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

Performance on Search results

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

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Council Conducting Town Centre Parking Study

A comprehensive study of parking needs and habits around Richmond, North Richmond, Windsor and South Windsor is being carried out over the next two months.

This study, which will include on-the-ground surveys of formalised and kerbside parking space use around the centres on weekdays and weekends, was committed to by Council in February 2022 and will provide guidance to Council on the right mix of parking to support these four critical town centres.

As the Windsor Liveability Project designs are now confirmed, the study is now taking place at all four locations simultaneously to create an accurate snapshot in time.

Physical surveying of parked cars and parking spaces will be carried out this month.

Complementing the physical surveying will be direct engagement with business owners and residents online and in-person to understand their needs and how current parking arrangements impact them.

Council will hold community drop-in meetings where residents and business owners are invited to come and speak to staff about their thoughts, ideas and concerns about the parking in the four major town centres.

These meetings will be held at:

Richmond Community Centre

114 March Street, Richmond
Tuesday 3 September 2024, 6.30pm-8.30pm
To discuss parking around Richmond and North Richmond

Deerubbin Centre, Windsor

John Tebbutt Room
300 George Street, Windsor
Wednesday 4 September 2024, 6.30pm-8.30pm
To discuss parking around Windsor and South Windsor

Residents and business owners can also have their say online until Friday 13 September 2024 at www.yourhawkesbury-yoursay.com.au/parking

The results from the study will be used to make any necessary adjustments to parking arrangements to help support local businesses and shoppers.

Hills to Hawkesbury

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The Hills to Hawkesbury Community News has been serving this area for nearly 40 years. Its 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 Latest

BY BEV JORDAN

Community Information sessions regarding plans for the new \$700-million Rouse Hill Hospital development are being held between now and Thursday, 12th September at various locations.

The sessions are an opportunity to ask the project team questions and provide feedback.

Rouse Hill Hospital is expected to include:

- an emergency department and primary access clinic
- in-patient beds and a day surgery unit
- short stay medical assessment services
- pathology, pharmacy, and medical imaging services
- outpatient and ambulatory care services including paediatrics, renal and women's health
- a health hub for virtual care and hospital in the home services
- prehabilitation, rehabilitation and lifestyle medicine.

Alison Derrett, Acting Chief Executive Western Sydney Local Health District (WSLHD) said: "Our new hospital will meet the evolving needs of the community. It will provide patient-centred care, integrating hospital services with urgent care, early intervention and prevention strategies along with initiatives to provide care to patients in their own homes.

"In parallel with the planning and design of the new Rouse Hill Hospital, Western Sydney

Local Health District is working towards building a highly skilled health workforce, and we look forward to providing more information about recruitment opportunities as the project progresses."

Dates for Information Sessions are:

- Saturday 24th August, 11am – 1pm at Galungara Reserve, Farmland Drive, Schofields
- Wednesday 28th August, from 4pm to 6pm at Vinegar Hill Memorial Library, Rouse Hill.
- Thursday 3rd September from 10am to 2pm at Castle Towers, near Coles
- Sunday 8th September from 10am to 4pm at Sydney Boutique Markets, Rouse Hill Town Centre
- Thursday 12th September from 1pm to 3pm at Blacktown Hospital, Hospital Street, near Gloria Jeans

The full scope of services provided by the new hospital will be confirmed following the conclusion of the planning and design process. Feedback from the community, consumers, staff and stakeholders will help to inform this process.

Health Minister Ryan Park said: "This project will ensure the thousands of people

moving into this growth area every year continue to have access to world-class healthcare now and well into the future.

"Consultation with consumers, the local community, staff and stakeholders, will help guide the planning and design process for the hospital to ensure it meets the community health needs of the future."

Riverstone MP Warren Kirby urged people to attend one of the community information sessions: "This is a chance for our local community to get involved and learn more about planning and design for the future of healthcare right on our doorstep."

Construction of the hospital will support an estimated 1,200 direct jobs and thousands of indirect jobs throughout the life of the project. Construction timeframes for the new development will be confirmed as planning progresses and following the appointment of a building contractor.

Further information about the new Rouse Hill Hospital is available on the project website: www.rousehillhospital.health.nsw.gov.au



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POLICE PURSUIT

A man and three teenagers have been charged following a pursuit through Dural on Saturday (17th August).

Officers attached to Region Enforcement Squad Gordon observed an Audi Q7, which had allegedly been stolen, travelling southbound on Old Northern Road, Dural just after 1am and attempted to stop the vehicle.

When the Audi failed to stop, a pursuit was initiated and continued to Pennant Hills Road, where a tyre deflation device was successfully deployed. The vehicle came to a stop after hitting a traffic light at the intersection of James Ruse Drive, North Parramatta.

One of the occupants of the vehicle, a 22-year-old man, was arrested at the scene. Three other occupants fled the scene on foot. Following an extensive search by local police, with the assistance of PolAir and the Dog Unit, the three 17-year-old boys were located nearby.

One of the teenagers was taken to hospital to be treated for a previous medical condition.



He was later released and taken to Parramatta Police Station. The other two teens and the man were taken to Parramatta Police Station.

The 22-year-old man was charged with being carried in conveyance taken without consent of owner. The three teens were charged with being carried in conveyance taken w/o consent of owner, enter enclosed land without lawful excuse and breach of bail.

FINANCE FRAUD

Detectives have charged a Carlingford man following an investigation into an alleged \$10 million financing fraud targeting a Sydney automotive group. They also seized over \$200,000 worth of wine.

The 40-year-old man was charged on Wednesday, 14th August.

He is the second person to be charged in relation to the alleged fraud. A 31-year-old woman was charged in May this year with 102 counts of dishonestly obtain financial advantage by deception and one count of possess prohibited drug.

The man was charged with three counts of recklessly deal proceeds general crime intend to conceal, participate criminal group contribute criminal activity and recklessly deal with proceeds of crime greater than \$5000.

In January 2024, detectives attached to State Crime Command's Financial Crimes Squad – with assistance from the NSW Crime Commission (NSWCC) – launched an investigation into a criminal syndicate targeting automotive financing companies under Strike Force Myddleton.

The investigation found that the syndicate was allegedly using the stolen personal information of over 33 people to apply for financing through the various financial companies to purchase luxury cars that did not exist.

Following extensive investigations, strike force detectives executed a search warrant at a Middleton Grange home at about 6am on Wednesday, 15th May where they arrested a 31-year-old woman.

Following further investigations, strike force detectives – with assistance from Raptor Squad and the NSWCC – executed search warrants at a home in Carlingford and a warehouse unit in

Alexandria at about 6am on Wednesday 14th August.

During the searches, detectives located and seized a Tesla sedan, a Mercedes Benz van, multiple Rolex watches, large amounts of luxury jewellery and an estimated \$200,000 worth of wine and other assorted alcohol.

Detectives arrested a 40-year-old man at the Carlingford property.

Detectives will allege in court the man made a number of fraudulent applications through the woman – who used her position as an employee at the automotive financing business – to approve financing to the value of \$600,000, which the man attempted to then launder through various bank accounts.

It will be further alleged the female employee went on to facilitate a total of over 50 luxury vehicles worth a combined \$10 million between November 2022 and August 2023.

Detective Superintendent Gordon Arbinja, Commander of State Crime Command's Financial Crime Squad, wants the victims of this fraud to know more arrests are coming.

"We have several more targets allegedly involved in this criminal syndicate that we are interested in and want those victims of this syndicate to know more arrests are coming.

"No one should receive a letter in the mail saying they owe tens of thousands of dollars for a car they have never seen."

"I want to thank the businesses involved in this investigation for their outstanding cooperation. Thanks to them we have been able to prevent further innocent people from having their personal information caught up in this fraud. Det Supt Arbinja said.

Investigations under Strike Force Myddleton continue, and further arrests are expected.

DRINK DRIVING

A mum driving with her two young children failed a police road-side breath test in Castle Hill.

The 32-year-old was the first car pulled over for a RBT by police on Sunday, August 11th at 7.40pm on Windsor Rd Castle Hill.

The Kellyville woman returned a positive road side test and was arrested and taken to Castle Hill Police Station where she returned a blood alcohol reading of 0.140.

She was given a court attendance notice for mid range drink driving for Parramatta Local Court. Her licence was suspended on the spot and her children were collected by family members.

CRASH FOOTAGE APPEAL

Police have appealed for information and dashcam footage following a multi-vehicle crash in West Pennant Hills on Thursday, 15th August.

Officers attached to a specialist command attempted to stop a blue Subaru Impreza on Pennant Hills Road, West Pennant Hills at about 10.35am. The vehicle allegedly failed to stop and was involved in a crash with five other vehicles before the male driver ran from the scene.

No pursuit was initiated and there were no reports of injuries.

Officers attached to The Hills Police Area Command commenced an investigation into the circumstances surrounding the crash. Checks revealed the Impreza had been reported stolen from the state's north coast overnight. Police seized the vehicle for forensic examination.

Anyone with information or dashcam footage has been urged to call The Hills police or Crime Stoppers on 1800 333 000 or nsw.crimestoppers.com.au. Information is treated in strict confidence.

OPERATION SIDESTEP

Officers from Hawkesbury Police Area Command ran Operation SIDESTEP on Thursday 8th August assisted by Loss Prevention Officers from major retail stores.

The operation focused on preventing, disrupting and responding to retail theft, street offences, anti-social behaviour and road safety within the Hawkesbury area.

At the end of the day four people were fined for shoplifting, 1 person was charged, police also carried out 182 random breath/drug tests and issued 44 traffic infringement notices. There were also 13 inspections regarding the safe storage of firearms, 5 licensed premises business inspections and 15 bail compliance checks. Four people were searched and one person was given a move on direction.

HILLS ROTARY POLICE AWARDS

Excellence in Policing Awards

BY SOPHIE POREDOS

Hills police office, Acting Sergeant Alison Brown has been named The Hills Local Area Command's Field Operations Police Officer of the Year at a special awards dinner at Castle Hill.

Other major winners on the night were: Senior Constable Ethan West, Senior Constable Michael Barnes and Constable Michael Bransfield.

The Rotary Club of Castle Hill hosted the 12th Annual Police Officer of the Year Awards in partnership with the NSW Police Force at Castle Hill RSL.

Hills Area Police Commander Supt Naomi Moore said: "This year there were 23 finalists across four categories for the Police Officer of the Year Awards at The Hills PAC Awards night ... this is the greatest number of finalists seen for this command in recent years and strongly reflects not only the outstanding achievements of sworn and unsworn staff at The Hills but the importance placed on this very important event.

"As the Commander, I would like to thank Castle Hill Rotary for their support of The Hills PAC and this event and the Castle Hill RSL for providing the venue. I am incredibly proud of all 23 finalists for their consistent high levels of performance and commitment to the command and more importantly the community."

The prestigious dinner was facilitated by Castle Hill Rotary members including Outreach Board Member Sonja Simpson and former Castle Hill Rotary President and committee member, Terry O'Mara, who initiated the award ceremony in 2012.

Sonja Simpson, Castle Hill Rotary Member and the event's coordinator, expressed her passion for organising the award ceremony, believing it to be a motivational force for all to strive for excellence:

"I have been honoured and humbled to see the happiness and pride of recipients after receiving their award. I have also seen the heartfelt recognition and congratulations of the awardee by their colleagues, customers and community members, as well as a stated desire by their colleagues to be worthy of future awards".

Castle Hill Rotary President Juanita Ruiz introduced the ceremony, praising the service of the officers at the event and highlighting their alignment with Rotary's values:

"Today's awards celebrate the remarkable dedication, bravery and service of the police officers and unsworn employees of the High Police Command who have significantly contributed to our community's safety and wellbeing, going above and beyond the call of duty. We share many similarities and values including service above self, and it is an honour to be with so many like minded people tonight".

The 2024 Excellence in Policing Awards winners and finalists were:

Metropolitan NSW Field Operations Police Officer of the Year

• Acting Sergeant Alison Brown

Finalists: Senior Constable Krystle Mackie, Chief Inspector Jason McSweeney, Constable Scott Newman and Sergeant Sean Owen.

Rotary Community Award - Sworn/Unsworn

• Senior Constable Ethan West

Finalists: Angelese Arida, Senior Constable Stephanie Brown, Probationary Constable Darcie Donaldson, Constable Chang Liu and Acting Inspector Kaylene Wade.

Customer Service Excellence Award

• Senior Constable Michael Barnes

Finalists: Senior Constable Joshua Bitar, Senior Constable Shane Carne, Plain Clothes Senior Constable Joel Craig, Detective Senior Constable Andrew Klippert, Detective Chief Inspector Chris Laird.

Constable of the Year Award

• Constable Michael Bransfield

Finalists: Constable Whitney Batiste, Constable Madison Ellison, Constable Harrison Hair, Constable Jacinta Pluss and Constable Darcy Waymouth.

The Rotary NSW Police Officer of the Year Awards will be held in November this year.

Metropolitan NSW Field Operations Police Officer of the Year

Acting Sergeant Alison Brown commenced duties as a Probationary Constable at Redfern Police Station in January 2007.

"Her commitment and dedication to her role is obvious and her work ethic and relationships within the Command have greatly assisted in many of the investigative successes the Command has had in recent times. Despite her role within the Crime Prevention Unit she is the first officer out the door to assist with incidents at the nearby metro station or Castle Towers Shopping Centre frequently arresting offenders and providing direct support to General Duties officers. She is a role model to her peers and is very well respected within the Command.

Acting Sergeant Brown has taken over the chair of the Command Culture Action Group, she manages The Hills Relay 4 Life team and is an active supporter of all Command fundraiser initiatives.

Rotary Community Award – Sworn / Unsworn

Senior Constable Ethan West commenced duties as a Probationary Constable in December 2011 at Harbourside Police Area Command. He transferred into the Crime Prevention Officer

Alison Brown, Ethan West, Supt Naomi Moore, Juanita Ruiz, Michael Bransfield and Michael Barnes.

position at The Hills Police Area Command in 2018 and is currently performing duties as the Youth Liaison Officer.

"He has performed exceptionally in the role as Youth Liaison Officer, he is dedicated to crime prevention and consistently demonstrates his commitment to establishing positive relationships with the community. His dedication to improving youth and police relationships has a direct impact in reducing youth crime and recidivist offenders in The Hills PAC. He is innovative in his approach to fostering these relationships and diverting youth away from crime. Additionally, he leads the Love Bites Program, working in collaboration with other organisations to plan and coordinate delivery in local high schools, promoting respectful relationships. He is a true community leader who leads the "connected community" focus of

The Hills PAC each and every day."

Customer Service Excellence Award

Senior Constable Michael Barnes commenced duties in September 2000 as a Probationary Constable and transferred to The Hills Police Area Command in 2019 where he currently performs the role of the vulnerable person officer.

"The Hills PAC has one of the highest populations of elderly people in Sydney, making his work in this area invaluable. He is passionate in dealing with elder abuse, he is professional, caring, and provides assistance with problem solving and support, which was recently evidenced by his support of an elderly man with dementia and terminal cancer.

"His work in reducing frauds in the elderly community is to be commended. He regularly conducts presentations to both residents and staff of Nursing Homes and Retirement Villages throughout the Command."

Constable of the Year Award

Constable Michael Bransfield commenced duties on 8th October 2021 at The Hills Police Area Command. He is always respectful, enthusiastic, and professional. He has been recognised on several occasions by his peers, supervisors, and members of the public for the high-level service he provides. He is a role model to others and holistically a very capable and dependable officer.

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LOCAL GOVT ELECTIONS 2024

SATURDAY, 14TH SEPTEMBER

BY BEV JORDAN

Hills residents will have the opportunity to vote for a new Mayor at the Hills Shire Council Elections on Saturday, September 14th with three candidates nominating for the top spot.

Current Greens Councillor and local vet Dr Mila Kasby has gained the number 1 position on the ticket after the ballot draw on Thursday 15th August.

Second spot in the draw was won by former Mayor Liberal Dr Michelle Byrne, leaving the third spot on the ticket to Labor's Immanuel Selvaraj.

Dr Byrne won Liberal pre-selection by 15 votes over current Mayor Dr Peter Gangemi who will stay on as Hills Mayor until after the election result is ratified by council which could be at the end of September or early in October.

The Mayor at Hawkesbury City Council is elected by councillors rather than residents and will be elected at a special council meeting in late September or October.

The Electoral Commission closed nominations for the Local Government elections at noon on Wednesday 14th August and ballots were held at each Electoral Office on Thursday to determine which order candidates will appear on the ballot paper.

The Hills Shire Council is divided into wards and residents can ONLY vote in their wards on election day, Saturday, September 14th. You can find out which Ward you are in on the NSW Electoral Commission website at elections.nsw.gov.au

The following are the candidates for each Hills Shire Ward listed in the order they will appear on the Ballot paper following Thursday's draw by the area's Electoral Returning Officer. There are 33 candidates vying for 12 seats in the Hills Shire Council election.

** Denotes sitting councillor.*

NORTH WARD Candidates:

- GROUP A Labor:** Dilvan Bircan, Bassam Sheikh and Kaitlyn Farquhar
- GROUP B The Greens:** *Mila Kasby, Vida Shahamat and Rebecca Oliveira
- GROUP C Liberal:** *Mitchell Blue, Jacob Jackson and Brooke Collins

CENTRAL WARD Candidates:

- GROUP A Liberal:** *Reena Jethi, *Jerome Cox and Manjula Viswanath
- GROUP B Labor:** Tina Cartwright, Gurdip Singh and Cheung Chai
- GROUP C The Greens:** Danielle Packer, Samuel Hughes and Seyed Hosseinipour.

IMMANUEL SELVARAJ

DR MILA KASBY

DR MICHELLE BYRNE

WEST WARD Candidates

- GROUP A Labor:** Immanuel Selvaraj, Sook Lee and Lachlan Newland
- GROUP B Liberal:** *Frank De Masi, *Rosemarie Boneham and Trent Richmond.

EAST WARD Candidates

- GROUP A Labor:** Evgeniya Grevtseva, Andrew Punch and Senthil Sundararajan
- GROUP B The Greens:** Suzannah McDonald, Catherine Woolnough, Tian Wong See
- GROUP C Liberal:** Samuel Uno, Alan Haselden and Leo Wei.

Three councillors will be voted on to represent each ward at Hills Shire Council meaning 12 representatives on council plus the popularly elected Mayor. Interestingly none of the sitting Labor Councillors will be returning to contest their seats and four former Liberal councillors are hoping to return following a bitter pre-selection battle ahead of the 2021 election which saw them fail to be endorsed by Liberal State head office.

Hawkesbury City Council does not have a divided council (ie a ward system) as all councillors represent the entire area.

There are 10 groups with a total of 62 candidates in the election for the 12 seats on Hawkesbury City Council. With so many candidates we have only listed the top 3 in each group in the order they will appear on the ballot paper. To see full list visit of candidates visit elections.nsw.gov.au

** Denotes sitting councillor.*

- GROUP A: The Greens:** *Danielle Wheeler, Allister Claasz, Matilda Julian
- GROUP B: Independent:** *Mary Lyons-Buckett, Thomas Aczel, Emma-Jane Garrow
- GROUP C: Labor:** *Amanda Kotlash, Wendy Davies, Simon Griffin
- GROUP D: Independent:** *Les Sheather, Andrew Cadman, Kristine Waters
- GROUP E: Independent:** Robert Gribbin, Melissa Crane, Lynette Brand
- GROUP F: Shooters, Fishers and Farmers:** *Shane Djuric, Bradley McGregor, Brooke Djuric
- GROUP G: Independent:** Angela Maguire, Meera Webster, Melanie Carr
- GROUP H: Independent:** *Nathan Zamprogno, Donna Pellew, David Ball
- GROUP I: Liberals:** *Sarah McMahon, Mike Creed, *Jill Reardon

- GROUP J: The Small Business Party:**
*Eddie Dogramaci, Rodney Galea, Peter Muscat

Current Deputy Mayor Barry Calvert will not be running for the Labor Party and former Liberal Mayor Patrick Conolly has also decided not to run. Current councillor Paul Veigel is on fourth spot on the Liberal ticket.

To find out who all your candidates are visit <https://elections.nsw.gov.au/> You can also check your enrolment details on the site and update your details. It is important to note that there will be pre-polling available before the election but residents can only vote in the ward they live in on election day. You can check your ward and voting site on the Electoral Commission website. Voting is compulsory.

Applications for Postal voting close at 5pm Monday, 9th September.

Pre-poll voting is available from Saturday, 7th September to Friday, 13th September 2024 (excluding Sunday) for eligible electors.

Pre-polling booths for the Hills Shire will be held at:

- Wrights Road Community Centre, Kellyville
- Castle Hill Cultural Centre - The Rebellion Room (underneath Castle Hill Library)
- The Hills Returning Officer's Office - 15Z Conie Avenue, Baulkham Hills (Community Centre)

All will be open Saturday 7th September to Friday 13th September

- Mon - Wed: 8.30am - 5.30pm
- Thu: 8.30am - 8pm
- Fri: 8.30am - 6pm
- Sat: 9am - 6pm.

Pre-polling booths for Hawkesbury City Council will be held at:

- Richmond School of Arts - 26 West Market Street, Richmond
- Deerubbin Centre Stan Stevens Studio - 300 George Street, Windsor

All will be open Saturday 7th September to Friday 13th September

- Mon - Wed: 8.30am - 5.30pm
- Thu: 8.30am - 8pm
- Fri: 8.30am - 6pm
- Sat: 9am - 6pm.

Safer Roads Funding

People living in and around Hawkesbury will have a safer trip home due to more than \$3.6 million in Federal Government funding to improve 5 known crash sites under the 2024–25 Black Spot Program.

The Blackspot Program will fund \$730,000 of safety improvements to Old Pitt Town Road at Oakville, installing curve alignment markers, flexible barriers on the roadside, motorcycle underrun on existing semi-rigid barrier and guideposts with reflectors and improving the sealed shoulder.

The Black Spot Program funds a range of safety measures at locations where serious crashes have occurred, or are at risk of occurring.

Other local black spot sites receiving funding are this round are:

- **Hanckel Road, Oakville:** \$530,000 to install a motorcycle underrun, guideposts with reflectors, raised islands with additional stop, a flexible barrier on the roadside and money to remove sight distance restrictions at intersection.
- **Tennyson Road, Tennyson:** \$900,000 to install a flexible barrier on roadside, guideposts with

reflectors, curve alignment markers and motorcycle underrun on existing semi-rigid barrier.

- **Spinks Road, Freemans Reach:** \$780,000 for a motorcycle underrun, curve alignment markers, raised islands with additional stop, a flexible barrier on roadside and guideposts with reflectors. This funding will also be used to seal a section of the shoulder of Spinks Rd.
- **Freemans Reach Road:** \$680,000 for audio-tactile centre line, curve alignment markers, guideposts with reflectors and flexible barrier on roadside and a motorcycle underrun on existing semi-rigid barrier and mark barrier line.

The Australian Government has substantially increased Black Spot Program funding, which is progressively rising from \$110 million to \$150 million per year.



Federal Member for Macquarie, Susan Templeman MP said: "At these locations we've seen a high number of incidents. I know there is more work to be done to improve the safety of Hawkesbury roads and encourage anyone who knows of a dangerous road location near them to consider submitting a nomination for future funding rounds."

"Road safety, of course, is a shared responsibility, and this is a timely reminder to be extra vigilant and to slow down on the roads so everyone can get home safely from every journey."

For more information on the Black Spot Program, to nominate a black spot and for the full list of NSW recipients visit : *Black Spot Program | Infrastructure Investment Program.*



Live well with Dementia and Younger Onset Dementia

Come to a community event to hear experiences and connect with support services.

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SPEAKERS:

- Maree White – Nepean Blue Mountains Local Health District
- Diane Cross – Anglicare
- Maree Fayne – Peppercorn Services
- Occupational therapist – Nepean Blue Mountains Local Health District

Thursday 12 September 2024 6pm–8.30pm DINNER PROVIDED
Windsor RSL 36 Argyle St, South Windsor

Register online nbmphn.com.au/DementiaEvent or call **4708 8100**
by Thursday 5 September 2024

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ROUSE HILL HOSPITAL

Community information sessions

You're invited to join us at our upcoming information sessions to learn more about the new Rouse Hill Hospital Development.

It's part of our commitment to keep our local community informed and involved in the project planning, design, and delivery processes.

Saturday 24 August | 11.00am - 1.00pm
Galungara Reserve, Farmland Drive, Schofields

Wednesday 28 August | 12 midday - 2.00pm
Westmead Hospital, Entrance 4

Wednesday 28 August | 4.00pm - 6.00pm
Vinegar Hill Memorial Library, Rouse Hill,
Nina Perry room

Tuesday 3 September | 10.00am - 2.00pm
Castle Towers, near Coles

Sunday 8 September | 10.00am - 4.00pm
Sydney Boutique Markets, Rouse Hill Town Centre

Thursday 12 September | 1.00pm - 3.00pm
Blacktown Hospital, Hospital Street, outside
of Gloria Jeans

Find out more: rousehillhospital.health.nsw.gov.au

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The Hills Winter Sleepout 2024

BY SOPHIE POREDOS

In honour of National Homelessness Awareness Month, Bella Vista Farm hosted its 11th annual Hills Winter Sleepout, raising funds and awareness for homeless individuals and victims of domestic violence in the Hills.

According to the 2021 census, approximately 122,000 individuals experience homelessness every day across Sydney. This appears in various forms such as couch surfing, living in crisis accommodation and sleeping rough. With the sharp increase of cost of living, and rising unemployment rates, the rate of homelessness is not just affecting Sydney's residents; it's a growing concern within the Hills Shire Council. Vulnerable members of our community are living in improvised dwellings and squatted accommodation, often fleeing domestic violence situations.

Mici Beer, Executive Officer and Program Director of the Hills Community Aid, has over 25 years experience in the community sector. Whilst the Hills Shire Council does not have a large population of people sleeping rough, Mici spoke of the emerging category, 'The Working Poor' and the hidden couch-surfers within our own community:

"In the past year, Hills Community Aid has had a 47% increase in the number of people who have presented as homeless. We can see it's a growing issue. Homeless Australia reported that in 2023, 76,000 children under the

age of 18 sought help from homeless support services nationally. However, 19,800 of those children were turned away from these resources due to a lack of support - this needs to change".

However, the Hills Winter Sleepout is here to support our most vulnerable and improve their living conditions. On the 17th of August, the Sleepout held its 11th annual event, bringing the community together to experience one night of sleeping rough. The Hills Winter Sleepout raises funds for Hills Community Aid (HCA), specifically for their Homeless Prevention Initiative, which provides services such as crisis accommodation and rental/bond support for those experiencing financial hardship.

Through the generous donations from the Hills Winter Sleepout, over \$350,000 has been raised in previous years, helping hundreds of vulnerable locals who were facing the terrifying reality of being homeless.

Michelle Byrne, former Mayor and founder of the event, started the mission in 2014 to address misconceptions of homelessness in the Hills. During her speech, she noted the rise of domestic violence in the Hills and encouraged families to access the wonderful services offered by the Hills Community Aid:

"We started this Sleepout because we wanted to raise awareness of homelessness and its causes in the Hills. In 2014, people didn't believe that homelessness existed in the Hills and that's simply not true. We know that tonight, there are women and children who are sleeping in their cars. We know that there are people who are employed but cannot afford rent. Occasionally we do have rough sleepers in the Hills, but they are very well hidden. Over the last 11 years, we have raised \$350,000 and what is special about the sleepout is that it's a very different event, we get to meet our community and the people around us on a greater level".

Reverend Bill Crews is also passionate about homelessness prevention through The Rev. Bill Crews Foundation. His advocacy spans over 50 years and includes his 'Loaves and Fishes' restaurant, which distributes half a million meals a year. At the event, Reverend Bill spoke of the importance in recognising the homeless community as part of our humanity: "We see a lot of people at our meal services who say to our volunteers, 'I never thought I'd be here'. But I don't think there is as much hope as there is right now. Homeless people here are just the same as homeless people in Sydney - there's a family of homelessness, just like there's a community of us. We are all interconnected - all those people that are on the streets now are in lots of ways, our brothers and sisters".

At the event, Norwest Sunrise Rotary Club provided much-needed respite throughout the night with a BBQ dinner and hot bacon and egg rolls the next morning - a much kinder reality for us than those experiencing homelessness. Hills Daily Grind, an initiative and fundraiser for Hills Community Aid, generously provided participants with bakery goods and coffees late into the night and early the next morning. This year, Vidzero also joined the Hills Winter Sleepout to film a pro-bono advertisement as part of their initiative of: '100 videos for 100 charities'.

Any one of us is only a few paychecks away from being Homeless. If this story speaks to you, The Hills Winter Sleepout is still accepting donations. You can choose the amount you wish to donate, with donations over \$2 tax deductible. Our team raised almost \$400 for the event and you can donate to our page by searching for the 'The Hills Winter Sleepout August 2024' online.

If you find yourself experiencing financial hardship, the incredibly kind HCA staff at 390 Windsor Road, Baulkham Hills, are available to offer support including rent or bond assistance and emergency relief such as food stamps and petrol vouchers. They are open Monday to Friday from 9:30 am to 2 pm. If this story has raised any concerns, you can contact the 24/7 National Domestic Violence hotline at 1800 737 732.



DV NETWORK LOOKS AHEAD

The Hills Domestic Violence Prevention Network is looking to the future after more than 30 years of support and advocacy in the area.

At its recent AGM it elected a new executive team for 2024 with Anita Fisher from Hills Community Aid and Uma Menon from KNC sharing the role as convenors. Tara Gleig and Upala Sunthakar are taking on the role as the HDVPN secretary for the year. Treasurer is Aurelia Rahman and Publicity Officer is Pratibha Bhanushali.



TARA GLEIG



HDVPN new executive: Upala Sunthakar, Uma Menon, Anita Fisher, Pratibha Bhanushali, Aurelia Rahman.

MISSION STATEMENT: The core mission of HDVPN is to raise awareness and reduce the incidence of domestic violence in the Hills Shire. The network's efforts have led to significant strides in making the community safer and more informed. By hosting annual forums and events, HDVPN ensures that domestic violence remains a visible and urgent issue, particularly focusing on educating the younger generation.

Uma Menon said: "The HDVPN has been instrumental in bringing together the local community, community organisations, service providers, institutions, and the local police to create a united front to prevent and stop domestic violence for over 30 years.

"The network has worked to raise awareness on domestic violence through educational and interactive annual forums and community outreach. Members meet every month at the Hills Shire Council to share information and discuss current trends of domestic and family violence in the area."

Anita Fisher said: "One notable achievement over the past year was the development of a Poster Awareness Campaign in The Hills Shire, which was a collaboration between the HDVPN, The Hills Shire Council and The Hills Area Police Command. Posters were created and placed strategically on the toilet doors of toilets in Rouse Hill Shopping Centre as well as changeable electronic street signs across The Hills Shire."

UPCOMING EVENTS:

The Hills Domestic Violence Prevention Network (HDVPN) Coercive Control Forum will be held on 18th September: The free Forum will discuss coercive control at a practical level for the community as well as community services and frontline workers. There will be panel discussions, case studies and interactive Q&A.

Time: 11:30 am to 3pm at Rebellion Room, Castle Hill, Cultural Centre (underneath Castle Hill Library). You can register online : <https://24HDVPNCCForum.eventbrite.com.au>. The Keynote Speaker will be Paula Smith, Domestic, Family and Sexual Violence Expert

Panellists:

- Ann Emmanuel, Principal Solicitor, Immigration Advice and Rights Centre
- Sue Advani, President of SEVA International Inc and Board of Immigration Women's Speakout Association
- Western Sydney Community Legal Centre (WSCLC)

Parent Forum - 22nd October 2024: Aimed at parents and guardians, this forum will provide crucial information on recognising signs of domestic violence and how to support those affected. **Hills Says No to DV - 29th November 2024.**

If you are interested in attending the free DV Forum on 18th September visit <https://24HDVPNCCForum.eventbrite.com.au> For enquiries email: hillsdvnetwork@gmail.com

GET BUSHFIRE READY!

Unprecedented fire conditions in Europe and North America indicate that our next summer in Australia is going to be brutal. Winter rains have meant delays in backburning and have led to an excessive build-up of undergrowth. Aussie Pumps is urging people in our rural Hills and Hawkesbury communities to get prepared now!

The Norwest based company has produced and printed a Bushfire Survival Guide, available free to all residents. The Guide assists locals in working out their bushfire survival plans. It covers the essentials of bushfire protection with equipment checklists, a pump selection guide and maintenance checks. It also includes advice on how to minimise the risk to animals, troubleshooting self-priming pumps and refers to the new National Fire Rating system.

A quality firefighting pump and adequate water source are key to protecting property. Aussie Pumps introduced their Fire Chief, a lightweight portable fire pump, over 30 years ago. It has been a huge success and is now regarded as the best self priming fire pump of its class. It delivers extraordinary performance, offers by far the best value for money and is backed up by a five year warranty.

Contact your local Hills and Hawkesbury based Gold Distributor for advice and assistance with pump selection, and for your free copy of the Aussie Bushfire Survival Guide. Find their details online at aussiepumps.com.au.



Aussie's FREE "Bushfire Survival Guide" available from your local Gold Distributor.

COMMUNITY Groups

THE HILLS DISTRICT HISTORICAL SOCIETY INC.

The aim of the HDHS is to preserve the built and written heritage of the Hills Area. Our Museum houses a collection of artefacts sourced from the area plus extensive photo collections of days past. The exhibits are displayed thematically.

Our Museum is located at Building 10, Balcombe Heights Estate, 92 Seven Hills Rd, Baulkham Hills and opens on the 1st and 3rd Saturday of each month 12.00pm to 4pm and new volunteers are welcome.

The Society meets at 7pm on the 4th Monday of each month.

Contact our Secretary Pam Wilson 0474 204 080 or pam.wilson52@gmail.com

HAWKESBURY COMBINED PROBUS GROUP INC.

Meets at 10.30 am on the Third Monday of each month at The Richmond Club, Richmond. Membership Officer: Sharyn Thompson 0407 227 268 Email: membership.hcpc@gmail.com

SEPTEMBER:

The Month of Citrus and the Orange Blossom Festival

BY SOPHIE POREDOS

The Hill Shire Council's largest event of the year is back, showcasing what the Hills have to offer through a fun-filled parade and a new foodie event at Wisemans Ferry.

With a rich history in citrus, the Hills District was established as the first commercial provider of oranges in the 1800s, thanks to its suitability for growing citrus and stone fruit. As the festival name suggests, the first 'Orange Blossom Festival' began in 1957 when Councillor Eric Mobbs suggested that the Hills Shire Council should host a garden competition to showcase their beautiful neighbourhoods. Over time this event evolved into a Garden Competition and

Festival in 1969, with a celebratory Parade winding through Castle Hill's main street to Whitling Park. Forty years later, the OBF has transformed into a month-long celebration of the Shire's achievements and leaders, including ways in which locals can get involved in their community.

Here are the three major Orange Blossom Festivities happening during the month of September.

OBF NIGHT MARKETS (7TH OF SEPTEMBER 2024)

The Orange Blossom Festival will kick-start with the OBF Night Markets, held in conjunction with Aussie Night Markets. Visitors will be able to indulge in some amazing entertainment and food trucks on offer, including a variety of sweet treats.

Held at Hills Showground, festival-goers can expect a family-friendly event for all ages including foods, rides and free entertainment, such as DJ's and the acrobatic Dauntless Movement Crew.

Award-winning Australian artist Emma Memma, known as Emma Wiggle, will also be performing at 4:25pm on the main stage, bringing a fun and energetic show for her young audience:

"I'm so excited to be back in The Hills Shire for OBF 2024 and twirl with everyone alongside

my dear friend, BB Butterfly! There will be lots of dancing, singing and sign language and we can't wait for all the children to join us".

The event will be held at Castle Hill Showground on Saturday the 7th of September from 3 pm to 9 pm, concluding with a fantastic firework show. Organisers of the event suggest travelling to the event via Sydney Metro or bus network with access directly to the showground.



Night Markets Foodie Friends
Source OBF Night Markets.

OBF TASTE OF WISEMANS (29TH OF SEPTEMBER 2024)

Nestled in the heart of Wisemans Ferry near the Hawkesbury River, an exciting new endeavour has been created for this year's OBF. The aptly named 'foodie event', will be appearing at Wisemans Ferry Park, showcasing the region's best produce and spirits.

Whilst Wisemans Ferry can often be overlooked within the Shire, locals and visitors alike will be able to enjoy burgers, cocktail slushies and craft beers amongst other culinary delights. Live entertainment will also be present, creating an inviting atmosphere near one of NSW's oldest ferry crossings!

Attendees can also enjoy acoustic performances and roving performers, as well as free activities such as a circus-themed playground, cupcake decorating sessions for the first 500 kids, a petting zoo, face painting, and art activities for the whole family.

The Ferry Artists, a local volunteer-run art gallery, are offering free art sessions for children and adults on the day. Carol Gill, President of the Ferry Artists Gallery, sees the OBF Taste of Wisemans as

a chance for the community to come together and celebrate after years of hardship:

"Our isolated community has suffered deeply in the last few years, with a run of natural and infrastructure disasters that have had a profound impact. However, our community is strong, and there is so much it has to offer. The OBF Taste of Wisemans event will be a fun and exciting way to showcase what The Ferry Artists do within the community and raise awareness about our Gallery".

The event will be held at Wisemans Ferry Park on Sunday the 29th of September, 10 am to 3 pm. Parking is available at the Wisemans Ferry Boat Ramp Car Park, a two-minute walk from Wisemans Ferry Park and will cost \$6 for the day.

Mayor Gangemi featured alongside local businesses including local volunteer-run art gallery, the Ferry Artists.



Bluey and Bingo are excited to perform and meet all their little fans!

OBF PARADE (21ST OF SEPTEMBER 2024)

The annual parade is returning to Rouse Hill Town Centre, bringing community entertainers and performers, as well as the beloved children's characters, Bluey and her little sister Bingo.

The event will begin at 11 am, featuring hundreds of musicians, dancers, acrobats and performers from groups marching down the Main Street including the Hills District Pipe Band, The Hills SES Unit and the Millennium Marching Band. Free face painting, a Sensory Space in the Secret Garden and a potting workshop will also be available for the young ones, who can also look forward to 'Bluey's Live Interactive Experience'.

Dr Peter Gangemi looks forward to the Parade every year, and recognises it as an opportunity for exposure of local artists and community groups:

"The OBF Parade is a wonderful Hills Shire tradition that returned in 2023 with a modern twist, showcasing local dancers, musicians, performers and community groups for a day of family fun. The 2024 edition will be bigger and better than ever, and Hills residents and visitors are invited to enjoy a wonderful day of family fun at Rouse Hill Town Centre" Mayor Gangemi said.

The event will be held at Rouse Hill Town Centre on Saturday the 21st of September 2024 from 11 am to 4 pm. The main streets of the Town Centre may be affected by the parade so visitors are encouraged to travel the Metro or bus network.





OBF NIGHT MARKETS

3pm – 9pm
Sat 7 September
Castle Hill Showground

OBF PARADE

11am – 4pm
Sat 21 September
Rouse Hill Town Centre

OBF TASTE OF WISEMANS

10am – 3pm
Sun 29 September
Wisemans Ferry Park



SCAN QR CODE

www.orangeblossomfestival.com.au



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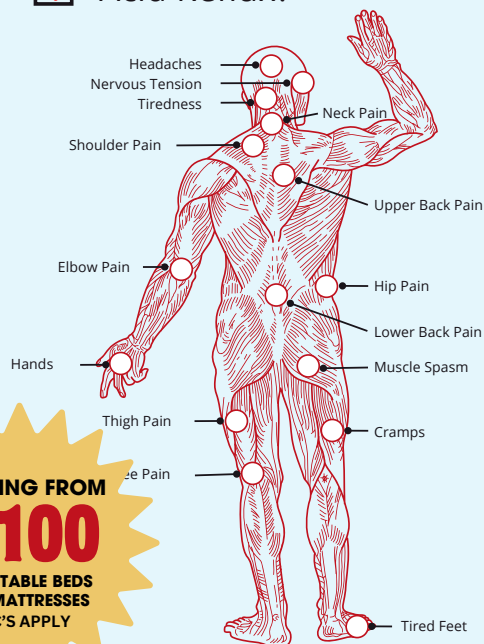
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'Mini City' Plan Plea

Hills Shire Council has officially submitted its feedback on the proposed "mini city" development at Bella Vista and Kellyville Metro Stations, urging the NSW Government to reconsider its "rushed plans".

At the recent council meeting on 13th August, Hills Shire councillors unanimously backed a submission to the NSW Department of Planning, Housing, and Infrastructure, raising significant concerns about the proposed rezoning of land around the Kellyville and Bella Vista Metro Stations.

The submission was prompted by the Department's exhibition of its Transport Oriented Development (TOD) plan for the Bella Vista and Kellyville Metro Stations, which close for public comment today, Friday, August 23.

Council's submission highlights what it calls "serious issues" with the proposal, including inadequate infrastructure, insufficient road upgrades, environmental impacts, and increased flooding risks.

It maintains that if the plans are approved, they would create the capacity for 100,000 additional people ... more than some of Sydney's Local Government Areas.

Key concerns outlined by Council include:

- **Traffic:** The plan fails to account for the contribution of the arterial road network to regional traffic and productivity.
- **Public Transport:** Council calls for more bus services, additional commuter parking spaces,

and bus priority measures to improve access to Metro stations.

- **Open Space and Community Facilities:** The plan provides insufficient funding for social infrastructure. All residents should have access to a local park within 400 metres, and the area needs more than a dozen new playing fields. The additional community centre and library space must also be funded.
- **Schools:** Despite plans to further upzone the land to accommodate an additional 43,000 residents, no new school sites have been identified.
- **Flooding Risks:** The area near Elizabeth Macarthur Creek is prone to flooding.
- **Growth Distribution:** Of the 47,800 additional dwellings planned across eight TOD Accelerated Precincts, 43% are concentrated in just two precincts, including Bella Vista and Kellyville.
- **Employment Land Use:** Council insists that rezoning must preserve the area's job capacity and employment potential. Old Windsor Road will struggle to support the incoming population without significant upgrades.
- **Built Form and Scale:** Further urban design analysis is needed to assess the impacts on the Elizabeth Macarthur Creek corridor and nearby low-density areas.
- **Ecologically Sustainable Development:** An updated flora and fauna study is required to consider potential heritage and ecological impacts before finalising the rezoning.
- **Building Certification:** Council highlighted ongoing issues with private certification,



which have led to significant defects in some developments.

- **Emergency Services:** The NSW Government should honour its commitment to secure a site for a future SES headquarters within the Bella Vista-Kellyville Metro corridor. The plan lacks provisions for Fire & Rescue, Police, or local courts to service the new population.

Hills Shire Council's General Manager, Michael Edgar, said: "Unless revised, these plans will leave our current and future residents with a precinct that feels overdeveloped and inadequate, leading to widespread dissatisfaction.

"Our submission reflects Council's deep concerns about the impacts of an additional 100,000 residents in these precincts, on top of the current population.

"While we recognise the urgency of addressing the housing crisis, rushing these plans through without proper assessment and infrastructure will lead to a quality-of-life crisis."

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Solace Sleep's team is passionate about restoring Australian's quality of sleep, and helping transform their lives, one night's rest at a time. If you have any questions regarding the products or simply want some guidance on your adjustable bed journey, please contact Solace Sleep via email or phone call and the team will be more than happy to assist. Find us at our pop-up stand at Nepean Shopping Village.

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out and about
with **MICHELLE BYRNE**

Rouse Hill Regional Park

Rouse Hill Regional Park is a hidden gem in the Hills and Hawkesbury region and it only takes one visit to discover why it is so popular amongst those who know it exists. The park offers a fun day out for all with a slice of living history thrown in.

The heart of Rouse Hill Regional Park is the playground from which walking trails and tracks radiate from. The playground aesthetically fits in with the grassland and remnant Cumberland Woodland setting with a yarning circle to sit and share stories, playhouses, slippery dips, swings, climbing frames, a flying fox, a life-size maze to solve and an inground merry-go-round.

When the kids have finished in the playground there is plenty of open space to kick a ball as well as paths to cycle or skate on. Rouse Hill Regional Park also offers two walking tracks. The first is the Second Ponds Creek Walk that takes you through grassland and remnant Cumberland woodlands past the Second Creek Pond offering a chance to get close to nature and to enjoy the peace and tranquillity that comes with it.



The second walk, The Rouse Hill Estate Walk, offers a glimpse into the history of Rouse Hill. The walk takes you past the grounds of the Old Rouse Hill House and Farm which was home to Richard Rouse, a public servant and grazier followed by his descendants up until the 1980's. It is now maintained by the Museums of History NSW. For us the most exciting part as we looked through the fence at the Old Rouse Hill House, the outbuildings, stables and historic gardens was seeing the cows including some tiny calves. If you time up your visit to the Rouse Hill Regional Park well, you may also get a tour of Rouse Hill House and Farm at the same time which is so worth it!

Rouse Hill Regional Park is an excellent place to celebrate birthdays, special occasions or to gather with family and friends. There is plenty of picnic areas and BBQs surrounded by plenty of open space as well as the opportunity to hire the Fibrosa and Crebra Pavilions for all occasions.

For a fun day out with family and friends, for a place to ride your bike or scooter or to go for a walk or run, then Rouse Hill Regional Park is a great place to visit. Our family loves this hidden gem and I am sure your family will as well.

For more information on Rouse Hill Regional Park go to www.nationalparks.nsw.gov.au/visit-a-park/parks/rouse-hill-regional-park

ROUSE HILL REGIONAL PARK

For park information
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Permaculture Hawkesbury Valley Inc.

BY KIRSTY BERTÈ

Exciting Programs for All Ages at The Permaculture Education Garden

Located within the Australiana Pioneer Village in Wilberforce, Permaculture Hawkesbury Valley Inc. provides a variety of term-based and school holiday programs for children aged 2-15 years. Also adult workshops are on offer focusing on self-reliance and sustainable living. Additionally, schools, childcare centres, disability and aged care facilities can book programs tailored to be implemented on-site.

Educational Programs for Kids

Pre-K, homeschooling, and school holiday programs engage young learners with hands-on activities that introduce them to permaculture principles. Children can interact with friendly animals—chickens, ducks, goats, and our newest baby goats—while learning about nature, food growing, and sustainable living. These programs nurture curiosity and teach essential life skills, helping children form a meaningful connection to the environment.

Adult Workshops

For adults interested in deepening their knowledge of self-reliance, practical workshops are conducted on topics like Home Canning and Preserving, Wild Fermentation, Wild Mushroom Foraging, Olive Curing, Sourdough Baking, Permaculture Gardening and more.

Community and Connection

Permaculture Hawkesbury Valley Inc. is more than an educational hub; it's a vibrant community of individuals passionate about permaculture, sustainability, and self-reliance. Programs cater to both children and adults, providing enriching activities and valuable skills. Through Hawkesbury Veggie Barter barter and trade are facilitated, enhancing food security in the community.

Join the team at Permaculture Garden in Wilberforce or book a tailored program to be held at your location. Connect with nature, learn valuable skills, and become part of a supportive community dedicated to sustainable living and food security.



For more information or to book a program, visit our Eventbrite page <https://www.eventbrite.com.au/o/permaculture-hawkesbury-valley-inc-28531531393>, our Facebook page <http://www.facebook.com/permaculturehawkesburyvalley> or contact us at permaculturehawkesburyvalley@gmail.com.

Permaculture Hawkesbury Valley Inc. is a non-profit organisation dedicated to promoting sustainable living, self-reliance, and food security through education, community involvement, and hands-on experiences.



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Street Speak celebrates urban art, skating, and local youth artists

The Clarendon skate park was abuzz with activity, with over 250 local young artists and supporters showing up for a pop-up celebration as part of the Street Speak urban art project on Sunday, 11 August.

The skate park, which had recently received a colourful upgrade, was the centre of the street art celebration. It played host to local youths and families with food and drinks, as well as skate workshops led by The Totem Collective.

Winners of the Street Speak competition, launched in May this year, were presented with \$5,000 prizes and were given the chance to work with and learn from professional artists Mark Wilson from Redherring Arts and Cameron Marbus from Aerosol Obsessions, producing three large murals showcasing their new graffiti art skills.

The winners were:

- Colo High School,
- Merana Aboriginal Community Association for the Hawkesbury,
- Kuyper Christian School,
- RuffTRACK,
- Bligh Park Community Services.

The Street Speak competition's winning artworks are currently on display in the Young Adult Section at Hawkesbury Central Library.

Meagan Ang, the Hawkesbury City Council Director of City Planning, said the pop-up celebration was a "wonderful success."

"It was a busy and very interactive day for kids and parents alike. Many kids didn't want to go home, they just wanted to keep skating and honing their skills," Meagan said. "The way our local young people and partner organisations embraced the Street Speak project really demonstrates how activities and opportunities like this are so important in building and nurturing a healthy and vibrant community."

Stencil artist Mark Wilson, also known as Redherring, paired with fellow artist Cameron Marbus to run the art workshops on the day with the winners.

"What a great experience it was teaching kids how to stencil using spray as part of the

Cameron Marbus from Aerosol Obsessions teaching a young urban artist.

Hawkesbury Street Speak Project. Thank you to Hawkesbury City Council for the opportunity to be part of the program," Mark Wilson said.

Mark has been known as Redherring since high school and has been doing art all his life, but he said he only became serious about it in the last six years.

"When I started painting, it felt natural to use the name Redherring to sign my work. The name is part of my history, and I like that a red herring is something that misleads or distracts intentionally."

"I was inspired by Kirpy and E.L.K. (Luke Cornish) who have both had work in the Archibald Prize. I am not a graffiti artist, but I do like graffiti and street art and it is what inspired me to be an artist."

When asked about if the perception of graffiti art is slowly changing in the local community, Mark said:



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"I think that depends on what you classify graffiti as. Murals and street art are mostly accepted these days whereas tagging, I think, is still one of those art forms that is misunderstood."

To Mark, events such as Street Speak give youth a place to learn, practice, connect and have fun.

"It would be great to open a few sites up around the Hawkesbury for artists to use as graffiti walls et cetera."

"I would encourage artists to explore their creativity and express themselves in a way that is both artistic and respectful. Remember, graffiti is a form of art, and like any art form, it requires skill, practice, and a deep appreciation for the craft. Make your art in a safe space and make it count."

Mark won the First Prize as a Local District Artist at this year's Hawkesbury Agricultural Show and was a Jenny Birt Painting Prize finalist. He also participated in Group and Solo shows such as Royal Easter Show, and Political Pop! He is volunteering at the Ferry Artists Gallery and Macquarie Town Arts Society.

Cameron, a local South Windsor artist and TAFE teacher, seeks to change the public's view on graffiti art. With his 27 years of experience, Cameron acknowledged that the perception of graffiti and tagging is slowly changing for the better.

"I don't blame anyone for thinking what they do about graffiti, until they've met someone like me where I can kind of shake that grey area away."

Years ago, the public thought we were all the same. It's been a hard 10-15 years, but my friends and I have all grown up here and believe that going around doing these free murals has really shifted the perception. Now, people come up to us and compliment our work, even offering free cold drinks!"

Cameron shared with **Hills to Hawkesbury Community News** about a free mural he made with his friends Paul Zoeller from Paul.Riot and Andrew.

"I live local and I've always seen the wall and asked Allen, the owner of Foodworks, do you mind if we do something for free? It was a great Easter weekend, we spent the whole thing laughing and doing what we love. That's something that money can't put a price on," he said.

In 2023, he and his friends also revitalised the Heritage Water Tank along the Windsor promenade in conjunction with the Windsor Rotary Club, combining iconic symbols of Windsor's rich agriculture and a sense of youth culture to the historical area.

Cameron and Mark are both looking to change the narrative of urban artists and use events such as 'Street Speak' to create safe environments for the youth to practise and express their art.

The Street Speak project was funded by the NSW Government under the Graffiti Management Grant Application (Western Sydney).



Skate Workshops in action at The Street Speak Event.



Clarendon Skate Park was in full use on the day!

Open Day at Bella Vista Farm

PUT THIS IN YOUR DIARY!



WHAT	Open Day
WHEN	Sunday 1st September (Father's Day)
TIME	9am-2pm
WHERE	Bella Vista Farm Corner of Elizabeth Macarthur Drive and Norwest Boulevard, Bella Vista

Scrumptious Sausage sizzle (onions and home made chilli jam) • Devonshire teas that melt in your mouth
Melodic music in the grounds • Tours of the house (gold coin donation)
Trash and treasure stall filled with gifts - start your Xmas shopping early! Plants for sale.

*A beautiful ambience surrounds this historic homestead.
Always a friendly welcome to greet you - it's a great way to spend a Sunday.*

Metro transport is a short walk from the Farm.

Welcome in Spring with the Secret Garden's Scarecrow Fair

BY SOPHIE POREDOS

The Scarecrow Spring Fair is back on again this year on Saturday the 14th of September at The Secret Garden & Nursery. Visitors can expect a fun-filled day out featuring farmyard animals, artisan market stalls and prizes for the most creative Scarecrow.

The Secret Garden & Nursery, a not-for-profit disability support program provided by NorthWest Disability Services, offers clients a variety of programs designed to build confidence and life skills. Nestled within the Western Sydney University Campus in Richmond, this community hub provides opportunities for its clients to develop customer service and hospitality experience, particularly at the cosy One Mile Kitchen.

Caroline Cunningham, Assistant Coordinator & Secret Garden Events Coordinator for NWDS, has over 15 years experience in her role in disability advocacy and looks forward to the Spring Scarecrow Festival every year. She was drawn to working in the disability support sector when she was recommended by a friend to give it a go: "I hadn't ever thought about working in disability until someone recommended volunteering at Opal Cottage. I went along and had no idea what I was getting myself into and after the first week, despite my nerves, I fell in love with it. Working in disability support is a very rewarding career".



Previous 'Minion' Winners at the Scarecrow Spring Fair



Previous Winners at the Scarecrow Spring Fair, designed by some younger attendees

Originally inspired by the Scarecrow Trail in Kurrajong, Caroline introduced the concept of a 'Scarecrow Competition' to the Secret Garden in 2019. As the Event Coordinator since 2018, she has seen The Secret Garden thrive through its two other annual events, the Autumn Fair and the Christmas Fair. Attendees may have noticed that the recent Spring Scarecrow Fair combined the previous 'Spring Fair' and 'Scarecrow Festival' into one celebration. Caroline, however, shares why this fair still holds a special place in her heart:

"These events are very important in bringing the community together. It's such an amazing family day out with a range of markets and artist wares available, showcasing the work of our local community and clients themselves. We try to have diversity on what our markets have on offer and that there is something for everyone. When the weather is pleasant, we can get anywhere from 600 to 1000 visitors!"

Community events and fundraising are integral to supporting The Secret Garden and its various disability programs and workshops. On the day, all funds raised will be directly reinvested into the Garden's programs such as its Plant Propagation, Mate's Shed, Opal Cottage, Candle-Making (whose products will be sold at the markets) and their beloved Therapy Animals.

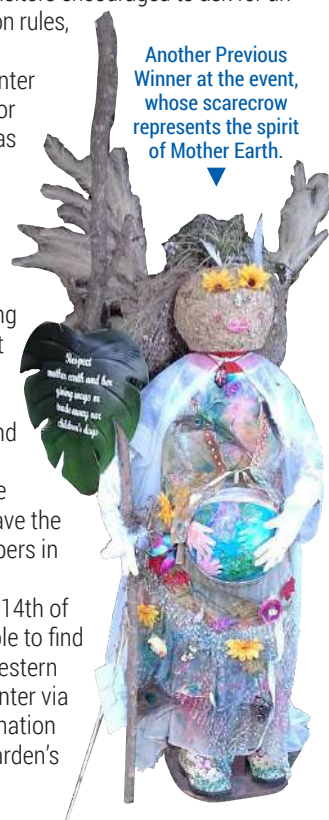
Caroline encourages locals to pull up their sleeves and get creative with the scarecrow competition, offering a range of prizes to the best in each category including: Disability Service/Organisation, Pre-School, Primary School, High School, Aged Care Facility, Business and Independent/Individual. Applications are still open, with visitors encouraged to ask for an application form and copy of the competition rules, by emailing events@nwds.org.au.

"I really want to encourage people to enter into our scarecrow competition, because for businesses, it can be used for advertising as well!" Caroline said.

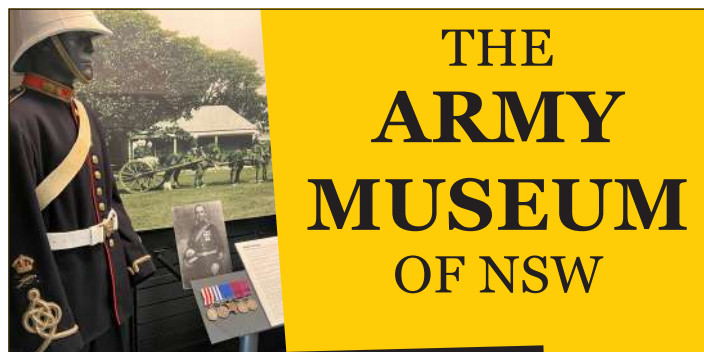
On the day, The One Mile Café will be offering tea and scones, as well as delicious wood-fired pizzas cooked in their mud-brick Pizza ovens. The Rotary Club of Kurrajong North Richmond will also be firing up the BBQ, often volunteering at the event every year. For anyone who is free on the day, Caroline expressed her hope in seeing more numbers to make the event bigger and better:

"Volunteers are always welcome on the day - it's a very big day and the more we have the merrier! We are particularly looking for helpers in our Café and Plant Sales".

The event will be held on Saturday the 14th of September from 9 am to 2 pm. You'll be able to find the merry festivities at Clydesdale Lane, Western Sydney University Campus in Richmond (enter via Londonderry Road). There is a \$2 entry donation (cash only) to raise funds for the Secret Garden's various initiatives.



Another Previous Winner at the event, whose scarecrow represents the spirit of Mother Earth.



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We require your help at the Museum

Join our energetic team, all with a common interest in Australian Military History. Previous Army Service is not a necessity but to volunteer within Victoria Barracks, one must be an Australian Citizen as the Barracks is an operational facility.

Volunteers welcome visitors, conduct research, learn new skills, do restoration work and support display creation.

Please call **Graham Fleeton** on 0412 399 693 or email secretary@armymuseumnsw.com.au





The Donald Coburn Centre Residential Care

Experience

Aged care that's personal

Morning Tea & Tour

The new management team at The Donald Coburn Centre warmly invite you to visit their beautiful home, meet the residents and enjoy a complimentary morning or afternoon tea in the cafe. The management team will be available to answer your questions.

Register Today

📅 Tuesday 3 September

📅 Thursday 19 September

📅 Wednesday 11 September

📅 Friday 27 September

🕒 10:00am, 10:45am, 2:00pm, 2:45pm

Registrations required so please call to book in for your preferred time today.

Call 1300 111 278

The Donald Coburn Centre
15 Blue Gums Way, Castle Hill, NSW 2154





Lynne Higgs with Hat Head in background

The Hills Artisans Craft Market

BY LYNNE HIGGS

The Hills Artisans Craft Market supports Australian artisans who design their own craft, creating an authentic Australian Arts & Crafts Market. No imports, no bric-a-brac.

Lynne Higgs is one of those artisans. From a young age, Lynne Higgs has dabbled in nearly every artistic medium imaginable, from acrylics, watercolours, oils, pastels, printmaking, inks and anything she could lay her hands on. Over the years, she has accumulated a diverse and extensive body of work and rather than let it gather dust in her spare room, she has decided it's time to share her creations and is now found at the Hills Artisans Craft Market.

Her artistic journey has been rich and varied, beginning with a Diploma of Visual Arts at the Northbridge College of Arts in Sydney, a Fine Arts and Visual Culture Degree and culminating in a Master of Teaching (Secondary) in Visual Arts. She now works as a full time Visual Arts teacher at an all-boys high school.

Her subject matter is varied and plentiful but lately, she has been captivated by the ethereal beauty of sunrises and sunsets, and paints them using a combination of acrylics, watercolours and oils. The vibrant colours and

intricate forms of coral reefs have also sparked her imagination, leading to the exploration of new techniques and mediums to depict their underwater wonder.

Her creative process is straightforward yet deeply personal. She often starts by capturing scenes with her camera, translating them onto canvas or paper with her own unique touch. Sometimes, online images inspire her to recreate their atmosphere or mood in her own style. Lynne says she hopes to inspire others to pause, breathe, and appreciate the breathtaking beauty of our world.

The Hills Artisans Craft Market is a regular arts and crafts market held on the 2nd Saturday of every month at the Castle Hill Showgrounds (enter via Carrington Rd) 8am to 1pm. The market runs in conjunction with the Hawkesbury Harvest Farmers & Fine Food Market Castle Hill. Entry is free with ample parking!



Lynne's painting of Hat Head NSW



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Saturday 21 September

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LIVE MUSIC FROM 12-10PM
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100 FREE COFFEES AT TOMMY'S

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Hills Shire ClubGRANTS

The Castle Hill RSL Club was abuzz with excitement on Friday morning (August 16th) as community leaders, volunteers, and representatives from various local organisations gathered to celebrate the 2024 Hills Shire ClubGRANTS Presentation Day. The event recognised 37 remarkable projects that have been awarded just over \$450,000 in funding to enhance the lives of residents across the Hills Shire.

The ClubGRANTS program, funded by Castle Hill RSL Club, Baulkham Hills Sports Club, The Hills Club and Glenorie RSL Club, provides essential financial support to a wide range of community initiatives.

The grants are more than just financial aid; they are an investment in the future of our community. The projects funded this year span critical areas, including health and well-being, social inclusion, skills development, family support, early intervention, and cultural enrichment.

One standout project is the "Run Against Violence" initiative, which aims to prevent domestic and family violence in Castle Hill through stakeholder engagement and community facilitation.

Another notable recipient is Endeavour Foundation's "Inclusive Shared Kitchen" project, granted \$12,158 to refurbish a kitchen that caters to people with disabilities, promoting independence and social inclusion.

The morning tea at Castle Hill RSL was more than a celebration of funding—it was a celebration of community spirit.

Brett Andrews, Chair of the ClubGRANTS Committee, said: "These projects demonstrate the incredible impact we can achieve when our community comes together. The dedication and passion of these organisations inspire us all to work towards a brighter, more inclusive future."

The Hills Shire ClubGRANTS program continues to be a shining example of what can be achieved when local clubs and organisations unite with a common goal. The \$450,000 in funding distributed this year is a testament to the commitment of our local clubs to making a difference.

From supporting early intervention programs to organising cultural events, the projects funded through ClubGRANTS are set to leave a lasting legacy.

The 2024 Presentation Day was a powerful reminder of the importance of supporting those who dedicate their time and energy to helping others.

GRANTS

- Be Unstoppable Foundation: Positive Mental Health Program at Model Farms High School
- Blacktown and Districts TPI Social and Welfare Club for two Veterans welfare projects
- CareFlight: Community training and Emergency Services
- Delta Therapy Dogs: Reducing loneliness and improving social connectedness.
- Disability Sports Australia: Abilities Unleashed Hills
- Fair Fight Foundation: The Supertee Project
- Foster Care Angels: Two projects supporting Foster carers and foster children
- Galston CWA: Project Laptop
- Heartbeat of Football Foundation: Heart Health Matters

...continue on page 25

FATHER'S DAY

BREAKFAST. LUNCH. DINNER.
BEER. MUSIC & MORE!

**MINI GOLF OPEN
FROM 10AM - 10PM**

Lynwood
GOLF & COUNTRY CLUB

www.lynwoodcc.com.au

The Hills Shire Council News

Throw out your E-Waste and more!

Are you looking to throw out an old computer or mobile phone? Or you may have excess soft or hard plastic waste such as packaging from new furniture and appliances. Head over to Castle Hill Showground on Saturday, 21 September from 9am to 3:30pm for our E-Waste Plus drop-off event.



This is the second event this year, with more than 1500 cars recorded at the last E-Waste Plus Drop Off event in March. The last event collected large volumes of e-waste, hard plastics, textiles, polystyrene, and soft plastics for recycling.

Head to Council's website and search 'E-Waste Plus' to find out more, including a list of acceptable items.

Maybe a Miracle



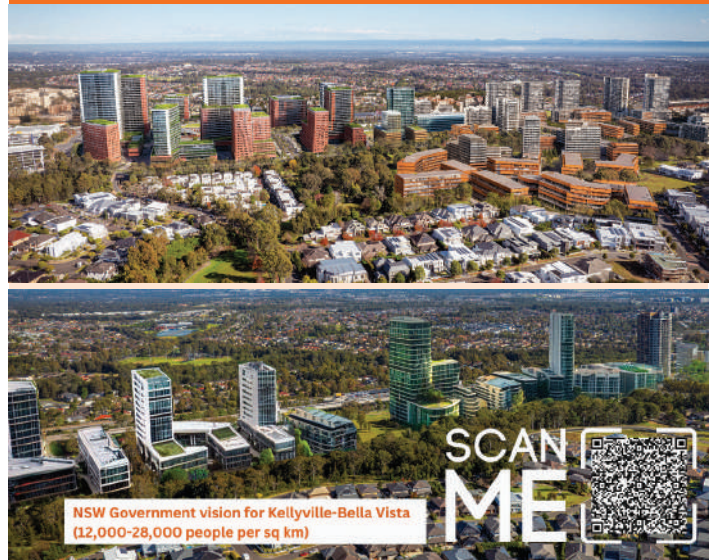
Celebrate Castle Hill Library's 20th birthday on Tuesday, 3 September from 4pm to 5pm with a special musical performance of Maybe a Miracle!

Join Charlie as he searches for a miracle to change his life for the better. Could the magic of books help Charlie find the courage and wisdom he needs to overcome his fears and embrace the adventures that await him?

Suitable for children in years K-6. All children must be accompanied by an adult with a ticket. Cost: \$10pp.

Visit www.pioneertheatre.com.au to grab your tickets!

Submissions Extended on NSW Government's Plan of a City-sized Precinct



The submission period for the Transport Oriented Development (TOD) proposal for the Kellyville and Bella Vista Metro Station precinct has been extended by the NSW Government.

The proposal includes plans for 43,000 homes, most of which are apartments. This development will lead to population densities ranging from 12,000 to 28,000 people per square kilometre.

The new submission closing date is Friday, 23 August 2024, at 5pm. You can scan the QR code to participate and share your opinion.

Save the Date – Local Government Elections

The NSW Electoral Commission will be conducting Local Government elections on Saturday 14 September 2024. Find out more by searching 'Local Government Elections' on Council's website.

Council Meetings

Tuesday 27 August 2024 at 7pm

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

Over 30 Years of Serving Senior Citizens of The Hills

More than 30 years ago the organisation of National Seniors Australia started a branch in the Hills district. That branch now meets each month at the Baulkham Hills Sporting Club in Renown Rd., Baulkham Hills and after serving as President for the past eight years 89 year old Pat Hunt of Castle Hill, has stepped down from her role. Also having served eight years as Vice President, Epping resident, Robyn Goldman also stepped aside. Both were presented with a bouquet of flowers.

Pat spoke at the recent Annual General Meeting on her earlier life as a child in Wales and later as a College student in England and subsequently on her early married life of moving to Australia with a promise to members to tell of her later life in Australia. The new Committee of National Seniors Australia Hills Branch contain some familiar names and faces to residents of the Hills and include Hilary Westman (President), Sandra Franks (Vice-President) which is also a position that she holds with the Hills Friendship Club at Castle Hill, Maree Jones (Secretary), Maree is also President of the Hills Friendship Club, (Treasurer) Sabrina Lee, (Assistant Treasurer), Wendy Head, (Newsletter Editor) Marilyn Stoneham, (Tours and Travel and also Monthly Outings) Ivor

Jones. Ivor also performs the same duties at the Hills Friendship Club, (Welfare) Audrey Ritchie, (Hospitality) May Mills and (Speaker Seeker) Anna Robinson.

Tours and outings officer, Ivor Jones, is keen to sell the benefits of membership of the Hills Branch of National Seniors. Whilst National Seniors are well known for its advocacy and representation on behalf of Seniors to Federal and State Governments, it is also active in providing other activities to seniors including social activities. The Hills branch hold regular social outings including bus outings, a luncheon group and interesting speakers at their monthly meetings. By attending the meetings you can make new friends and expand your social network. You may find others who share the same or similar interests to yourself. Membership of National Seniors can also provide you with discounted medical, health and travel insurance cover.

Anyone who would like to join National Seniors are welcome to attend one of their monthly meetings on the first Thursday of the month at Baulkham Hills Sports Club at Renown Rd, Baulkham Hills at 9.30am for the meeting starting at 10am. Telephone May on 0414 634 572 or email her at maybruce@bigpond.com

Hills Shire ClubGRANTS

from page 23

- Inala: Yallambee Deck Restoration
- Learning Links: three programs with children
- Live Life Get Active: improving health and making new friends
- Morris Children's Fund: Music Therapy at The Hills School Northmead
- Nordoff-Robbins Music Therapy: Guitars for veterans
- Positive Vibes Foundation: Young Healthy Minds Forum
- Rainbow Club: Swimming lessons for disabled children
- Raise Foundation: Youth Mentoring Program
- RDA Tall Timbers: Equine programs to assist people with a disability
- Royal Life Saving NSW: Seniors Lifesaving Skills Refresher
- RSL LifeCare: The Veteran Wellbeing Project
- RuffTRACK : Round The Yard and Core Programs
- Soldier On: Veteran Connection
- Solve TAD: Cycling to Freedom
- St Gabriel's School: Outdoor Learning Spaces
- Stronger Together Foundation: Sensory Breakout Tent - Roaming
- The Children's Hospital: Health Assessment for Refugee Kids (HARK) Clinic
- The Centre for Volunteering: 2024 NSW Volunteer of the Year Awards
- The Hills Community Aid: Cafe Connect - Barista Skills Training
- The Leila Rose Foundation: Crisis support for families with children suffering from rare cancers
- Top Blokes Foundation: improving young male mental health across the Hills

COMPUTER GENERATION GAP

Computer Pals the Hills began 25 years ago with a group of people mostly from the "Silent Generation" (those born 1924 - 1945) with a smattering of "Baby Boomers" (1946 - 1964).

Now, even the youngest of the Boomers are entering their 70s, the SGs are dwindling; the next generation is needed to step up!

Computer Pals the Hills invites Gen X's who know how to use their phones and tablets for basic operations and the "device literate" who have the knowledge and skills to teach others to come along to our **Open Day on 17 September** and visit the clubhouse in Castle Hill Showground - Old Caretaker's Cottage.

New members and people who might be attracted to joining the team of trainers and maintenance crew are always welcome. You don't need to be a computer expert. The Club's maintenance crew is able to provide technical advice and support and there are two fully equipped classrooms with approximately 20 computers, projection facilities and screens.

Computer Pal's provides low-cost tuition for seniors in a friendly and comfortable atmosphere, enabling them to become proficient in the many facets of computing and tablets/smartphone technology. Courses are conducted either in a classroom setting or one-on-one training.

All courses incur a low fee to cover the cost of materials which generally include a course-specific manual, other incidental items and a small contribution to overhead costs. Also provided is follow up support to help members develop their skills through additional tutorials, courses and workshops.

Informal discussion groups provide opportunities for exchange of ideas and socialising. The Club also runs a HELP DESK where members can seek solutions to their computer and technology issues.

Crystal Fest!

Castle Hill Bowling Club

79 Castle St, Castle Hill

14th & 15th September

Sat 10-5

Sun 10-4



Crystals, Jewellery, Amber, Crystal Specimens & More!

Entry \$5 under 18 free!

#Follow us on



Arcadian Quilting News

WOW ... The Olympic Games in Paris were indeed spectacular !!!

Seeing the Eiffel Tower as a backdrop to sport; the colourful Rings on that wonderfully familiar Olympic Flag; noting the Personal Best (PB) achievements of our talented athletes, seeing so many people enjoying the magic of those 15 days!!

The Arcadian Quilters were also busy ... "achieving" a few PB patchwork projects ... not quite gold in colour but bright, cheerful and welcoming. This charming "houses quilt" makes the idea of packing-a-bag, finding a European hillside village and relaxing in the sunshine seem very appealing. Any one of those French villages seen during the Olympics would do!



This charming "houses quilt" is one of the completed PB efforts from the quilting group.



This scrappy-quilt is the "Potato Chip" block pattern completed by one of our newer members.

Being surrounded by recent gloomy days seemed to call for light, bright and happy fabrics this month and another PBt was achieved by one of our newer members.

This is one of the group's favourites, a scrappy quilt using the 'Potato Chip block' pattern. The term 'scrappy' simply means many different fabrics all in the one quilt.

Happily another new member joined our group this month, it's always great to see new faces around our table where we share ideas and get-to-know someone new.

Our meetings are held on the 1st, 3rd and 5th Wednesday of each month at 9.30am. Meetings are held at the Galston Community Centre, The Glade, Galston.

For further information please call Carole on 9894 7749.

CALLING ALL CAFES, RESTAURANTS & CLUBS!

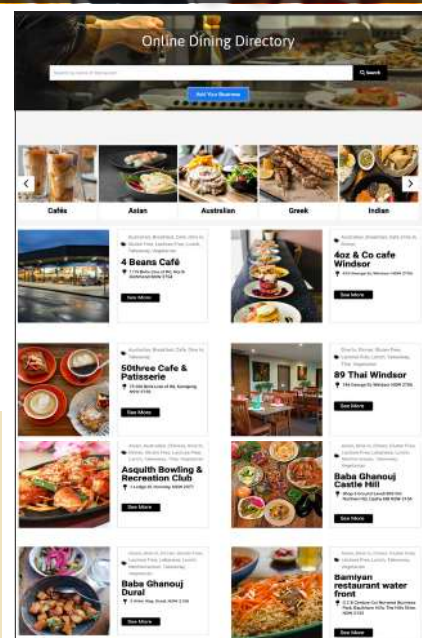
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*30% discount offer available with our 12-month plan only. All prices are exclusive of GST.

Bromeliad Spring Show

Spring time is the perfect time to check out the numerous varieties of Bromeliads flowering during Spring and with the additional sunlight they can colour up beautifully.

The Bromeliad Spring Show will be held at the Federation Pavilion, Castle Hill Showground on Saturday, 28th September 9am-4pm and Sunday, 29th September 10am-3pm.

Rare and exquisite bromeliads from local and interstate growers will be on display and available for sale to the public including Jan & Jon Townsend from Bonville, Angela & Gary Fleming, Tillandsia experts Chris & Lap Larsen and BSA's competition winners Harold Kuan, Nina Woodcock, Elizabeth Mudriczki and Kerry McNicol together with Anna Ernst and her amazing artistic bromeliad wall hangings.

There will be 20 plant sale tables continuously restocked, books, pots, information and free advice available from experienced bromeliad growers.

There is plenty of parking on site, admission is free to the show and please bring a box for your purchases.

For further information contact Ian Hook, President, Bromeliad Society of Australia on mobile 0408 202 269, email: hook1@bigpond.com, or check the website www.bromeliad.org.au/



HIDDEN IN THE HILLS

BUSHWALKING

BY LACHLAN TURNER

Bushwalking means different things to different people. Some are quite dedicated to the challenge of a long and varied walk, whilst others may engage in just a short walk along their favourite track on a regular basis. Others may only enter bushland reserves on a casual basis. Some prefer to attend guided bushwalks.

Nevertheless, all who spend time in the bush express similar feelings about having been there. There is a personal sense of freedom and relaxation as each individual enjoys an ever changing environmental scene as the seasons come and go.

Not all tracks are smoothly graded and easily traversed. Therefore bushwalking is not without unexpected challenges such as steep climbs, rocky terrain, wet areas such as creek crossings as well as clambering over the occasional fallen log.

Adequate clothing and footwear are essential. Due to the high level of effort that

can be required it is a good idea to take a supply of water and maybe a snack bar or two. A light back pack is most useful in which to carry personal items securely. Some bushwalkers also take a small first aid kit including sunscreen.

Looking at this week's photos will give you an idea of how experienced bushwalkers prepare for their excursion into the natural world. Most are wearing a hat; some wear sunglasses; several have equipped themselves with a walking pole; all have substantial footwear for the occasion. Some may even take their camera with them to capture some of the unexpected beauty that is otherwise hidden in the bushland along the track.

Temperatures in bushland environments can be variable, so it is advisable to dress appropriately.

Remember to enjoy your outdoor experience, leaving nothing but footprints - taking nothing but photos.





Dural Scouts Earn Training Awards

This month Dural Scout Group is pleased to advise that one of their Venturers has received two Nationally Recognised Qualifications through Scouts Australia, as their Registered Training Organisation.

Alexis Taylor has been awarded a Certificate II in Workplace Skills and a Certificate II in Active Volunteering.

Qualifications through Scouting are issued at no cost to members and there are a whole host of qualifications that both youth members and adult members can attain. We currently have one Venturer, Alex Edwards, working towards his Certificate II in Outdoor Recreation and others also following Alexis' example and undertaking their Certificate II in Workplace Skills. For those more creative types, a Certificate II in Creative Industries might be more their style.

The exciting news is that youth members need not limit themselves to Certificate II level qualifications, but they can then work towards

Certificate III, Certificate IV and Diploma level qualifications across both these areas as well as qualifications in Leadership, Project Management and Program Management. Scouting offers the youth of tomorrow a strong set of life skills from problem solving, teamwork and management skills through to first aid, adventurous activities and WHS skills.

Why not support your child to try out Scouting today?

Dural Scout Group has vacancies for Girls and Boys from 5 to 25 years. Joeys (5yo), Cubs (8yo), Scouts (12yo) and Venturers (16yo).

Please contact Phirooza: 0411 731 976 or phirooza@bigpond.net.au or Simon: thewolf_1stdural@bigpond.com

Hills Under 20 Women are Minor Premiers

BY LAWRENCE MACHADO

Hills United FC U20 Female beat Camden Tigers 6-0 to seal the FNSW Women One Under 20 minor football premiership at the weekend. Goals from Grace Attard (two), Ava Poalini (two), Portia Berios, and Sienna Portelli capped the impressive victory, leaving them the team to beat in the forthcoming finals. The Hills outfit has had a phenomenal year, winning 22 matches, with just two losses and a draw to sit at the top on 67 points. Mt Druitt Rangers are second on 63 points.

Meanwhile, the Hills United senior women's team bounced back after two successive losses to score a 1-0 win over Camden Tigers in their FNSW Women's One round 25 game, thanks to a 25th minute strike by Alix Roberts. This leaves them in fifth position on the ladder.



THE HILLS UNDER 20 WOMEN ARE JUNIOR PREMIERS. Picture: Courtesy Hills United

Alive with Couples

I've discovered the station has quite a few couples enjoying working together so I'm going to highlight their roles over the next few issues. First up there's local couple, Andrew and Kaye Segelov, who have launched two new shows here at Alive.

Kaye, a writer, artist and communications consultant, hosts 'Alive with Arts' featuring creative and visual arts news, events, reviews and interviews, while Andrew, a qualified counsellor, hosts 'My Mental Health', where he discusses mental health issues with people working in the field. Although the two shows seem unrelated, there are strong links between them, as both provide a platform for listeners to discover themselves and enhance wellbeing.

Andrew and Kaye have different talents and interests, but their work on radio provides a common interest and helps them to understand each other better. While their shows

are aired separately, Andrew and Kaye work in collaboration to prepare the shows, and regularly co-host together.

"The collaboration provides us with a common interest and encourages strong communication," is a quote from Andrew, who goes on to say "We share our experiences without judgement, and help each other to become better presenters."

However, it's not always smooth sailing. Kaye admits "We are both quite competitive, so there's a bit of rivalry." "We need to be careful not to try and control each other's show," adds Andrew. "We both think we're right, of course." "The key is to keep radio and our life together separate. At the end of the day we are there to support each other, and provide great content for the listeners."

Alive With Arts Wednesdays 2-4pm; My Mental Health Wednesdays 8-10pm



CUMBERLAND COMMUNITY RADIO INC.

Building 9/92 Seven Hills Road, Balcombe Heights Estate, Baulkham Hills NSW 2153 Australia

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AN ARTICLE FROM THE TEAM AT EAR STUDIO

Meet Thuvaraka:

Ear Studio's New Clinical Audiometrist

We are excited to introduce Thuvaraka (Thuvi), one of our new additions to our team at *Ear Studio* in Castle Hill. With a wealth of experience in audiology and a deep passion for improving hearing health, especially among children and Indigenous communities, Thuvaraka is a perfect fit for our clinic's commitment to delivering exceptional care with our Best Practice principles.

PROFESSIONAL BACKGROUND

Thuvaraka's journey into audiology is both inspiring and diverse. She began her academic career at Sydney University, earning a degree in Health Sciences with a major in Hearing and Speech (2003-2006). Initially interested in Speech Pathology, her focus shifted to Audiology after completing a module in her course. This module highlighted hearing issues faced by Indigenous communities, particularly children.

To pursue this passion, Thuvaraka completed a Master's in Clinical Audiology at the University of Melbourne in 2009. Her career took her across various locations: she started in Perth, working in a hearing aid clinic, then moved to Sydney, where she joined a research project at Sydney University focused on Indigenous children in Wagga Wagga and Hamilton.

Seeking to broaden her experience, Thuvaraka spent seven years in the UK, working for the NHS in paediatrics, specialising in hearing tests and fitting hearing aids for children with complex needs. Upon returning to Australia, she continued her work at The Children's Hospital in Westmead and later with an ENT specialist. Now, her journey has brought her to Ear Studio in Castle Hill, where she is excited to contribute her expertise to our clinic and community.

A PERSONAL PASSION

For Thuvaraka, audiology is more than just a career—it is a calling. One of the most profound

experiences in her professional journey was her involvement in a study with Indigenous children in Wagga Wagga and Hamilton. At the time, the media was highlighting the high rates of incarceration among Indigenous people, many of whom were living with undiagnosed hearing loss. These individuals often struggled with behavioural issues and being part of the community due to their inability to hear properly from a young age. This realisation fuelled Thuvaraka's passion for early intervention and community education.

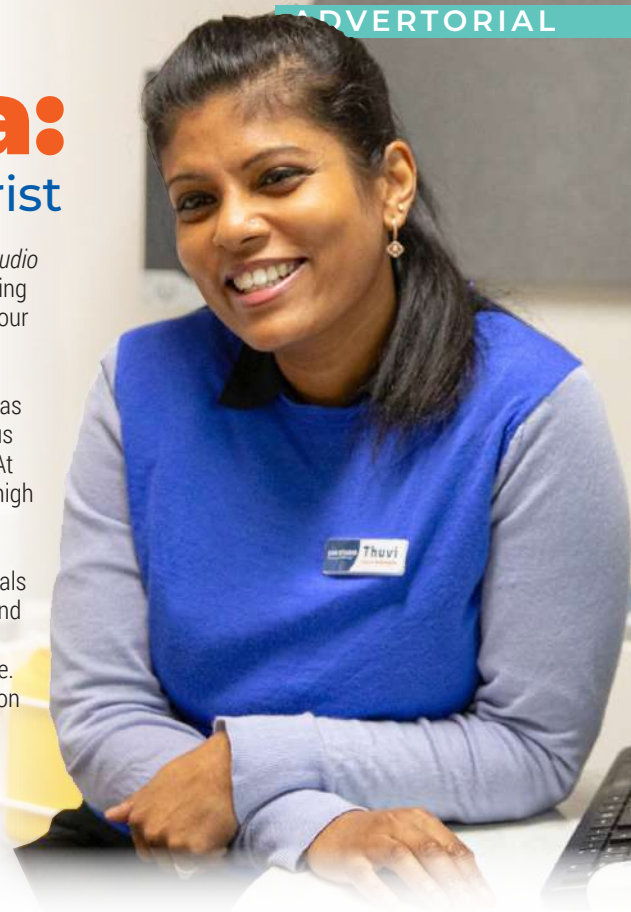
During the study, nearly every child she tested had some degree of hearing loss, often linked to recurrent ear infections. Thuvaraka was instrumental in not only testing these children but also educating their families on how to prevent ear infections and reduce the risk of hearing loss. The study's ongoing success is a testament to the importance of this work, and Thuvaraka remains deeply committed to advocating for vulnerable people.

Joining the Team at Ear Studio

Since joining Ear Studio, Thuvaraka has found a place where she can truly make a difference. She is impressed by the clinic's commitment to patient care, noting that at Ear Studio, she not only has the time, but is encouraged to give 100% to every client. Thuvaraka shared her thoughts on the clinic, saying, *"The staff here are so lovely, as soon as clients walk in through the door to the time they walk out of the door,*

they are always smiling and that's quite special to be part of, not many clinics can do that and I wanted to be part of that too. To make people happy and make such a difference in their lives means so much to me."

Thuvaraka looks forward to meeting and helping you on your hearing health journey. She is here to offer her expertise, compassion, and unwavering commitment to improving your quality of life through better hearing. Call us at today on **02 9159 6122** or email us at reception@earstudio.com.au. **Conveniently located in Lawton House in Castle Hill with off street parking, Suite 10 / 60 Cecil Ave, Castle Hill. Operating hours are from Monday to Thursday 8:30am – 5pm and Fridays 8:30am – 4pm.**



"...to see clients leave their appointment smiling and happy, knowing I've made such a difference in their lives, means so much to me."

— Thuvaraka

Thuvaraka Chandrapavan
Clinical Audiologist

EAR STUDIO

Passion for Hearing™

- 📞 02 9159 6122
- ✉ reception@earstudio.com.au
- 📍 9-10 / 60 Cecil Ave, Castle Hill NSW 2154
- 🌐 www.earstudio.com.au



Hills Shire Library Events

An afternoon with Andy Griffiths

Wed, 21 Aug 2024 4:00 PM - 5:00 PM AEST

Pioneer Theatre, 14 Pennant Street #Level 1 Castle Hill, NSW 2154

No Refund Policy

Join bestselling author Andy Griffiths, as he discusses his brand new book *Adventures Unlimited: The Land Of Lost Things!* The first book in his hilarious, action-packed new

adventure series. Cost | \$10.00 PP | Bookings essential online

* ** Suitable for children in Year 2 & above at school. All children must be accompanied by an adult with a ticket **

Andy Griffiths is one of the most popular children's authors in Australia. He has written 33 books, including nonsense verse, short stories, comic novels and plays. His books have been New York Times bestsellers, won 80 children's choice awards, been adapted as a television cartoon series and sold more than 12 million copies in Australia. He is best known as the author of the JUST! series, *The Day My Bum Went Psycho* and the bestselling *Treehouse* series.

In 2008 Andy became the first Australian author to win six children's choice awards in one year for *Just Shocking*.

In 2008 Andy and his wife Jill collaborated with The Bell Shakespeare Company on the popular and critically acclaimed theatrical production '*Just Macbeth!*' which was nominated for two Helpmann Awards. In July 2010 '*Just Macbeth!*' completed a return sold-out season at the Sydney Opera House before heading to the Edinburgh Fringe Festival. The book of the play was shortlisted for the 2010 Prime Minister's Literary Awards.

Andy has had a long-standing collaboration with the multi-talented illustrator Terry Denton. Readers who want to sneak behind the scenes to see Andy and Terry's creative partnership can dive into *Once Upon a Slime*. This book aims to ignite the writer inside by offering story ideas and zany activities.

In 2011 Andy and Terry started a new series that has captivated audiences across the country, smashed sales records and won industry awards.

The much-loved *Treehouse* series has been embraced by children around the world and is now published in more than 35 countries. Andy is an ambassador for The Indigenous Literacy Foundation and the Pyjama Foundation, and was awarded the Dromkeen Medal in 2015 to honour his outstanding contribution to Australian children's literature.

Literary Analysis & Persuasive Writing Study Session

School Years 9-10

Part of the Free Study Sessions collection

Thu, 22 Aug 2024 4:30 PM - 5:30 PM AEST

Castle Hill Library, 14 Pennant St Castle Hill, NSW 2154

Do you need help with Literary Analysis & Persuasive Writing?

Bring along your toughest questions and join us for FREE Peer Assisted Study Sessions with a qualified tutor. A small afternoon tea will also be provided for attendees to fuel an afternoon of learning!

Free | Bookings Essential Online | Students must live, work or study within The Hills Shire.

Parent consent (for under 18's) is required. In consideration of others, please cancel your booking if you are no longer able to attend.

If the attendee has any accessibility or support requirements in order to participate fully, please let us know by emailing libraryseminars@thehills.nsw.gov.au so we are able to explore the arrangement of any reasonable adjustments.

Learning for Life- Decluttering, Organising and

Sustainable Living Workshop

Thu, 29 Aug 2024 5:30 PM - 7:30 PM AEST

Castle Hill Library, 14 Pennant Street Castle Hill, NSW 2154

Do you need help with reducing the clutter in your life? Would you like to reduce your housework and create some breathing space? Join this workshop for great tips on how to declutter and organise your belongings.

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

Free | Bookings essential online | Suitable

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

Books you might enjoy: 10 minute declutter / Skye Alexander; Creating effective spaces / Natasha Swinger; New minimalism : decluttering and design for sustainable, intentional living

Hawkesbury Library Events

Movies@Your Library

Tue, 3 Sep 2024 10:30 AM - 12:00 PM AEST

Hawkesbury Central Library

300 George Street Windsor, NSW 2753

In the summer of 2014, a World War II veteran sneaks out of his care home to attend the 70th commemoration of the D-Day landings in Normandy. Based on a true story of 90 year old British World War II Royal Navy Veteran Bernard Jordan who "broke out" of his nursing home to attend the 70th anniversary D-Day commemorations in France in June 2014. The film is a biographical comedy-drama directed by Olivier Parker and starring Michael Caine and Glenda Jackson.

FREE - BOOKINGS ESSENTIAL VIA EVENTBRITE

Workshop - Savings Finder

Wed, 21 Aug 2024 10:30 AM - 12:30 PM AEST

Hawkesbury Central Library

300 George Street Windsor, NSW 2753

Learn about the savings and rebates available from NSW Government Services including Active and Creative Kids vouchers, Energy rebates, transport and driving concessions, toll relief rebate, NSW Senior Card, NSW Senior Savers Card, Fee-free apprenticeships, Pensioner travel vouchers and more.

Morning tea provided.

FREE - BOOKINGS ESSENTIAL.

Tech Savvy Seniors - September

Workshops

Select date and time

Week 1 - 5 September Shopping Online;
Week 2 - 12 September Cyber Safety;
Week 3 - 18 September Social Media;
Week 4 - 25 September Apps (Applications)

Hawkesbury Central Library

300 George Street Windsor, NSW 2753

Each workshop focuses on a different skill. Feel free to join us for 1 session or all 4.

Participants must be library members and aged 60+. BYO Devices

FOR MORE DETAILS ABOUT
WHAT'S ON CONTACT

HILLS LIBRARY

+61 2 9843 0555

www.thehills.nsw.gov.au/Residents/Library

HAWKESBURY LIBRARY

+61 2 4560 4460

www.hawkesbury.nsw.gov.au

CASTLE HILL PLAYERS PRESENTS

The Ghost Train

at the Pavilion Theatre, Castle Hill
on 20 Sept – 12 Oct

Written by Arnold Ridley (adapted
by Jocelyn & Nicholas Ridley) and
Directed by Stephen Snars



L-R: Ben Freeman, Brett Watkins & Christine Wilson, Photo Penny Johnson

It is, as they say, a dark and stormy night. The train pulls in. Three stops from nowhere, you and your fellow travellers are unloaded into a railway station waiting room with both an unhelpful stationmaster and arguably the most annoying man on earth. There are no more trains until tomorrow. What could possibly be worse?

Well, it could be a haunted railway station with a lethal ghost train due to arrive any minute.

Mind the gap, hold on tight and join us in a comedy thriller by Arnold Ridley (from *Dad's Army*) jam-packed with subterfuge and mirth, that will keep you sitting on the edge of your seat until the final whistle.

*There's nothing funny about being stuck in a tiny country railway station overnight. Or is there?
This comedy thriller set in 1930's Cornwall will take you on a ride that you won't forget!*

~ Stephen Snars, Director

Tickets \$30, Concession \$25. The Pavilion Theatre is located within the Castle Hill Showgrounds, Castle Hill. 20 September - 12 October | Wed, Fri, Sat 8PM, Sun 4PM

Bookings paviliontheatre.org.au/
theghosttrain or call 02 9634 2929. Enquiries
call 02 9634 3846 or email admin@paviliontheatre.org.au. Media enquiries email
Abby.marketing@paviliontheatre.org.au

CAST AND CREATIVES

SAUL: Dan Vavasour
RICHARD: Ben Freeman
ELSIE: Dianne Darlington
CHARLES: Brendon Stone
PEGGY: Niamh McKerverey
MISS BOURNE: Deb Lewis
JULIA: Christine Wilson
STERLING: Brett Watkins
JACKSON: Blake Michael Paish
TEDDY: Paul Sztelma

SOUND DESIGN: George Cartledge
SET DESIGN: Maureen Cartledge
LIGHTING DESIGN: Sean Churchwood

Warrah Spring Picnic

Free Family Event | All Welcome
Saturday 7 September
11am - 2pm

Entertainment | Food and Drink | Activities | Stalls
Raffle | Organic Produce | Artisan Bread | Onsite Parking

Bring your family and friends

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Now just **\$32** per holiday!*

* No Timeshare - Quality holiday accommodation opportunities.

paviliontheatre.org.au/theghosttrain
The Pavilion Theatre Hills Showground

THE GHOST TRAIN

TICKETS \$30/\$25

Use Promo Code **'GETONBOARD8'** for 10% OFF! at Checkout (step 3) when booking online (adult/concession only) OR mention code when calling Box Office 02 9634 2929

by Arnold Ridley
adapted by Jocelyn & Nicholas Ridley

directed by Stephen Snars

20 Sept – 12 Oct 2024

By Arrangement with ORIGIN™ Theatrical On Behalf of Samuel French A Concord Theatricals Company

THE PAVILION THEATRE
CELEBRATING 70 YEARS OF THE CASTLE HILL PLAYERS

Supporting Families with Free Home Broadband

BY MICHELLE ROWLAND | ADVERTISEMENT

The Albanese Government's number one priority is delivering cost-of-living help for hardworking Australian families. We have delivered tax cuts, energy bill relief, cheaper medicines, childcare and fee-free TAFE. We are also making sure families with school children who don't have home broadband are not left behind.

Our School Student Broadband Initiative (SSBI) is connecting up to 30,000 eligible households with free home broadband via the National Broadband Network (NBN). Learning does not end at the school gate. Prime Minister Anthony Albanese and I saw this first-hand when we visited students at St John XXIII in Stanhope Gardens earlier this month. At St John XXIII, and in classrooms across Australia, students are using technology and the internet to support their learning. Broadband facilitates educational outcomes and future opportunities. While many Australian families have home broadband, some do not. We know that affordability and cost-of-living pressures are barriers for some.

That's why the Albanese Labor Government is investing \$8.8 million to ensure no child is left behind. We extended this important cost-of-living measure through to 31 December 2025, meaning more Australian families can

benefit from free home broadband for longer. This is making a real difference, saving families who sign up today around \$1,000 - that's real cost-of-living relief. More than 16,000 families - including 3,500 in NSW - are now connected, with more than a third of them living in rural and regional areas.

We are hearing from parents, schools, charities and community organisations around Australia about the positive impact this initiative is having.

One mum, on the disability pension after an accident four years ago, described the growing financial cost of having to use mobile data for broadband access, and how relieved she was that her child - the only one without internet at home - is finally online. There are thousands more stories just like this one.

I encourage families to reach out and find out if they are eligible to take part. Registrations close later this year - so don't delay!



To be eligible families must:

- Have a child living at home and enrolled in an Australian school;
- Be referred by a nominating organisation or self-nominate through the National Referral Centre;
- Have no active broadband service over the NBN network
- Live in a premises where they can access a standard NBN service

For more information visit www.infrastructure.gov.au/SSBI or contact the National Referral Centre on 1800 954 610 (Mon-Fri 10am to 6pm)

SIGN PETITION TO STOP THE GROSS OVERDEVELOPMENT OF KELLYVILLE & BELLA VISTA

The Minns Labor Gov are proposing to build an extra 21,000 new apartments between Kellyville and Bella Vista Metro stations without any new roads, rail, schools or playing fields. Please scan the QR code and sign the petition opposing this unsustainable overdevelopment. Alternately you can visit my website for the link: www.raywilliamsmp.com.au



ROUSE HILL RHINOS PINK DAY

It was wonderful attending the Rouse Hill Rhinos Pink Day. This was their 14th Annual Pink Day and they have raised in excess of \$120,000 over the past 14 years for The Breast Cancer foundation and other local charities. This is an amazing local team doing amazing things for their Club, the community and beyond. Well done!!

Pictured with Paul Fuda (Club President) and Rowena Mezzomo (Club Secretary)



SYDNEY METRO EXTENSION TO CITY - NOW OPEN

One of the lasting legacies of the previous Liberal Government was the Sydney Metro, a world class and award-winning piece of infrastructure which started right here in The Hills Shire. The \$7.3 Billion Metro NorthWest line came in \$1 billion under budget and was delivered ahead of schedule. The extension of the line from Chatswood, then underneath Sydney Harbour and all the way to Sydenham is an engineering feat and is saving commuters hours of time that can be better spent with their families.



With previous Hills Councillor and 2024 Liberal Candidate for North Ward - Brooke Collins



With Tom Gellibrand the Chief Executive of Infrastructure NSW and Rodd Staples who was the initial Project Manager for the Metro from 2011 to 2017, and then became the Secretary for Transport NSW from 2017-2021.



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Member for Kellyville

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

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8882-9555 castlehill@parliament.nsw.gov.au
www.raywilliamsmp.com.au

Authorised by Ray Williams MP. Funded using Parliamentary Entitlements.



Hawkesbury's Michael Payne conquers epic Irish and Gibraltar sea crossings

BY LAWRENCE MACHADO

Hawkesbury local and lifeguard Michael Payne is a true champion when it comes to swimming long distances.

Having conquered the famed English Channel crossing aged 19 in 2022 – the youngest Australian to do so – Michael, 21, is celebrating after swimming across the Irish Sea from Northern Ireland to Scotland, and also the Strait of Gibraltar within a hectic fortnight.

He swam the 34.5km Northern Channel on July 30, starting at Robbys Point on the North Irish Coast, completing the epic journey in 10 hours, three minutes. He followed it up by crossing the Strait of Gibraltar from Spain to Morocco (15.1km) on August 12, in three hours, 36 minutes, again watched proudly by his Dad Steve and Mum Jenny.

Michael, who has done open water swimming and relay events with his Dad in his teens, trained for a month in Ireland before these challenges.

And unsurprisingly, the son of two Ironmen contestants is already preparing for his next adventure in September: swimming the gruelling Catalina Channel which separates Santa Catalina Island from southern California.

"The Northern Channel swim was a tough swim as the water was 13.2-14.6 degrees Celsius and the current picked up towards the end, but other than that, I had pancake flat conditions luckily enough," Michael said. "I was really tired and my body was very sore as I was stung by a lion's mane jellyfish but I was very lucky with the conditions on the day."

"I just love long distance swimming, having been to the Australian Nationals twice when I was in college. I love open water championships and I am looking forward to trying the Nationals one more time next year. I thank my parents for all their support."

"I train nine to ten times a week, often in the mornings and afternoons at the Nepean Aquatic Centre and also go to the gym twice a week. For the Northern Channel swim, I had to put on around 10kg, which was a mental and physical challenge in itself."

"Before my Northern Channel swim, I attended the Cork Distance Week, which is an amazing camp with international legends from all over the world, including Ned Denison, whom I was fortunate to know and train with."

Michael did cold water training in the Hawkesbury River and Lake Canobolas in Orange. "I have done two solo, one team (four team members), and two duo crossings of

Rottneest Channel Swim (WA), which were categories for the event," he said.

Michael is a former Hawkesbury Sportsperson of the Year (2022) and in 2023 received the Special Achievement Award as part of Australia Day Awards.

Michael is also completing his nursing degree at Charles Sturt University, Bathurst. He had numerous placements in western NSW this year to complete, so training was challenging. However, he diligently followed the training program set by his coach James Sweeney and former coach Jackie Barck.

Michael has been supported by the Richmond Club for the past two years.





BAULKHAM HILLS HAWKS SOAR HIGH

BY LAWRENCE MACHADO

Baulkham Hills Hawks Junior AFL club is enjoying a tremendous 2024 AFL season, with the Under 13 Girls, Under 15 Girls, along with the Under 11 Tarrant heading straight through to the grand finals after fantastic wins last weekend in their semifinals.

In addition, the Baulkham Hills Under 12 Baker, Under 14 Abercrombie and the Western Sydney Joint Venture Under 17 teams will play qualifying finals this weekend for a spot in the grand finals.

The Under 11 Tarrant and Western Sydney Alliance JV teams are in the hunt for the rare double after winning the 2024 minor premierships this season.

It was also an emotional final home game last weekend for Baulkham Hills u17 Players, Conor Titterton, Evan Custovic, and Saleem Mangel, who are completing their junior AFL careers at the Hawks this season. They have proudly represented the club in the Western Sydney Alliance joint venture, which was formed with Hawks, Penrith Giants, and Hawkesbury Saints Junior AFL clubs for 2024. Since they turn 18 in the next year, Conor, Evan, and

Saleem will be leaving Baulkham Hills and moving to the senior grades next season.

"We are very proud of all our teams who have played extremely well this season as we are celebrating two minor premierships," Baulkham Hills Hawks president Kirsten Groll said. "A special mention goes to our dedicated coaches, managers, and parent volunteers who have all supported their teams and been a part of their success this season. Your commitment and hard work have not gone unnoticed, and we appreciate all that you do."

"Good luck to both teams this weekend and all our teams in the grand finals on Father's Day! We're super proud of all our Baulko players. Your hard work, dedication, and team spirit have brought you all this far."



DURAL BOWLING CLUB NEWS

The North West Region Pennants and the Dural Men Minor Singles Tournament have been concluded. The final of Men Minor Singles took place on Saturday, August 10, between Rob Whiddon (the club president) and Greg Smith.

The men's singles final was a very intense game with Greg Smith leading narrowly at most ends. Rob won the game at the last end with the score of 25 to 22. Congratulations to the winner Rob and Greg, the runner-up of the men's minor singles 2024.

The next tournament at Dural Bowling Club will be the Open Gender Pairs, which will start on September 7.

Anyone interested in playing bowls, please contact Robert on 0411375580



MULLER LEAVES ON A HIGH

Veteran German star Nicolai Müller receives his Man of the Match from head coach Luke Casserly and skipper Glen Kelshaw in his last home game at the Hills United FC. Muller, who enjoyed a fine season, fired in a 56th minute goal but was unable to prevent his team from slumping to their fourth successive loss. Their 1-3 defeat at the hands of Marconi Stallions leaves them at the bottom of the table on 24 points from 29 matches.

Run For The Hills A Boost For Your Health & Charities

BY LAWRENCE MACHADO

The annual Run For The Hills, which raises money for charity while encouraging locals to enjoy the outdoors, will be held from 8am at Bella Vista Farm on Sunday, September 8.

Organisers Castle Hill Rotary Club are expecting more than 500 runners and are aiming to raise upwards of \$50,000 for Positive Vibes foundations, Youth Insearch & Youth Off The Streets and the Rotary Foundation. This is Castle Hill Rotary's annual fundraiser for these charities.

Run For the Hills, previously named cross country challenge, has been held for eight years. Events start from 8am - there are three start times depending on distance and experience. It will be conducted within the grounds of Bella Vista Farm, on three courses presented in a cross-country format, almost all on grass. While it is not a race, electronic timing facilities are available to record your actual running time if required.

"Joining the Run For The Hills event is a fantastic way to support youth mental health while enjoying the historic Bella Vista Farm," said Event Coordinator Nik Fox. "Whether you're an experienced runner or just looking to have a fun family morning out, this event offers

something for everyone including the pooch, with 3.4km, 6.8km, and 10.2km courses. Plus, there are market stalls, face painting for the kids, coffee, and food stalls to keep the whole family entertained.

"If you're hesitant, remember it's not just about the run - it's about community, fresh air, and contributing to a cause that truly matters. Think of it as more than just a run. It's your chance to lace up for a cause, breathe in the fresh morning air, and be part of something bigger than yourself.

"Whether you're tackling the course or simply enjoying the festivities, you'll be surrounded by supportive, like-minded people every step of the way."

Nik, who runs the Punch Love Women's Fitness in Windsor, said the inspiration behind Run For The Hills came from a desire to combine fitness, community spirit, and raising awareness for youth mental health. She said it's an event that leaves participants feeling accomplished and connected.

The charities being supported this year:

- Youth Off The Streets focusing on transforming the lives of the 25% of all homeless people aged 12-24.
- Youth Insearch runs an early-intervention program of counselling, support, mentoring and empowerment for at-risk young people
- The Positive Vibes Foundation runs programs promoting positive mental health in the Hills district.

More information: www.runforthehills.com.au

Social handles:

Facebook: <https://www.facebook.com/runforthehillsbellavista> <https://www.facebook.com/castlehill.rotary>

SPORT NEWS AT THE CENTRE DURAL

Play Pickleball in Dural

Looking for something fun to do during the week, while all the young ones are at work?

Introducing Pickleball to The Centre Dural! On Friday, September 20, 2024, join us for a free open day to experience the thrill of pickleball, with open sessions available Fridays after that.

Pickleball, an innovative sport born in America, and is a dynamic blend of tennis, ping pong, and volleyball, making it an exhilarating game for all ages. Played with a paddle and a unique waffle ball, the combination of strategic play and fun ensures that players of any skill level can jump in and have a great time. Whether you're a seasoned athlete or a curious newcomer, pickleball offers an accessible and engaging way to stay active and social.

To be part of the action, sign up online for the free open day at The Centre Dural. It's a fantastic opportunity to learn the basics, experience the game firsthand, and see why pickleball is quickly gaining popularity, and don't forget the social side of a coffee in the café after the game! Don't miss out on this chance to discover your new favourite sport and meet others in your community.

We look forward to seeing you there and introducing you to the excitement of pickleball!



There is always something going on at The Centre, so feel free to pop on over to our website, to check out all the other things we have to offer, thecentredural.org.au or phone 8989 0000.

Play Pickleball

FREE Open Day. Friday 20 September 2024

Come and Try | 10.30am - 12.30pm | 12.30pm - 2.30pm

thecentredural.org.au | 1 Pellitt Lane Dural | 8989 0000 | sports@thecentredural.org.au

REGISTER ONLINE



The Centre



PETS OF THE WEEK

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



AT A GLANCE

NAME: JAYDEN
BREED: American
Staffordshire Terrier
SEX: Male
AGE: 8 yrs 6 mos
PRICE: \$49

JAYDEN is a sweet, older gent that is looking for a home to retire in. Staff at the Hawkesbury Companion Animal Shelter say that at eight years old Jayden will need some extra love and senior care from his new owner. They say Jayden is a handsome boy who has a fun and friendly personality. A daily stroll, a good diet and a soft place to sleep will make him very happy. His adoption price is just \$49 and includes the first vaccination, microchipping and lifetime registration. As Jayden is already desexed he can leave the shelter with you.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



AT A GLANCE

NAME: GIDGET
BREED: American
Staffordshire cross
SEX: Female
AGE: 1 yr 3 mos
PRICE: \$49

GIDGET is a happy but shy girl that will need a little time to blossom in her new home according to staff at the Hawkesbury Companion Animal Shelter. With a kind, sweet personality, they say Gidget will make a wonderful companion for a family that is looking for a new addition. Gidget will need daily exercise whether it be a walk, jog or game of fetch. As she is so young Gidget will need to continue with her basic obedience. As she is already desexed she can leave the shelter with you. Her adoption price is just \$49 which includes the first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

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Kellyville 8883 0533 | Unit 1/106 Windsor Rd, Kellyville
Baulkham Hills 9157 5557 | 472 Windsor Rd, Baulkham Hills

CONTACT US sydneyanimalhospitals.com.au



For more information including terms and conditions visit our website

KELLYVILLE POST OFFICE 135 YEARS OLD

There has been a post office in Kellyville for 135 years and staff and guests joined owners Frank and Clara De Masi and special guests to celebrate the milestone and cut a specially baked cake.

It featured an image taken of Kellyville post office in 1932 when it was on the corner of Acres and Windsor roads and was cut to mark the occasion by long term resident and customer Beverly Green.

The De Masi family took over Kellyville Post Office in March 2013 and gave the outlet a new lease of life with a new team and refit and good old fashion customer service.

Joining them to celebrate and give the stamp of approval was Federal Member for Mitchell Alex Hawke MP, Kellyville State MP Ray Williams, Hills Councillor Reena Jethi, former Hills Mayor Michelle Byrne, Sarah Coe, General Manager Australia Post Retail Operations North and Joel Boeman, Deputy Principal Kellyville Public School. Kellyville Post Office opened on 1 January 1889. It was established 16 years

after Kellyville Public School opened its doors in 1873.

According to information in the *Hills Heritage News*, Hills District Museum archives and Daisy Ardley's book *Kellyville: The Pleasant Village* (published in 1997) Kellyville Post Office began its life near Kellyville Public School and was run by Mary Pryce, the daughter of Edward Pryce who taught at the school. She resigned when her father resigned from teaching and left Kellyville.

Mrs Mary Ann Redden took over the position of Post Mistress in 1892 but operated it from her home in "Hillyview" on the corner of Acres and Windsor roads which was not a popular decision.

The Post office remained in hands of the Redden family until 1934 with Mary Ann Redden

holding the official position of Postmistress until she was 85 with family members sharing the duties.

Horace Faulkner took the position in 1934 followed by Reginald Brownhill from 1945 until his death in 1961.

According to Daisy Ardley's history of Kellyville the Post office building moved to the village centre in 1973 and later to the Cecily Centre and then the Village Arcade.

To find out more about The Hills District Historical Society which publishes the *Hills Heritage News* visit its Facebook page. Hills District Museum is at Building 10 on the Balcombe Heights Estate (92, Seven Hills Rd Baukham Hills) Open days are on 1st and 3rd Saturday of the month between 12pm and 4pm. For information email thehdhs@gmail.com



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24
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Creating Canopies: Planting Trees in Hawkesbury

by Greater Sydney Landcare

09:00 AM to 02:00 PM

Bells Line of Road Kurrajong, NSW 2758

Ready your green thumbs for a day of tree planting at Kurrajong.

"Green spaces aren't just great for wildlife, they're also associated with better physical health, lower stress levels, and greater community satisfaction. Plus they cool down our neighborhoods! Now's your chance to get involved with greening your community."

Retro Disco

06:30 PM

Rydges Norwest | 1 Columbia Ct, Norwest

Get down and boogie with a night of Retro Disco! Food & Drinks will be flowing. Tickets: \$25 adults. For more info, contact Bev Jordan (0451 519 088) or Robin George (techsec@iprimus.com.au).

Let's make it a groovin' good time!

25
AUG

Castle Hill Heritage Park Bushcare

by The Hills Shire Council

09:00 AM to 12:00 PM

Castle Hill Heritage Park Reserve, 22Z Heritage Park Drive

The Castle Hill Heritage Park Bushcare Group works in Castle Hill Heritage Park, Castle Hill.

Castle Hill Heritage Park is approximately 21ha in size, in a west facing valley. It is the location of the Third Convict Farm and Asylum.

This park contains Critically Endangered Blue Gum High Forest which The Hills Shire Council has an ongoing commitment towards rehabilitating.

Everyone is welcome. No experience necessary.

The Hills UPmarket

by The Hills UPmarket

09:00 AM to 02:00 PM

Castle Hill Showground, De Clambe Drive, Castle Hill, 2154

A boutique local event where friends and family can catch up, have a coffee, grab a bite to eat, shop and relax in a local environment.

We have a selection of 60+ quality stalls with a focus on making the event one that is successful and fun for both stallholder and visitor. We would love you to come and join us.

Parking is FREE and we are a dog-friendly event.

We have joined forces with our friends from Positive Vibes Foundation to help spread the word about mental health. Help raise awareness and start the conversation.

Eric Mobbs Bushcare

by The Hills Shire Council

10:00 AM to 01:00 PM

Eric Mobbs Reserve, 242Z Excelsior Avenue, Castle Hill, 2154

The Eric Mobbs Bushcare Group works in Eric Mobbs Reserve, Castle Hill at the end of Excelsior Avenue. The group focuses on the area around the ovals leading to the creek, which is known for its walking tracks. The Powerful Owl, a vulnerable species, nests in the reserve. Anyone can join the group without prior experience.

Galston Concerts: Around the World with Pianist Glenn Amer

02:00 PM to 03:00 PM

Galston Uniting Church 11 School Rd, GALSTON NSW 2159

The Galston Concerts return on Sunday, 25 August with international pianist Glenn Amer offering 'Around the World', featuring classical pieces and contrasting melodies. Glenn's virtuoso piano skills will be matched with gentle humor as he shares his travel experiences from over 70 countries. He will also showcase his skills on the church's pipe organ.

23
AUG

Navigating Neurodiversity: Neurodivergents and Neurotypicals – How to support when you can't understand

by Advance Disability Services & Respite, Like Family

10:00 AM to 12:00 PM

Enrich Abilities, 58 Norwest Blvd, Baulkham Hills

We are launching Part 2 of our series for Family and Unpaid carers on 23rd August with a discussion on "Neurodivergents and Neurotypicals – How to support when you can't understand", where the goal is to put down the mask and shed light on the internal world that neurodivergent folks have become experts at hiding. We will foster empathy and understanding while providing actionable insights and resources to foster the relationship between carers and family members.

Our purpose is to:

- Raise Awareness:- Highlight the daily struggle just to 'do life', which is so often downplayed or misunderstood
- Promote Authenticity – How to encourage neurodivergent individuals to feel safe in expressing their true selves in the presence of neurotypical carers
- Bridge Communication Gaps – Provide practical tools and strategies for neurotypical carers to better understand and support their neurodivergent loved ones, emphasising the importance of mutual respect and adaptability in communication
- Enhance Relationships – Help both neurodivergent people and their carers build stronger, more supportive relationships by fostering an understanding of each other's perspectives and needs
- Empower Carers – Equip family members and unpaid carers with knowledge and resources to support neurodivergent family members more effectively

This event is offered in person and online. If you are attending online, a link to the event will be emailed 24 hours prior to the day.

24
AUG

Exhibition Opening: The View From Here

by Hawkesbury Regional Gallery

01:00 PM to 04:00 PM

Hawkesbury Regional Gallery, 300 George Street First Floor Deerubbin Centre Windsor, NSW 2756

Join us for the official opening and enjoy talks from artists from The View From Here | We Are Studios exhibition.

The View From Here features new work by We Are Studios artists that challenges the concept of liminality (being in transition between one stage and the next).

The exhibition features work by Elevate artists Holly-Lee Dixon, Georgina Evans, Josseline Jeria, Leanne Larwood, Maria Macabenta, Shannon Nakayama, Adrienne Proud, Monique Rojas, Kiri Smith & other We Are Studios artists.

We Are Studios is a 100% disability-led, inclusive studio that empowers Western Sydney based artists with disability to reach their creative potential by providing space to thrive socially, creatively and professionally. We Are Studios Elevate program is supported by the NSW Government through Create NSW.

Maker Space

Immerse yourself in creative artmaking with fun activities for all ages and creative abilities, curated by We Are Studios. This is a designated quiet space until 4pm, Monday to Friday.

FREE – BOOKINGS ESSENTIAL. Light refreshments provided.

**27
AUG****Toddler Tuesdays***by Grove Square - The Hills*
10:00 AM to 12:00 AM
near Red Dollar

Enjoy free entertainment for the little ones and complimentary coffee for accompanying parents/guardians.*

No reservations necessary. Suitable for children aged 2 years and older. Parents/guardians must be present and supervise children at all times. Dates may be subject to change. Please visit the website for updates.

*Coffee cards are limited to the first 20 parents/guardians only. One free coffee card per parent/guardian.

**28
AUG****Hawkesbury Disability Expo 2024**10:00 AM to 03:00 PM
Hawkesbury Race Club, 1 Racecourse Rd,
Clarendon NSW 2756

The Hawkesbury Disability expo has returned for 2024.

Presented by the Hawkesbury Disability Network, the Expo will include local disability support providers, community services and much more.

**29
AUG****Learning for Life – Decluttering, Organising & Sustainable Living***by The Hills Shire Council*
05:30 PM to 07:30 PM
Castle Hill Library, Level 2, 14 Pennant Street, Castle Hill

Do you need help with reducing the clutter in your life? Would you like to reduce your housework and create some breathing space? Join this workshop for great tips on how to declutter and organise your belongings.

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

**30
AUG****Jersey Day 2024**

Jersey Day is all about allowing students and employees to wear their favorite sports jersey to school or work and start conversations about the importance of becoming an organ and tissue donor. It's a fun and free way to raise awareness, and there's no requirement to raise funds. By registering to become a donor, you could help save a life.

For more information: <https://www.jerseyday.com.au/>

**31
AUG****Galston500***by Hornsby Model Engineers*
09:30 AM to 03:00 PM
Galston Valley Railway 29 Mid Dural Road, Galston

This years Galston500 will be held on Saturday the 31st August 2024. With plenty of entertainment planned for the day, both on and off the track, the public are welcome to come along, watch the challenge unfold, cheer on the drivers, and even get a ride behind some of the participating locomotives, as it continues throughout the day.

Glenhaven Green Market Day*by Anglicare*
10:00 AM to 02:00 PM
607 Old Northern Road, Glenhaven, next to Flower Power

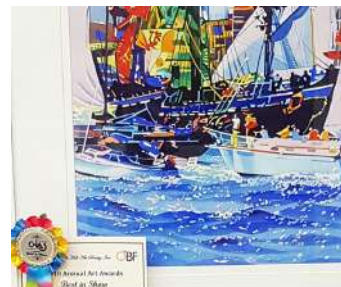
Glenhaven Green Retirement Village is holding a Market Day on 31st August from 10am to 2pm.

All are welcome, bring your friends and family and enjoy shopping, indoors, for gifts, crafts, accessories, plants and many more stalls.

There will also be a pop up cafe and a sausage sizzle. If you need any further information please contact me on 0433 502 661.

**01
SEPT****Bella Vista Farm - OPEN DAY**9:00 AM – 2:00 PM
Cnr Elizabeth Macarthur Drive and
Norwest Boulevard Bella Vista

Come and enjoy the delights of the farm, enjoy a delicious Devonshire Tea, Sausage Sizzle & onions (with home made chilli paste); music in the gardens played by members of Hills Shire Symphony Orchestra, excellent Trash and Treasure stall (more treasures than trash!), tours of the house (gold coin donation). Cnr Elizabeth Macarthur Drive and Norwest Boulevard Bella Vista. Metro is nearby.

Orange Blossom Festival Annual Art Awards*by Castle Hill Art Society*
Sept 01, 2024, 12:00 AM to
Sept 29, 2024, 11:59 PM
Castle Glen Community Centre,
Ridgecrop Drive, Castle Hill

The Castle Hill Art Society provides the opportunity for artists of all ability levels and ages to paint together in either classes or groups with like minded people.

The OBF Annual Art Awards encourage the people from the community, as well as outside the area, to come to the Hills Shire to participate in OBF activities whilst they admire artwork on display at Castle Glen Community Centre.

Opening Night Award Presentation Fri 12th September, 2024

Sydney Hills Garden Competition*by Rotary Club of Hills-Kellyville Inc*
Sept 01, 2024, 12:00 AM to Sept. 27, 2024, 11:59 PM
Across The Hills 21

The Sydney Hills Garden Competition, hosted by The Rotary Club of the Hills-Kellyville, is a prestigious event showcasing a variety of garden categories. It has a rich history dating back to 1959 and is an integral part of the cultural heritage of "The Garden Shire". Gardens from the Hills Shire and adjacent areas are eligible to participate in the competition, which now includes new categories such as 'Small Lot Gardens' and 'Environmentally Friendly Gardens'.

**03
SEPT****Hawkesbury Library Movies – The Great Escaper (2023)***by Hawkesbury Library Service*
10:30 AM to 12:00 PM
Hawkesbury Central Library, 300 George Street Windsor

In the summer of 2014, a World War II veteran sneaks out of his care home to attend the 70th commemoration of the D-Day landings in Normandy. Based on a true story of 90 year old British World War II Royal Navy Veteran Bernard Jordan who "broke out" of his nursing home to attend the 70th anniversary D-Day commemorations in France in June 2014.

The film is a biographical comedy-drama directed by Olivier Parker and starring Michael Caine and Glenda Jackson.

FREE – BOOKINGS ESSENTIAL VIA EVENTBRITE

Running time – 96 minutes

**06
SEPT****Orange Blossom Bonsai Display***by Bonsai Society of Australia*
Sept. 06, 2024, 10:00 AM to Sept. 08, 2024, 05:00 PM
Harvey Lowe Pavilion, Castle Hill Showground, Doran Dr,

Marvel at the large collection of beautiful bonsai trees from the Bonsai Society of Australia.

For more information, visit Bonsai Society of Australia Inc's website.

The Aussie Milk Bar

Recently, a plaque was installed in Martin Place, Sydney where once stood the "Black & White 4d. Milk Bar" which was credited as being the first Milk Bar in Sydney.

The Black and White Milk Bar that Mick Adams (Joachim Tavlarides) opened in 1932, sported a sleek bar topped with soda fountain pumps and gleaming milkshake makers. Trade was brisk on its first day, with 5000 customers breasting the bar, and soon, weekly patronage had grown to 27,000. Milk Bars have now largely disappeared from Australian shopping strips although a number still exist in country towns, attracting locals and the travelling public.

Upon my arrival in this fabulous country in the very late 1950s, I discovered that great institution of the traditional Australian milk bar. They were extremely popular during their heyday of the 1950s, 1960s and 1970s. This coincided with the influx of migrants from Italy and Greece which saw many make their fortunes from these suburban stores.

The floors were always linoleum (lino) and the counters were Laminex. Your purchases were added up on butchers' paper (no-one had calculators or self-calculating cash registers in those days). You had to hope the proprietor was good at maths!

A typical layout was a long thin shop, with a long counter on one side. At the street end was often a sweet counter selling lollies. This was where children spent countless hours deciding which lollies to include in their "mixed lolly" bag by pointing grubby little fingers on the

glass exclaiming "I'll have one of those & two of those.....".

A mainstay was the milkshake mixer, which necessitated having the milk and ice-cream nearby, as well as the flavouring syrups (chocolate, caramel, strawberry, banana, lime, and vanilla) and, of course, the malt powder (because a malted milkshake was only an extra five cents) & tasted so much better. You had to drink your milk shake in the shop in those days, as the containers were metal and you had to give them back!

Many had a juke-box situated in corner somewhere where you could put a 10 cent coin in and play some great rock'n'roll music. Most stores had tables affixed to the wall and bench seats formed in booths, some with small individual juke boxes on the table.

There was a grill, and a wide range of hamburgers or steak sandwiches where the owner or sales assistant would cook to order, featuring the usual Australian accompaniments such as beetroot and fried onions as well as the usual cheese, lettuce and tomato plus variations including egg and pineapple. Also available were hot pies, pasties & sausage rolls (with sauce).

Chocolate bars and packets of potato chips were on sale, as were a small but diverse range of other items: boxes of chocolate for last-minute gifts, cigarettes and tobacco, painkillers,

packs of tissues, and a few stores also sold basic groceries such as boxes of cereal and cans of baked beans.

On weekends after the newsagent closed you could sometimes get newspapers and a few magazines there too. The milk bar sold a huge range of items and was open from early morning to late in the evening.

On the other side of the shop from the counter there were usually free-standing cabinets holding soft drinks, flavoured milk in cartons, ice creams such as Paddle Pops (on a stick) or the Triple Treat (layers of ice cream and marshmallow wrapped in chocolate).

The proprietor was invariably male, and worked the shop together with any of his children who were old enough, and perhaps one or two assistants. His wife was hard at work sourcing ingredients and preparing them "out the back", juggling this with the role of mother.

But every milk bar was different and reflected the aspirations of its owner. Where I lived, we had a choice of two milk bars, each with a unique difference, one sold Peters Ice Cream & one sold Streets Ice Cream.

Many readers, now in their 70s, 80s or 90s, remember those halcyon days of milk shakes, Ice Cream Sodas (Spiders) and the music and artists of those days of their youth. I know that my memories of that era seem like yesterday,

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AS WE WERE

PHOTOS FROM THE PAST

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



Another Milk Bar -
Courtesy of Flickr



Bells Milk Bar



Milk Bar
Courtesy of Flickr



Photo by Ivor Taken
at Moss Vale



Milk shake containers from Bells Milk
Bar at Broken Hill

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2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

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

Acadian Quilters

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

Baulkham Hills Probus

Meets 1st Thurs each month 1.30pm Baulkham Hills Sports Club, 11 Renown Rd Visitors welcome. Activities every Thurs.
Peter | 0407 013 411
probus56830@gmail.com

Bonsai Society of Australia

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

Castle Hill Art Society

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

Castle Hill Senior Citizens Club Inc.,

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

Combined 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 | 0410 582 723
castlehillcwa@gmail.com

CWA of NSW – Toongabbie Branch.

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

Dural and District Prostate Cancer Support Grp

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

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498 | www.duralmensshed.org

East Kurrajong School of Arts

1st Tues each month 10am to 1pm. Bring along any sort of craft activity you're interested in, bring pencil/s or brushes to practice your drawing or painting with Ruth, browse the library for a book to read or simply just relax, have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.
Ann | 02 4576 5031

Embroiderers' Guild NSW Inc Hawkesbury Grp

For anyone who loves to stitch or would love to learn. Meetings: 3rd Tues 10am-2pm, 4th Tues 6-10pm Stan Stevens Studio, Deerubbin Centre 300 George St. Windsor (Windsor Library level).
Catherine Delaney | 0413340049
cdelaney1@town.com.au

Friends of Hills Library

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

Girl Guides Australia

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

Glenhaven 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 Historical Society

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

Hawkesbury Nepean Chapter of the 1st Fleeters

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

Hawkesbury West Probus Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond.
Membership Officer Fay | 0414 341 253
hawwest.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
Robert | 0425 233 783
HillsOM1@gmail.com

Hills Shire Symphony Orchestra

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

Hills Toastmasters

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

Hills/Toongabbie Music Club

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

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

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

Kurrajong Hand Spun Craft

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

Ladies Probus Club of Baulkham Hills

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

Learning in the Hills

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

National Seniors Australia (Hills Branch)

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

North Rocks View Club

Meets 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 3rd Monday of the month at 10am.
Lorene | 0429 396594

Pennant Hills VIEW Club

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

Pennant Hills Garden Club

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

Pitt Town 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. New members welcome.
Denise Fairfax | 0435 447 414

Probus Club – Carlingford North Rocks

Meets at the Vikings Sports Club every 3rd Mon of the month at 10.30am. Membership is open to recently retired and semi-retired members.
Ken | 0408 963 060 | thebunts2@gmail.com

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.
Ken | 02 96296459

Probus Club – Carlingford North Rocks

Meets at the Vikings Sports Club every third Monday of the month at 10.30am. Membership is open to recently retired and semi-retired members.
Ken | 0408 963 060
thebunts2@gmail.com

Probus Club – Glenorie

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

Probus Club – Kellyville Castle Hill Mixed

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

Probus Combined Castle Hill Club

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

Probus Club Kellyville Combined

Meets 2nd Monday of the month from 10am-12pm at Glenhaven Community Centre, 76 Glenhaven Road, Glenhaven (next door to public school and adjoining the park).
Veronica | 0408 025 577
Susan | 0400 039 308

Probus Club of Winston Hills –

Northmead Combined

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

RDA (NSW) Tall Timbers Centre

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

Red Cross – Castle Hill Branch

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

Richmond /Windsor VIEW Club

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

Scouts Australia – Greater Western Sydney Region

9639 2488 | www.greaterwestscouts.com.au

Sleep Disorders Australia – NSW

02 9990 3514 | www.sleepoz.org.au

Soroptimist International of Hornsby Inc.

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

Soroptimist International The Hills

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

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

The Hills Shire Garden Club

Meets on 3rd Monday of the month at 1pm; Barton Hall, 178 David Road Castle Hill.
9624 5034

The Hills District Pipe Band

Practices at Stamford Hall, Balcombe Heights Estate, Baulkham Hills every Wednesday 7-9pm. Instagram: @hillsdistrictpipeband
Suzie Whitaker
pipeband.hillsdistrict@gmail.com
www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

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

The Sydney Hills Branch of the Association of Independent Retirees

Mal Steel | ailsydneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

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

Windsor RSL Fishing Club

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

Windsor Probus Club

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

Winston Hills Joey Scouts

9862 8482
hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org

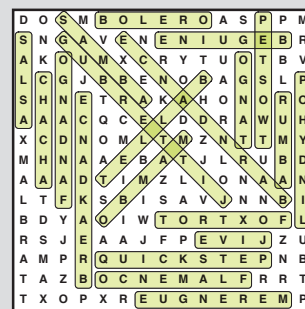
WORD SEARCH FISH



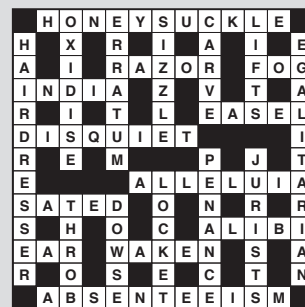
BANDFISH	CARP	HADDOCK	PERCH
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BIGEYE	GROUPE	MACKEREL	TENCH
BLEAK	GUPPY	MONKFISH	TROUT

Answers from last issue

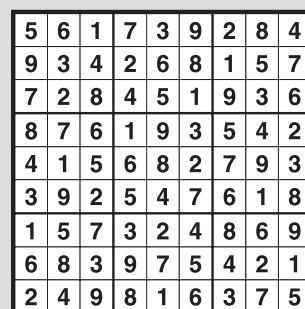
WORD SEARCH



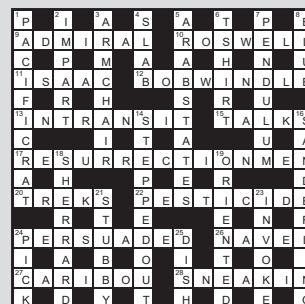
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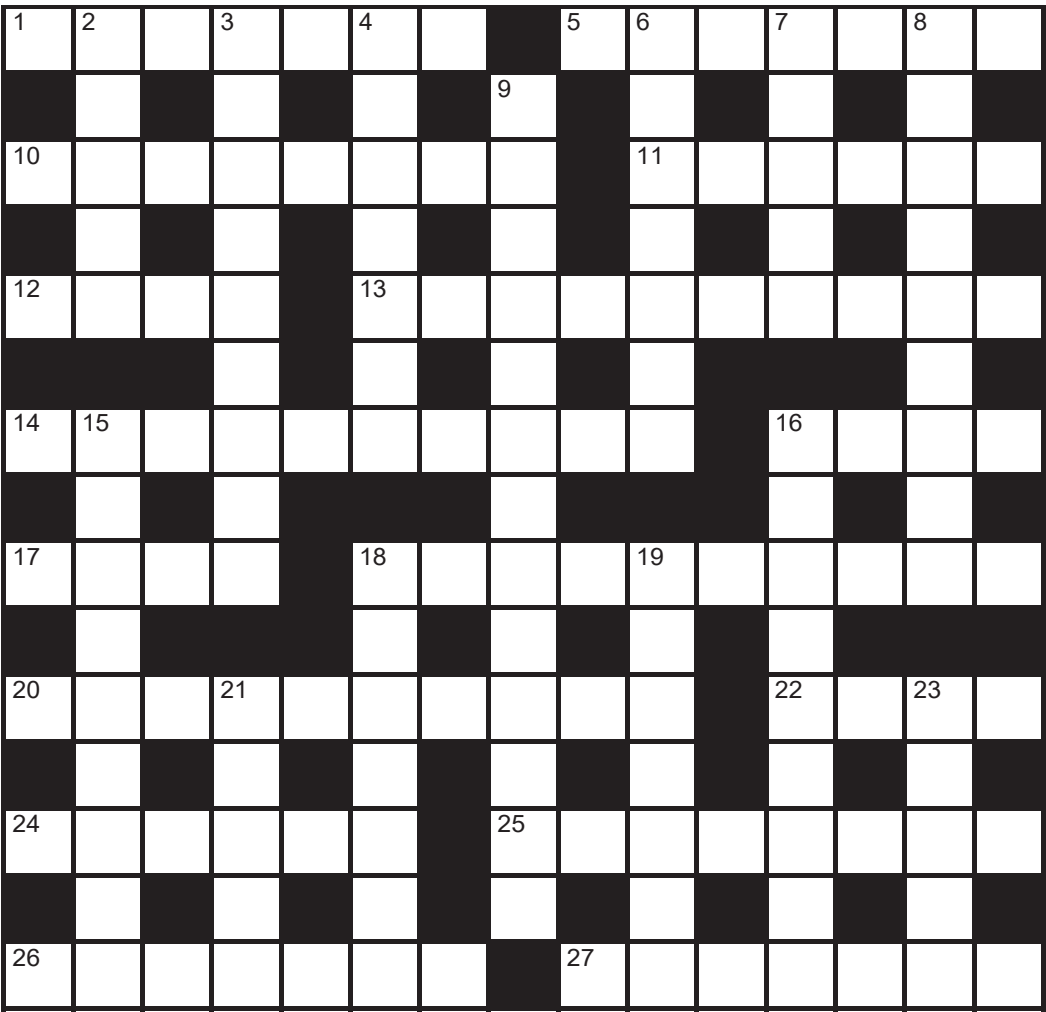
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Head of Marketing
1komma5



- Across**

 - 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
 - 20. Bolder lady regenerated as punk rocker
 - 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
 - 7. Hawaiian hello
 - 8. Fuzzy
 - 9. Sydney Harbour feature
 - 15. Amuse
 - 16. Held in esteem
 - 18. Middle part
 - 19. Follow-up punches, in boxing
 - 21. Moolah
 - 23. Banjo Paterson speciality




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Northmead Bowling Club

Hills to Hawkesbury Community News

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PUZZLE

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

CODE WORD

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

SUDOKU

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

Rating: ★ ★ ★ ★ ☆

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

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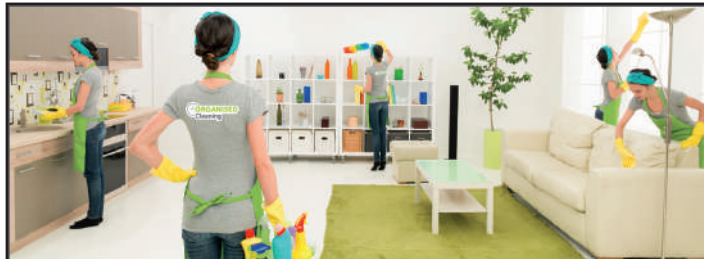
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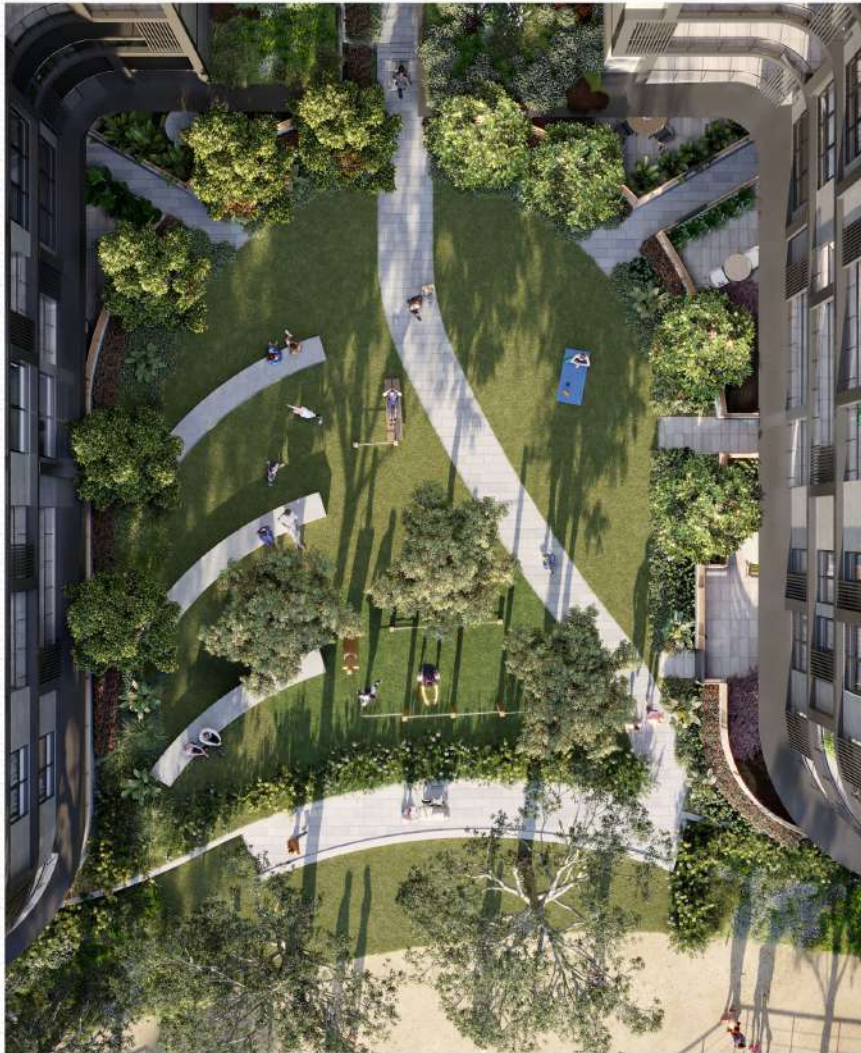
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