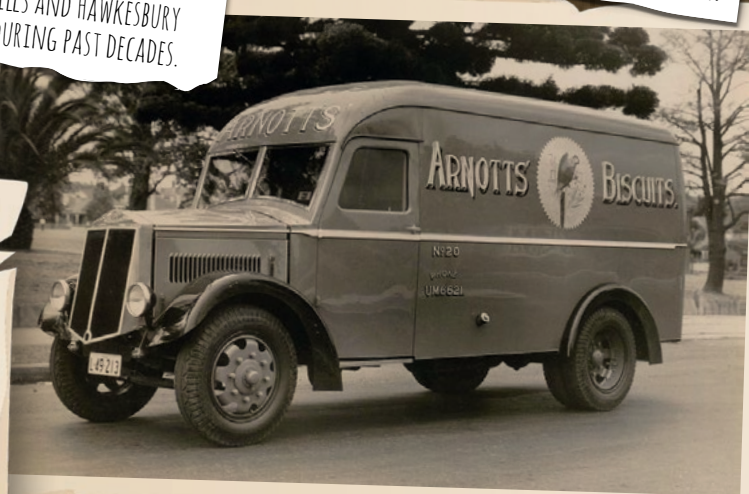
PHOTOS FROM THE PAST

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

The Arnotts van from 1935-1940.
Courtesy of State Library of NSW.



The earlier Arnotts truck
Courtesy of Arnotts Biscuits Ltd



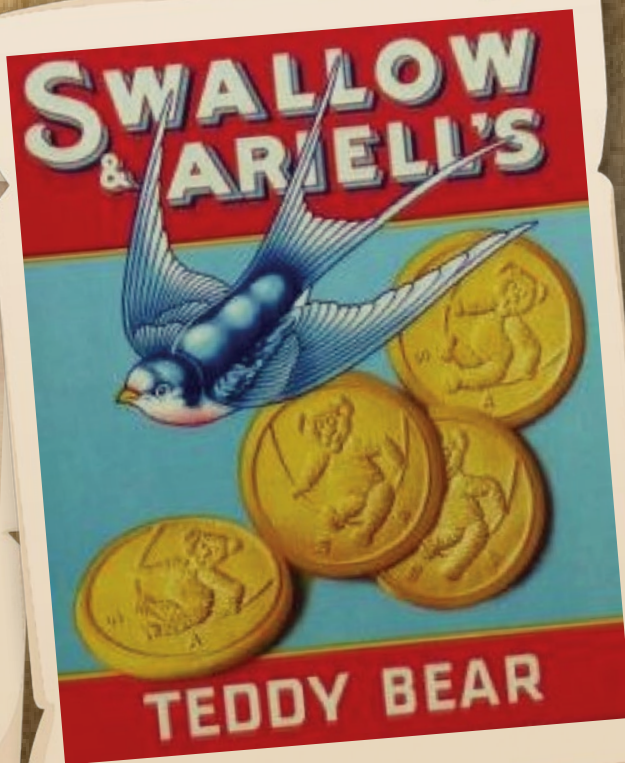
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PAST OF THE HILLS AND HAWKESBURY AREA.

EITHER EMAIL IVOR AT
IVOR.JONES47@OPTUSNET.COM.AU
OR WRITE TO
17 ROSE ST, BAULKHAM HILLS NSW 2153.

Guest Teddy Bear Biscuits.
Courtesy of Flickr.Com



Wagon Wheels ad.
Courtesy of Pinterest



The Swallow & Ariell ad. Courtesy
of Australianfoodonline.com.au

COMMUNITY groups

2nd Castle Hill Rovers

📍 www.gwsrovers.com.au

Annangrove Environment Centre

☎ 02 9654 3571 (Thurs) | 02 9843 0533 (Wed-Fri)
✉ gnanlan@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.
👤 Peter | 0407 013 411
✉ 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 | 0410 582 723
✉ castlehillcwa@gmail.com

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 our 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

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.haart.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 Historical Society

📍 Meets 4th Thursday of Feb, Apr & Oct at 7.30pm and 4th Saturday in Jun & Aug at 2pm.
✉ secretaryhawkesburyhistory@gmail.com

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
👤 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

Hornsby Kuring-gai Parkinson's Assoc'n Inc.

📍 A Support group of 30+ yrs. with 100 members from. We have members from Baulkham Hills, Castle Hill and Galston who come weekly and find it beneficial for their condition
👤 Michael Parkin | 0491009557
📍 Parkinson's Choir, www.parkypeople.org.

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 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 3rd Monday of the month at 10am. New members and visitors welcome.
👤 Lorene | 0429 396594

Pennant Hills VIEW Club

📍 Meets at the new time of 10.30am for 11.00am start, at Baulkham Hills Sports Club on the 2nd Tues of each month. An interesting guest speaker will be featured each month. Members can stay for lunch in the Club restaurant. On the 4th Tues of the month a social outing is organised.
👤 Margaret | 9873 2402

Pennant Hills Garden Club

📍 Meets 4th Wed at 9.30am at Pennant Hills Community Centre. Inquire or just come along to a meeting.
✉ pennanthillsgardenclub@gmail.com

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. 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
✉ wendyireblack@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 Monday of the month 10am – 12pm at Glenhaven Community Centre, 76 Glenhaven Road, Glenhaven (next door to Public School and adjoining the park.)
👤 Veronica | 0408 025 577
Susan | 0400 039 308

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.
✉ winstonhillspobusclub@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@iseap.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
✉ sihehills@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/thehillsllearningcentre

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 the 4th week of each month.
👤 Robyn | 0416 035 655

The Sydney Hills Branch of the Association of Independent Retirees

📍 Welcome to Members and Visitors.
👤 Mal Steel | ✉ airsydneyhills@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.bushwalkingsw.org.au/wanderers

Windsor RSL Fishing Club

📍 Meets on the last Tues of the month at Windsor RSL Club at 6.30pm. New members welcome.
👤 Les Mison | 0421 821 1990

Windsor Probud Club

📍 Meet first Wednesday of the month at 10am at the Windsor RSL club 36 Argyle St. South Windsor
👤 Ann | 0414298945 or Elaine | 0428844461
✉ windsorprobus2756@gmail.com

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



Kellyville Combined Probus Club PROBUS IS ALL ABOUT FUN AND FRIENDSHIP IN RETIREMENT

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- A Wine & Cheese Night to start the year off.
- Monthly meetings with interesting guest speakers – morning tea provided.
- A monthly lunch group to local restaurants eg Trevi or The Fiddler where we have Christmas in July.
- An Activities Group called the Opal Club (use your Opal Card for the transport to events) eg Hyde Park Barracks, Watson Bay by Ferry, Davistown RSL by Ferry.
- Trips away – eg Norfolk Island, Canberra to see Floriade, Tasmanian bus trip etc.
- Entertainment – shows eg upcoming Grandparents Club.
- A Movie group – 4th Monday monthly.
- A Book Club – meeting 6 weekly.

We are a small friendly group of locals who value our time spent together. It is a time in retirement when couples and singles can enjoy life, socialise and meet new friends. Why not look at coming along to our Kellyville Combined Probus Club Meeting – 2nd Monday of the Month from 10am – 12pm at Glenhaven Community Centre, 76 Glenhaven Road, Glenhaven (next door to Public School and adjoining the park.) Contact Susan on 0400039308 or Veronica on 0408025577.

STILL CREEK LANDCARE

The Magnificent spider and her mysterious looking egg sacs

BY KAY BIRKINSHAW

The word 'extraordinary' is widely overused. Not though when it comes to Nature. For no matter how much time is spent in the bush, there is always something new to discover.

Two weeks ago Landcare was working on the edge of a gully in Arcadia when we came upon an unknown phenomenon high in a tree. Eight egg sacs bound and strung together by thick yellow web. The egg sacs were elongated, and about 5cm in length.

A mystery to us, but luckily with a reverse-search, not to the experts on the internet. The eggs belong to a spider endemic to forests along Australia's east coast, the *Ordgarius magnificus*, or Magnificent Spider. The female (up to 2.5cm), weaves up to seven of these egg sacs over several nights, an amazing feat, as they each contain up to several hundred eggs. She then usually dies during winter, while the spiderlings will hatch around late Winter/early Spring and balloon away. However this is not their only extraordinary behaviour.

The arachnid also has the nickname of the 'bolas spider'. The female spiders spin a short line of silk with a sticky globule at the end. On detecting the wing vibrations of a moth from the family Noctuidae, the spider emits the pheromone of the female moth and begins swinging the web in a circular motion. The male moths, drawn towards the scent, are hit and trapped. Such extraordinary skill from such a tiny spider!



PUZZLE

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

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

SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

PUZZLE

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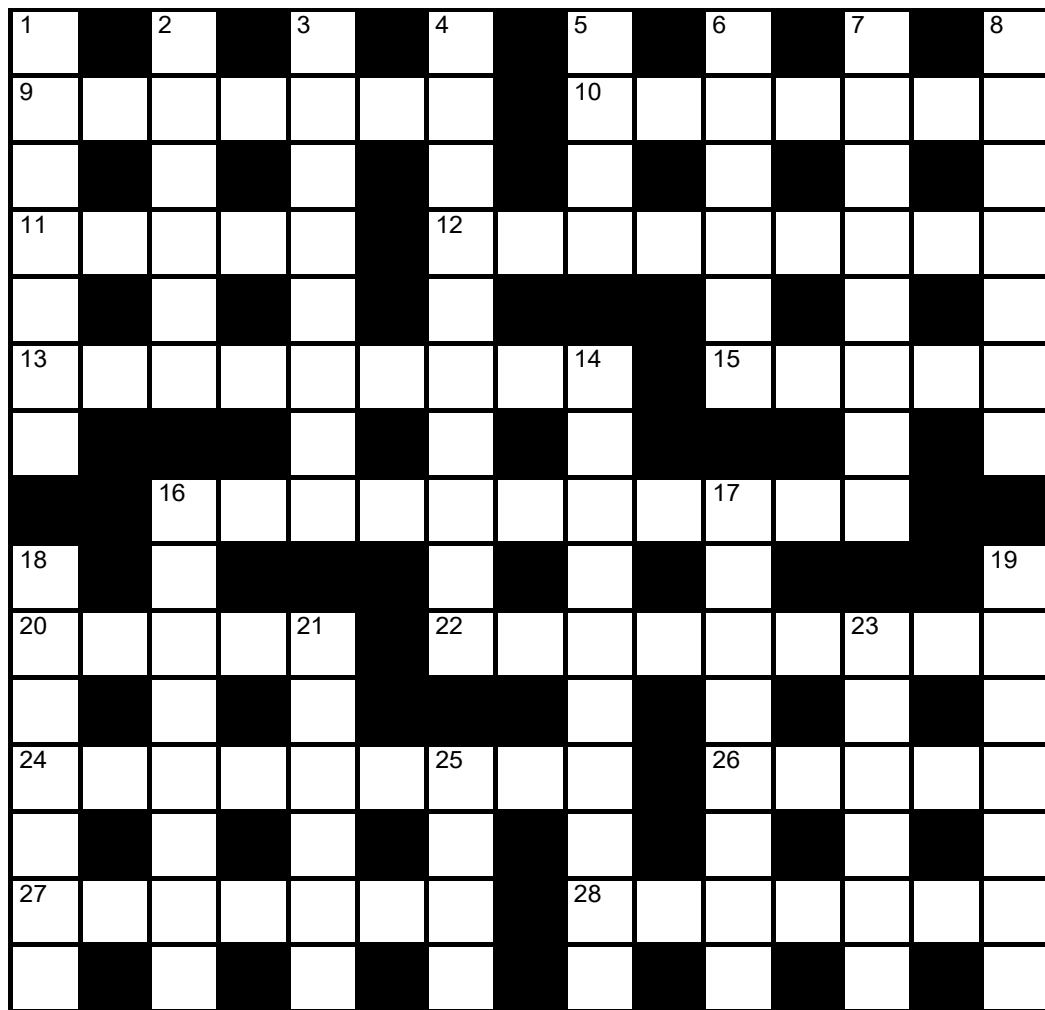
Hills to Hawkesbury Community News



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Across

9. Highland
10. Jimi ---, short-lived rock guitarist
11. Hands off!
12. World's largest mammal
13. Based
15. Nobel-winning Irish poet and dramatist
16. Dual Olympic gold-winning cyclist
20. Rearrange
22. Today is the tomorrow you worried about ---
24. Rugby commentator and seven times captain of the Kangaroos
26. Common computer code
27. Possibly ...
28. Formally installed

Down

1. Practically in one's face
2. Sacred Hindu text
3. Lisa is one, and so is Jessica
4. NT sinkhole
5. Grand
6. No matter what
7. Persist
8. Outlay
14. Run a commercial operation
16. Move around
17. Machine controller
18. Revenge
19. Ray sins badly, living in the Middle East
21. Shots
23. Respectable
25. Gum or plum?

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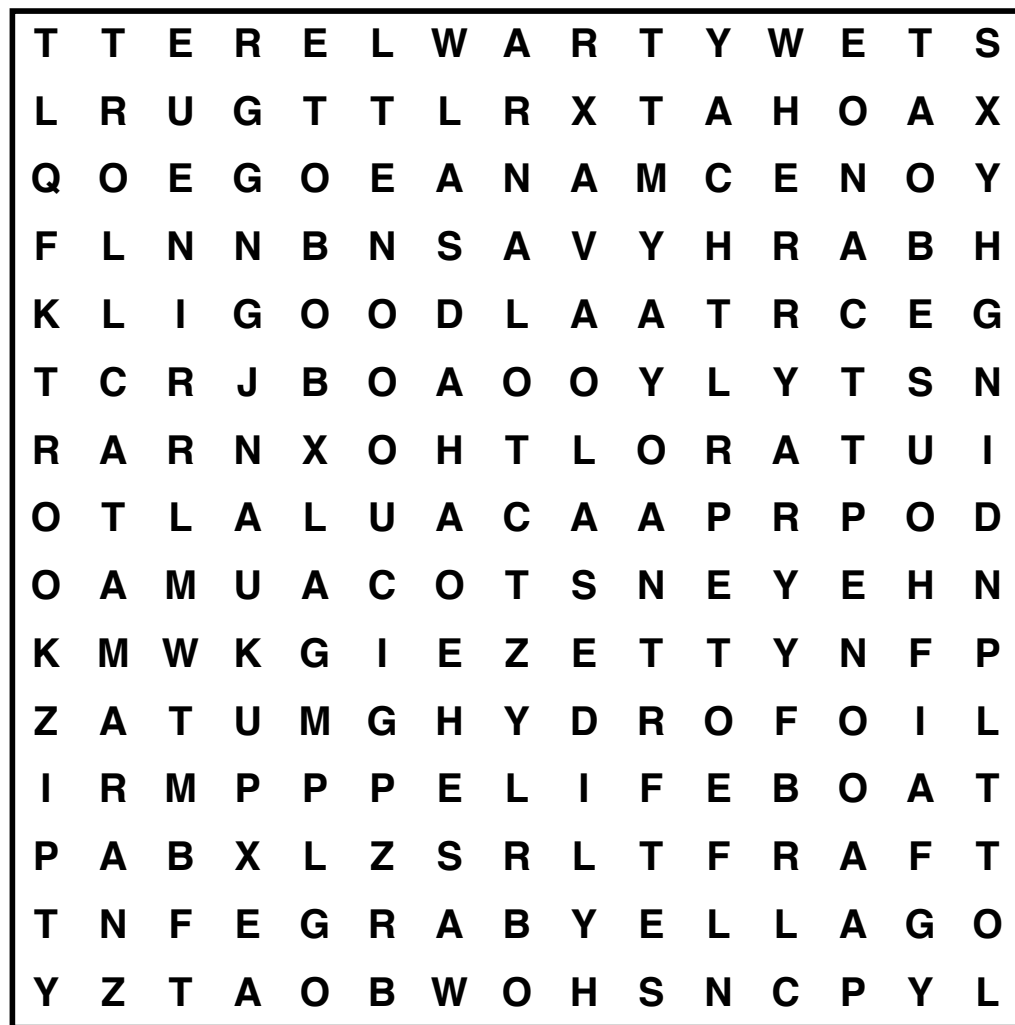
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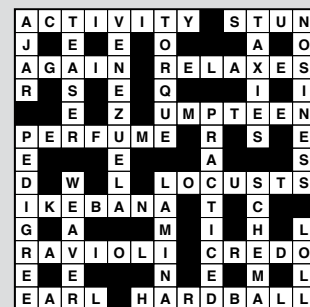
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Answers from last issue

WORD SEARCH



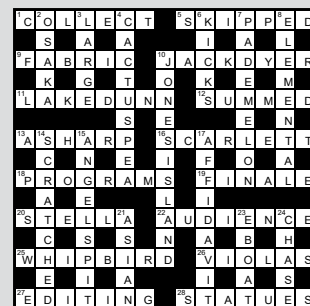
CODE WORD



SUDOKU

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

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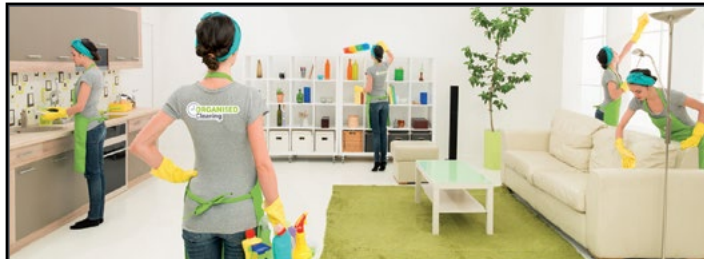


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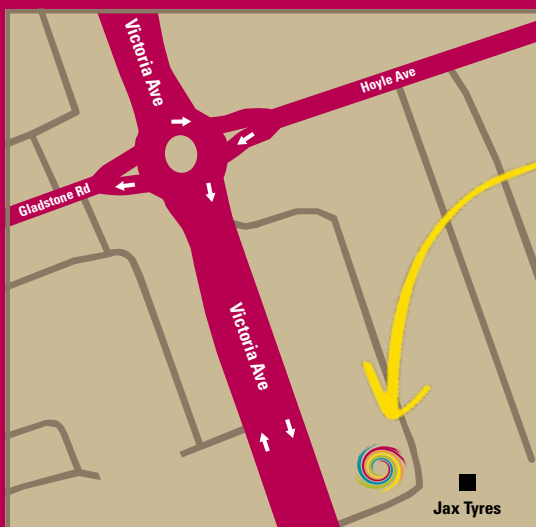
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