

Hills to Hawkesbury

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Local Stories, Local Events, Local People and Local Businesses



HAWKESBURY FEST FOR FAMILIES

FULL STORY ON PAGE 5

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

Why Advertise with Hills to Hawkesbury

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

Performance on Search results

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

Total clicks

16.2K

Total impressions

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New Urgent Care Service

An Urgent Care Service has just opened in North Richmond to stem the flow of people visiting busy hospital emergency departments for non-emergency care. Healthcare provided at North Richmond Urgent Care Service is bulk-billed.

To access the service, patients should call Healthdirect on 1800 022 222. A registered nurse will assess the patient's condition and then discuss with the patient the best place for their care needs. This may include an appointment at the North Richmond Urgent Care Service, a telehealth appointment with the virtualKIDS or virtualGP services or escalating their care to other services like NSW Ambulance if required.

The North Richmond Urgent Care Service is being delivered in partnership with Wentworth Healthcare, the provider of the Nepean Blue Mountains Primary Health Network (PHN).

Wentworth Healthcare CEO, Lizz Reay stated "We have been working towards this outcome for the Hawkesbury for some time and are pleased to have played our part in providing this service. We knew that there was a real need for an alternative care pathway for the local community when they can't access a GP quickly, particularly on weekends and after hours.

"Urgent care services fill an important gap, when care is needed quickly and urgently, but it's still important to have a regular family GP, who should always be the first point of contact for your health care, if they are available.

"Having a GP that you can build a relationship with over time means that they get to know you, your medical history and your lifestyle, making it easier for you to talk to them about your health concerns and allowing

them to better consider your overall health and preventative care needs."

Health Minister Ryan Park said: "The North Richmond Urgent Care Service is open 365 days a year, from 8am to 8pm, and is staffed by general practitioners and nurses, with important diagnostic services close by including radiology and pathology.

"The service is well-supported to treat a range of illnesses and injuries that are deemed urgent, but not life-threatening, such as minor wounds that need stitches, suspected broken bones and skin infections that need antibiotics.

"I'm committed to increasing availability of healthcare to communities through urgent care services just like this one, which are aimed at bridging the gap between primary care and emergency care, ensuring that patients have fast access to the urgent care they need.

Labor spokesperson for Hawkesbury Peter Primrose MLC said: "This is an incredibly important service for people living in the Hawkesbury which will improve access to care, whilst also easing pressure on our local emergency departments.

"The co-design of this service was led by Wentworth Healthcare, together with the local community with attention paid to the location of the Urgent Care Service based on experience during flood events.

"This included the experience of patients being unable to access non-emergency care in the community due to flooding. The North Richmond Urgent Care Service is in a great location to increase access for local residents."

Hills to Hawkesbury

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

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

◀ An artist's impression of the Hawkesbury Oasis Aquatic and Fitness Centre's upgrade. Expected to finish late 2026.

HAVE YOUR SAY ON THE HAWKESBURY OASIS CENTRE'S UPGRADES

BY SOPHIE POREDOS

The Hawkesbury Oasis Aquatic and Fitness Centre in South Windsor is getting a revamp of its facilities, and Hawkesbury City Council wants your advice on its changes.

The Aquatic and Fitness Centre provides sport, fitness and leisure services for the Hawkesbury and its surrounding districts. As a YMCA centre, it also offers a range of funded youth and community programs for disadvantaged locals including swimming lessons.

However, an exciting new series of upgrades will transform the 1990's built facility over the next few years. The NSW Government's Western Sydney Infrastructure Grants Program

is delivering \$2 billion worth of transformational infrastructure across Western Sydney, including the Hawkesbury. Approximately \$5.9 million of the program will be applied to the Aquatic and Fitness Centre, expected to finish late 2026.

The proposed upgrades include a children's splash park, a climbing-wall facility and an outdoor gym. For seniors, a shallow-depth program has been proposed including an accessibility ramp and hydrotherapy programs.

Other suggestions by Hawkesbury Council include upgrades to the centre's existing infrastructure such as additional school-age amenities for school events, extended child-minding areas, additional car parking and a new deck covering the change-rooms and out-door cafe.

Hawkesbury City Council wants to hear from its local residents about the project via www.yourhawkesbury-yoursay.com.au. This community survey will close on Thursday the 8th of August, 2024. Feedback from local residents will then be applied during the community consultation period and may influence the final concept design stage.

The timeline of expected upgrades are yet to be determined, but Council's intentions are to keep the Aquatic and Fitness Centre operational during the works.

Hawkesbury Mayor, Sarah McMahon has expressed her excitement for the new series of changes:

"Hawkesbury Oasis Aquatic and Fitness Centre is a much-loved and popular place to visit for our community. These improvements deliver on the already approved master plan for the centre and will create a more valuable and inclusive experience for current and future patrons. The grant funding will enable the centre to better serve the community for many years to come."

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DO YOU KNOW THIS MAN?

Transport police are appealing to the public for information about several incidents in which commuters have been assaulted, touched inappropriately or intimidated on public transport across Sydney under Operation Waratah.

Operation Waratah has just issued an image of a man they would like to question about an incident on a bus in Winston Hills earlier this year.

At about 5.45pm on Tuesday, 9th January, officers attached to Police Transport Command were called to Winston Hill, following reports an unknown man had assaulted a bus driver. Police arrived and were told a man had allegedly punched the driver in the face while the vehicle was moving before fleeing the bus. As inquiries continue police have released an image of a man who may be able to assist police in their investigation.

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

FATAL CRASH

A 20-year-old motorcyclist died following a crash in South Maroota on Sunday 14th July.

Emergency services were called to a property on Pacific Park Road, South Maroota at about 10.30am following reports a motorcycle had crashed into a tree.

NSW Ambulance paramedics treated the man, aged 20, however, he died at the scene.

Officers attached to Hawkesbury Police Area Command have begun an investigation. A report will be prepared for the information of the Coroner.

SCAM WARNING

There have been a number of reports where scammers are seemingly taking advantage of the recent mass IT outage.

Police are warning people to be very careful saying companies will not contact you directly to fix issues as a result of the outage.

Never give personal details over the phone and NEVER allow another party to take control of your computer.

MAN CHARGED WITH 50 OFFENCES

A man will face court charged with 50 alleged property offences across Sydney following an investigation by officers attached to The Hills Police Area Command after he was arrested last week at Vineyard.

Earlier this year, officers from The Hills Proactive Crime Team commenced an investigation into a series of alleged break and enter offences on commercial premises across The Hills area.

Following extensive inquiries, officers were able to link offences in The Hills area to similar break and enter offences within The Hills, Riverstone, Ryde, Hawkesbury, Mt Druitt, Burwood, Leichhardt, Nepean, Parramatta, Northern Beaches, and Cumberland Police Area Commands.

On Tuesday (16th July 2024), police arrested a 35-year-old man and a 44-year-old woman at a hotel on Boundary Road at Vineyard.

During the search of the room, police allegedly located and seized several items linked to offences allegedly committed at Bankstown, Marsden Park and Kellyville.

A 35-year-old man was arrested at the scene and taken to Castle Hill Police Station where he was charged with 50 counts of break, enter and steal and breach of bail.

The 44-year-old woman was taken to Riverstone Police Station where she was charged with breach of bail.

CHERRYBROOK LINK

Two men have been charged after more than 300 weapons have been seized as part of an ongoing investigation under Strike Force Dudi.

In March 2024, officers from South Sydney Police Area Command established Strike Force Dudi to investigate an affray involving a number of men on Elizabeth Street, Waterloo.

A number of people have since been charged and remain before the courts.

During investigations, Strike Force Dudi investigators identified that prohibited weapons were allegedly being sold from businesses in Haymarket.

As a result of ongoing investigations officers yesterday (Thursday 18 July 2024) executed search warrants at businesses on Hay Street, Haymarket, and homes in Amos Street, Westmead and Shepherd Street, Cherrybrook.

During the search police seized in excess 300 prohibited weapons, including flick knives, sheath knives, butterfly knives, Zombie knives, push daggers and concealed blades.

Anyone with information about this incident is urged to contact Crime Stoppers: 1800 333 000 or <https://nsw.crimestoppers.com.au>. Information is treated in strict confidence.

DRUNK DRIVER

A driver who said he was on his way to pick up some fast food in Richmond was nearly four times over the drink driving limit.

Police attached to both the Hawkesbury HWP and Detectives observed a silver Mitsubishi Triton utility swerving from side to side on Old Kurradjong Road Richmond at about 8.40pm on Saturday 20th July.

The vehicle was stopped, and the driver was identified as a local 31-year-old male. Police allege he was slurring his words and appeared to be under the influence of alcohol. A roadside breath test returned a positive result to alcohol well above the legal limit. The breath analysis of the driver's breath at Windsor Police Station returned a reading of 0.197grams of alcohol in 210 litres of breath, almost four times over the legal limit of .05.. The driver had his licence immediately suspended and received a Court Attendance Notice for driving a motor vehicle with a High Range PCA.

RAPTOR SQUAD ARRESTS

NSW Police have charged 10 people and executed 74 Firearms Prohibition Orders (FPO) searches as part of a week-long operation targeting organised criminal networks across the state. The State Crime Command's Raptor Squad and Raptor North, with the assistance of State Intelligence Command, and the Dog Squad, conducted a 'Week of Action' between Tuesday 16th and Friday 19th July.

At About 6am on Tuesday (16th July 2024), Raptor Squad officers attended a home at Quakers Hill, and conducted an FPO compliance check. During a search of the home, officers seized steroids. A search warrant was subsequently executed after officers located 10 boxes containing 2000 vapes in the garage. The occupant, a 35-year-old OMCG associate was issued a court attendance notice for three counts of possess prohibited drug. The vapes, mobile phones and CCTV were seized with investigations ongoing.

The following day, at about 10.30am, Raptor Squad officers attended a home on Camorta Close, Kings Park, and conducted an FPO compliance check. During a search of the home, officers seized a spring-loaded flick knife, cannabis and vials of testosterone. The occupant, a 30-year-old man was arrested and taken to Riverstone Police Station where he was charged with use prohibited weapon. Contrary to prohibition order, possess prohibited drug and breach of bail.

Inquiries by Raptor Squad are continuing, and more arrests are expected.

Anyone with information, including relevant photos and videos, that may assist the Raptor Squad can report it directly to investigators via their online reporting page: <https://www1.police.nsw.gov.au/Default.aspx?id=49> or call Crime Stoppers on 1800 333 000. Information provided to investigators will be treated in the strictest of confidence.

CELEBRATING COMMUNITY THROUGH

HAWKESBURY

FEST

By Sophie Poredos

Hawkesbury Fest is happening again this year during Local Government Week on Sunday the 4th of August, and it's building up to be a fun family day out.

Local Government Week will be from Monday the 29th of July to Sunday the 4th of August and showcases the work that councils do in their local communities. The first Hawkesbury Fest was held in 2018 and has been recurring most years, highlighting how local councils impact the lives of residents on a meaningful level.

The event will include free face painting, rock-climbing and mini dog races open to the public, piquing the interest of young kids. Local live performers Nathan Martello, Olivia Dustman, Wil Linder and Mark Lucas will all be performing on stage proudly sponsored by Big Event Picnic Tables. Other entertainers include previous Big Brother contestant Farmer Dave and his 'Temptation Alley', where local dogs will be competing against each other. Vibrant Roving Entertainers will also make an appearance, with their creative costumes delighting all.



Some of the rides suitable for older kids, and the brave-hearted.



Locals are encouraged to bring their small pups for the mini dog race.



The event will also involve over 11 informative Council stalls focusing on Sustainability, Road-Safety, City Services and Arts and Culture. As well as 20 community group stalls and an emergency services display. A Council Spokesperson from Hawkesbury City Council shared the necessity of community festivals in bridging their local community together:

"For us, it is an important opportunity to connect with our community and share with them the important work that Council does, to hear on the issues that matter to them, and to open ongoing channels for residents to have their say. Robust connection between Council and community is essential to the success of the work we do!"

Hawkesbury City Council is the only Council in NSW that holds a major festival as part of its Local Government Week, and will utilise this week as a time of celebration with over 20 market stalls. In 2023, 8000 visitors attended the event and this turnout will be expected to be even greater!

The free event will be held at Governor Phillip Park, Windsor on Sunday, 4 August from 10am to 3pm.

AVIAN INFLUENZA IN THE HAWKESBURY

Protecting your pet birds

Avian Influenza, is a serious, highly contagious disease of birds, has been detected in the Hawkesbury Local Government Area.

Can pet birds get avian influenza?

The majority of birds are susceptible to avian influenza and pet birds are no exception. All bird owners are encouraged to be aware of the signs of avian influenza and to report all unusual signs of disease or death to their veterinarian, or the Emergency Animal Disease Hotline on 1800 675 888.

How do I protect my aviary birds or backyard birds?

Basic biosecurity steps will minimise the risk of avian influenza as well as other diseases. Health monitoring and sound husbandry practices assist in early detection of any flock problems. Purchase birds from reputable sources. Where possible, minimise contact between domestic and wild birds or other animals. Minimise non-essential visitor contact with domestic and aviary birds. Keep new flock introductions separately for 2-3 weeks after arrival. Water supply in most urban backyards or aviary flocks is chlorinated town water. However, in rural areas, water used from a dam, river or creek

should be chlorinated to make it safe to drink.

Avian influenza information for pet bird owners

High pathogenicity avian influenza (HPAI) is a serious, highly contagious disease of birds. It is notifiable in Australia, meaning any suspected cases need to be reported immediately to the national Emergency Animal Disease Hotline on 1800 675 888. HPAI can affect wild and pet birds including, but not limited to, budgerigars, parrots and other pet birds.

Where can I get more information?

Plain English Guide – Avian influenza
www.dpi.nsw.gov.au/__data/assets/pdf_file/0009/1565991/20240627_AI-Plain-English-Guide.pdf

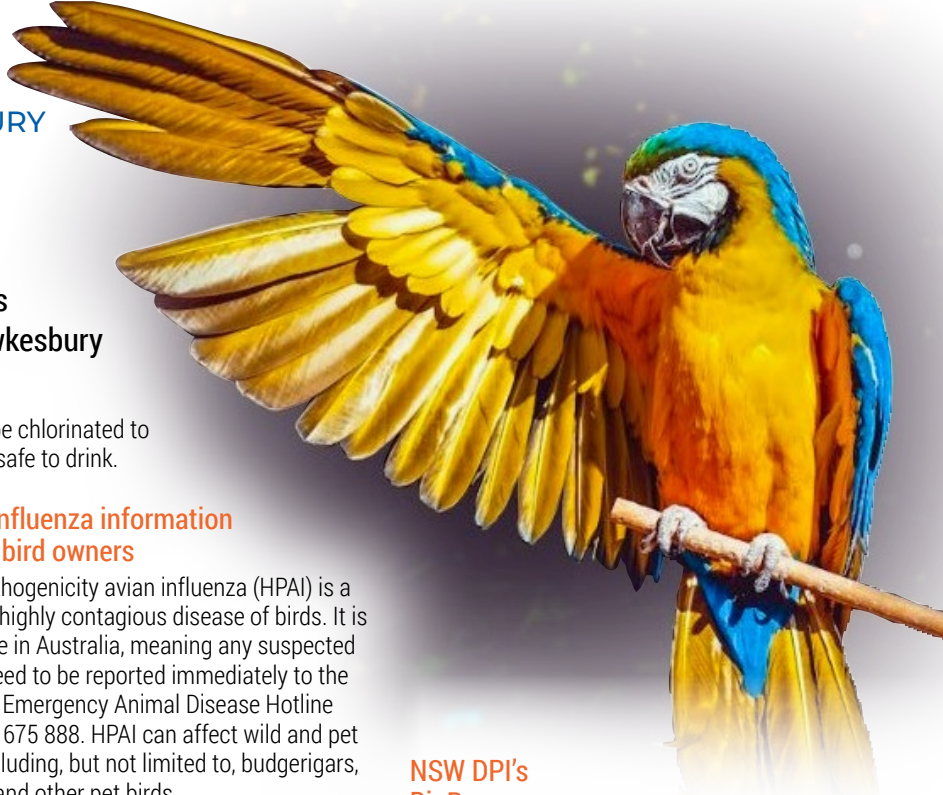
Avian influenza questions and answers

www.dpi.nsw.gov.au/animals-and-livestock/poultry-and-birds/health-disease/avian-influenza/more/questions-answers

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BioResponse NSW is an easy-to-use app that provides users with fast, reliable, targeted and up-to-date information about biosecurity emergencies direct to your smartphone, tablet or computer.

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Avian Influenza

(AI) is a serious, highly contagious disease of birds. It is notifiable in Australia, meaning any suspected cases need to be reported immediately.

Stay alert and report any sick or dead poultry or wild birds.

Know the signs:



Birds with swelling around the head and neck



Birds with nasal discharge, coughing, sneezing or difficulty breathing



Purple discolouration of wattles, combs and legs



dpi.nsw.gov.au/ai

Scan the QR code for more information or to check if you're in an emergency zone



EMERGENCY ANIMAL
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1800 675 888



SUPT KAREN HODGES BIDS FAREWELL TO HAWKESBURY

**"She has been an amazing leader – constant and reassuring."
"A true leader not scared to make tough calls."**

While her colleagues were saddened to see her leave her Fire Control Officer role in the Hawkesbury many believe Superintendent Karen Hodges AFSM's new role in

Queensland's South Eastern Region as its new Deputy Chief Officer is well deserved.

Her meteoric rise started when she first joined the Council as a typist in 1988.

According to Councillor Danielle Wheeler, the Superintendent spent only "a couple of weeks" at Hawkesbury Fire Control and never left.

Only two years later, she was appointed as the Deputy Fire Control Officer, the youngest person and the first woman to be appointed in such a position, according to her colleague Group Captain and Operations Officer Craig Burley.

Karen was appointed Fire Control Officer (FCO) in 1999, also the youngest and first woman. She gained command of the entire Hawkesbury District and, over the years, across the state.

As an FCO, she carried a plethora of responsibilities, from the day-to-day operations to being in charge of 23 brigades, 1,800

volunteers, an office of short-staffed employees, and a tight budget.

Serving also as Incident Controller, Superintendent Hodges led 36 Section 44 declarations or Emergency Bush Fire Declarations in her stay.

Most notable is her key leadership role during the historic 2019-20 Gospers Mountain Fire, the months-long inferno that reached Sydney's doorstep, only held under control after months of arduous fighting and the eventual rain and flood in January.

In a Notion of Motion submitted to council by Councillor Wheeler, RFS members commend her as a competent leader, a quick thinker, and blunt but with a big heart:

"Karen is really well loved. She can probably tell you the names of most of the firefighters in the District. You see it at awards nights: she charms the crowd and has a word of a joke for everyone," a member said.

"She's known for her personal touch. Not many FCOs would send flowers for births or to

grieving relatives. It's that personal touch we'll miss most," another member said.

"The competent, dedicated volunteer fire fighting force that Hawkesbury is today is a testament for Karen's commitment, both during and after work hours, for the conduct of firefighting and the welfare of the District's crews," one Group Officer mentioned.

The Hawkesbury City Council and Councillors formally recognised Superintendent Hodges' massive contribution to Hawkesbury and beyond during the 9th July Ordinary Council Meeting.

This month, she will transition to her new role in the newly formed Rural Fire Service Queensland as its first Deputy Chief Officer, South Eastern Region.

Photo by Mridula Amin
via ABC News.



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UNIFORMS FOR KIDS

BY BEV JORDAN

A clever program that refashions discarded police uniforms into new colorful clothing for children in need is calling out for people to join its Uniforms 4 Kids sewing group in Baulkham Hills.

The pilot program at Learning in the Hills is working with The Hills Police Area Command to repurpose old uniforms. The program so far has resulted in 25 new garments and 35 specially designed trauma bears since February.

Leonie Paterson, on the project's volunteer coordinators said it is an enjoyable project that has enabled some volunteers to unleash their creativity.

"Our small team is very talented. Our brief is to make the clothes nice and bright and use 50% police uniform in the design. We have made dresses, skirts, shirts, skorts, shorts and bags.

"Children's clothes are nice to make and the upcycling aspect is great," said Leonie.

"We meet for two hours on a Tuesday afternoon but it goes longer. It is social as well as helping the community."

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

It was her daughter, Debbie Platz, a serving police officer, who suggested that old police

uniforms could be used, rather than shredded, to make clothes for children in Australia and so Uniforms 4 Kids was born in 2018.

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

When the Hills pilot program was launched in February this year Anne Macdonald, Director and Operations Coordinator at Uniforms 4 Kids said: "Uniforms 4 Kids are so excited to welcome Hills Community Aid to our volunteer family."

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

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

"We do not sell any of the clothes." She said the refashioned clothes are donated to domestic violence shelters, migrant



Taisa Kurlow (student), Leonie Paterson (Coordinator), Stephanie Brown (police) and Audrey Loch (Coordinator)

shelters, community centres, charities helping communities in time of disasters and children's hospitals. "They go to children who need them."

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

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



Everything you need to know about retirement living

After a lifetime of hard work, many of us look forward to a relaxing retirement, often in a retirement village or resort. But selling the family home and relocating is a major financial decision that should not be taken lightly.

It is vital that you research your options thoroughly to find the right situation for your circumstances. Doing your homework can lead to years of happiness enjoying the rewards of a low-maintenance lifestyle in a like-minded community.

The perfect place to start is the Hills District Retirement Village & Resort Expo, on this Sunday 28th & Monday 29th July, 2024 at Castle Hill RSL Club, 77 Castle Street, Castle Hill.

See everything from established villages and lifestyle resorts to brand new luxury developments, in Sydney and throughout Australia – all under one roof.

Visitors are encouraged to take their time and explore the Expo at their own pace.

With many different retirement communities represented, you can discover everything you need to know about retirement living.

The Expo is open from 10am - 3pm both days. The Club offers free parking to members and guests. Admission is free. For more details go to www.retirementexpo.com.au



**FREE
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Hills District Retirement Village & Resort Expo

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

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

Wonderful opportunity to ask questions and gather information

www.retirementexpo.com.au

MULPHA'S MAJOR MILESTONE

Mulpha's ambitious zero-carbon residential development at Norwest Quarter has just marked a major milestone in the construction of its first apartment tower, the 14-storied Lacebark building.

At the top of Lacebark: William Smart (Smart Design Studio), Tim Spencer, Head of Developments, Mulpha Australia, Greg Shaw, CEO of Mulpha Australia, Peter Lantouris, Parkview Constructions, and Emile Tabet, Parkview Constructions.

It was complemented by Mulpha's recent achievement of a strong iCIRT rating of 4/5.

The iCIRT star-rating is an independent construction industry rating created by Equifax, developed in consultation with the NSW Government, which assesses building professionals and firms against six criteria – capability, conduct, character, capacity, capital, and counterparties.

Mulpha Australia underwent iCIRT's rigorous and independent review on a group-wide basis and achieved a 4/5-star rating. iCIRT states a 3-gold star rating or higher indicates a trustworthy business that honours its commitments and fixes issues as they arise.

Mulpha executives and building partners marked the milestone with a "topping out" ceremony on the top floor of Lacebark, the first apartment building in Mulpha's Norwest Quarter,

due for completion in the second half of 2025. More than half the apartments are already sold off the plan.

Lacebark will comprise 81 generously sized one-, two- and three-bedroom premium apartments and three-bedroom penthouses, all with spacious balconies for entertaining. There will be two levels of convenient shops, restaurants and cafes, a resident-only lounge with swimming pool and sundeck, a beautiful garden and BBQs.

An enormous open plaza linking Lacebark to Banksia, the second apartment building in the first stage of Norwest Quarter, will feature a wild play forest with misting, timber walkways, forts, slides, decked areas and seating.

Mulpha Head of Developments, Tim Spencer, said: "We are thrilled to celebrate this significant milestone for Lacebark with our top-tier partners, including Parkview Constructions,

architects Smart Design Studio, environmental sustainability firm Finding Infinity, landscaping architect Aspect and urban designers Terroir.

All our partners are delivering new benchmarks in sustainable design and construction.

"We are also delighted that Mulpha has received a strong iCIRT rating of 4/5, reflecting our commitment to delivering quality apartment buildings that far exceed minimum code requirements, while setting new benchmarks in lifestyle design, community-focused wellness, sustainability and harmony with the natural environment."

"This is great for off-the-plan buyers and investors, giving them confidence that what they have bought will be delivered," he said.

Norwest Quarter development is the first zero-carbon precinct in the Hills and one of the most ambitious in Australia in its sustainability initiatives and design principles.

The first stage will deliver 181 net zero apartments powered by 100 per cent renewable electric energy that will consume 50 per cent less electricity from the grid, as confirmed after modelling done by Environmental consultancy Finding Infinity.

Norwest Quarter apartments have achieved a NatHERS rating of 8.1, putting them in the top 10 per cent of NSW and above the Hills average of 6.6. Norwest Quarter will feature rooftop solar panels and high-performance, centralised air-conditioning, high efficiency lighting and appliances, electric hot water, and induction cooktops.

Proposed Road Disposal Section 152D Roads Act 1993

In accordance with section 152D of the *Roads Act 1993*, notice is hereby given of the proposed sale of the Crown public roads listed in Schedule 1. If a sale proceeds, the road(s) will cease to be a public road upon transfer of the road to freehold land in accordance with section 152H of the Act.

Schedule 1:

- Crown road at Lower Portland, within and adjoining 88 Gotts Road. (File Ref: 24/04300, Cluster: 646376)

All interested persons are hereby invited to make submissions concerning the proposal to Department of Planning, Housing and Infrastructure – Crown Lands, PO Box 2215, DANGAR NSW 2309 within twenty-eight (28) days of the date of this advertisement.

Any person is entitled to make submissions with respect to the sale or disposal of the road. Please note that submissions may be referred to third parties (such as council or the applicant) for consideration in accordance with the *Government Information (Public Access) Act 2009*.

For the Manager, Business Centre Newcastle

For further enquiries please visit the website roads.crownland.nsw.gov.au or contact Kerri Alderton by email at kerri.alderon@crownland.nsw.gov.au or on (02) 4904 2561 quoting file references above.

SCHOOL LEAVERS WANTED

Let's save the planet!

Local company, Australian Pump Industries, is looking for school leavers who are interested in a career in the water industry. Working as interns, in various departments through the company, gives young people the opportunity to learn how a successful business operates and prospers.

"We need to take in a fresh intake of interns to continue to grow this exciting business", said Aussie Pumps John Hales.

The company is an innovative manufacturer of pump products used extensively to combat the challenges of climate change whether it's floods, droughts or fires!

"We know that climate change is not going away and that communities need to adapt! Everything we do in this company is about helping people in trouble. It's a terrific opportunity for bright young people to not only start a great career but gain real satisfaction at the same time", said Hales.

Interns, working with the marketing department and product managers, learn about the water industry and the issues facing our farmers and primary producers. They will see how the team take ideas from customers to develop products to further advance this iconic Australian manufacturer.

"It's a great environment where young people can contribute something meaningful to help us all to a more sustainable world, using water in the most positive and effective way", said Hales.

Check out aussiepumps.com.au/careers or contact Linda-Sue Karkowski at careers@aussiepumps.com.au or (02) 8865 3500.

Aussie Pumps

Do Your Ears Feel Blocked?

Imagine you're walking through a serene forest, the sounds of nature surrounding you, but suddenly everything feels muffled, as if you've been plunged underwater. This unsettling sensation is what it feels like when your ears are blocked. Let's delve into why this can happen and what you can do about it.

This sensation can occur when the eustachian tube is not functioning well or it becomes obstructed. The eustachian tube is a small channel that connects the middle ear to the nose and sinuses. This tube equalises the pressure in your middle ear, behind the ear drum. There are tests used to check that the pressure behind your eardrum is equal to the pressure in the atmosphere, outside of your ear. This test is called tympanometry. When this measurement shows that the pressure in the ear is too positive or too negative, this can be a sign that the eustachian tube is not working, or it is blocked. When the eustachian tube is not functioning well, you may experience fullness or pressure in your head.

Common Causes of Blocked Ears

Our ears can feel blocked for several reasons such as excessive ear wax, fluid build-up behind the eardrum, something stuck in the ear such as a cotton-bud or earphone tip or sudden hearing loss. Unfortunately, many people adopt a "wait and see" approach, hoping their ears will unblock on their own. It is very important to investigate the cause of the blockage as soon as you can. Hearing care providers, such as audiometrists and audiologists, can perform several tests to identify what is causing the symptoms. It is also a good idea to see your doctor if you are experiencing fever or cold and flu with your ear-related symptoms.

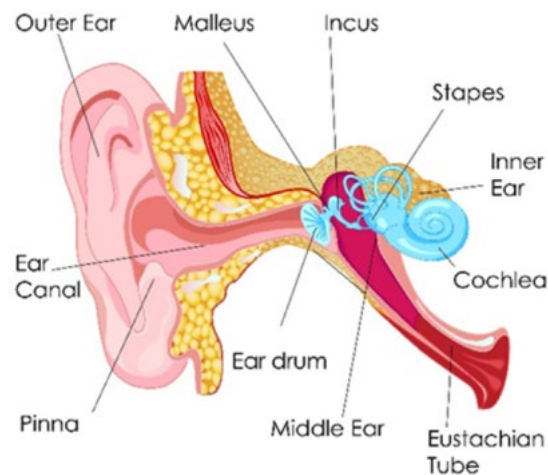
Blocked Eustachian Tubes and Their Causes

Blocked eustachian tubes can be caused by allergies, sinus infections, or swelling from

a recent cold. These conditions can lead to fluid collecting in the middle ear, causing pain, muffled hearing, ringing or popping noises, and dizziness. This sensation is particularly common in children, whose eustachian tubes are shorter, narrower, and more horizontal, it is easier for fluid to build up and become blocked.

The Impact of Flying

It's important that blocked ears are managed before getting on an aeroplane. When you are on a plane the pressure is, especially in descent, changing rapidly in the cabin. This puts stress on the eardrum, particularly if the middle ear does not equalise appropriately. Flying with blocked ears can be very uncomfortable or at times, painful. In extreme cases, when there is continual or increased pressure on the eardrum, it can burst, leading to further complications.



What to Do if Your Ears Are Blocked

If your ears are feeling blocked, it is important to see a local hearing care provider, such as **Ear Studio**. At Ear Studio, we can complete several tests to identify what is causing the blocked sensation in your ears. If eustachian tube dysfunction is the cause for the blocked feeling you are experiencing, a nasal decongestant or nasal spray is often recommended. At Ear Studio, we can test your hearing, remove ear wax build-up, or refer you to the right specialists to get you on the path to clearing the blocked feeling from your ears!

Call Ear Studio on (02) 9159 6122 or visit our website www.earstudio.com.au to make an appointment today.

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Local Filmmaker on Track

BY BEV JORDAN

It has taken a few years to get to the screen but *The Boy Who Was Afraid of Everything* has just won several awards and talks are underway both in America and Australia about extending the pilot to make a television series.

For writer, actor and filmmaker Haris Mirza from Castle Hill it is a busy and exciting time.

Haris, who graduated from Cherrybrook Tech in 2017, says he was in love with drama and writing as a primary age student at Murray Farms Public School.

Comedy was his favourite form. "I grew up watching sitcoms like *Modern Family* and *Malcolm in the Middle*. Every school holiday was spent in acting classes and workshops."

As a 15-year-old he and his family spent two weeks in Los Angeles where he was captivated by the possibilities. His older brother, actor Waleed Mirza, now lives there.

Haris has had a guest spot on *Home and Away* and other shows but writing has been his focus.

"I started writing this character (Ali) and project in 2019 and went for funding a few times before deciding to co-write and create with my friend Nick Bartlett."

"It was originally created to be a web series which we self-funded (at a cost of \$15,000)"

"We played (it) locally at Sydney Webfest and then LA Webfest before getting into SeriesFest as a half hour pilot."

The Boy Who Was Afraid of Everything has since won three awards after premiering at

SeriesFest in Denver, Colorado including the Audience Award for Best Comedy and Haris for Best Performance.

"Our jury included Mike Falbo, producing partner of Ed Helms (*The Office* and *Hangover*) and Amanda Krentzman, a former Netflix exec," says Haris.

"Through this recognition, our production garnered international attention, and we're currently in talks to develop the series with multiple production companies worldwide. I also got signed by management in LA who are keen to get me auditioning for all kinds of American projects."

At the moment the team is working with an American producer and meeting a range of Australian companies with the aim of developing a TV show.

Haris says his biggest supporters have been his family, brother and best friends. "I'm also really lucky to have an amazing team."

Haris, a Pakistani-Australian, says he would love to encourage other creatives from diverse backgrounds in ways they can create their own space in the industry.

"When I started acting as a kid it was made very obvious that I wasn't what the media

perceived as 'Australian' and that feeling of otherness really hurt," he said. "I found that really discouraging, just feeling like there wasn't a place for me in Australian stories."

Haris is now working on his first full-length film which he will act in. He has written the script and will be shooting it this year. It's a comedy of course.

"There's such a thrill to making people laugh or getting lost in another person while you're acting. I also see how the power of acting and comedy can connect you with people, I want to keep doing that," he said.



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Shaun Morgan smiling in hospital, even as he underwent surgery for his prostate cancer.

Shaun Morgan's Fight against Prostate Cancer

BY SOPHIE POREDOS

52 year old Shaun Morgan, shares his experience with prostate cancer and his mission to raise awareness through participating in Dry July.

Prostate cancer affects 1 in 6 men before the age of 85, according to Cancer Australia, impacting around 25,000 men each year. Shaun's PSA (prostate-specific antigen) testing in January earlier this year revealed a concerning high level, which his GP flagged to a specialist. Following an MRI and biopsy of a lump, the Glenorie local was confirmed with the news that no-one is prepared for: a confirmed cancer diagnosis.

Prostate cancer can be hereditary - accounting for only 5-10% of cases - as his uncle has successfully overcome prostate cancer and is currently in remission. However, his grandfather lost his life to the disease in 2001. Shaun successfully underwent surgery to remove his prostate in April 2024. However, his battle is not yet over, with regular testing necessary every three months for the next five years.

The father of four, as well as two fur babies, is participating in Dry July known as Australia's sober charity challenge. Many may know of the name but not its impact, as the charity raises funds for cancer research and various cancer foundations, including the Prostate Cancer Foundation of Australia. Over 29,000 participants were involved in the fundraiser this year, raising more than \$90 million since the charity's inception in 2008.

Shaun wants to inspire others to support cancer research, noting that most people know someone impacted by cancer:

"Dry July was one of the first initiatives I saw that raised money for cancer foundations. Although I had heard about it before, as a cancer survivor, I decided to participate because cancer has completely changed my life."

"So many of my friends, family and guys at work have donated. I set a modest goal of \$1,000 for Dry July, but I surpassed it within a week. I'm now proud to have raised over \$2,000. I encourage others interested in fundraising to give it a try!"

Shaun wants his experience to advocate for the importance of early detection and regular PSA tests every six months for men over 40, especially since he didn't have any physical symptoms of prostate cancer:

"I never felt ill or noticed any signs of cancer. If I didn't go get tested, I probably would still be carrying that cancer with me. I'm so glad that I had it sorted out before it spread."

Shaun demonstrates incredible resilience and bravery in the face of the unknown. Whilst many of us may feel overwhelmed in a situation such as his, Shaun is using his platform to encourage early detection and for men over 40 to get regular check-ups, even if they don't notice anything wrong:

"I wasn't even aware in my own family about prostate cancer until recently. I've been very open about my experience but I was pretty amazed by how many men have also suffered from prostate cancer. Until I was diagnosed with it, I never really heard much about it. It's not something you ever hear about and I just think no-one's talking about it - despite the fact it affects 1 in 6 to 1 in 8 men now".

If you found Shaun's story inspirational, you can still donate to his goal of \$2,500 through "Dry July's" website by searching for his name. For more information about prostate cancer and educational resources, visit the Prostate Cancer Foundation of Australia.

Shaun's story demonstrates a strength that is admirable to those around him

DURAL & DISTRICT PROSTATE CANCER SUPPORT GROUP



**SUPPORT GROUP MEETINGS ARE HELD
3rd MONDAY EVENING OF THE MONTH**

7:00pm for 7:15pm

The Blue Gum Centre
Glenhaven Green
607 Old Northern Road, Glenhaven

CONTACT: GRAHAM STAGGS
Ph: 8677 7896 or 0402 421 062
Email: gstaggs@accsoft.com.au



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out and about
with MICHELLE BYRNE

Skate Parks

Olympic fever has gripped our household, and we can't wait to watch the Aussie Team go for Gold.

In the lead up we have had lots of interesting conversations about the history of the Olympic Games and which events are Olympic sports and which ones aren't included and why as well as who are the Australian athletes participating.

For Maddie and Alexis, they were amazed to learn that our youngest athlete is 14-year-old Chloe Covell and that she is a skateboarder who could become our youngest athlete ever to win a Gold medal.

Determined to try skateboarding for ourselves and to see if it is as easy as our skateboarding athletes make it look, we headed to the local skatepark at Balcombe Heights.

This skatepark one of the largest in the Hills consists of a 22m long bowl and a free skating area with various ramps, banks and grind rails that suits beginners like us and the more advanced skaters. A visit to this skatepark has since led to us exploring other skateparks

across the region, all of them different with different challenges.

Our current favourite is the skatepark under the metro viaduct at Beaumont Hills. It's bright and colourful with a street-style skating area for beginners up to advanced skateboarders as well. Best part is that once you have enough skateboarding experience, you can swap your board for a bike or a ball and have a go on the pump track or shoot some hoops.

In the past skateparks have had a reputation of being sites for antisocial behaviour. However, out of all the skateparks we have visited so far, we have seen none of this. Rather we have found skateparks to be inclusive, fun places with the users looking out for each other and the older kids teaching the younger kids tricks and how to skateboard.

For us it's been a positive experience and visiting skateparks is now on our weekly list of

places to visit out in the fresh air and away from electronic devices.

We have of course concluded that skateboarding isn't as easy as it looks, and we now have a greater appreciation for talented athletes like Chloe Covell who we are looking forward to watching compete on the biggest sporting stage.

For more information on skateparks across the Hills and Hawkesbury region, check out the Councils' websites and search for skateparks.



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Have your say on the proposed improvements to flood evacuation routes

Transport for NSW is seeking community feedback on the Review of Environmental Factors (REF) for the proposed improvements along The Northern Road and Londonderry Road flood evacuation routes. This is one part of the Hawkesbury-Nepean Valley Flood Evacuation Road Resilience Program.

See our plans

The REF outlines the proposed improvements. Please see the plans and send your feedback by visiting our website: transport.nsw.gov.au/hnvferp

Your feedback will help us understand what is important to the community and identify further ways to reduce potential impacts.

Community information sessions

When: Wednesday 7 August, 6pm to 7pm (online)

How: Email hnvferpinfo@transport.nsw.gov.au to register. We will send you an online meeting link to join the session.

When: Saturday 10 August, 10am to 1pm (in-person)

Where: Hawkesbury Function Centre
339 Londonderry Road, Londonderry

When: Thursday 15 August, 5pm to 8pm (in-person)

Where: Jordan Springs Community Hub
2/6 Cullen Avenue, Jordan Springs

The community is invited to provide feedback on the REF until 20 August 2024.

For any further enquiries, contact us at 1800 684 490 or hnvferpinfo@transport.nsw.gov.au



DINING OUT



DELICIOUS DESSERTS is Windsor's tasty dessert bar, offering up different flavours of ice cream, Dole soft serve and yoghurt, along with a self-serve topping bar that includes over 100 toppings. Making your own dessert never looked so fun! Also on offer are a range of cakes, coffee and milkshakes.

Located in Windsor Mall, this business that has been open since 2021, is set over 2 levels. The ground floor has café style seating and includes a Friends themed lounge, which is great for photos! Upstairs you will find a cosy Christmas themed seating area with a fireplace, the perfect spot to enjoy with friends and family. The store is open late every night.

This is a great spot to bring the kids, or to celebrate a special event. With bright decorations that change to reflect each season or festive occasion, Delicious Desserts is a must visit for your next sweet indulgence.

Address: 123 George St, Windsor | Phone: (02) 4573 8733
www.deliciousdesserts.com.au



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JOIN CASTLE HILL RSL CRICKET CLUB

Registrations are Open for the 2024/25 Season with Castle Hill RSL Cricket Club.

Founded in 1858, it is a club with a great history and offers a welcoming environment for all.

Whether you're a seasoned player or just starting out, there is a team for you.

Castle Hill RSL Cricket Club offers a welcoming environment for all ages and abilities, ensuring everyone can enjoy the great game of cricket.

Registrations are now open for a variety of teams to suit different age groups and skill levels:

- Juniors (mixed): From under 10 to Under 17
- Girls only: From Under 10 to under 18

- Men's open: From A Grade to D Grade, with 10 grades in total
- Veterans: For Over 40, Over 50, and Over 60s teams

Castle Hill RSL Cricket Club has a long and proud history, having been established in 1858 and prides itself on being a friendly, family-oriented club that welcomes new members with open arms.

The competitive season runs from September to March, providing plenty of cricket action throughout the warmer months.

For the youngest cricket enthusiasts, Castle Hill RSL Cricket Club runs the Woolworths Blast Cricket Programs – the perfect program for boys and girls aged 5 to 10 years old, which have been a staple of our club for nearly 30 years.

In recent years, Castle Hill RSL Cricket Club has seen a significant increase in interest for girls-only cricket. Castle Hill RSL Cricket Club is dedicated to fostering this growth and providing more opportunities for young girls to play and enjoy cricket.

If you're looking for a community club where you can play cricket, make friends, and have fun, Castle Hill RSL Cricket Club is the place for you. Be part of a club that values camaraderie, sportsmanship, and the love of the game.

Club President Lance Soles shared his enthusiasm for the upcoming season, saying, "We're thrilled to kick off another exciting season of cricket."

"Our club offers something for everyone, from our junior teams to our veterans. We're particularly proud of our growing girls-only teams and our long-standing Blast programs. Come join us and be part of our cricket family!"

Register today and be part of a club that has been a cornerstone of the community for over 160 years. For more information and to register, visit the club's website or contact Castle Hill RSL Cricket Club directly.



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The Hills Shire Council News



Emma Memma at the OBF NIGHT MARKETS

Saturday 7
September 2024
Castle Hill Showground

Emma Memma Returns to Orange Blossom Festival

Award-winning artist Emma Memma will perform at the Orange Blossom Festival for the first time in 19 years to headline the return of the OBF Night Markets on Saturday 7 September at Castle Hill Showground.

It's a triumphant return for the national treasure, who previously starred as Pippa the Orange in the 2005 edition of OBF, long before she became globally recognised as Emma Wiggle. High energy performances from DJs and acrobatic extraordinaire Dauntless Movement Crew will also take to the stage on the night.

Attendees are encouraged to catch public transport to Hills Showground Metro Station, which is conveniently located next to Castle Hill Showground.

The OBF Night Markets is the first of three main events this year, with the OBF Parade on Saturday 21 September at Rouse Hill Town Centre and the brand-new food and wine event, OBF Taste of Wisemans, on Sunday 29 September at Wisemans Ferry Park.

A range of community-run events will also be held throughout September in association with Orange Blossom Festival. For more information about these events, visit the official Orange Blossom Festival website: www.orangeblossomfestival.com.au

Council Meetings

Tuesday 13 August 2024 at 7pm

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

Have your say on the NSW Government's City-sized Precinct

A plan by the NSW Government to expand the precinct between the Kellyville and Bella Vista Metro Stations is currently on exhibition for public comment until 5pm, 9 August 2024.

The plan envisages an additional 20,700 homes between the two stations on top of existing homes and approvals, spanning The Hills Shire and Blacktown local government areas.

The proposal would see close to 100,000 people living in the Kellyville and Bella Vista precincts, with no additional infrastructure, such as schools and major road upgrades, promised by the NSW Government to support the population growth.

Now is your opportunity to have your say on this proposal. For more information and to make a submission, scan the QR code.



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



THE HILLS
Sydney's Garden Shire

Kurt Grieve is looking for new comedians in the Hills!

New laughs at Hills Cheeky Labs Comedy Night

BY SOPHIE POREDOS

Cherrybrook local Kurt Grieve noticed an entertainment gap in the Hills and aims to fill it with joy through his new comedy club.

The Hills is often criticised for having a lack of social clubs, leaving social butterflies with few options on their Sundays. However, Kurt's new comedy club is looking to spice up local's schedules, with 14 members in Castle Hill already interested: *"Our Comedy Night is a long awaited opportunity for people in Western Sydney to come together for a laugh and to socialise. The Castle Hill community has really pulled together in trying to get this club started and have been eager to see how it evolves".*

The club is inspired by Kurt's trip to South Korea, where he noticed the popularity of university comedy clubs and wanted to bring that enthusiastic energy here: *"We are a group of beginners trying our hand at improv comedy and are looking for others, willing to put themselves out there and try something as daring as being yourself".*

Despite his lack of experience in comedy, Kurt and his group believe in the importance of bringing small moments of joy to people's lives and commend the confidence associated with stand-up improv: *"This is a unique chance to build your skills, showcase your talents and have an impact on the wider community. Laughter has great healing potential and brings people together. Research into the benefits of humour has also shown its ability to reframe shared suffering into positive experiences".*

Kurt also hopes that through the public's participation in the club, he and his fellow comedians will be able to raise funds for charity. However, this is all dependent on the club's success as he said: *"This is a vulnerable time for our group's existence as the interest of newcomer's will determine the longevity of comedy in Western Sydney, so it's now or never!".*

If you're ready to watch a few laughs for free, Kurt is looking to expand the group to fortnightly or even weekly. Currently, the group meets at the Castle Hill Tavern at 25 Victoria Avenue, from 10:30am to 11:30am on some Sundays until they build their numbers. You can connect with Kurt by joining the Facebook group "Hills Cheeky Labs Comedy Night" or by contacting him at kurtgrieve@hotmail.com.

PAVILION THEATRE

Mrs Warren's Profession

26 JULY - 17 AUGUST

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

Written in 1893, Mrs Warren's Profession proved too much for Victorian sensibilities and didn't debut on the London stage until 1902 at the dawn of the Edwardian age.

Kitty Warren, former prostitute, "spoilt and domineering, and decidedly vulgar", is now a successful businesswoman - due to her owning several brothels across Europe. Her thoroughly modern and pragmatic daughter Vivie, having just graduated from university, seeks to get acquainted with Kitty for the first time in her young life. When Vivie realises what her mother does for a living, their relationship irrevocably changes and she must find her own way forward in a world run by men.

Shaw asserts that prostitution is not caused by moral failure but by economic necessity and, well over a century after its first performance, his play still resonates. How and why do we judge the choices of others - as well as the choices we make for ourselves?

PAVILION THEATRE

Doran Drive, Castle Hill | 02 9634 2929

Acclaimed Author MICHAEL ROBOTHAM is coming to The Hills

Fans of crime thrillers, get ready! A captivating talk and book signing with best-selling author Michael Robotham is headed your way.

On July 30 join Michael at The Pioneer Theatre as he delves into his latest novel - Storm Child. A thrilling emotional ride with shocking plot twists that make for a compulsive read.

The evening will conclude with book sales and signing conducted by Dymocks Rouse Hill.

Cash and card accepted on the night.

Don't miss this chance to connect with a literary luminary and grab your signed copy of Storm Child!

Tickets are just \$13.30 per person.
Secure yours now before it's too late.

Get your tickets
PIONEER THEATRE

Level 1, 12-14 Pennant Street, Castle Hill
Enquiries: 1300 426 654
pioneertheatre@thehills.nsw.gov.au





Choir members ready to sing at a retirement village

PARKINSONG

BY BEVERLEY DIND

Baulkham Hills has been my home for 30 years.
For many, many years I worked for a bank in Baulkham Hills.
Those were the days when banking was about customer service.
I loved caring for customers and excelled in that role.

Five years ago, I felt something was wrong. I had small symptoms but one day, when babysitting my baby granddaughter, I sang Twinkle Twinkle Little Star and tried to move my fingers to twinkle. One hand wouldn't twinkle at all. Something was wrong! It was as though all the wind had gone from my sails when I was diagnosed with Parkinson's Disease. I was one of the 50 people each day who are diagnosed with this disease.

I found Parkinsons, which is part of the Hornsby Kur-ring-gai Parkinson's Association Inc, when I was thinking of joining a support group. I dreaded the thought of a group who met to discuss the members' illnesses and problems. I joined PARKINSONG about 2 years ago. Parkinsons is a choir run by volunteers. The choir was launched in 2018, Chris Davis being the main force in establishing the choir and is known by both Parkinsons and Chris Davis Choir.

The group meets weekly on Thursdays from 10am to 11.30am at the Turrumurra Seniors Centre, 1 Gilroy Road, Turrumurra. Meetings are held in a nice old cottage. The room is cosy and air conditioned.

Parkinsons is an amateur choir. There are no auditions, and a good voice is not a prerequisite. I don't have a good voice, by anyone's standards, but I do enjoy singing.

The first day I attended, the volunteers who met me at the door were friendly and welcoming AND I was greeted with a warm, comforting cup of tea.

I wasn't prepared for the fabulous sound the choir made. The combination of male and female voices was fantastic. We sang rounds with the help of words projected on a screen as well as words on printed sheets. All the songs chosen to sing are uplifting. From time to time,



Singing from the screen

we perform at local retirement villages and the Wahroonga Fair, highlights being singing at Government House and the Sydney Recital Centre as part of Singout Sydney.

This is a unique group which is made up of people with Parkinsons, their families, volunteers, carers and friends. Singing, particularly in groups, improves the voice and swallowing mechanisms which are common complaints with Parkinson sufferers. Singing relaxes muscles and releases tension in the back and neck which is shown to also reduce Parkinson's symptoms like tremor, posture and walking problems.

Coming away from singing, I feel uplifted and I'm often humming along to a tune that has stuck in my head. I also enjoy the friendship and support of choir members.

We have members from Baulkham Hills, Castle Hill and Galston amongst our number. I would like to encourage anyone who is interested to give Parkinsons a try.

More information is available on our website: www.parkypeople.org OR please contact Michael Parkin 0491 009 557. ALL WELCOME!

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Norfolk Island Visit

The Hills Branch of National Seniors and Hills to Hawkesbury's Ivor Jones have organised a tour to historic Norfolk Island.

With just a few vacancies left, the tour will depart Sydney Wednesday 30th October to Wednesday 6th November. The fully escorted tour will spend the week exploring this South Pacific paradise and meeting some of the local characters. A visit to Colleen McCullough's home is also included. If you are interested in joining the tour, enquiries regarding booking should be made to Donna Eaton of Trade Travel at 1800 034 439 or email Donna at donna@tradetravel.com before Friday 9th August, with the subject National Seniors - Norfolk Island Tour.

Interested in joining National Seniors Hills Branch? You are welcome to attend a meeting. They are held on the first Thursday of each month at the Baulkham Hills Sports Club, Renown Rd. Baulkham Hills at 9.30am for 9.45am start. Meeting finishes at 12 noon. Interesting speakers, Monthly bus outings. Luncheon group visiting various local eateries. Over 55 and looking for fun, friendship and fellowship. All welcome.

ART DEMONSTRATION
7TH AUGUST

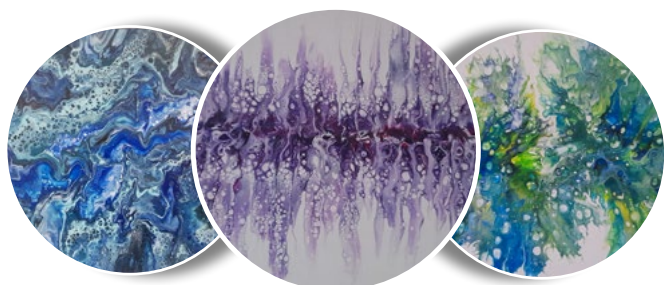
MICHELLE HENDRIKS Fluid Art Painting



Fluid Art is a popular abstract painting technique where liquid art mediums (usually acrylic paint) are used to create artwork by pouring paint onto a canvas rather than painting the subject.

MICHELLE HENDRIKS is a self-taught fluid art and abstract artist who loves experimenting with different techniques, and is continually learning new methods.

Visitors are welcome to join with the Castle Hill Art Society 7.30pm at Castle Glen Community Centre, 157 Ridgescrop Drive, Castle Hill. Enquiries 9899 3179 www.castlehillartsociety.org.au



COMMUNITY NEWS

Bromeliad Society of Australia



The next meeting of the Bromeliad Society of Australia will be held at the Federation Pavilion, Castle Hill Showground, Castle Hill on Saturday, 10th August with sales to the public from 10am and the meeting commencing at 12 noon.

Our guest speaker will be Anna Ernst whose passion for bromeliads commenced 25 years ago when she realised these plants were low maintenance and added vibrant colour in a variety of stripes, spots and dots to her garden throughout all the Seasons.

Anna's collection expanded further when she joined the BSA six years ago. Once all the ground space in her garden was completely filled she started experimenting with mounting bromeliads on cut off branches and old fence palings.

"Putting together lovely contrasting colours and complementary forms of bromeliads is so satisfying and lots of fun. For me, it is relaxing to create a piece of art that I can enjoy and watch while it changes and grows over the seasons."

Anna will demonstrate the methods she and her husband Peter have used to attach logs onto sturdy bases for free standing pieces, making wall mounted timber pieces, and the different techniques she has experimented with for attaching bromeliads onto round, flat and weirdly shaped wood.

There will be our usual 'Show, Tell and Ask' session and the very popular plant raffle.

For further details please contact Ian Hook, President BSA on mobile 0408 202 269, email ianhook1@bigpond.com or refer to www.bromeliad.org.au for the latest updates.



KENTHURST PRESCHOOL FETE

SUNDAY 11 AUGUST 2024

John Benyon Rotary Park Kenthurst

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- ✓ Raffles, Auction Items

📞 02 9654 1436

📧 info@kenthurstpreschool.org.au

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

Albanese Labor Government Delivers for Greenway in 2023-24 Budget

Minister Michelle Rowland MP

✉ PO Box 8525, Blacktown NSW 2148

☎ (02) 9671 4780

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

📧 @mrowlandmp

✉ Michelle.rowland.MP@aph.gov.au

🌐 michellerowland.com.au

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



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Historic Job Creation Under Albanese Labor Government

The Albanese Labor Government has achieved a remarkable milestone, creating nearly one million jobs. This accomplishment is unparalleled, with the Albanese government having created more jobs in a single parliamentary term than any previous government.

The latest Australian Bureau of Statistics (ABS) Labour Force figures reveal an additional 50,200 people found employment in the past month alone. Despite a slight rise in the unemployment rate to 4.1 per cent, it remains close to historic lows.

Under the former coalition government, the unemployment rate averaged 5.6 per cent, highlighting the significant improvement.

Full-time employment has seen a substantial increase, rising by 43,300 in June to reach a record high of 9,944,200. This marks

a year-on-year increase of 122,100 full-time jobs, with full-time employment accounting for around 60 percent of job growth during this term. Part-time employment has also reached new heights, increasing by 6,800 in June to stand at 4,461,800. Total and full-time employment reached record highs for both men and women in June 2024. These figures reflect the positive impact of the government's policies on the Australian workforce.

While inflation is lower and real wages are experiencing annual growth, we recognise that many Australians are still facing significant cost-of-living pressures. The Albanese Labor Government remains committed to providing meaningful relief to ensure Australians can earn more and keep more of what they earn.

In the recent Budget, we introduced measures

aimed at easing cost-of-living pressures, including: Labor's tax cuts for every Australian taxpayer – not just some; \$300 energy bill relief for every Australian household and \$325 for small businesses; a freeze on the cost of PBS medicines for every Australian; more funding to build more homes in every part of the country. This is alongside cheaper child care, fee-free TAFE, and the biggest investment ever in expanding bulk-billing, supporting more Australians.

Our policies are designed to provide substantial relief, ensuring that Australians have greater financial stability and security. In contrast, Peter Dutton's approach would see Australians working longer hours for less pay.

Our government's focus is on creating jobs, supporting workers, and building a stronger, fairer economy.

MINI-CITY FOR KELLYVILLE & BELLA VISTA?

NOT ON MY WATCH!

While we all appreciate the need for housing, The Hills does not have the infrastructure to support the additional 21,000 apartments proposed by the Minns Labor government.

This is a 400% increase on the original 5,600 dwellings planned for this area between Kellyville and Bella Vista Metro Stations. With no land set aside for schools, or playing fields, it is clear this Government has no concept of what a functioning community needs. The increase in traffic congestion along Old Windsor Road, which thousands of residents already suffer each day, will be intolerable. I am shocked that this plan was even created, let alone proposed by this Government. I would strongly encourage anyone who is opposed to Labor's proposed gross over-development of the Kellyville area to make your concerns known by make a submission at www.planningportal.nsw.gov.au/draftplans/exhibition/kellyville-and-bella-vista-state-led-rezoning-proposal

NSW passes embedded Network Laws

I am proud to advise that after raising the matter of Embedded Network Energy Providers in the media, and subsequently chairing the Law & Safety Committee about this matter, new Legislation was passed by Parliament on 24 June 2024 ending the reign of financial terror placed on NSW residents by price gouging electricity providers. I am very proud that this very first piece of Legislation regarding embedded networks has come to fruition, and I anticipate that it may be replicated by other states across Australia.

Labor Dismantles Service NSW

The NSW Labor Government has lost control of the Budget and now they're slashing Service NSW – cutting more than 200 frontline staff. This means cuts to frontline workers who help make your life easier. Whether it be renewing your driver's licence or getting a copy of your birth certificate Service NSW has made life easier for everyone. Chris Minns' promises to union bosses have cost the NSW Budget more than \$9 billion, with more to come, and now they are slashing more than \$100 million from services that support NSW residents at critical times. These cuts will decimate Service NSW, cripple essential services, and leave our communities vulnerable in times of crisis.



ADVERTISEMENT

Ray Williams MP

Member for Kellyville

As your State MP, I am here to:

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

📍 Suite 202, 10-14 Market Lane, Rouse Hill NSW 2155

☎ 8882-9555 ✉ castlehill@parliament.nsw.gov.au

🌐 www.raywilliamsmp.com.au

Authorised by Ray Williams MP. Funded using Parliamentary Entitlements.



Ex-Hills Hornets junior Josh Green shoots for Olympic glory

Former Hills Hornets junior Joshua Benjamin Green has certainly come a long way since impressing his coaches with his prodigious talent. The 196cm (six foot five inch) tall basketballer will be representing Australia at the Paris Olympics which opens this week, having been selected by highly-experienced coach Brian Goorjian.

Josh's amazing court skills have already been showcased at the Olympic level, being one of the special team who won Australia's first Olympic bronze medal at the 2020 Tokyo Games.

Joshua, the son of successful basketballers, Cahla and American-born Delmas, grew up in Castle Hill and excelled in as many as nine sports including athletics, AFL, basketball, football, rugby and swimming. He represented Cherrybrook Athletics as a junior.

Josh loved footy and could have pursued a career in the AFL with both the Sydney Swans and Greater Western Sydney Giants keen to sign him for their junior development programs. In fact, he accepted an offer to join the Giants' academy when he was 13.

However, his phenomenal court skills were already catching the eye of basketball talent

scouts. After captaining NSW under-12 Metro team to win the Australian title, he was soon playing club basketball for Penrith, going on to represent NSW's under-14 and under-16 teams.

The turning point in Josh's life came parents moved to the Phoenix, Arizona, in late 2014, cutting short his various sporting careers in NSW and Australia – including the GWS Giants – but setting the stage for his NBL and national pathways.

The shooting guard played college basketball for the Arizona Wildcats and later signed for Dallas Mavericks who made it to the NBA finals. He is currently playing for the Charlotte Hornets. He skipped the IMG Academy to the national championship in his final high school game and was also named MVP.

In 2020, he was snapped by Dallas Mavericks for a four-year rookie contract worth US\$13.6 million (A\$20.34 million) before signing a highly-lucrative US\$41 million (A\$61 million) deal with the same club in 2023. After being traded by the Mavericks to the Hornets, Josh told reporters: "It's such a young team and they play at a fast pace," Green said, "and I think I'm able to thrive in transition, being able to pick up



JOSH GREEN IS NOW A BOOMERS REGULAR.
Picture: Courtesy Basketball Australia

the ball and play defence and just continue to grow my game. I'm still a young guy and it gets fun to be around older guys in Dallas and learn from them, and take that to Charlotte and just come in with a winning mindset, and, yeah, be ready to go."

In the Olympics, Australia take on Spain in their opening Group A match on July 27, with other games against Canada (July 30), and Greece (August 2).

Shannon Lifts Hills Women

A brace by Kaylie Shannon fired Hills United to a 2-1 victory over Blacktown City FC in their FNSW League One Women's match last Sunday.

The win snapped a winless four-match streak which included three draws. Hills United are now in fourth place with 44 points, behind table toppers Mt Druitt Rangers (50), SD Raiders (50) and Bankstown City (46). Hills United are away to Nepean FC this Sunday, July 28, with kickoff at 3pm.

Dural Bowling Club News

The wet weather has affected all outdoor activities this winter. The bowlers at Dural have not been spared. This has caused local social games to be cancelled and the postponement of regional competitions.

The regional Pennant competition started on July 3 and will run for six weeks. Three teams of triples and pairs are representing Dural at the competition. Most games have been played at Dural, Castle Hill and Merrylands which have pleased the bowlers as they have not had to travel too far.

On a sad note, the Dural Bowling Club lost one of its longstanding members Keith McGill. He was farewelled on Friday, May 31 at Allan Drew Funerals.

Anyone interested in playing bowls please contact Robert on 0411375580.

YU OKUBO Stars for Hills United

Hills United's Japanese striker Yu Okubo spearheaded a 4-1 trouncing of NSW Spirit in their NSW NPL football game last Saturday.

Okubo's scintillating hat-trick not only bamboozled the Spirit goalkeeper Christopher Marques but also provided a much-needed boost for the Hills in their bid to avoid relegation in their first season.

Okubo has been in sublime form and with playmaker Glen Kelshaw, scored the goals to lift the spirits of the Hills United faithful at Landen Stadium. Okubo headed the ball home in the first goal from close range in the 24th minute after Kelshaw's lovely cross.

The Hills went into lemons at 1-0 and doubled the lead with Okubo's booming strike in the 59th minute. Kelshaw then netted a delightful goal which flew to the left hand side of the goal.

Okubo completed his first hattrick for the club – his 10th goal for the season – in the 77th



Japanese ace Yu Okubo scored a fine hat-trick for Hills United. Picture: FNSW

minute after receiving a splendid pass from Byron Ginn. Spirit scored a consolation goal soon after when Michael Konestabo finally beat Hills custodian Ryan Wood.

Hills United, who are now in 12th place in the 16-team competition, take on sixth-placed St George FC at Landen Stadium on Saturday, July 27, at 7pm.

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: BANZAI
BREED: American
Staffordshire
SEX: Male
AGE: 11 mos 2 wks
PRICE: \$49



BANZAI is nearly a year old and is an out-going, happy boy who is great with other dogs and loves everyone according to staff at the Hawkesbury Companion Animal Shelter. Staff say when Banzai first came to the Shelter he was a very frightened little boy who just wanted to be left alone but now he is super happy to meet new people and also very well behaved when meeting other dogs. If you have been looking for a lovely dog with a soft placid nature to join your family please come to the shelter with your family dog and children to meet him. Banzai's adoption price is just \$49 and includes desexing, the first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: PEBBLES
BREED: Domestic
shorthair cat
SEX: Male
AGE: 4 yrs 2 mos
PRICE: \$49



ROB is an outgoing, lovely cat who just loves attention according to staff at the Hawkesbury Companion Animal Shelter. They say Rob loves nothing more than spending time with you playing around with whatever he can find. So, if you have been looking for an inquisitive cat to join your family and keep you entertained please come to the shelter to meet him. Rob's adoption price is \$49 which includes his first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

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Term-End Fun for Dural Scouts

Dural Scouts finished the term with a night at the local indoor rock-climbing centre.

Rock climbing is a great way for scouts to have fun while building their confidence and problem-solving skills. All scouts experienced various climbing routes and fitness levels and the friendly staff at The Edge were on standby to help them learn new skills.

Thank you, Venturer Kristina Taylor, who organised this activity as part of her Peak Award Badgework and all the parents who helped make a successful night. Pizza for all topped off a perfect night.

Dural Cubs and Joeys held a joint night of fun and adventure for end of term. They cooked toast on fire at the front of the hall using a green stick toaster and enjoyed

eating with loads of butter and jam. This was followed by fun rides on the Gyroscout/ Gyro Rings. What an adventure; experiencing the Laws of Physics - a product of Angular Momentum and Gravity on such a ride! A big THANK YOU to The Wolf and other leaders who helped build this contraption for our youth members.

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)

CELEBRATING LIBRARIES – AUGUST 2024

Hawkesbury Library Service is celebrating Library and Information Week 2024 by rewarding our new and current members.

Join us for a free cuppa at both Libraries during the week. Morning tea will be available from Monday 29 July to Saturday 3 August between 10-11am, plus 3-4pm on Sunday at Central Library, 300 George Street Windsor and Richmond Branch 29 West Market Street. While you are there show us your Library card to spin the prize wheel for a chance to win.

Continuing the celebrations, we are encouraging residents to join the Library during August at either Windsor or Richmond. All new members get to spin the prize wheel, as well as being entered into the draw to win a Samsung Galaxy Tab A9+. Offer ends 31 August 2024.

We will also be out and about at the fun-filled Hawkesbury Fest on Sunday 4 August 10am-3pm at Governor Phillip Park, Windsor and at the rescheduled NAIDOC Week event at Richmond Park on Sunday 18 August.

Drop in and say hello and spin the prize wheel.

- It's FREE to join the Hawkesbury Library. Sign up for a Library card and you will receive:
- FREE access to books, audio books, magazines, DVDs and CDs
- FREE and low-cost activities and events for all ages
- FREE PC access and public Wi-Fi
- FREE access to premium software and services
- FREE access to e-resources
- FREE scanning, low-cost printing



ALIVE AND FUN

There is a lot of expense in running a radio station. Our yearly expenses are increasing and for the financial year just finished totalled \$75,000.

It means we have to be very diligent with the income we receive in the form of grants, sponsorships, membership and air fees. Fortunately, we have a very proactive fund-raising committee who experienced great success and fun at our last Bunnings sausage sizzle at Seven Hills. Although the day was exhausting, the number of dedicated volunteers who manned the stalls showed just how committed our members are. Not only did they donate their time and energy, many also donated cakes, drinks and chopped onions keeping expenses down and allowing a very healthy profit close to \$3,000. Take a look at the photo to see what wonderful cooks we have at Alive. Not only can they share their amazing talents on air, they can bake scrumptious cakes and Peter is an expert with sausages on the barbie. Well done to the whole team especially Rosh Vee who spent many hours prior to the event organising the day so it ran smoothly. If you're interested in ensuring our local station keeps progressing, why not become a member at alive905.com.au and have some fun while volunteering your services. It's the place where newcomers get a chance to do their own shows, great for budding media personalities and also for retirees who want to try a different direction.



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A Stage of Transport of a DIFFERENT ERA

Exactly 100 years ago, in August 1924, the last regular stagecoach run by the famous Cobb & Co., was held in Queensland. That 100-year anniversary has got me thinking of the various coach runs in the Hills and Hawkesbury districts and also the history of stagecoaches in Australia.

Whilst Cobb & Co was not founded until 1853 by Freeman Cobb, and eventually became the largest coach company in the Southern Hemisphere, there were a number of coach companies operating before that time.

Whilst not a stagecoach, a large covered wagon was used to carry produce to Sydney from the Hawkesbury, also carried paying passengers. It ran once every 3 weeks with a trip taking 16 hours at a cost of 7/6 for the full journey.

A coach, named the "Union", started running between Parramatta and Windsor in 1824. (ironically 100 years before the last Cobb & Co coach run) and took 3 hours to travel between the two settlements with fares of 7/6 inside and 6/- outside. Within 3 years coach services between the two settlements had ceased.

The cessation of the coach service was due to the poor state of the roads and also the cost of providing the service was found to be unprofitable.

The situation changed after the establishment of Post Offices in country areas of the Colony including at Parramatta and Windsor in 1828. In 1830 a mail contract was awarded to Hugh Kelly who held licences for a couple of inns along the Windsor Rd.

A entry on The New South Wales Calendar & General Post Office Directory of 1832 reads:-

"From Parramatta...Windsor Royal Mail, sets out every day, Thursday excepted, from Mr M'Govern's Inn, Church Street at half-past 2

o'clock, changes horses at the Bush Inn 9 miles distance at 4 o'clock and arrives at Blackman's Hotel, at 6 o'clock.

Fares - five shillings in, and three shillings outside. Proprietor Hugh Kelly, Windsor Road"

A rival to Hugh Kelly's coach operations started in 1832 when John Ireland and a convict, John Richards, started a coach service from the Talbot Inn, George Street, Sydney to the Plough Inn at Windsor.

The mail contracts saw further coach operators start operations within the Hills and Hawkesbury areas but the growth in rail services meant that mail from Sydney was sent by rail to settlements on rail lines and the advent of motorised transport also affected coach operators. A few coach operators evolved into bus operators. The Glenorie Bus Company which, during the 1990s, became part of the now CDC NSW operations evolved from a coach company started by Ern Black back in the early 1900s. Ern Black acquired an International Bus and started a bus run from Glenorie to Hornsby in 1918. At that time all you needed was a driving licence and a bus and enough passengers to make the run viable. In the 1920s a Fiat bus was introduced on the run between Hornsby and Arcadia. George Deaman, who had acquired the horse coaches from Ern Black, had purchased a Federal bus in 1923 and had a run between Castle Hill and Dural. The bus was destroyed by fire on a trip between Galston and Glenorie and was then replaced by a larger

bus which seated 25 passengers. The depot for George Deaman's buses was, at first, located at Galston then in 1934 the depot was moved to Glenorie.

But back to the stagecoach business of Cobb & Co., not all coaches bearing the name of Cobb & Co were actually owned or operated by Freeman Cobb and his partners. The original name the company operated under was "American Telegraph Line of Coaches" which was changed shortly after to Cobb & Co., with the founding partners seeking to benefit from the Victorian Goldrush of the 1850s. The company expanded into NSW in June 1862 following the Lambing Flat gold rush with Bathurst becoming the NSW headquarters. The company continued to expand by either buying out, or forcing out, competitors. In 1865 the company spread into Queensland. In 1871 the operations in the three Eastern States were devolved into three different separate companies all using the name of Cobb & Co. Freeman Cobb moved to Port Elizabeth in South Africa where he established a Cobb & Co service between Port Elizabeth and the Kimberley diamond fields. Other Cobb & Co operations were started by others in South Australia, New Zealand and even in Japan such was the renown that the original Cobb & Co had in the 1800s.

With the extension of the Metro, from Tallawong to Sydenham, due to open on 4 August this year, we have come a long way in one hundred years.



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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.



The last Cobb & Co coach to run a regular route in Queensland in 1924.

COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

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

Arcadian Quilters

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

Baulkham Hills 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 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 from 7:15pm at the Blue Gum Centre, Glenhaven Green, 607 Old Northern Road, Glenhaven
Graham | 8677 7896 or 042421062

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498 | www.duralmensshed.org

East Kurrajong School of Arts

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

Embroiderers' Guild NSW Inc Hawkesbury Grp

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

Friends of Hills Library

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

Girl Guides Australia

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

Glenhaven 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.haart.com.au
Leanne@mellowcrest.com

Hawkesbury Camera Club

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

Hawkesbury District Agricultural Assn

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

Hawkesbury Historical Society

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

Hawkesbury Nepean Chapter of the 1st Fleeters

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

Hawkesbury West Probus Club

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

Hawkesbury Woodcraft Cooperative Ltd

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

Hills District Women's Bowling Club

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

Hills Older Men's Network INC

Meets fortnightly on the first and 3rd Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55
Ron | 0424 462 153 | HillsOM1@gmail.com

Hills Shire Symphony Orchestra

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

Hills Toastmasters

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

Hills/Toongabbie Music Club

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

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

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

Kurrajong Hand Spun Craft

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

Ladies 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

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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
wendyreblack@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

Meet 2nd Mon of the month 10am – 12pm at Glenhaven Community Centre, 76 Glenhaven Rd, Glenhaven
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

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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/thehillsllearningcentre

The Hills Shire Garden Club

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

The Hills District Pipe Band

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

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

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

The Sydney Hills Branch of the Association of

Independent Retirees

Mal Steel | ahrsdneyhills@gmail.com

Thursday Ladies Tennis Competition

in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

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

Windsor RSL Fishing Club

Meets on the last 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

PUZZLE

CODE WORD

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.

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

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

SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

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

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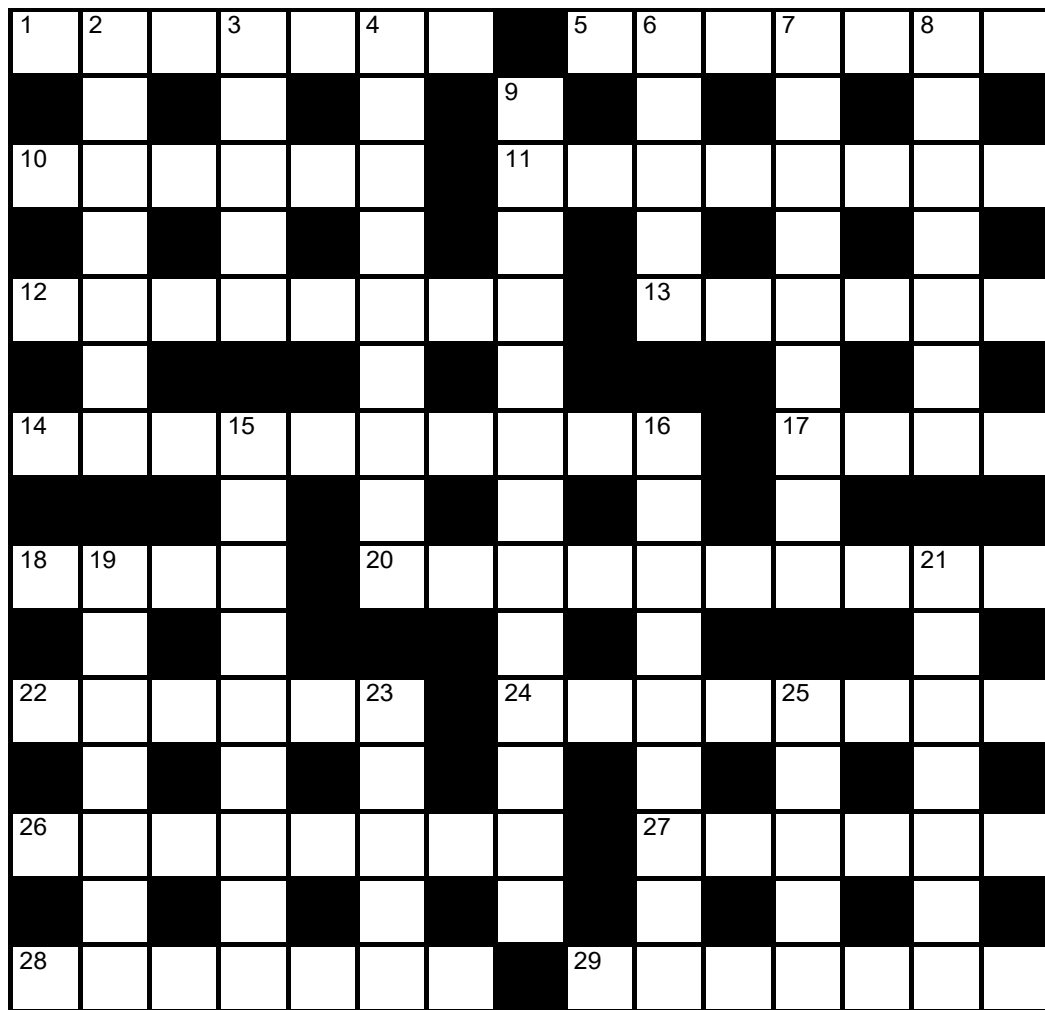
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Across

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5. Makeshift
10. Top gear for a biker
11. In being
12. Set upon
13. Adequate
14. Olympic gold-winning Melbourne Hockeyroo
17. Such as Perth or Brisbane
18. Chital or Rusa, perhaps
20. 11, to 121
22. Red grape variety
24. Enoch ate out, finding nothing to drink
26. Abnormally dilated
27. "9 to 5" actress Lily ---
28. How Leda wrong-footed a tennis champ
29. Magnates

Down

2. Sluggishness
3. High-energy radiation
4. Fringe areas
6. Nonsense
7. Cop carrier
8. When bats fly
9. Pioneer Sydney, NSW and national rugby footballer
15. Often called the father of Australian Rules football coaching
16. With deep sincerity
19. Proceed
21. Sort out Ontario address
23. Tenor violin
25. Injury payment

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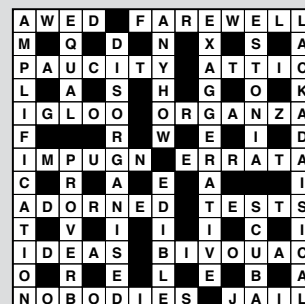
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BAHAMAS	CUBA	JAMAICA	TOBAGO
BARBADOS	DOMINICA	MARTINIQUE	TORTOLA
BARBUDA	GRAND TURK	MONTSERRAT	TRINIDAD
CAYMAN	GRENADA	NEVIS	VIRGIN GORDA

Answers from last issue

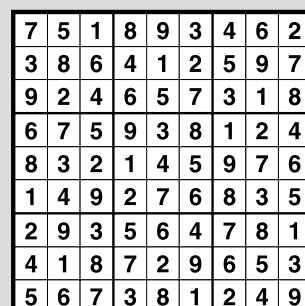
WORD SEARCH



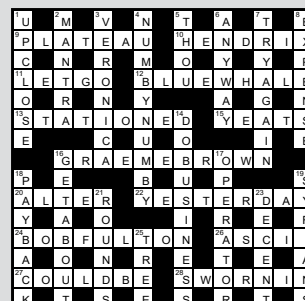
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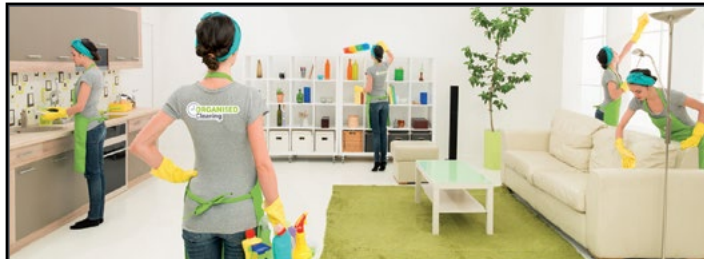


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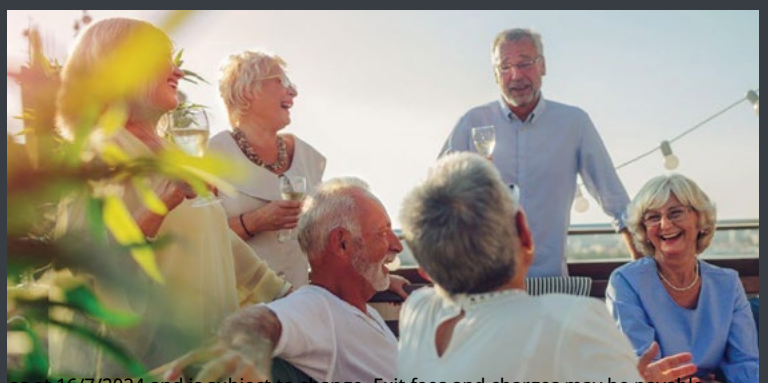
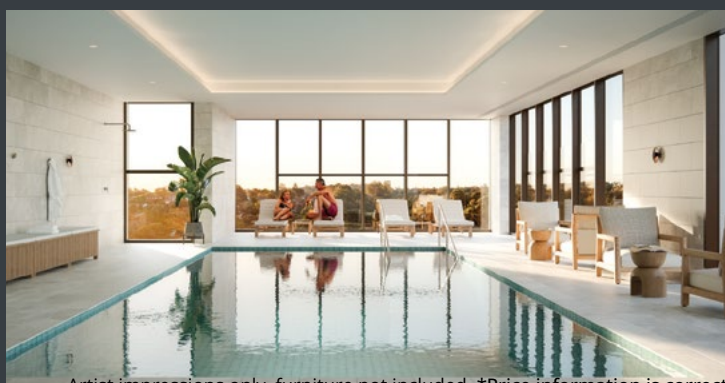
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