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Community News

11th – 25th August 2023 | Volume 40 – Issue 16
Local Stories, Local Events, Local People and Local Businesses

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FULL STORY ON PAGE 15

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

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Waves Wins Prestigious Design Excellence Award



The Waves Fitness and Aquatic Centre upgrade, constructed by ADCO in partnership with The Hills Shire Council, has received the prestigious UDIA NSW Excellence in Social and Community Infrastructure (Recreational Facility) Award.

The construction of a new state-of-the-art aquatic and fitness hub was recognised for its innovation, accessibility and inclusion of a range of new health and leisure opportunities.

Mayor of The Hills Shire, Dr Peter Gangemi, said winning the award was well-deserved recognition for everyone involved in the project and for The Hills community.

Waves Fitness And Aquatic Centre Wins Prestigious Udi NSW Design Excellence Award "Waves Fitness and Aquatic Centre is one of the highest quality aquatic facilities in the country and it is the biggest construction project this Council has ever completed." Mayor Gangemi said.

"Our vision was to create a place where people can train, swim, improve their fitness or connect for leisure and play, incorporating excellent design, energy efficient and accessible features, along with opportunities for fun and community connection. The response has been overwhelming – this wonderful new complex not only serves the community of today, but will produce the sporting champions of tomorrow.

"I would like to sincerely thank everyone involved in the project – ADCO Constructions our builders, NBRS Architecture and Donovan Payne Architects, Turner Townsend, Donald Cant Watts Corke, all other consultants and our Council staff. I also want to recognise all 200,000 residents of The Hills, as Waves would not have been possible without the support and trust of our community," he said.

ADCO Constructions Managing Director, Neil Harding, said ADCO is extremely proud to have successfully delivered the Waves Fitness and Aquatic Centre for The Hills Shire Council, with design consultants and trade partners working through a very challenging time for the construction industry.

"From the outset, ADCO and Council set out to deliver a world class fitness and aquatic centre for The Hills community and surrounding region," he said.

"The relationship throughout was collaborative and solution focussed – the project team were highly motivated to deliver an exceptional facility while working closely with a fully engaged and responsive client."

Waves Fitness and Aquatic Centre can be found at 44 Mileham Road Baulkham Hills, adjacent to the Roxborough Park Rose Garden.

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. Printed copies are available at local shopping centres and other outlets. For a full list visit our website www.hillstohawkesbury.com.au.

Rouse Hill Hospital

BY BEV JORDAN

NSW Health Minister Ryan Park has rejected rumours that plans to build Rouse Hill Hospital have been shelved.

In a statement to the Hills to Hawkesbury Community Newspaper on Wednesday (9th August) he said: "Labor made an election commitment to build a new hospital at Rouse Hill and remains committed to delivering on this."

He said there will be "more to say" about the Rouse Hill Hospital plans "soon". A spokesperson from Health Infrastructure said the total budget for the hospital, being built on land at the corner of Commercial Road and Windsor Road, Rouse Hill, is \$700 million.

"Western Sydney Local Health District has worked with a number of stakeholders to develop a Clinical Services Plan to reflect the future health needs of the community and plans for the development of a hospital of the future," the statement said.

The Hills to Hawkesbury Community News ran a story earlier this year following the State election confirming Labor's election promise to commit \$700m to the new hospital and expand

the scope to provide a 300-bed hospital which would also have:

- An Emergency Department including urgent care centre and emergency medicine
- Comprehensive maternity services and women's health services
- Day surgery unit
- Adult and paediatric short stay unit
- Ambulatory and outpatients care including day chemotherapy and infusion, renal dialysis, mental health, and ante/post-natal care
- Comprehensive medical imaging services
- Prehabilitation and rehabilitation services

TIMELINE

- The timeline for announcements about a hospital at Rouse Hill began in March 2015 when the then Premier Mike Baird said his Government would set aside \$300 million to build a new hospital at Rouse Hill if re-elected.
- Money was allocated In the 2017/18 Budget to undertake the planning of Rouse Hill Health Service.

- In the 2018/2019 Budget the Government allocated \$75 million for land acquisition for the new hospital.
- In March 2021 The Government confirmed a new site on the north-eastern side of Windsor Rd (cnr of Commercial Road) for the hospital.
- In November 2022 a Master plan for a \$300million Rouse Hill Hospital was released.
- January 2023 the then Labor Opposition leader Chris Minns announced a \$700 million commitment to the new Rouse Hill Hospital with an Emergency Department should it be re-elected.
- March 2023, weeks out from the State election, the then Health Minister Brad Hazzard turns the first sod
- April 2023. The newly elected Premier Chris Minns and Health Minister Ryan Park confirm the \$700 million investment for the new Rouse Hill Hospital.
- The expected completion is late 2027 or early 2028.

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BUS CRASH RICHMOND

Six children were lucky to escape uninjured after their bus was involved in a collision with a utility in Windsor Street, Richmond at 3.20pm on Friday, (4th August).

The Little Sparkles Early Learning Centre bus overturned following the collision at the intersection with West Markets Street and Windsor Street.

Ambulance Paramedics who were called to the scene, assessed the children, aged from 6 to 10, who received minor injuries and were taken home by parents.

The shuttle bus from the Little Sparkles Early Learning Centre was taking primary school children to OOSH (After School Care) at the Agnes Banks Centre. The driver of the black RAM ute was arrested and taken to hospital

for mandatory testing. The bus was fitted with seatbelts.

The centre has thanked the public who saw the crash and rushed to help the occupants of the minibus with a message on their FB page.

"Dear families and community members, As some of you are aware our OOSH bus was involved in a very serious incident today, all of the children involved were treated on site for minor injuries and released to their parents, our educator was taken to hospital and released a few hours later sore but unharmed.

"Thank you for all of your messages and calls of support and an extra special thank you to the people who helped get everyone off the bus and look after them until emergency services arrived."

INTENT TO MURDER.

A 44-year-old woman has been charged with intent to murder following a crash in Schofields on Tuesday afternoon (8th August).

Emergency services were called to Sciberras Avenue, Schofields, at about 3pm following reports a vehicle had left the roadway and struck a house.

Officers attached to Riverstone Police Area Command attended and found a 38-year-old man with serious injuries; it's alleged he was struck by the vehicle before it crashed into a house.

He was treated at the scene by NSW Ambulance paramedics and taken to Westmead Hospital in a critical condition.

The driver of the vehicle, a 44-year-old woman, was also injured. She was arrested before being taken to Blacktown Hospital in a stable condition. She was taken to Riverstone Police Station when she was released from hospital on Wednesday and charged with wounding/grievous bodily harm to person with intent to murder (DV) and cause grievous bodily harm to person with intent (DV).

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

CRASH ROUSE HILL

A 47-year-old woman from Box Hill is still recovering in Westmead Hospital with serious injuries following a two-car collision in Rouse Hill on Wednesday (2nd August).

The Mounties Care CareFlight Helicopter was tasked by NSW Ambulance shortly before 9am and landed in a paddock near the crash scene on Annangrove Road in Rouse Hill.

CareFlight's critical care team and NSW Ambulance paramedics worked together at the crash site to treat the patient. NSW Fire and Rescue worked to extricate the driver from the wreckage with assistance from NSW Police, NSW Ambulance, and CareFlight. The other driver did not require hospitalisation.

CareFlight's specialist doctor and NSW Ambulance critical care paramedic treated the woman for significant injuries to her legs, arms, and injuries to her face, as well as for shock. She was intubated and placed into an induced coma to stabilise her before a short transport via ambulance to the helicopter. The woman was then flown to Westmead Hospital in a critical condition.

The cause of the collision is still under investigation.

FREE SAFETY CHECKS

Hawkesbury City Council is offering free child car seat safety checks for Hawkesbury community members on Wednesday, 13th September from 9.30am to 1.30pm at Bligh Park Neighbourhood Centre, 4 Sirius Road, Bligh Park.

It's important to make sure your child is safe with a free inspection by a Transport for NSW Authorised Restraint Fitter, especially as two in three car seats are not used or fitted correctly.

Child car seats and booster seats will be checked for safety and correct fit. Bookings are essential by calling Council's Road Safety Officer on 4560 4278.

This is a council initiative as part of the Local Government Road Safety Program supported by Transport for NSW. More information at www.childcarseats.com.au

MOTORCYCLIST DIES

A 21-year-old motorcyclist died following a crash in Cherrybrook on Friday night (4th August).

Emergency services were called to the intersection of New Line Road and Purchase Road, Cherrybrook, just before 11pm after reports a Honda motorcycle and Nissan Navara had collided.

The rider, from Auburn, died at the scene.

The driver of the 4WD, a 20-year-old man from Kings Langley, was uninjured and taken to Hornsby Hospital for mandatory testing. He was arrested and taken to Castle Hill Police Station before being released pending further investigation.

Officers attached to The Hills Police Area Command and Traffic and Highway Patrol established a crime scene which has been examined by specialist officers from the Metropolitan Crash Investigation Unit.

An investigation is underway into the circumstances surrounding the crash and a report will be prepared for the information of the coroner.

As inquiries continue, police are appealing for anyone who may have information or dashcam vision to contact Crime Stoppers.

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



IN A LIFE THREATENING
EMERGENCY DIAL 000

Lifesaving work by RFS at Riverside Gardens

Riverside Gardens welcomed Captain Brad Spalding and fellow Officers from Richmond Fire and Rescue NSW to lunch after they went through the Village checking smoke alarms in every dwelling.

Back in May, Brad and several Officers from Richmond gave a fire lecture and attended a morning tea with the residents of Riverside Gardens. The Village's emergency evacuation procedures were reviewed, and the Officers walked around the Village. It was at this time that Brad offered a free smoke alarm check for every dwelling in the Village. Faulty smoke alarms would be changed at no cost to Riverside Gardens.

Brad told the residents FIRE AND RESCUE NSW generously offers a free service to all households in NSW. This brilliant idea could save many lives. We all should know it is vital to have working smoke alarms in every home. Riverside Gardens checks all smoke alarms every 6 months.

Under Division 7A of Part 9 of the EPA REGULATIONS 2000, smoke alarms must be installed in all buildings in NSW where people sleep. The smoke alarms must meet the requirements of Australian Standard AS 3786, Smoke Alarms. These provisions came into effect on 1 May 2006.

NSW legislation provides for a minimum level of protection. However, Fire and Rescue

NSW recommends owners and occupants consider higher levels of protection.

Brad said he hopes this free service will encourage more people to be mindful of the importance of having functioning smoke alarm in their home.

During a Safety Visit, the FRNSW will attend the home and check that all smoke alarms are working, that they are in good working condition, and are installed in suitable areas. If the home does not have one, firefighters will install a long-life battery-powered smoke alarm as well as replace existing smoke alarm batteries all at no cost. With the occupier's permission, firefighters will inspect the home and property. This will allow Officers to give the occupiers personalised fire safety advice.

Fire and Rescue NSW (FRNSW) is one of the world's largest urban fire and rescue services and is the busiest in Australia. Its main function is to enhance community safety, quality of life, and confidence by minimising the impact of hazards and emergency incidents on the people, property, environment and economy of NSW.



Fire and Rescue Captain Brad Spalding is seated on the left-hand side of the table, then next to him Officers Josh McNulty, Jeff Rodrick, Phil Salt, Ben Payne, Jeff Conway, and Grace Murphy

Riverside GARDENS



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St John of God

The Wellness Centre at the St John of God Richmond Hospital, the first stage of the hospital's \$65 million redevelopment, was officially unveiled on Veteran's Day with a special service.

Patron Sir Peter Cosgrove spoke at the landmark ceremony which was attended by over 100 people including, veterans, staff, and local civic leaders.

The wellness centre at North Richmond contains a new gym; a group room for yoga, meditation and meetings; exercise physiology treatment rooms and a large indoor swimming pool with shower facilities.

St John of God Richmond Hospital Chief Executive Officer, Colman O'Driscoll, said it will transform the way care is provided and represents the first class standard of care that veterans and first responders deserve.

"We need to be giving these people, who dedicate their lives to the service of others, every opportunity for recovery and rehabilitation when they are suffering as a result of that service. We are providing crucial interventions here and looking at exercise as medicine in the treatment of mental health conditions. Reconnecting people with physical activity in new ways, or for the first time, creates important patterns that support recovery."



St John of God Foundation CEO Bianca Pietralla, CEO Colman O'Driscoll, SJOG Health Care Group CEO Bryan Pyne, Sir Peter Cosgrove, St John of God Health Care Board Member James McMahon.

On admission to the St John of God hospital, 70% of military veterans and 85% of first responders are diagnosed with Post Traumatic Stress Disorder (PTSD).

"We know exercise impacts PTSD, addiction and anxiety in a positive way, with research showing that forming healthy new habits is effective in reducing symptoms."

Professor Zach Steel, Chair of Trauma, St John of God Health Care, said the wellness centre was one of the best he had ever seen in Australia.

"People often forget about the horrendous impact that conditions like PTSD can have on the physical health of those affected by this injury. Research has confirmed that not only is there an overall reduction in life expectancy but

also increased rates of diabetes, cardiovascular disease and a range of other preventable conditions in those who suffer PTSD.

"It is essential, therefore, that treatment programs focus on the whole person. We were one of the first to carry out trials on the effect of exercise in PTSD treatment and now St John of God has placed both physical and mental wellbeing at the heart of our programs with the opening of this new centre."

Mr O'Driscoll said the next milestone of the Richmond redevelopment, to be opened in late October, would include 112 private rooms. The historic Belmont House, built in 1892, will remain a prominent and treasured feature of the new design.

Hills Garden Competition

If you have a garden others admire or you know of a beautiful garden you would like to nominate there is still time to register for the The Sydney Hills Garden Competition.

Hills residents, businesses and institutions are encouraged to register their gardens by 5pm on Friday 8th September.

There are various categories from small Town Houses and residential gardens, to gardens at industrial, commercial and retirement complexes. Young gardeners are encouraged too in the Schools category. New categories this year include 'Small Lot Gardens' and for 'Environmentally Friendly Gardens.'

The Hills Garden Competition is the forerunner of the annual Orange Blossom Festival and first was held in 1959. The competition was the brainchild of Shire Councillor Eric Mobbs who saw it expand and grow into the Orange Blossom Festival.

The Garden Competition has been run by The Rotary Club of the Hills-Kellyville for more than 15 years.

Club President, Ian Pascoe said: "There are so many beautiful gardens since the weather challenges of the last few years. We're so lucky to have so many garden-proud residents who are able to enjoy their surrounds in the Hills district. More than ever, this is a time to celebrate the fine gardens of the area this spring."

There are nine main categories, including a seniors category and a schools category. Last year there were 78 entries overall. It is hoped to beat that number this year with more schools encouraged to enter their gardens.

Kellyville Public was last year's winner.

Gardens are judged by professional and experienced horticulturists and landscapers. In the past judges have included local gardening gurus Judy Horton, Ross Miller, the late Bruce Pike as well as Horticulturalist Lucia Fowler.

Judging will take place between 11th and 15th September culminating in an Awards Night on 22nd September where award winning gardens and their gardeners will be honored and receive prizes.

The garden competition is open to gardens located in the Hills Shire and adjoining parts of the suburbs of North Rocks, Carlingford, Northmead, Winston Hills, Baulkham Hills, West Pennant Hills, Cherrybrook, Glenhaven, Dural, Arcadia, Galston and Glenorie.

For more information about entering or sponsorship opportunities visit www.hillslotary.org.au, your local garden centre or Keith Stapley on 0412 079 014.

Entry forms are available at www.hillsgardencomp.org.au or Council's website.

The Club proudly opened a Community Garden in March 2021 to mark the 100th year of Rotary in Australia.



Champion of Champions Garden of Dale and Chris Brown shown with Rotarian John van den Burg.

Platypus Power

BY BEV JORDAN

BLUEY the shy platypus from Cattai Creek is having to get used to the spotlight during August, Platypus month, with a series of events being held to celebrate the discovery of a local platypus population in the creek earlier this year.

As the *Hills to Hawkesbury Community News* reported in February the healthy monotreme was found by Dr Michelle Ryan, Senior Lecturer Ecology and Environmental Science from the School of Science, Western Sydney University and PhD candidate Katherine Warwick (pictured) close to midnight the day after Australia Day.

He was measured, weighed and given a quick health check, which he passed with flying colours. He was then tagged and released back into Cattai Creek. Dr Ryan said the tagging is vital for research: "This is important so we can see how platypus use the creek system and we can monitor their health.

"So far, the platypus captured have been in good condition. This is telling us that there is a good food source for the platypus in the creek. Platypus eat waterbugs and waterbugs are a great indicator of water quality, but more work needs to be undertaken." The study will continue over the next three years.



CHEN (Cattai Hills Environment Network) and Dr Ryan have been investigating the platypus population in the Cattai and Little Cattai Creek Catchments for the past four years looking at environmental DNA (eDNA) in water samples taken at a number of sites at different times throughout the catchment.

"Sample analysis has shown that platypus are present in Cattai Creek and use the entire length of Cattai Creek, from Castle Hill to Cattai. Platypus are also present in many of the creeks and tributaries of Cattai Creek," said Dr Ryan. "It is important that we all do our part to protect platypuses and ensure they remain in the waterways of The Hills for generations to come."

Hills Shire Mayor, Dr Peter Gangemi said: "Finding platypus living in The Hills, especially the urban parts, is truly amazing."

Hills Shire Council has teamed up with the Cattai Hills Environment Network (CHEN), to bring residents a series of FREE workshops about the platypus.

PLATYPUS MONTH LITTLE ECO WARRIORS EVENT. Thursday 17th August. 4pm-5pm, Castle Hill Library: Children can enjoy an educational talk and activities about platypuses. They will also learn how they can help sustain their local waterway.

BUSHCARE EVENT Sunday 20th August. 9am-12pm. Connelly Way, Kellyville: Help Council and Bushcare volunteers remove invasive weeds along the Cattai Creek Catchment and plant native species that are suitable to support a platypus habitat. Enjoy a FREE barbecue after all the hard work. To register: www.thehills.nsw.gov.au/Upcoming-Events-Activities/Connelly-Way-Bushcare.

STORYTELLING ABOUT PLATYPUS IN THE HILLS on Saturday 26th August. 12pm-2pm, Annangrove Community Environment Centre: Celebrate platypus month by hearing from CHEN about the story of 'Bluey' and share stories and information about the platypus. FREE catered lunch. Suitable for adults and families.

To register your interest and learn more, visit Council's events webpage: <https://tinyurl.com/yv3ckbtf>.

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out and about

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Heritage Park, Castle Hill

Heritage Park, a historical site of National importance dating all the way back to the Darug people offers an insight into the lives and times of the early colonial days all the way to modern times.

In 1801 the site was covered in heavy bushland and a convict gang was sent to clear the bush and to establish a productive Government farm to support the growing colony of New South Wales. The convicts cleared the land, planted crops and built a stone barracks under the instruction of Governor King. The work was arduous and the living conditions poor and the convicts dreamt of freedom which led to the Colony's first armed rebellion. Under the leadership of rebel Philip Cunningham, a veteran of the original Battle of Vinegar Hill in Ireland, 300 convicts stole weapons from

surrounding farms and marched towards Parramatta with a plan to plant a liberty tree in the square and steal a ship back to Ireland. Unfortunately for the rebel convicts the Governor King got wind of the rebellion and the convicts instead headed towards the Hawkesbury culminating in the battle of Vinegar Hill at Rouse Hill on 5 March 1804.

The Government farm remained until 1811 when the site became one of Australia's first lunatic asylums. It was thought that the beautiful bush setting would be a place of healing for those considered to have troubled minds however the conditions the patients were housed in did little to help and the asylum was eventually shut down. Following this site was used as a church and a school then divided and sold off as farms. By then the increasing land values made farming unviable and land was sold off for housing. The Government of the day purchased the land with the intention of using it to house veterans and eventually the site was given to the Baulkham Hills Council (now Hills Council) to be used as a reserve.

The history of the site has been interpreted through educational signs that bring to life the story of the convicts as well as the early settlers in the district. QR codes on the signs provide further information including videos covering the stories of individuals such as Philip Cunningham. There are also remains of the Government Farm such as the well which



was hand dug by convicts and a steel structure representing the stone barracks that once stood there.

The park sits on 20 hectares of rolling landscaped Hills and contains remnant Blue Gum Forest and a bushland setting providing a great place to enjoy the outdoors whilst learning about our history. There is also picnic areas, BBQs, a playground and public toilets making it the perfect place for picnic and if you're lucky you might just catch local historian Judith Dunn giving a tour of Heritage Park and sharing the stories of the convicts and the early settlers.





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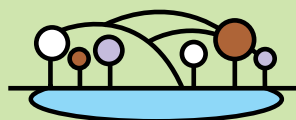
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Michael looking to cut above the rest

BY JOSH KERWICK

19-year old hairdressing star Michael Blazevic is on his way to Melbourne next weekend to compete at the WorldSkills Australia 2023 National Championships.

It's a chance for the Baulkham Hills local to fulfil a passion he developed during his time at St Patrick's Marist College: "I always used to do weird stuff with my hair, like colour it on the weekends. And I was like, 'Hey, may as well make a living out of it!'"

After leaving school in Year 11 to begin his hairdressing journey with salon learning, Michael enrolled in the TAFE Certificate III in Hairdressing course at the Meadowbank Campus – a course he immediately found helpful for his development.

He says: "It was a really good switch. I had a lot of support from my teachers, and they just helped me through it."

With a recently completed three-year course and apprenticeship under his belt, Michael has honed his skills to a competition level. "You're going up against some of the best hairdressers in the industry,"

Michael comments. "So it's a bit daunting, but also very exciting that I get to represent TAFE New South Wales and the Sydney region in hairdressing. It's an honour."

The WorldSkills sees 500 vocational students come down to Melbourne across a weekend, all looking to win a gold medal in their field. The hairdressing competition takes place across three days and looks to assess different areas of the profession.

Michael explains: "One day, we'll do two upstyles on live models. On another day, we might be doing a men's cut and a men's perming. The last day we do salon style, where we have to try and recreate a colour and cut and then restyling it afterwards into something different. It's what you want from these sorts of competitions, you don't want to go easy, because then just anyone can do it. You want them to test your limits."

In his practice, Michael has been continuously supported by his TAFE teachers weekly and the team at his salon, Castle Hill's Pure Hair Pure Body: "They help me out, they stay after hours helping me work and train." His family have also been greatly supportive, even trusting Michael with their hair for practice. "It's always a good thing to have that support," he says.

A goal for Michael is to earn a spot on the Skillaroos team, which would take him to France next year for the WorldSkills International Competition. Yet more than winning, it's the experience that he will value the most.

"As much as I'd love to win it – if I do, I'm going to be very happy," Michael says. "But I just want to be there to have some fun, do the best I can and make a few friends along the way. That's what it's all about."



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Run for the Hills

BY BEV JORDAN

It may have a new name but all the fun of the annual Cross Country Challenge at Bella Vista Farm is promised at the charity Run for the Hills event on Sunday, 10th September.

Organised by the Rotary Club of Castle Hill, the much-loved event has undergone a name change to reflect the number of families taking part in the 3.7 km fun run part of the morning.

The event offers a 11.1km course for elite runners starting at 8am followed by a 7.4km run for intermediate runners which starts at 8.30am, and then the single lap walk or jog around for families and their pets which starts at 9.30am. The organising committee are requesting participants in the Fun Run to consider wearing fancy dress for their lap.

The funds raised at this year's event will benefit Youth Off The Streets which helps homeless youngsters, and two charities focussed on youth mental health, Positive Vibes Foundation and Youth Insearch.

Organiser Mike Blair said Castle Hill Rotary has been part of the Orange Blossom Festival for many years.

He said the run around Bella Vista Farm was created by the club in 2017 to bring together the Community to celebrate what is best about the Hills. He said last year's event attracted 450 registrations which was a huge surprise after the 2020 and 2021 events had to be cancelled

due to COVID restrictions. The club is hoping interest in this year's event will be even higher with keeping fit a priority.

"We still cater for elite runners but the focus this year is on families," he said. "We found in previous years many people wanted to walk or jog with their family and bring the dog."

Early bird Registration (until August 25th) ranges from \$10 to \$30 with \$10 registration for a child under 16 or a senior over 60 years of age. Registration for those between the ages of 16 and 60 is \$30. Everyone registered will receive a runner's bib, time tracking and a medal on completion.

Run For The Hills is an Orange Blossom festival Event and is on Sunday, 10th September starting at 8am. There will be coffee on site and a chance to visit the historic Bella Vista Farm on site after the event.

Bella Vista Farm is at the corner of Elizabeth Macarthur Drive and Norwest Blvde. To register for the event and find out how you can go into the draw to win a trip to Hamilton Island visit <https://www.runforthehills.com.au>



Father's Day Sunday 3 September

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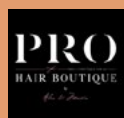
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GROVE
SQUARE
- THE HILLS -

OLLIE is bursting with life, despite dealing with sickness and painful surgeries for most of it.

Ollie was born with a clubbed foot and problems with his heart. Soon after, he was diagnosed with VACTERL Association, a rare condition that affects parts of the body including the spine, heart, kidneys, and limbs.

The medical team had to decide not only how to treat all of Ollie's conditions, but also which to treat first. At only two days old, Ollie received open heart surgery. Since then, he has undergone more than 30 major operations.

For the past fifteen years, Ollie's mum and dad have trusted the hospital with the life of their beautiful little boy.

"When Ollie was born, we had our team pretty much ready to go. It was like surgery 'Tetris', with the doctors always trying to figure out what could happen first," explained Tracy, Ollie's mum.

When Ollie turned five, it was time to treat his club foot – and there weren't many options. When an amputation was suggested as having the most certain outcome, Tracy and Aaron agonised over the decision. But they realised an amputation and prosthetic leg was the only way to give Ollie full mobility and life. The surgery was a success.

Ollie is now a happy, and athletic fifteen-year-old and a fierce competitor on the sports field. Thanks to the help of Sydney Children's Hospital, Randwick, Ollie has been fitted with a running blade and loves to run.

"He's fierce, and courageous, and has a great sense of humour. He's a fabulous competitor

and he loves his sport, and a real team player. He really cares for and has an empathy for a lot of his mates."

This brave young man has spent a hefty portion of his childhood touched by so many departments within the hospital, where many pieces of equipment, staff and therapies are funded by the generosity of Sydney Children's Hospitals Foundation's Movement of Many.

"If you have kids you love, you want to know that if they get sick, the clever people at the hospital have the tools, techniques, machines, and staff they need to fix them. For us, that's been a gift we'll never be able to repay. The hospital has given Ollie to us – beautifully healed and ready for life."

Stories like this are what drives the incredible work Sydney Children's Hospitals Foundation does. As one of the largest and most trusted kids' health charities in the country, SCHF raises funds to help provide all children with access to the best possible healthcare, whenever and wherever they need it.

To find out how you can join our Movement of Many, visit schf.org.au.



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Rouse Hill cheers on Matildas

BY JOSH KERWICK

Market Square at Rouse Hill Town Centre was an ocean of green and gold on Monday night as Australia took on Denmark in the FIFA Women's World Cup, hundreds of people in attendance for The Hills Shire Council's pop-up series for Australia's games in the series.

Hundreds of people showed up for an 8:30 pm kickoff time and showed great local and national pride for the Matildas' decisive victory 2-0 over Denmark.

The crowd in Rouse Hill was filled with tension throughout the first half an hour as Denmark started off on the offensive, making

three serious attempts on goal from the halfway line in just the first twenty minutes. At the 28-minute mark, the ball began to escape the Australian half, making its way to Mary Fowler.

A magnificent pass deep into Danish defence saw the ball fall under the control of Caitlin Foord, who made a shot on goal with

what felt like the cheers of the entire nation behind her. The crowd in Market Square erupted with excitement as Foord finessed the ball through goalkeeper Lene Christensen's legs to score the Matildas' first goal of the evening. As Australia entered half-time with a 1-0 lead, the crowd gathered at the Town Centre was buzzing and filled with hope that Australia could take the game.

The second half saw the Matildas solidify their lead, their second goal on the brink of the 70th minute an impressive feat of ball control. Dancing from Kyra Cooney-Cross to Mary Fowler to Emily von Egmond, it arrived at the boots of Hayley Raso who convincingly put the ball away into the corner of the Danish goal. Once again Rouse Hill came alive, perhaps with even more excitement than before, as the Matildas came closer to progressing through to the quarter-finals.

In the 79th minute, everyone in attendance at both Market Square and Stadium Australia roared with excitement as Matildas captain Sam Kerr made her first appearance of the tournament, making an unsuccessful (but close) attempt on goal that nonetheless had the nation enraptured.

The night's final serving of cheers came as the final whistle blew, excitement felt potently throughout Market Square. Applause, cheers and even the sound of drums continued well after the game ended, many in attendance already planning to be back on Saturday 12th August to watch the Matildas take on France in the World Cup Quarter-Finals.



Pesticide Use Notice

NSW Department of Primary Industries (NSW DPI) advises that the following pesticide is proposed for use in the Glenorie area.

The insecticide fipronil will be used for the euthanasia of wild European honey bees within the Varroa mite Emergency Eradication Zone in a 10km radius area surrounding this area from mid-August 2023.

This work is strictly controlled by NSW DPI, in accordance with an Australian Pesticide and Veterinary Medicines Authority permit [PER84929].

The wild European Honey bee feeder stations used for fipronil application will be clearly signposted.

For further information regarding this notice visit dpi.nsw.gov.au/varroa

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Golden age at Wesley Preschool

A family fun day is being organised at Wesley Pre-School, Castle Hill to celebrate 50 years of caring for pre-schoolers.

For the last 32 years the Pre-school Director at Wesley has been Jane Harvey who sees it as a wonderful reunion. She estimates that more than 4,000 children have been through the pre-school since 1973 with many former pre-schoolers now sending their children there.

"Our children continue to be the heartbeat of Wesley and it has magical memories for many who attended."

Belinda Gauci is a former Pre-schooler at Wesley who now brings her 5-year-old son Jacob. "I loved the garden and wanted Jacob to come here too. He loves it."

Katie Hook said she loved her time at the Pre-school going from activity to activity and is happy that her 4-year-old daughter now attends. "I wanted Indiana to come here because it's a lovely community. I have such nice memories of it being warm and family-friendly."

Luke Evangelidis said he loved hanging out with friends at Wesley and now his nephew Lincoln is doing the same.

Lisa Makhoulf looks back at her time at the pre-school as "magical" and has sent all her

three children there including her 4-year-old daughter Elissa.

"I wanted her to have a nice experience too," she said.

Meagan Ta says her son Andrew's favourite spot is the "mud kitchen" while as a child she loved "exploring the garden".

Loretta Fee says it's been great having both her sons follow in her footsteps.

"It's lovely coming back."

Jane Harvey says it's beautiful seeing her pre-schoolers now parents and their parents as grandparents.

"It's like having my family around me. As one of our grandmother's expressed when dropping off her grandchild, "Wesley is like coming back home".

"Something that never changes is the age the children see me! As the girl who loves pink who works in the office and who could be a ballerina when she grows up." She says there have been a lot of positive changes over the years.

Hills Winter Sleepout

BY BEV JORDAN

It wasn't as cold as it has been before but it was wet when over 90 people gathered at Bella Vista Farm at the weekend to participate in the 10th Hills Winter Sleepout.

This year the event raised a record-breaking \$61,180 with money still being raised until the end of the month.

The funds raised will be used by HCA's Homelessness Initiative and StreetMed which provides street level first aid and a food service to the homeless.

Founder of the Hills Winter Sleepout Dr Michelle Byrne told attendees that a growing number of people in the Hills were homeless and many were hidden because they were couch surfing or sleeping in cars.

"On the night of the 2021 census 206 people in the Hills Local Government Area were homeless. Specialist homelessness services client data for the same period showed that the number of homeless people in the Hills was a lot higher. Of those 27.7% of those found to be homeless were children and youth under the age of 19 and 19% of those homeless were over the age of 55. Remarkably, 34.5 of those homeless were employed but still couldn't afford to keep a roof over their heads."

She said people were homeless for many reasons including severe financial crisis, job loss, leaving home because of domestic violence, mental health issues and cost of living.

Mici Beer, executive officer at Hills Community Aid said an average of 80 new clients a month were being seen through HCA's Emergency Relief funding. "(These are) people who have never had to ask for assistance for food before, people who are working but are now classified as the working poor."

In the 2023 Financial year HCA received 6,027 calls from people seeking financial help.

Dave and Rachal, vendors of The Big Issue, spoke about how selling the magazine had transformed their lives.

The social enterprise gives homeless people the chance to help themselves by buying a magazine at cost price and selling it to the public on the street.

Rachel said having her own little business selling The Big Issue had returned her name to her and given herself confidence and a chance to connect with the community.

"I was just a number before."



Wild Cats Find Sanctuary in the Hawkesbury

BY JOSH KERWICK

Tucked away on a quiet road in Wilberforce lies the Wild Cat Conservation Centre, a safe haven and research centre for endangered felines from across the world. The various species of wild cats occupy a particularly picturesque slice of the Hawkesbury, featuring spacious enclosures and a savannah.

Founded in 2016 by Ben Britton, the Wild Cat Conservation Centre aims to protect wild cat species that are less known to the general public. These include fishing cats, caracals, clouded leopards (the only ones in Australia) and servals, as well as the more popularly known cheetahs. Ben says: "If you look at the 40 species of wild cats in the world, seven of them are considered big cats, and that's what most people know. It's the 33 we try to focus on – the sort of lesser known species."

"From a conservation funding point of view, 99% of funding goes to the seven, and 1% gets split between the remaining 33 species. So we try to shine a bit of light on the lesser known species, some of which are the most endangered wild cats in the world. They're sort of the forgotten wild cats, but not by us."

The Wild Cat Conservation Centre has 17 cats currently on site, each part of an international conservation insurance program, kept in captivity due to how endangered their species are. Ben says: "There's around 7,000 cheetahs remaining in the wild, and if something like a disease went through southern Africa, they could be gone. So it's good to keep some strong genetics around the world in different populations, in places like Australia."

Ben has always had a passion for the animal kingdom, surrounded by pets growing up and catching frogs in the bush. "It was always animals growing up," he says, "so the animals sort of chose me, rather than me choosing them." After working around the world on different science projects and wildlife parks, Ben thought there could be a different way to do a conservation centre. "That's where our Centre came about, because it was a bit of a passion

project. It's grown from there and ties nicely into the work we've been doing for the last 15 years in Africa."

Having grown up in the Hawkesbury, the location for the Conservation Centre was ideal for Ben, both in its practicality and familiarity. "We wanted an area that had the space for the program, such as the cheetah savannah, and that was close enough to Sydney so people can come out and visit us, but not too far out," says Ben. "Plus, I like space and country. The Hawkesbury is a bit of a hidden gem like that – you feel like you're out further than you are, there's a country feel to it."

Living on site with his wife Kahlia, Ben's team are also all locals to the area who are passionate about conservation. The team have a broad set of philosophies that see those who work at the Centre form meaningful relationships with the wild cats on site. Ben says: "Cats like the law of consistency, and they like to know what they're going to get. From a keeper's point of view, it's the three C's: calm, confident, consistent."

Those philosophies have been integrated successfully at the Conservation Centre. "The first time cheetahs have ever been bred in Sydney was at this Centre. I think if you can calculate consistently, you're going to solve a lot of issues and have a nice space for people to visit."

Ben encourages readers to book a private tour at the Wild Cat Conservation Centre to learn more about the wild cats. "We're trying to get those educational messages out and let everybody know that we're here, and they can



come along. A lot of people think that we're not open to the public, but that's definitely not the case. People often get a surprise that there's something like this in the Hawkesbury, and so it's quite special."

As an independent wildlife centre, the Wild Cat Conservation Centre requires visits, donations and sponsors to continue their work. To visit the site on a guided tour or make a donation, head to <https://wildcatcentre.org.au> to learn more.

Additionally, the Centre is opening up their Wild Cat Conservation Trip with Ben for the first time since before COVID. The 9-day trip sees 8 people immersed in the African wilderness and learn about conservation, all in native big cat territory. If this is of interest to you, find out more at <https://wildcatcentre.org.au/conservation-projects/wild-cat-conservation-trip/>

*Clouded Leopards by Greg Porteous
Cheetahs by Kahlia Britton*



Hawkesbury River County Council
Open Day Saturday 26th August 2023
10:00am-12:00pm

Come celebrate our 75 year anniversary

- Speak to our staff for weed advice
- See our weed and machinery display
- Historical photo display
- Native plant giveaways
- Light refreshments provided

Location- 6 Walker Street, South Windsor



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The Hills Shire Council News

Orange Blossom Festival Associated Events

The Hills Shire Council's annual Orange Blossom Festival is back with two main events: the return of the beloved **OBF Street Parade and OBF Night Markets**.

Council is proud to support several community-run events:

Sydney Hills Garden Competition

From Friday 1 September – Saturday 30 September



Friends of Bella Vista Farm Open Day

Sunday 3 September from 9am – 2pm at Bella Vista Farm



Family Concert by the Sydney Hills Youth Orchestra

Tuesday 5 September from 7:30pm – 9pm at Pioneer Theatre



The Hills Young Musicians Contest

Friday 8 September from 7:30pm – 9pm at Baulkham Hills High School



The Hawkesbury Harvest Farmers & Fine Food Markets

Saturday 9 September and Saturday 23 September from 8am – 12pm at Castle Hill Showground



Come and Try BMX

Saturday 9 September from 1pm – 3pm at Castle Hill BMX Track, Fred Caterson Reserve



Soroptimist International of The Hills Public Speaking Competition

Saturday 9 September from 1:30pm – 3:30pm at Glenhaven Community Centre



Run for The Hills – Cross Country Challenge

Sunday 10 September at 8am, Bella Vista Farm



Kenthurst Fair

Sunday 10 September from 10am – 3pm at John Benyon Rotary Park



OBF Annual Art Awards presented by Castle Hill Art Society

Friday 15, Saturday 16, Sunday 17, and Saturday 23 September from 9am – 4pm at Castle Glen Community Centre



Orange Blossom Bonsai Show

Friday 15, Saturday 16, and Sunday 17 September from 10am – 5pm at Harvey Lowe Pavilion, Castle Hill Showground



Jazz at The Pines

Sunday 17 September from 12:30pm – 4pm at The Pines, Roughley House.



Hills Community Aid – Family Fun Day & Open Day

Wednesday 27 September from 10am – 1pm at Balcombe Heights Estate.



To find out the full extent and details of each event, including registration and obtaining tickets, visit www.orangeblossomfestival.com.au

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Weed really like your help

We are calling on bushcare volunteers to help maintain our natural environment by joining a bushcare group. There are currently several bushcare programs including Crestwood, Crane Road and Greenup Park to name a few.

Our volunteers take on the vital role of protectors of our fragile bushland environment, helping maintain and preserve our natural flora and consequently the wildlife that inhabits it. Activities range from removing weeds to planting and growing native vegetation.

Explore the various bushcare groups and events by visiting Council's website and searching 'Bushcare'.

Watch the FIFA finals live

Council has partnered with Rouse Hill Town Centre and Hills Football to have the FIFA Women's World Cup 2023™ broadcast live on a giant screen at Rouse Hill Town Centre's Market Square. Games are still on leading up to the grand final, so head over, kick back and relax, and enjoy the games with the rest of the community!

For more details, head to our website and search 'FIFA'.



Council Meetings

Tuesday, 22 August, 2023 – 7pm

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

Balcombe Heights Child Care Centre Exceeds National Quality Standards

Council's Balcombe Heights Child Care Centre joins 23% of long day care centres in Australia that exceed the National Quality Standards.

The National Quality Standards (NQS) set a benchmark for the quality of children's education and care services across Australia.

Services are assessed against the NQS by the state or territory regulatory authority and receive a rating for each of the seven quality areas of the NQS, as well as an overall rating.

The National Quality Framework (NQF) for Early Childhood Education and Care was agreed by all Australian governments to improve educational and development outcomes for children using education and care services.

Director of Balcombe Heights Child Care Centre Belinda Rooks said an overall rating of Exceeding NQS is given to services that go above and beyond the requirements of the NQS in at least four of the seven areas.

Council runs four other child care centres, including Ellerman Child Care Centre in Dural. Places are currently available at Ellerman. To enquire, visit Council's website and search 'Ellerman.'



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Maria is proud to welcome you to her family-run business Café SER... located within the stunning grounds of Camellia Grove Nursery!

It's been a dream of Maria's for many years to have a café. She has a passion for cooking, especially sweet treats, and she can't wait to share them with you.

The name Café SER is derived from Maria's three beautiful children... Sam, Ella and Ryan.

The staff working in the café are a great team of people, who are known personally to Maria through school and local community activities. They love what they do, whether that be serving great food and drinks, getting to know their customers, or coming up with new and fun ways to enjoy a get-together at the café.

Maria says: "We would love you to come and visit us. We have so many options available, and we are also more than open to working with you on something more tailored to your own needs.

"Our intimate space can be used for all your celebrations and special occasions. Speak to our staff about how Café SER can collaborate with you to provide you with the perfect event".

Morning teas, lunches, sweets, cakes are all available eat-in or takeaway. High Teas are a feature. Catering services off-premises and set menus for special occasions are also available on request.

"We hope to see you at our café and enjoy not only the food and drinks but also meet our wonderful team in our beautiful location".

~ MARIA SCOTT

8 Cattai Ridge Road, Glenorie NSW 2157 Australia

Ph: (02) 8000 3770

HOURS

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DRINK, DINE & CELEBRATE

Welcome to Mullane's Hotel, the epicentre for quality dining in The Hills, that is renowned for its warm hospitality and vibrant atmosphere. Housing the delightful culinary wonders of **Sarino's Bar & Restaurant on Level 1** and **Sophia's Cocktail Lounge on Level 2**, this multi-level venue offers an array of event spaces suitable for various occasions.

We offer intimate private dining experiences to grand social and corporate celebrations, Mullane's Hotel caters to all. With its impeccable service, inviting ambiance, and exceptional cuisine, Mullane's Hotel is a cherished destination for memorable experiences in The Hills.

The intimate private dining rooms are the perfect backdrop for exclusive and decadent dining experiences, and private events. Sarino's extensive beverage list includes a selection of premium hand-picked wines and reinvented classic Italian cocktails, along with over 200 whiskies from around the world. Private

liquor cabinets to stow top shelf bottles are also available for guests to access each time they visit.

Incorporating our **Atrium, Dining Room, Sarino's Bar, Whiskey Room, Lounge, Conservatory, Cellar and Library**, your event will be bursting with excitement around every door. The possibilities are endless – you can host with the same theme throughout, or our personal favourite – transform each of these spaces into unique experiences. Have a whiskey tasting in one room, a cheese experience in another and in true Italian Form, an Aperol Spritz or Italian wine service from the cellar. We can transform the Sarino's Bar into the Entertainment hub for your event and utilise all other spaces to give the perfect experience to your guests.

Sarino's has just added it's '*Pranzo Espresso*' menu offering a simplified offering a lighter lunch menu which is available Wednesday – Friday & Sunday lunches.



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PETS OF THE WEEK

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



PARIS is a four-year-old female American Staffy who is looking for a fun, active family able to take her on walks and allow her to spend time inside with them. Staff at the Hawkesbury Companion Animal Shelter say Paris is very well-behaved and just a big sook to be with. If you think that Paris will be the perfect addition to your family, come to the shelter to meet her. Her adoption price has been reduced to \$49. The adoption price includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



AT A GLANCE

NAME: PARIS
BREED: American Staffy
SEX: Female
AGE: 4 years old
PRICE: \$49



AT A GLANCE

NAME: PIPPA
BREED: Domestic cat
SEX: Female
AGE: 7 years old
PRICE: \$29

PIPPA is a seven-year-old female Domestic Short Hair cat. Staff at the Hawkesbury Companion Animal Shelter say Pippa is a sweet girl who is always ready for a chin scratch. If you think that Pippa may be the cat for you, come to the shelter to meet her. As Pippa is already desexed she can leave the shelter with you. As the featured feline, her adoption price has been reduced to \$29 which includes the first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



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

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Age-Related Hearing Loss

BY SANDRA RAZZAGHIPOUR

Age-related hearing loss, also referred to as Presbycusis, is a hearing loss that is caused by degeneration of the hearing organ over time. It is common that this hearing loss gradually occurs in most adults as they grow older through wear and tear and is one of the four leading chronic health conditions experienced by the senior population in Australia.

This hearing loss typically affects both ears equally and it progresses from the high pitches of sound to low pitches of sound with ageing. Presbycusis most commonly impacts on high pitches of speech sounds which greatly impairs an individual's ability to understand speech. This degradation in the ability to understand speech becomes even more challenging in noisy and reverberant environments like cafes and restaurants. Tinnitus has also been associated with hearing loss. This is because as hearing sensitivity decreases, the perception of a ringing or buzzing noise can become more noticeable to the individual.

Although age-related hearing loss is not a life-threatening condition, it can still have a significant impact on an individual's quality of life if it is left unmanaged and untreated. It can cause people to withdraw from social situations or limit interactions with family and friends without even noticing that it has to do with their hearing. This can lead to loneliness, isolation or depression as the individual stops

communicating with people around them. It is important to remember that hearing cannot be restored once it is lost. So be aware of potential sources of damaging noise such as loud music, power tools and firearms. Ensure that you are wearing earplugs or earmuffs if you are exposed to these sounds.

Age related hearing loss happens slowly over time and often people are not aware of the change at first. It is important to have regular hearing assessments to understand if your hearing is slowly deteriorating over time.

Common signs that this hearing loss may be affecting you, include finding speech sounds to be muffled and having more difficulty understanding words, especially when there is background noise. Adults with Presbycusis often find that they are straining to hear conversation and they need to use more effort than normal to listen when there is background noise. This can often make people feel tired or fatigued as they are concentrating more than ever to hear. It is also common to find yourself asking people to

repeat or rephrase themselves more and more. Often it is a person's significant other or family that notice that the volume of the television or radio are slowly being made louder over time.

At EAR STUDIO, we offer a comprehensive hearing assessment that can assess all parts of the hearing and understanding process. This is important in evaluating with the individual what impact their hearing is having on their life.

Many pensioners are not aware that they are entitled to free hearing care through the Australian Government. At EAR STUDIO, pensioners can get access to hearing services without an out-of-pocket cost. This includes free consultations and hearing services to find a solution to your hearing issues as well as free hearing aids that are fitted by qualified professionals in a private clinic. EAR STUDIO is committed to helping you hear the best you can so that you can find joy in conversations and social gatherings. Contact us on 9159 6122 to speak to one of our team members or to make an appointment.



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Suite 9-10 / 60 Cecil Ave, Castle Hill NSW 2154

www.earstudio.com.au

Small businesses in the Hawkesbury may not realise it, but they are about to step up as a key player in ending domestic and family violence within one generation. And television personality GRETIL KILLEEN is going to help them do it.

From August 1, 10 days paid family and domestic violence leave became available for all small business employees - including casuals.

People have been demanding action from governments to stop the scourge of domestic violence for years, and we've acted, but government can't achieve this on its own.

Maintaining a reliable income is one of the most important factors in someone's decision to leave a violent home, and we know small business is the heart of the local economy in the Hawkesbury, so those workers need the same support as people working in other larger organisations.

But we also know that small business doesn't have access to the same HR resources of big companies, and that's why the Council of Small Business Organisation Australia (COSBOA) has worked with government to roll out a package of support.

A great place for small business owners to start would be the podcast series, hosted by Gretel Killen, called "Small Business, Big Impact", which has been developed to build understanding with case studies and examples, providing a practical guide for small business owners on what to do, backed up by a dedicated website.

The Hawkesbury has a fantastic network of small businesses, who are really in touch with their staff and the community. Knowing how this new leave scheme operates and how to support staff experiencing domestic violence could save someone's life.

SUSAN TEMPLEMAN MP

Federal Member for Macquarie

AVAILABLE TO HELP

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MAIL: PO Box 855, Windsor NSW 2756 OPEN: Mon-Fri 9am-5pm

www.susantempleman.com.au

Authorised by S. Templeman MP, Labor, 299 George St, Windsor NSW 2756

As a small business person, I know the last thing people need is a bunch of documents to wade through. Small business owners are time poor but have strong relationships with their staff and want to do the right thing. We're trying to make that easy.

Just pop one of the 10-12 minute episodes on while you're driving and you can start to get the tools you need to support your team, knowing that your role in providing paid domestic violence leave may well be lifesaving.

I do know some business owners will ask themselves why they need to carry another cost, but in fact according to COSBOA the access to paid domestic violence leave can be small compared to the costs a business faces through lost productivity and unexplained absenteeism when a staff member is a victim of family violence.

You can find more information about 10 days paid family and domestic violence at <https://smallbusiness.10dayspaidfdvleave.com.au/>

The Podcast "Small Business, Big Impact" can be found on Spotify and Apple Podcasts.

Rebuilding Thomas James Bridge

As the rebuild of roads and infrastructure continues throughout Hawkesbury, I am conscious of the anxiety that has accelerated for those who live and travel around Thomas James Bridge on Settlers Road, Lower Macdonald.

Built by hand in 1830 using stone quarried from the surrounding hillside, this historic landmark was severely compromised by the floods, but thanks to funding from the State and Federal Government's recovery program, Hawkesbury City Council (HCC) will commence preliminary work in September 2023.

The bridge will remain open throughout most of the rebuild so that Macdonald Valley residents can stay connected. The recent community meeting provided an update, but if you missed it, you can view it at <https://youtu.be/IFAPQyPUKCO>

Contractor Delaney Civil has been appointed to undertake the reconstruction of the bridge and the stabilisation of the adjacent rock face. This company is a local contractor and delivered a stellar job on the Greens Road, Lower Portland rebuild project. I recommend you take a drive along Greens Road and marvel at the engineering detail.

Once the preliminary work is complete at the site, the construction is estimated to take a minimum of six months which is likely to commence in November, weather permitting. HCC are now seeking approval from Transport for NSW to allow resident access via a contraflow, throughout the duration of construction.

All stakeholders are very aware of the need to ensure residents remain connected in the most efficient and timely way, during the building period. Lessons have been learned from the closure of Greens Road which disconnected the community for too long. I have stressed the need for the community to receive regular updates on this construction process and I know that the Thomas James Bridge Advisory Committee, which has been established to help limit disruption and gather feedback from residents, is playing an active and contributing role, as this project progresses.

To keep updated regarding the Settlers Road works, I recommend that you register through HCC's Flood Recovery Updates Register <https://www.yourhawkesbury-yoursay.com.au/fih2021>.





ROBYN PRESTON MP

MEMBER FOR HAWKESBURY

How my office and I can help you

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

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



Ray Williams MP

Member for Kellyville



As your State MP, I am here to:

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

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

Authorised by Ray Williams MP. Funded using Parliamentary Entitlements.



Preschool and childcare under threat from Labor

The Minns Government shouldn't attempt to use changes to federal childcare subsidies as a smokescreen to short-change NSW parents. The Minns Labor Government have to date been silent on this issue and have not committed to the rollout of the Childcare and Economic Opportunity Fund, meaning there is no financial support flowing to families. The Labor Party refused to match the previous

Liberal Government's support for working parents prior to the election and have also only committed to 100 new preschools this term – one fifth of the 500 preschools the Coalition had earmarked. They have also only allocated a mere \$22 million package, versus the \$282 million committed by the Coalition to support early childhood teachers and educators.

Supporting local businesses

It was an honour to attend the Sydney Hills Business Chamber lunch at the amazing restaurant OSSO at Rouse Hill. This Chamber, under the leadership of Chamber President Kerrie Sheaves, is by far the most proactive for its Members, and I encourage any local business to give them a call to see how they can help their business grow. Please contact Richard Holland on 9659 3366 or email the chamber at: membership@sydneyhillsbusiness.com.au

Albanese Government delivers quality teachers program

This is Kaitlin (or Ms Heggen, as her Year 1 students call her). She is a valued local teacher at Hambledon Public School in Quakers Hill, a community member, and one of almost 5,000 teachers who have benefited from The University of Newcastle's Quality Teacher Rounds Program.

This program has been in operation for about a decade, helping to upskill and provide quality training to new and experienced teachers, so they can provide the best quality education for their students.

In fact, evidence shows that it is proven to strengthen English and Math skills for students who have had teachers participate in this program.

Now, the Albanese Government is providing around \$5 million to expand this program across the country.

The other day Minister for Education, the Hon. Jason Clare and I went to Hambledon Public School to share this announcement and hear from Ms Heggen, Principal McEwen and Professor Jennifer Gore about how the program works.

We visited the classroom of Year 1 students and saw Ms Heggen in action, providing the skills she learnt through the program to best help her students.

Teaching is one of the most valuable jobs in the community. However, one in five teachers



drop out of teaching in their first five years because of the challenges the profession can bring. This program will help thousands of teachers feel more prepared and supported when they enter the classroom, and give our kids the best opportunities to succeed in life.

I thank Principal McEwen, Ms Heggen and all of the teachers and students from Hambledon Public School for having us to visit – what a tremendous school community!

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

Albanese Labor Government Delivers for Greenway in 2023-24 Budget

Minister Michelle Rowland MP

✉ PO Box 8525, Blacktown NSW 2148

☎ (02) 9671 4780

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

📱 @mrowlandmp

✉ Michelle.rowland.MP@aph.gov.au

🌐 michellerowland.com.au

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



200 Years of the Bells Line of Road

Just on two hundred years ago, at the age of 19, a young man, Archibald Bell Junior, who was raised in the Richmond area, set out to try to find an alternative crossing of the Blue Mountains other than that discovered by Wentworth, Blaxland and Lawson.

He was an excellent bushman who had noticed that an Aboriginal woman captured near his family property of "Belmont" at Richmond had escaped. Using two trusty Aboriginal men and a couple of packhorses he set out in August 1823 to attempt to follow her track west across the mountains. He succeeded in following her track to Mount Tomah which took him two days. He was unable to locate a safe descent to the west so turned back.

Not to be deterred he tried again in September 1823 and found a way down into the Hartley Valley, following the ridge line from Mount Tomah until it turned south at what is now named Darling Causeway. Halfway down the Darling Causeway the route turned west down a gully into Hartley Vale. Following his success, the "Sydney Gazette" reported that the route would be the "readiest" route from the Hawkesbury and Hunter River and as near to Parramatta as the Old Bathurst Road via Emu Plains over the Blue Mountains. The route that Bell had taken was surveyed by Robert Hoddle and a road constructed which had numerous resting places for stock. The township of Bell was named after the explorer as was also Mount Bell and the road itself.

Sir Thomas Mitchell wrote in 1855 that he felt that "Two roads across the mountains were not required for a young colony". He also reported considerable sums had been spent on the Emu-Blaxland route (the Great Western Highway) and that settlements had followed this line.

Bells Line of Road gradually fell into disrepair and it was not until around 1930 that maintenance was recommenced but the road was underutilised because it was narrow and winding and unable to carry the modern traffic of the time. However, by 1942, with the entry of Japan into World War 2, the Military thought that the unconstructed portions of the road should be improved to provide an alternative route to the Great Western Highway. Shortly after work commenced it ceased once more as it was felt that the east coast of Australia was no longer in danger of invasion.

Not until 1945 was another attempt made to improve the road. The road once ran through the village of Kurrajong but a deviation was created around the village by building a bridge over Little Wheeny Creek in 1947. The old road through the village is now known as "Old Bells Line of Road".

But what became of the explorer Archibald Bell Junior after discovering the new route over the Blue Mountains.

Archibald decided to join his elder brother, William, and followed him to the Hunter River. On his journey north he followed the route of John Howe and Benjamin Singleton, whom he found dying of starvation at Patrick's Plains. As a result of the rescue, he received a grant of 1000 acres near the town of Singleton where he built his two-storey home, "Corinda". He was one of the first to introduce cattle to the area and to use horse teams.

An extract from "CENTENARY OF SINGLETON", publ. 20 March 1920

"...Corinda owes its start to Archibald Bell, jun., a son of Lieut. Bell, who came to Sydney in command of the 102nd Regiment in 1803, and who became the owner of the historic estate of Belmont, in the Richmond district. Here his son grew to young manhood, was widely known as an expert bushman, and is credited with having rescued Benjamin Singleton's party when they were in distress at the close of their exploring venture. Archie Bell received a thousand acres in the Hunter River district, choosing the part known as Corinda. He is credited with driving the first cattle into this district. The house, a long two-storied building facing the river, was built of stones quarried at Glendon, and brought across the river in punts. When Corinda homestead had fallen to decay (for Mr Bell returned to Belmont, and this estate passed from his family), the stones were removed to Belford to build the Church of England there, so that it forms an interesting link with the past...."

He purchased a property called "Pickering" located on the Hunter River in 1859 and in 1879 became a member of the NSW Legislative Assembly. He died on 9th of August in 1883 aged 79 at his property of "Pickering" at Denman.

CUMBERLAND COMMUNITY RADIO INC.

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PHOTOS FROM THE PAST

COLLECTION COMPILED BY
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Hills athletic stars to take on the world's best

Several Hills athletes will be aiming for medals and personal bests at the 2023 World Championships in Budapest, though Australian hammer-throwing champion Alex Hulley has been forced out after undergoing spinal surgery.

The World Athletics Championships will be held in the Hungarian capital from August 19-27.

The 67-strong Australian team includes former and current Cherrybrook athletes in addition to Baulkham Hills high jumping champion Brandon Starc.

Leading the Cherrybrook Athletics brigade is 100m hurdler Michelle Jenneke, 30, who is competing in her fifth successive World Championships. With some superb performances behind her this season, Jenneke will be looking forward to going better than her semifinal at last year's World Championship in the US city of Oregon.

Thanks to her experience in the highly-competitive Diamond League, Jenneke – who now trains in Queensland – will be one of the Australian tars to watch. Some of her best times were at the 2022 World Championships and the 2022 Commonwealth Games.

Like many of current Australian athletes, Jenneke trained from an early age under Cherrybrook Athletics' top coach Mick Zisti,

honoured last year as Athletics NSW Coach of the Year.

The other former Cherrybrook athletes off to Budapest include the in-form hurdling duo of Nick Andrews and Jacob McCorry, Hannah Jones (women's hurdles), and long jumper Samantha Dale, who won the 2022 Australian title. This will be Dale's second World Championships, the Oatlands local having finished 10th at the 2022 Commonwealth Games on her debut.

McCorry, 26, is in the form of his life, with five PBs this season. Andrews, 26, started with the Hills District Little Athletics, following in the footsteps of his Mum who was a state-level athlete. The former junior 110m national champion excelled at the 2015 World Junior Championships, where he broke the Australian record.

Hannah Jones, 27, who is trained by Australian 100m hurdles legend Sally Pearson, has been in great form too so don't put anything past her.



Michelle Jenneke will compete in her fifth World Championships. Courtesy Michelle Jenneke's Facebook

Nick Andrews has graduated from the Hills Little Athletics to the world stage. Courtesy Athletics NSW Facebook

Zisti has been coaching at Cherrybrook for many years, with several of his charges going on to reap rewards nationally and internationally.

Starc, 29, the younger brother of cricketing superstar Mitchell Starc, is in the elite group of high jumpers, making the finals of the 2020 Tokyo Olympics, only missing out on a medal by just 0.04m. He trains in Parramatta under Alex Stewart.

Hulley, 26, the reigning Australian hammer-throwing champion, is recovering after her spinal surgery following an injury while competing. The Rouse Hill ace is hoping to get back into training later this year and make herself available for the 2024 Paris Olympics.

Meanwhile, Georgia Winkcup won the 3000m steeplechase bronze medal at the recent World University Games in Chengdu, China, to bring further honours to Cherrybrook Athletics while Emily Britton and Imogen Breslin – who also train under Mick Zisti – made the semifinals of the 100m hurdles.

Dreams come true as Hills compete in Little League World Series

Adrian Jankuloski and Jet Creamer will be mixing it up with the best young baseballers in the world this month. It is a dream come true for the Richmond lads who starred for Hills Junior Baseball Association this season.

The Hills JBA dominated at this year's Australian Little League Nationals, with both their Division II and Majors teams emerging worthy champions.

The Little League World Series is the biggest youth baseball event in the world. The Hills team will be representing Australia, with their first game scheduled for Thursday, August 17 at 1pm (EDT) against the Caribbean region. The World Series is keenly followed by scouts from Major League Baseball clubs, offering a pathway to the highly-lucrative professional game.

At the recent Australian Little League Nationals, The Hills outfit swept into the final after an impressive 6-0 record thanks to the good work of an offensive line-up that saw over half the squad hit .400 or above. The trio of Adrian Jankuloski, Beau Stockdale, and Isaac Meighan all cracked out batting averages of .500 across the tournament while Jet Creamer hit .429 with three doubles and seven rbi's.

The team batting average came in at .356 while plating 54 runs in seven games. The pitchers were led by Jankuloski (Bede Polding College, Windsor) and Stockdale who combined for 33 punchouts in 20 innings.

In the gold medal clash, they overcame the Brisbane North team with an outstanding team performance.

"It's a dream come true to play with my team at the Little League World Series," said Adrian. "I am looking forward to playing against the best teams in the world. I have been dreaming and working towards one day playing at the highest level of the sport possible."

Richmond Public School's Creamer said he has hoping for this since he was five. "This is a one-in-a-million opportunity," Jet said. "This is the biggest thing you can achieve in junior baseball. Dad and I have been talking about this moment since I was five, and all my hard work and my team's hard work have made it come true. I am looking forward to meeting kids from different cultures, so excited to wear the Australian jersey."

Jarad Salmon, the Hills assistant coach, said of the Nationals: "One thing of note was pitcher Beau Stockdale's perfect game in the major semifinal against a very strong Western Australian team. That is throwing a complete game, allowing no walks, hits or runs."

"The main goal at the World Series is to continue hitting against high velocity pitchers



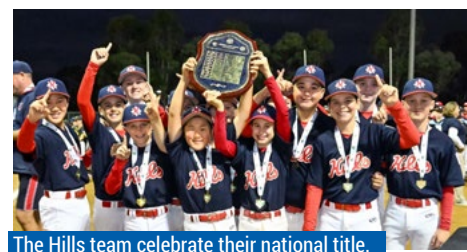
Adrian Jankuloski and Jet Creamer

from all over the world and raising awareness for baseball in Australia."

"It's been my dream since I was four," Isaac Meighan said. "Ever since I first watched it on TV, I wanted to go. I can't wait to meet other kids from different countries and not only play with them but hang out with them too."

"I'm super pumped to meet some MLB players and watch and play some of the best kids in the world."

The Hills team: Jet Creamer, Jack Drummond, Harrison Goodwin, Tom Hayhow, Jaden Jang, Justin Jang, Adrian Jankuloski, Zac Martyn, Isaac Meighan, Hayden Salmon, Jacob Sawyer, Tamati Stealey, Beau Stockdale. Officials: Brad Abel (Head Coach), Stuart Goodwin (Coach), Scott Wright (Coach), Jarrad Salmon (EO/Assistant Coach).



The Hills team celebrate their national title.

COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

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

Arcadian Quilters

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

Baulkham Hills Probus

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

Bonsai Society of Australia

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

Castle Hill Art Society

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

Castle Hill Senior Citizens Club Inc.,

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

Combined Probus Club of Cherrybrook

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

Computer Pals for Seniors – The Hills

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

Cumberland Bird Observers Club

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

CWA of NSW – Galston Branch

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

CWA of NSW – Castle Hill Branch

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

CWA of NSW - Toongabbie Branch.

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

Dural and District Prostate Cancer Support Grp

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

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498
www.duralmensshed.org

East Kurrajong School of Arts

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

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

Embroiderers' Guild NSW Inc Hawkesbury Grp

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

Friends of Hills Library

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

Galston VIEW Club

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

Girl Guides Australia

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

Glenhaven Probus Club Inc

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

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

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

Hawkesbury Camera Club

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

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the 1st Fleeters

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

Hawkesbury West Probus Club

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

Hawkesbury Woodcraft Cooperative Ltd

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

Hills District Women's Bowling Club

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

Hills Older Men's Network INC

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

Hills Shire Symphony Orchestra

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

Hills Toastmasters

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

Hills/Toongabbie Music Club

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

Kurrajong Hand Spun Craft

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

Ladies Probus Club of Baulkham Hills

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

Learning in the Hills

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

National Seniors Australia (Hills Branch)

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

North Rocks View Club

Meetings 2nd Thurs each month at 10.30 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 Probus Club

John | 9487 1385

Pennant Hills Combined Probus Club

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

Pennant Hills VIEW Club

Meets for lunch on 2nd Tuesday of each month - Oatlands Golf Club at 11am. A short meeting, a two course lunch & an interesting guest speaker. Visitors & new members welcome. On the 4th Tues of the month a social outing is organised.
Margaret | 9873 2402

Pitt Town Probus Club

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

Probus Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

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

Probus Club – Glenorie

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

Probus Club - Kellyville Castle Hill Mixed

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

Probus Combined Castle Hill Club

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

Probus Combined Kellyville Club

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

Probus Club of Winston Hills – Northmead Combined

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

RDA (NSW) Tall Timbers Centre

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admin@rdanswtalltimbers.org.au
www.rdanswtalltimbers.org.au

Red Cross – Castle Hill Branch

Meetings 2nd Friday of the month 10.15am to 11.45am at Wesley Uniting Church, 32-34 Showground Rd, Castle Hill. New members always welcome.
0419 431 084.

Richmond/Windsor VIEW Club

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

Scouts Australia – Greater Western Sydney Region

9639 2488
www.greaterwestscouts.com.au

Sleep Disorders Australia – NSW

02 9990 3514
www.sleepoz.org.au

Soroptimist International The Hills

Meets on the 3rd Wednesday of the month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start.
Cathy | 0435 837 118
sithills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

02 8850 0555
RSVP | info@thehillslc.com.au
facebook.com/thehillslarningcentre

The Hills Shire Garden Club

Meets on 3rd Monday of the month at Barton Hall at 178 David Rd castle Hill at 1 pm. We have guest speakers, raffles, plant sales and bus trips to various gardens..
9624 5034

The Hills District Pipe Band

Practices at Stamford Hall, Balcombe Heights Estate, Baulkham Hills every Wednesday night from 7pm-9pm. The band warmly welcomes new members and gig enquiries. Instagram: @hillsdistrictpipeband
Suzie Whitaker
pipeband.hillsdistrict@gmail.com
www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

Meets at St. Joseph's Conference Centre on the 4th Monday of each month at 6.00pm (dinner optional) for meeting at 7.00pm.
Robyn | 9639 2742

The Sydney Hills Branch of the Association of Independent Retirees

Welcome to Members and Visitors.
Mal Steel | airsdsydneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsdiadistenniss.org

Wanderers Bushwalking and Outdoor Club

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

Windsor RSL Fishing Club

Meets on the last Tues of the month at Windsor RSL club at 6:30pm. The club has been established for over 40 years and welcomes new members. It holds regular fishing outings including in land water and deep sea fishing.
Les Mison | 0421 821 1990.

Windsor Probus Club

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

Winston Hills Joey Scouts

9862 8482
hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org

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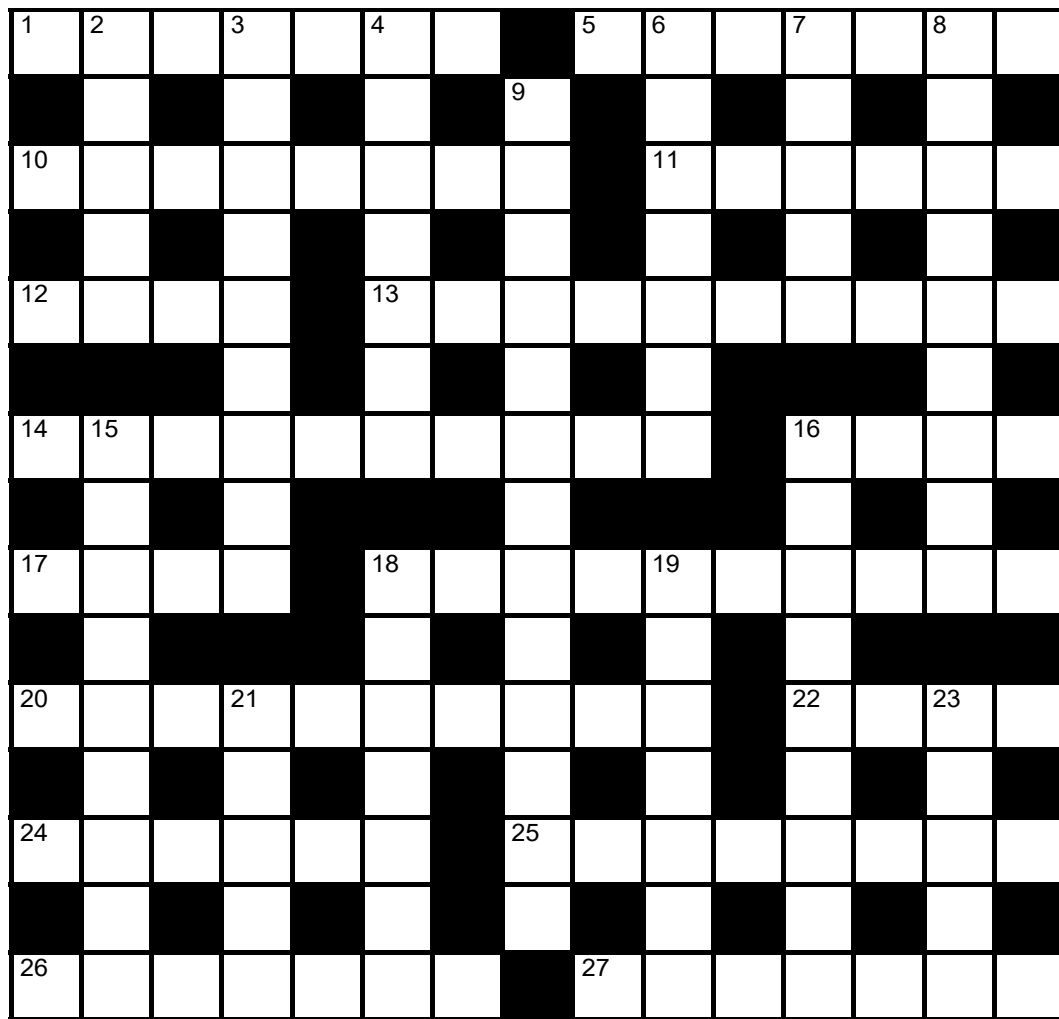


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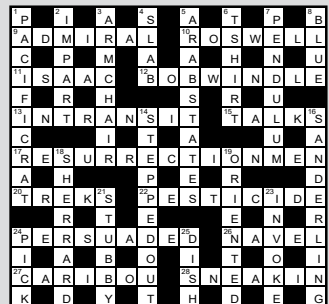
1. Illness indicator
5. Warning not to trust technocrats
10. Type of bobsleigh
11. Turbulent
12. Wine press residue
13. Where Oliver Twist and Jane Eyre were, for a while
14. Dressmaker
16. Complain bitterly
17. Render speechless
18. Apelike son thrashed a hockey player (6, 4)
20. Bolder lady regenerated as punk rocker (5, 5)
22. Sharp to the taste
24. There's nothing in it
25. Christian rockers
26. Former Deputy Prime Minister Doug ---
27. Led down the aisle

Down

2. Hard work
3. Claim peon is beaten up for a public servant
4. Frontier settlement
6. Student's whereabouts, preferably (2,5)
7. Hawaiian hello
8. Fuzzy
9. Sydney Harbour feature (7,6)
15. Amuse
16. Held in esteem
18. Middle part
19. Follow-up punches, in boxing (3-4)
21. Moolah
23. Banjo Paterson speciality

Answers from last issue

CROSSWORD



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

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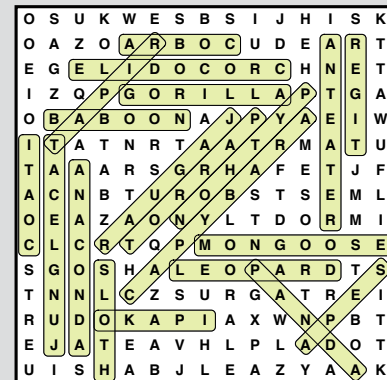
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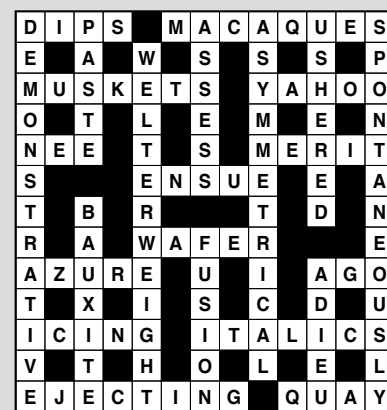
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Managing Director - Aussie Home Services Pty Ltd

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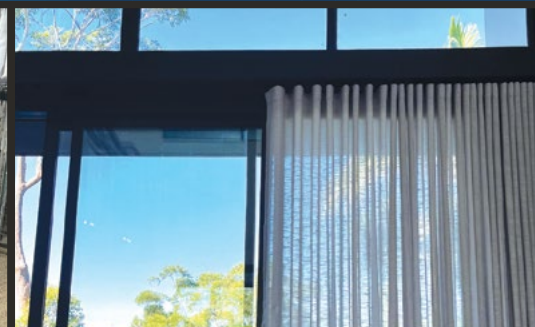
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