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Community News

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Local Stories, Local Events, Local People and Local Businesses

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

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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.

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Headspace Open for Hawkesbury Youth

BY JOSH KERWICK



L-R: Lizz Reay, Jason Trethowan, Emma McBride MP, Leah Venables, Susan Templeman MP and local high school students at Headspace Hawkesbury

Access to mental health services for young people in the Hawkesbury has become significantly easier following the opening of a new Headspace location in the centre of Richmond on Friday, March 1st. The location, which was developed by Wentworth Healthcare and Uniting NSW, provides free intervention services to youth aged 12-25, providing support with a wide range of issues like mental and physical health, work and study, as well as alcohol and drug needs. The centre was officially opened with a ceremony attended by over 60 people, all in support of youth mental health.

Headspace's goal is to offer timely and tailored support to young people so that they are able to receive the right care when they need it. For the Hawkesbury site, Wentworth and Uniting heard feedback from 129 young people in the community, as well as teachers, psychologists, youth officers and parents to shape the centre into a welcoming place for young people.

Colo High School graduate Leah Venables was one of those young people on the Headspace Hawkesbury Youth Advisory Committee, and she spoke on the opening day about her excitement in seeing the centre now open: "I know what it's like to be a young person in the Hawkesbury, and I know a lot of young people who have struggled with their personal lives and mental health. Personally, I was very

anxious as a child and had a lot of crisis periods, and having a space like this opens the door to so many conversations that need to be had."

Wentworth Health Care CEO Lizz Reay stressed the hard work that went into getting Headspace Hawkesbury open and how important it is for the local community: "We knew that young people in the Hawkesbury wouldn't be able to go to the Penrith Headspace, so we kept advocating for this centre along the journey. We're really excited about the systems this space will provide to young people now and into the future, so we're really excited to be here with everyone else today."

Longtime advocate for youth mental health Susan Templeman MP was elated to see the Headspace Centre finally open after years of campaigning for its place in the Hawkesbury: "All of us already knew there was a need here, no matter what the people with pens said – we knew there was a need here. There's been fantastic support from community members and young people, and that's been the key to all of this. Our job now is to spread the word and bring this service alive for our young people and their families."

Headspace Hawkesbury is open from Monday-Friday from 9am until 5pm every day. Sessions are by appointment only - head to <https://headspace.org.au/headspace-centres/hawkesbury/> to find out more.

Hills to Hawkesbury Community News

Local Stories, Local Events, Local People and Local Businesses

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

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

LIFE SAVER

JEFF GOODWIN owes his life to fellow cricketer Thomas Finlayson and last month he and his grateful wife were at RAAF Base Richmond to see Leading Aircraftman Finlayson awarded a Chief of Air Force Gold Commendation for his life-saving action.

The two men were playing cricket on the same team, in December 2022, when Jeff collapsed and Thomas used his First Aid and cardiopulmonary resuscitation (CPR) training to help him.

Thomas said his team mate was on his back having a seizure, going blue in the face and gasping for air in short, sharp breaths. Two other teammates called triple-zero and when the seizure subsided Thomas started CPR.

"At one point I looked up whilst giving compressions to see if the gate was open for the ambulance to access the field; when I noticed it was closed I screamed to have it opened," he said.

"The triple-zero medical operator provided guidance on the time and depth of compressions. I kept the compressions going for 13 minutes until the paramedics arrived, only stopping when advised by the triple-zero medical support to listen to (his) breathing."

As an Aviation Technician with No. 37 Squadron at RAAF Base Richmond Thomas has completed annual first aid and CPR training as part of his compulsory duties for 14 years.



"It felt amazing to know I had saved his life. For all those who do the training, please pay attention as you may need it one day," said Thomas

Jeff's wife Sonia said: "No words come close to describing how incredibly grateful I am that Leading Aircraftman Finlayson was playing that day and provided life-saving CPR that ensured my beautiful husband is alive today. Any recognition that comes his way is well and truly deserved," she said.

Jeff, who spent 72 hours in an induced coma, said: "I'm just happy to be here."

The commendation certificate reads, "On this day, your leadership and first aid has been recognised as having directly contributed to saving this individual's life, of which there was only an eight per cent chance of survival outside of a hospital.

"Your life-saving actions have not only helped an individual and their family, they have enhanced the reputation of the Australian Defence Force in the local community."

VETERAN'S HUB

Plans to build a Veterans and Families Hub in the Hawkesbury has taken another step forward with RSL LifeCare in partnership with RSL NSW receiving a \$5.445 million Federal Government grant.

A statement from RSL Life Care said: "The initiative will establish a corridor of support, bookended by two Veterans' and Families' Hubs, one in Richmond in the Hawkesbury region, and one in South Western Sydney, in Ingleburn, to ensure that the 19,200 local veterans in the area can access services close to home."

There will be an interim hub established in the Hawkesbury in the next few months. The purpose-built Hub will be completed by June 2026, once a site has been identified (either at Richmond or Windsor).

RSL LifeCare CEO Janet Muir said that the successful bid was another essential milestone for RSL LifeCare's commitment to supporting veterans and their families.

"We thank RSL NSW and sub-Branches for their ongoing partnership which helps us collectively bring significant and valuable resources to the delivery of these Hubs."

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OVAL VANDALISED

Officers from Hawkesbury Police Area Command are investigating who caused \$25,000-worth of damage to a popular sporting ground in Windsor disrupting games for several weeks.

The damage to 'Don't Worry Oval' was discovered on Monday, 4th of March. The grounds had been driven over with "wheelies" causing significant damage to the turf and the cricket pitch.

On its FaceBook site council stated:
"This senseless act will potentially deny the

community and sporting groups access to the space for several weeks. A preliminary assessment has been carried out and the damage could cost up to \$25k to repair, especially if it is determined that the synthetic wicket has been damaged. A more detailed assessment will be carried out over the coming days."

Anyone who may know something about what happened is asked to contact Windsor Police or Crime Stoppers.

\$12M MDMA DISCOVERY

The Australian Federal Police is calling for public assistance after finding about 300kg of MDMA and about 70kg of ketamine in a consignment at a storage facility in Box Hill.

Police are trying to identify the transnational criminal syndicate behind the import, after seizing the drugs on Friday, 23rd February during a warrant executed at the Box Hill premises which revealed 20 pallets of boxes labelled as metal fiber.

Some of the boxes were filled with sand and plastic water bottles. Tests allegedly returned presumptive positive results for both MDMA and

ketamine. The drugs will be subject to further forensic testing to determine their exact weight and purity.

AFP Detective Superintendent Kristie Cressy said 300kg of MDMA had a potential estimated street value of more than \$12 million.

"If you know anything about this consignment, please contact Crime Stoppers or report via crimestoppers.com.au."

For free and confidential advice about alcohol and other drug treatment services call the National Alcohol and Other Drug Hotline on 1800 250 015

MOBILE DRUG BUST

A 26-year-old Northmead man was one of several people arrested by Criminal Group Squad detectives under a Strike Force Wessex investigation into "dial-a-dealer" service across Sydney.

In a first action of its kind detectives have shut down 26 alleged drug runner phone numbers connected to more than 50,000 potential customers.

Strike Force Wessex was established in April 2023 to investigate alleged criminal groups involved in drug supply using drug run or 'dial-a-dealer' phones.

About 6.35am on Tuesday 27th February strike force detectives executed a search warrant in Northmead where they located and seized two phones. A 29-year-old man was arrested and charged with breach of bail. He appeared in Parramatta Local Court the same day. A 25-year-old woman was also arrested and charged with common assault and assault

police officer in execution of duty without actual bodily harm. She was granted conditional bail to appear in Parramatta Local Court on Tuesday 26 March 2024.

Previous arrests and charges were made at Bankstown where a 71-year-old woman was charged with two counts of dealing with the proceeds of crime; Bass hill where a 53-year-old man was charged with two counts of dealing with the proceeds of crime.

In Guildford police arrested two men, aged 50 and 19. The younger man was charged with supply a commercial quantity and possess prohibited drug, while the older man was charged with supply prohibited drug commercial quantity, two counts of possessing an unauthorised prohibited firearm, and possessing or using a prohibited weapon without a permit..

Anyone with information that may assist investigators is urged to contact Crime Stoppers. Information is treated in strict confidence.



MEET OUR NEW COPS

There are some new faces on the beat at local police stations with several new probationary constables joining police ranks.

For 20-year-old Lachlan Sedger, one of 3 new probationary constables assigned to The Hills Area Command, entering Castle Hill police station is a family tradition ... his mum, Acting Inspector Melissa Sedger a 26-year police veteran, was based at the Hills for several years.

At the attestation of Class 361 held at Goulburn on Friday 1st March NSW Police and Counter-terrorism Minister, Yasmin Catley welcomed the 158 attesting officers.

NSW Police Commissioner, Karen Webb said: "Policing is a job where we all have the chance to make a difference to the community we've been entrusted to serve and protect."

Recruits reported to their stations on Monday 4th March. They have to complete 12 months' on-the-job training and study by distance education with Charles Sturt University. They officially graduate with an Associate Degree in Policing Practice once they have passed all academic and operation standards.

Three new recruits have joined the ranks at The Hills Police Area Command, two have started at Hawkesbury PAC and three at Riverstone.

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132 500

**IN A LIFE THREATENING
EMERGENCY DIAL 000**

Hills has new Top Cop

BY BEV JORDAN

Superintendent Naomi Moore is the new Hills Police Area Commander. It is only the second time in over 100 years that Castle Hill police station has had a female officer in charge.

Supt Moore graduated from the Police Academy 27 years ago at the age of 19. For her it was the perfect career choice.

"I had wanted to be a police officer for as long as I can remember. I get great satisfaction out of helping others and I love that I can be active in my job and be part of something meaningful," she told the *Hills to Hawkesbury Community News*.

Prior to coming to The Hills PAC Superintendent Moore headed the NSW Police Governance Command for two years and before that she was at the Police Transport Command and operational commands at Kuring gai, Bankstown, Northern Beaches and Leichhardt.

"My heart has, and always will be in front-line policing as I believe this is where I have the greatest impact as a police officer," she says.

A keen sportswoman, she played "anything that was going" when young with netball, cricket, athletics and softball in the mix. She represented NSW in softball for many years and still plays and also still holds athletics records from the 1980s.

Supt Moore grew up in Lake Macquarie and lived in the Hills for 12 years before moving to the Hornsby Shire with her partner and four "very sporty" kids.

She says priorities for her new Command in the Hills are:

"Supporting my officers and providing them with the skills and resources that they need to do their job and being accessible to the community to help me understand what the community needs and expects from the police.

"As a detective I have a very strong focus on crime – preventing, disrupting and responding to it in a way that not only keeps the community safe but instils confidence in the community that police in The Hills will do everything they can to prevent people becoming victims and when it does occur, respond in a very professional manner.

"While all crime, and preventing it is my priority, domestic violence and youth-related crime is at the top of the list.

"(The Hills) is just a great place to live and work with plenty of localised groups working together supporting each other and the broader community - from Carlingford to Pennant Hills, across to Box Hill up to Maroota and all the suburbs in between, The Hills PAC is a large, diverse and growing community.

"I see opportunities to continue fostering police and community relationships, building

greater confidence in police and ultimately reducing crime and victims in this great area."

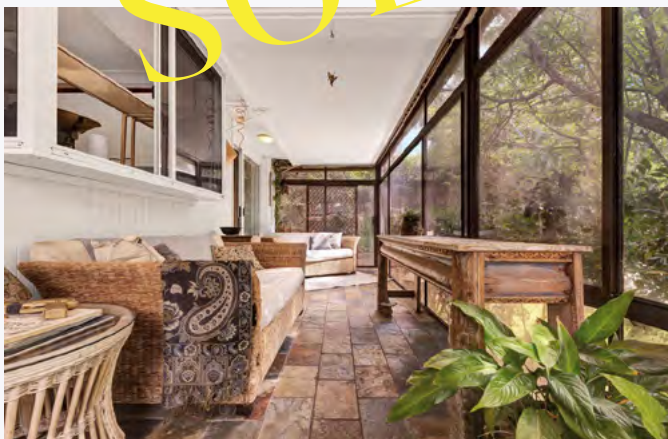
She also wants to encourage more women to go into policing. "Policing as a career has been very good to me, I have had incredible opportunities to develop my skills and communication from being a detective investigating serious criminal activity to supporting the Chief Risk Officer functions of our internal organisation.

"I encourage other women to consider policing as a career option - particularly with the added bonus of recent changes to recruitment with students being paid during the study phase of entry – in my view this is the best job ever".

Supt Moore replaces Supt Darrin Batchelor who has moved to Mt Druitt Police Area Command after 2 1/2 years in the Hills.



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Norwest Quarter

Apartment living is becoming a bigger lifestyle choice amongst people downsizing in the Hills with Norwest developer Mulpha seeing an upsurge in demand.

Mulpha has sold more than 60 per cent of the first stage of its \$1 billion masterplanned mixed-use development Norwest Quarter.

The strong sales have been driven by a demand for bigger apartments, which has meant the original 196 apartments have been whittled down to 181 through floorplan amalgamation by buyers.

The Lacebark and Banksia towers in Stage 1 are the first of 8 residential towers in Norwest Quarter which will house over 2,000 residents. Plans include 6,000 m2 of space for cafes, restaurants, neighborhood shops and everyday services set within 3.8 hectares of greenfield land, up to 70 percent of which is to be dedicated to green, open space. Banksia and Lacebark will be carbon neutral in operation, providing residents with cheaper energy bills with 100 per cent electric and no gas provision.

Mulpha's Head of Development, Tim Spencer said the demand for quality apartments in Norwest reflects a change in mindset in how people view apartment living.

"The demand for quality apartments will continue to grow not just due to relative affordability but also the lifestyle benefits. These include being able to live in a great location

close to transport connections, education and public amenities, parks and recreational facilities, all within a vibrant community.

"Many of the buyers are downsizers from the same area, as well as young families employed locally. Investors, recognising the projected growth in Norwest, have become more active participants in the community."

Norwest apartment purchaser, retired professor and former Education Department director Lindsay Wasson and his wife Diane are now purchasing an apartment in Norwest Quarter after having first purchased an apartment in Mulpha's Watermark building overlooking Norwest Lake in 2016.

"Our apartment building in Norwest Quarter is all-electric and has double glazing, solar roof panels, high-rating insulation, inspirational water and energy efficiency, EV charging in car spaces and the list goes on," said Lindsay.

"Combine these great elements (earning a NatHERS rating of 7.8) with Mulpha's outstanding build quality and the confidence we have in Mulpha, buying into Norwest Quarter is probably the best decision we have ever made."

Lindsay says the convenience and transport links of Norwest were a major consideration.



Lindsay Wasson pictured in front of the site of the Norwest Quarter construction.

"We are within easy reach of excellent restaurants, shops, services and health facilities, either by car or Metro, which will only get better. With a walk of just over ten minutes, we can reach Norwest Metro Station and have access to half of Sydney. A direct Metro trip to Barangaroo and Town Hall, in just over 35 minutes, is a wonderful drawcard."

According to Urbis's Norwest Market Outlook Report (Urbis Report) sales prices and rental yields for apartments within the Norwest area outperformed those in the Greater Sydney Area during the reporting period. The median unit price has increased by 6.3% per annum over the past 10 years and median sales prices experienced growth of 8.7% in the past 12 months across 328 settled transactions.

* Mulpha has been developing the \$2.5 billion commercial, retail and residential estate, Norwest Business Park, for the past 30 years.

DRY AUTUMN FIRE DANGER

With forecasts predicting a dry warm Autumn, the fire season is far from over. It's not too late to prepare for the danger and bushfires can strike anywhere, anytime.

Sim Lord, has lived in his rural home for the past 45 years. After doing his research he bought an Aussie Fire Chief fire pump.

"I want to protect my home and I am willing to fight for it," said Sim. "I wanted a reliable, good quality fire pump and I purchased a Fire Chief."

Sam has an external 40,000L concrete tank and has hooked up his Fire Chief to the tank outlet. He also has a 30 metre hose to give him a good range around the home.

"The pump starts first time and gives plenty of performance. I have had it for a while now and run it each month to make sure it's ready. The fire season caught me by surprise this year and my house could be under threat anytime."

For further assistance on selecting and setting up your pump, Aussie produce free of charge a Bushfire Survival Guide. It's available from all Aussie Gold Distributors or it can be downloaded from the Aussie Pump website.

Find your local dealer online at aussiepumps.com.au and STAY SAFE!



OPPORTUNITY TO LEARN HOW TO GROW COMPETITION QUALITY BROMELIADS

The next meeting of the Bromeliad Society of Australia will be held at the Federation Pavilion, Castle Hill Showground, Castle Hill on Saturday, 16th March with sales to the public from 10am and the meeting commencing at 12 noon.

With our annual Autumn Show coming up on 4/5th May, we will be familiarising bromeliad growers with our updated Competition Schedule, which is now aligned to the Bromeliad Society International's guidelines. Hints on how to prepare your plants for competition, how the judges will be scoring and how to choose the correct 'Class' in which to enter your plant.

We will also have our usual 'Show, Tell and Ask' session where members and guests can submit plants for discussion.

We also have our 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.

CLEAN UP Australia Day

BY SOPHIE POREDOS

Every year on the first Sunday of March, local Councils and community clubs participate in Clean Up Australia Day to protect our local environment.



Hills Youth Army volunteers at Caddies Creek



Norwest Sunrise Rotary members

Founded in 1989 by Ian Kiernan, over 21 million Aussies have banded together with gloves and bags in hand, to remove excess plastic waste within local communities. Clean Up Australia Day is now a significant national event that fosters a sense of stewardship for our beautiful natural environments and brings people together in a united cause.

Last Sunday on March the 3rd, various events took place within the Hills and Hawkesbury council areas to increase biodiversity as well as safeguarding the environment for future generations to come.

At Caddies Creek Park Reserve in North Kellyville, Hills Shire Mayor Dr. Peter Gangemi, local councillors and the Hills Youth Army all participated to protect this local waterway.

Platypus researcher Dr Michelle Ryan also made a visit on-site, sharing some amazing tips on how local residents can promote a healthy habitat to improve the platypus population.

Between them volunteers collected 11 bags of rubbish, including soft plastics, cigarette butts, batteries as well as a bicycle, shopping trolley, Motorcycle boots and a gridiron ball just to name a few.

Clean Up Australia Day saw other individuals and 25 local community groups getting involved such as Crestwood Lions Club, who transformed Crestwood Park. Members picked up four bags of rubbish and a lot of plastic waste from the creek.

Richmond Lions Club cleaned up at Macquarie Park Wilberforce.

At Marsden Park the Ahmadiyya Muslim Community Australia organised a clean-up.

Norwest Sunrise Rotary Club had a small group at Castle Hill Showground. Club president Robert Bredin said: "Our club was in the midst of running our first Mental Well-Being Connect event at the Harvey Lowe Pavilion but we still took time out to do a clean up."

"Our club has a passion for the environment and Maria Puzon, our Environment director, ensures that we have several clean ups each year, sometimes in partnership with Hills Rotaract."

There were over 10,000 clean-up sites registered nationally and over 750,000 volunteers.

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Choosing the Right Fit for Your Hearing Aid

An article from the team at Ear Studio

At Ear Studio, we understand the importance of finding the perfect fit for your hearing aid. When it comes to selecting between domes and moulds, there are key differences to consider to ensure optimal comfort and performance tailored to your individual needs. In this article, we'll discuss the contrasts between domes and moulds, along with our unique approach at Ear Studio.

Our dedicated team of audiologists and audiometrists are committed to providing comprehensive best practice audiology. What this means is that we adhere to strict guidelines set out by the American Academy of Audiology which ensure the best possible outcomes for clients using hearing aids. Currently, the majority of audiology clinics in Australia do not follow these guidelines, given a focus on retail performance over best clinical practice. One way this is measured is through ensuring that the suitability of the hearing aid earpiece matches the needs of the wearer. These could be either domes or moulds.

What are Domes? - Domes are the small, rubber pieces that sit inside the ear canal and are connected to the hearing aid by a wire or thin tube. They come in various shapes, sizes, and colours and offer limited benefits through their generic, off-the-shelf design.

The Benefits of Domes - For some individuals with milder hearing losses, domes may provide adequate amplification and comfort. They can be easy to insert and remove, making them convenient for daily use. However, it's important to note that domes are not suitable everyone. Those with more significant degrees of hearing loss will likely not be receiving the full benefits of their hearing aids. Due to their generic design, they may slip out of the ears and allow sound to escape from the ears, leading to reduced clarity and increased risk of undesirable feedback or whistling. With these limitations in mind, domes therefore are not usually a part of comprehensive best practice audiology.

Understanding Moulds - Moulds are custom-made to fit the unique shape of your ear canals. Impressions are taken by the clinician using a specialised putty to create a precise mould that covers all edges.

The Advantages of Moulds - Because Moulds are tailored to your ear, they provide a snug and secure fit, minimising the risk of slippage and maximising sound retention.



This allows the clinician to precisely control the amount of natural environmental sound entering the ear canal and to prevent leakage of amplified sound (benefits from the hearing aids) back into the outside environment. Comprehensive best practice audiology mandates the use of custom ear moulds for most people, and they are a staple at Ear Studio.

Making the Right Choice - We prioritise personalised care and attention to ensure you receive the best possible hearing outcome. Our experienced clinicians will guide you through the decision-making process, taking into account your lifestyle, preferences, and budget. We always begin with a comprehensive hearing assessment, even if you have had a one elsewhere recently. We are responsible for having the best understanding of your needs and we do this by using up-to-date equipment, having a detailed discussion about your lifestyle and guaranteeing the assessment is carried out by one of our highly trained experts. Once we have determined that you have a hearing loss and would benefit from the use of hearing aids, we will recommend a formal hearing aid discussion. This is an obligation-free conversation with the clinician, where we will discuss your unique needs and expectations to determine the most suitable option for you. Our team will work closely with you to find the perfect fit that enhances your quality of life.

Trust the Experts at Ear Studio - We understand that selecting the right hearing aid is a significant decision, and we're here to support you every step of the way. From assessment to fitting and maintenance, our commitment to excellence ensures that you receive customised care tailored to your individual requirements.

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Archibald Approaching

If you missed seeing the Archibald Prize exhibition at the Art Gallery of NSW last year or you want to see it again the great news is that it is coming to Windsor.

The Archibald Prize 2023 regional tour will roll up to the Hawkesbury Regional Gallery from Friday, 15th March and stay until Sunday, 28th April, when the Gallery will open for extended hours with an exhibition program including artist talks.

It is an exciting opportunity to be a part of the regional tour – the last time it was exhibited in the Hawkesbury was in 2017.

The 2023 Archibald Prize attracted an incredible 949 entries. From these 57 finalists were selected and for the first time ever, there were more works by women (30) than men (27) selected as finalists with significant representation of First Nations artists.

The Archibald Prize is Australia's foremost portraiture prize. Awarded to the best portrait 'preferentially of some man or woman distinguished in arts, letters, science or politics, painted by any artist resident in Australasia', the Archibald Prize is a who's who of Australian culture, from politicians and celebrities to sporting heroes and artists.

The first Archibald Prize was awarded in 1921 to artist William Beckwith (Billy) McInnes. The 2023 winner was Julia Gutman with her work *Head in the sky, feet on the ground* which features singer Montaigne.

While the People's Choice Award went to Jac Grantford's portrait of actor, writer and director

Noni Hazlehurst called *Through the window*, visitors to Hawkesbury Regional Gallery will have their own opportunity to vote for their favourite in the Hawkesbury's People's Choice Award.

The Hawkesbury Young Archie portrait competition will also run in 2024 which will be a fantastic exhibition of young creative talent. Follow the Gallery's Facebook www.facebook.com/hawkesburygallery. Find out more about each of this year's Archibald Prize finalists at www.artgallery.nsw.gov.au/prizes/archibald/2023

The Hawkesbury Regional Gallery is on the top floor of the Deerubbin Centre, 300 George Street, Windsor.

It is normally open six days a week, Monday, Wednesday, Thursday and Friday 10am-4pm. Saturday-Sunday 10am-3pm. But there will be extended hours during the Archibald Exhibition.



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NURTURING EMOTIONAL FITNESS IN CHILDREN

This year Fit Kidz Learning Centres, owned by locals Mick and Mel Scaife, celebrate 20 years in the Early Learning sector shaping young minds, preparing children for the transition to school and supporting local families in the early education and care of their children.

Through play and the use of puppets Melissa has written a social skills program aiming to support the emotional wellbeing of hundreds of young people. The 'Be Me' program is aimed to support children in developing various skills through a variety of books, games, and puppets.

"Not surprisingly, research clearly shows, children who are mentally healthy are better able to meet life's challenges. They are also better learners and have stronger relationships, therefore it is our responsibility to support this area of growth and development" says, Melissa.

The program covers topics such as greeting others, making friends, taking turns, identifying feelings, managing frustrations to name a few.



Monthly messages are shared throughout the classrooms, and information is then shared with families so the message can be further discussed at home.

Melissa shares, "By nurturing confidence and resilience in our children through this program and our everyday interactions of encouragement and positive reinforcement, our Educators lay the groundwork for a lifetime of success and happiness. The children are responding beautifully to this program and are so receptive to these important life lessons."

Emotional fitness in childhood lays the foundations for the future, and it is never too early for families to start supporting the mental health of children.



A group of young children are playing outdoors on a grassy area. They are wearing white t-shirts and shorts, and their clothes are covered in colorful paint splatters. They are all smiling and have their arms raised in the air, appearing to be in the middle of a fun activity.

CHILDREN LEARN MORE OUTDOORS!

The outdoors serves a powerful and dynamic teacher for young children, offering unique opportunities for learning, growth, and development.

"It has always been very important to us to provide children with a wonderful outdoor environment. Nature provides a multisensory environment that stimulates children's senses, igniting their curiosity and wonder. Through hands-on exploration, children develop a deeper understanding of the natural world and there are so many learning opportunities in this space" says Melissa.

Outdoor spaces offer boundless opportunities for physical activity and gross motor development. Children can run, climb, jump, and engage in imaginative play, promoting the development of coordination, strength, and balance. Outdoor play also encourages risk-taking in a controlled environment, fostering resilience and self-confidence as children navigate challenges and overcome obstacles.

"We cover so many developmental and learning opportunities when we are outside. My own son was far more inclined to count leaves outside rather than sit at a desk learning basic maths skills and the



lessons stick when they are more engaging and fun for our children" Melissa shares.

Fit Kidz also introduces sustainability practices and believe it offers numerous benefits for children, educators, families, and the broader community. It can instil a sense of environmental advocacy and responsibility from a young age. Children develop an understanding of the interconnectedness between humans and the natural world, fostering a lifelong commitment to preserving the environment.

Overall, the outdoors serves as a rich and diverse teacher for young children, nurturing their physical, cognitive, social, and emotional development while fostering a lifelong appreciation for the natural world.



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Find your dream lifestyle!

Announcing the Northern Sydney & Central Coast Retirement Village & Resort Expo – Sunday 24 and Monday 25 March, at the Hornsby RSL, 10am to 3pm, both days.

This free event is the perfect opportunity to discover the fantastic lifestyle benefits of contemporary retirement living and the many impressive options now available in the sector.

Retirees have changed and so has retirement living. The end of work is no longer about slowing down. These days, it's the beginning of a new, adventurous phase of life where seniors are more active than ever, celebrating their freedom and embracing new experiences.

Modern villages and resorts are designed with this generational change in mind. They support independent, healthy lifestyles with sought-after amenities like gyms, cafes and swimming pools. They offer a huge range of social activities as well as communal areas to entertain visiting family and friends. Perhaps most importantly, they offer flexible, low-maintenance living, freeing up residents to enjoy more fulfilling lives unburdened by overgrown gardens and leaky roofs.

Visitors to the expo are encouraged to take their time and engage in detailed conversations with representatives from the different retirement communities, to get a real sense of village life in a no-pressure environment. There's no need to drive hundreds of kilometres to research the market. At the Expo, the market comes to you.

For more information visit retirementexpo.com.au. It could be the first step to making your dream retirement lifestyle come true.

See ad on bottom of page 14 for details.



ART DEMONSTRATION 3RD APRIL, 2024

Patrick Shirvington

"Painting nature in a poetic and imaginative Way"

Patrick Shirvington is an accomplished artist, curator and children's book illustrator who began painting fulltime in 1975, and has had solo and mixed exhibitions of his work, travelled through Europe, USA and studied in Paris.

In this demonstration Patrick will work on a landscape utilising a mix of materials from pencil, watercolour and ink on paper.

Visitors are welcome to join with the Castle Hill Art Society 7.30pm at Castle Glen Community Centre, 157 Ridgeway Drive, Castle Hill. www.castlehillartsociety.org.au Enquiries 98993179

VALE QUEEN of Kellyville



Florence "Flo" Willcox (the unofficial Queen of Kellyville) who passed away at the age of 102 has been remembered as a community stalwart who genuinely cared for the people around her. The very full life of the great, great grandmother was celebrated at Kellyville Anglican Church in January when more than 200 people gathered to pay their respects.

The former District Commissioner of Girl Guides was a former President of Castle Hill Ladies Bowling Club (and was Patron) and President of Mitchell District Bowling Club and was still playing lawn bowls at the age of 93.

Born Florence Cassie Garner on May 1st 1921, she studied shorthand and typing to become a stenographer when she left school and during World War 2 enlisted in the Australian Women's Army Service to work in administration for the Army in several States.

She married Hector Willcox, a dairy farmer, in 1949 and they purchased a 50-acre property in Balmoral Rd, Kellyville which they named Severn Vale Farm after the Severn River in Gloucester, England where Hector had been born. They milked 150 Friesian cows and sold milk to United Dairies at North Rocks. When he died in 1975 the family closed the dairy.

Flo and her sons continued to live on the Kellyville property until most of the land was sold for commercial and housing development and stayed in the area. In 2018 Balmoral Road was renamed Hector Court and Flo moved to Bella Vista Gardens Nursing Home, a mere 300m from the old Farm's boundary where Woolworths new Grove shopping Centre exists, Local streets are named after family members including Florence.

Her son Dennis said his mother would love to be remembered as a community minded person who was genuine. Flo and Hector had 3 children (Jean who passed away, Dennis and Glen) and Flo was step mother to Graydon. She had 10 grandchildren, 22 great grandchildren and nine great, great grandchildren before she passed away in her sleep. She told her son Dennis she loved living in Kellyville because of the "country village feeling and community where everybody looked after each other."

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out and about
with MICHELLE BYRNE

Fagan Park

Fagan Park, a hidden jewel in Galston offers 55 hectares of sprawling open space, 11 themed gardens, an eco-garden, playgrounds, bicycle paths, bushwalking trails, picnic/BBQ areas and so much more for the whole family.

Like many regional parks in Sydney, Fagan Park is also accompanied by an interesting history dating back to the early 1900's. The Fagan family were the pioneers of the citrus industry in Dural, Galston and Arcadia. William Fagan emigrated from Derry, Ireland as a free settler in 1948, married Ann Waddell and purchased 70 hectares of land at Arcadia where they established a successful citrus orchard. Two of William's Sons, Samuel and William (named after his father) learned the family business and expanded the citrus orchards to land they acquired in Dural. After Samuel married, he acquired the land at Galston, now known as Fagan Park, ran the largest the orchard in Galston and also constructed 'Netherby', the original family homestead made of handmade bricks which is still located on site today.

The Great Depression of the 1930s saw Samuel close his orchards, after which Fagan Park was utilised by his youngest brother Bruce to run a herd of Jersey Dairy cattle and a cattle breeding programme which involved constructing a dairy building and packing shed both of which remain on the property today. In 1980 Bruce Fagan and his sister, Ida, donated the original property, "Fagan Park," to the Department of Lands with Hornsby Council appointed as the sole trustee for the park.

Fagan Park became Council's Bicentenary project in 1988. The Council successfully received a grant towards the "Garden of Many Nations" which covers 10 hectares of Fagan Park and features plants and flowers of countries across the globe including Japan, China, North and

South America, Africa, Great Britain, and the Netherlands. The original buildings on the site, 'Netherby', the milking complex and packing shed were also restored. Homestead, 'Netherby', together with the original milking complex and packing shed were also restored the bicentennial year. 'Netherby' is regularly opened to the public and the packing shed and milking complex are used as a rural museum featuring heritage artefacts, where you can learn more about the history of the area.

Adding to the attractions at Fagan Park, Council has added a very popular eco-garden to educate the community about sustainable gardening through open days, workshops and school holiday programs. There are plans in place to create a Children's Forest which will be the first park in NSW designed to encourage children to connect with and become responsible stewards of nature. When completed the Children's Forest will also include a tree house, hidden sculptures for children to find, informal discovery trails and a pond.

Fagan Park is fast becoming one of our favourite parks to visit with the various gardens from around the world to explore, paths to meander along with signage outlining the history of Fagan Park, large playgrounds to enjoy, places to sit near the lake to watch the ducks and the turtles swim and on the weekends a mobile café is on site selling coffee, food and of course ice cream!

For more information on Fagan Park including opening hours go to <https://www.hornsby.nsw.gov.au> and search for Fagan Park



The Northern Sydney & Central Coast Retirement Village & Resort Expo

Sunday 24th & Monday 25th March 2024, 10am-3pm daily
Hornsby RSL Club, 4 High St, Hornsby | FREE ADMISSION

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 & locations, all under one roof with free admission.

www.retirementexpo.com.au

Wonderful opportunity to ask questions and gather information

PETA GETS INTO GEAR

Peta Patrice is a first-year Heavy Vehicle student completing her apprenticeship with Complete Sweep in the Hawkesbury region.

The Richmond local is one of 10 women enrolled at TAFE NSW Wetherill Park in Certificate III in Heavy Commercial Vehicle Mechanical Technology – one of the highest ever female enrolments at the campus.

Diesel Motor Mechanics have been on the Skills Priority List for the past three years, with the June 2023 report finding the estimated vacancy fill rate was particularly low for occupations in Automotive Trades.

It is a growing industry in Western Sydney, with Labour Market data showing the region's Transport, Postal and Warehousing industry grew by 10,000 workers in the past year, with an 80 per cent male workforce.

Peta had previous experience with heavy vehicles, but wanted to achieve her accreditation, and so began her apprenticeship at TAFE NSW.

She says she has always been drawn to the practical skills needed in mechanics.

"I have always loved the hands-on nature of working with vehicles. Completing this apprenticeship at TAFE NSW is an opportunity for me to turn a passion into a career," she said. "It will mean I can work in an industry I'm interested in, where there is plenty of work, and can earn a good income, and stay living locally.

"Being a woman in a male dominated industry can be daunting, but my teachers at TAFE NSW are incredibly supportive and encouraging, as is my employer."

Workshop manager Corey Brownlow at Complete Sweep says Peta is proving to be a promising employee, eager to learn and demonstrating initiative.

"Heavy vehicles can be complex to work with and you need to have the right attitude. Peta has already shown she has the desire to learn and build her skills, which is what we look for in this industry," Corey said.

"Peta is the first female employee we've had in the workshop. We've had several women operating our vehicles, but it's great to have Peta here behind the scenes.

"Being an apprentice is the best way to accelerate a career in automotive and provides a real pathway to more senior positions. There's strong demand for skilled heavy vehicle workers across western Sydney, so it's great to have TAFE NSW delivering the courses locally."

TAFE NSW Heavy Vehicle Teacher Tuliana Morell is the first female to hold the role at TAFE NSW Wetherill Park and said it's an exciting time for women joining the industry.

"I've never worked with another female heavy vehicle mechanic, but the industry



is starting to see more women enter the workforce, and I get to be part of it by imparting my knowledge to a generation of young women – it's a very rewarding job," Tuliana said.

"TAFE NSW Wetherill Park is the largest delivery point of automotive training in Australia and we're providing leading industry-relevant training, so all students gain the skills they need to thrive in the automotive industry."

GUIDED TOURS AT ALIVE

BY LEONIE DIXON

There are a lot of groups that meet in the Hills area and are often looking for places of interest to visit. Have you ever considered a guided tour of a radio station, more specifically one that is very easy to drive to and park?

You guessed it. It's your very own local community radio- Alive 90.5. Even if you've been here before, you will find all the upgrades and renovations well worth a visit. The tour guides will give you an interesting walk through the studios and podcast room along with detailed information about the history of the station and how broadcasting is done. You might even get to be interviewed by some of our presenters and that is often a very enjoyable experience. We offer a very reasonable package for community Not For Profit charity groups which costs \$50

for an Organisational Membership and includes a professionally recorded 30 second community service announcement that is aired throughout the week on air for free. You will also receive our newsletter and invitations to our events. Group sizes are best suited to 10- 20 but if you choose to become a member for a mere \$10, individual tours can be offered. We also have \$36 membership which includes an Alive T-shirt. Visit our website to join up. Why not email me at mail@alive905.com.au so I could tailor a plan to your needs



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The Hills Shire Council News

It's not too late to express your creativity!

There is still time to make a submission for Council's inaugural Creative Arts Competition as part of its Youth Week 2024 celebrations from 11-21 April 2024.

If you're between 12-24 years of age and work, study or reside in the Hills, we invite you to participate in this exciting competition to showcase your artistic talents.

The theme for the competition is 'Connection and Identity'. Participants are encouraged to interpret this theme through their very own experience of living, working or studying in The Hills.

The submitted entries will undergo a review process by a select panel of judges.

The chosen entries will then be eligible for major prizes and showcased in a special exhibition at the Youth Fall Festival on Thursday 18 April.

Submit your entry now by visiting Council's website and searching 'Creative Arts Competition'. Submissions close on Thursday 4 April 2024.



NSW Youth Week 2024
Creative Arts Competition

ENTRIES NOW OPEN

NSW GOVERNMENT THE HILLS Sydney's Garden Shire

Council Meetings

Tuesday 12 March 2024 – 7pm

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

Proposed Road Closure – Wisemans Ferry Road, Maroota



An unformed reserve road that bisects 1596 and 1598 Wisemans Ferry Road, Maroota is proposed to be closed by The Hills Shire Council under Section 38B of the Roads Act 1993.

The section of road is irregular in shape and contains an area of approximately 2.321ha. Upon closure, Council intends to transfer the land to the adjoining owner as part of a land swap for a fully constructed road for a residential subdivision.

All interested persons are invited to make submissions regarding the proposal to the General Manager, The Hills Shire Council, PO Box 7064 Norwest, NSW 2153 within 28 days of this advertisement.

Enquiries: Amy Brooks | 02 9843 0181.
Please quote Council Reference No. 1/2024/RC.

Small Business Education Series

Council's Economic Development Team provides a range of workshops that assist and support the growth and establishment of businesses in the Hills.



Whether your business is at the getting Ready, Set or Grow phase, the Small Business Education Series has something for you. A mixture of face-to-face workshops and webinars are currently available to register for, providing interactive learning experiences with practical skills and knowledge applicable to your business.

To see the workshops currently available and to register, visit the Council website and search 'Small Business Education Series'.

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



Mayor Gangemi pictured with Councillor Brazier and 2023-2024 Youth Ambassadors Eva Pulvirenti and Deanna Stevens.

Nominate our next Youth Ambassador

Know anyone between 15 – 24 years of age who lives in the Hills and would be a great representative for the youth? Nominate them to be a potential 2024/2025 Youth Ambassador.

The selected Youth Ambassadors will serve for a period of 12 months, playing an important representative role as the voice for young people in the Hills. They will be given opportunities to represent the Hills youth at functions, community events and forums. The Hills Youth Ambassadors will initiate and implement projects around youth engagement in the Hills community.

Nominations are open until 11:59pm on Sunday 17 March 2024. Search 'Sydney Hills Youth Ambassador Program' to make a nomination.

Harmony Week

The Hills Shire Council has partnered with CMRC and Landcom for a FREE Harmony Week event at Bella Vista Pocket Park.

There will be a community stage with a variety of fun, engaging and vibrant cultural performers ranging from Irish singing, Scottish pipe bands and cross-cultural lyrical talents.

There will also be food trucks from a diverse range of cultures as well as a Cultural Activities Hub, with free activities such as Henna art.

Save the date and find out more on Council's website by searching 'Harmony Week'.



Seniors Festival

Celebrate Seniors Week IN THE HILLS

11 – 24 MARCH 2024

The Hills Shire Council is hosting **FREE** events for seniors to **RECONNECT**



Council's annual Seniors Festival is back with a range of events that benefit our community's seniors.

Events will run from 12 – 21 March, ranging from fun activities such as a movie at Event Cinemas Castle Towers to educational sessions such as how to navigate Council services online.

To view the entire list of events, head to Council's website and search 'Seniors Festival 2024'.

Be an Egg-Spert recycler this Easter!

Did you know you can recycle the foil from easter egg wrappers? Just ensure you roll them all up into a ball shape at least the size of a tennis ball before placing it in your yellow-lid recycling bin.

Visit Council's website and search 'Recycle Right this Easter' to read up on more tips and tricks for having a waste-wise Easter season.

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



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Hills Relay For Life

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Hills Relay Chair Lisa Carruthers with Hills Shire Councillors Barbara Burton, MP and councillor Mark Hodges and Deputy Mayor Mitchell Blue

Relay For Life Launch

BY BEV JORDAN

The Colour Purple seemed the obvious movie choice for the launch of the purple-tinged Hills Relay For Life at Event Cinemas Castle Hill last week.

Supporters, team members and sponsors were special guests for the evening which highlighted last year's Cancer Council fundraiser and plans for this year's 24-hour event at Castle Hill Showground on May 18th/19th.

It will be the 23rd Hills Relay For Life event held in the Hills. The first lap for survivors and carers at 10am will be followed by a packed program of entertainment and activities including the moving candlelight Hope Ceremony at 6pm.

On Sunday, May 19th dog morning returns. The last lap for the 2024 Hills Relay is just before 10am on Sunday May 19th.

Hills Relay chair Lisa Carruthers said last year's Hills Relay was the biggest event in Australia and raised nearly \$360,000. This year's target is \$350,000. She thanked sponsors and supporters including Purple sponsors Event Cinemas Castle Hill, Castle Towers and CHRG.

The first Team information night will be Tuesday March 12th at Lucy's Bar at Castle Hill RSL, starting at 6.30pm. If you want to register a team visit www.relayforlife.org and search for Hills 2024.

To find out more contact yvette.haines@nswcc.org.au or call 9354 2007 or register online.



Hills Mayor Peter Gangemi with Relay Committee members Katie Didsbury and Feona Henness.



CHRG Director Mike Yeo with Phill Evenden Veterans Team and Bryan Mullan Relay committee



Hills Relay Patron Michelle Byrne with Clare and Clr Frank de Masi sponsors

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17TH MARCH
FROM
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WILL GO
TO LITTLE
WINGS

PETS OF THE WEEK

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



AT A GLANCE

NAME: THOR
SEX: Male
BREED: American
Staffy
AGE: 2 years old
PRICE: \$99

THOR has a lovely, outgoing personality and will make a great addition to your home say staff at the Hawkesbury Companion Animal Shelter. They say Thor has striking good looks and walks nicely on a lead and can follow basic commands.

If you are interested in meeting Thor please bring your family dog and the children to meet him at the Shelter. His \$99 adoption price includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.



AT A GLANCE

NAME: KALA
SEX: Female
BREED: American
Staffordshire
Terrier Cross
AGE: 3 years old
PRICE: \$99

KALA is a very sweet but shy girl and taking small steps with her will help her settle in and be part of the family according to staff at the Hawkesbury Companion Animal Shelter. Staff say that Kala would suit a quiet home where she can be given the chance to shine with some time, love and care. If you are interested in meeting Kala please visit the shelter during opening hours. Her adoption price is \$99 and includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

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Senior's Festival – Garden Party

The NSW Senior's Festival is the largest of its kind in the southern hemisphere. Hawkesbury Library Service is joining in with the celebrations by hosting a Garden Party at the Deerubbin Centre, Windsor on Thursday, 21 March 2024 from 10am.

The wider NSW Senior's Festival www.nsw.gov.au/arts-and-culture/seniors-festival will run from 11 March to 24 March 2024 with the theme 'Reach Beyond'. It celebrates the role and contributions of older adults in our community.

The Garden Party will be held in the grounds of the Deerubbin Centre, with morning tea provided, information stalls, giveaways, games, and live music to entertain. Hawkesbury Library Service is encouraging older members of the Hawkesbury community to Reach Beyond their comfort zone to do something a little bit different, make new friends or catch up with old friends over a game of giant chess.

The free event will be held at the Deerubbin Centre garden, 300 George Street, Windsor, which is just outside Hawkesbury Central Library.

Bookings are essential for catering purposes via <https://hawkesburylibrary.eventbrite.com> or call the Library on 4560 4460 to book.

CASTLE HILL PLAYERS PRESENTS



CARAVAN

at the Pavilion Theatre
from 5 Apr – 27 Apr 2024

Written by Donald McDonald and directed by Bernard Teuben

Hell is other people. Stuck in a caravan.

From actor and playwright Donald Macdonald comes a quintessential Australian comedy that takes a light-hearted look at relationships, aging ... and the holidays that should never be taken.

Parkes Robinson loves his "luxury" caravan almost as much as his wife Penny. Eager to show it off, Parkes invites their good friends Rodney and Monica Rice, and single gadabout Pierce, on a two-week vacation at a secluded beachside spot. But a storm is on the way – and we're not talking about Pierce's much younger new girlfriend Gwendolyn.

Trapped by horrific weather in the cramped caravan, the best friends, (and Gwendolyn), attempt to enjoy their holiday with the help of a libation or three. But in the confined space, heads are banged, tensions rise, indiscretions are revealed, relationships crumble and the laughs begin.

Castle Hill Players presents Caravan directed by Donald McDonald, directed by Bernard Teuben, from 5 Apr – 27 Apr. Wed, Fri, Sat 8PM, Sun 4PM at the Pavilion Theatre, Castle Hill. The Pavilion Theatre is located within the Castle Hill Showgrounds, Castle Hill. Tickets \$30, Concession \$25.

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

WILD@ART SHOW

The Ferry Artists are having a special opening for their upcoming exhibition

Wild@Art on Saturday, 23rd March from 3pm to 5pm.

The Wild@Art exhibition is The Ferry Artists response to a collaboration with Macdonald Valley Association's Valley for Wildlife Project when Ferry Artists worked with the community to create recycled satellite dish wildlife awareness signs followed by The Painted Power Pole Project in historic St Albans (pictured).

For this exhibition artists have been asked to interpret all things environmental in our valley be it landscape, flora, fauna or birds.

Carol Gill, President of The Ferry Artists Gallery said: "We are looking forward to welcoming our guest speaker for the afternoon, Linda Bracken from the MVA, who will discuss the Valley for Wildlife Project and its impact on the valley."

The Ferry Artist Gallery is at shops 1 and 2 5557 Old Northern Rd, Wiseman's Ferry. Call (02) 4566 4385 or email info@ferryartists.org

Photos of The Painted Power Pole Project sourced from FaceBook.



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



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Western Sydney deserves to keep more of what it earns

Western Sydney is vast, dynamic and diverse. Its many communities have unique experiences and challenges. It is not a uniform place, however there is one uniform statement that rings true: Western Sydney deserves to keep more of what it earns. This is why we are delivering tax cuts to every taxpayer in Western Sydney – all 902,000 of them. Around 90 per cent of these hard-working people will receive a larger tax cut under Labor's tax cuts.

Tax cuts for workers in disability, retail, and transport sectors. For health and aged-care workers. For accountants, teachers, software programmers and tradies – for every taxpayer. While our plan is responsibly targeted to boost support for hard working families, it delivers for every taxpayer – right up and down the income ladder. The tax-cut for a worker on \$80,000, for example, is worth more than \$1,670 a year. A worker earning \$50,000 will receive a tax cut worth more than \$900.

Under the Coalition's alternative, many workers – often working part-time with families – would have got nothing. Not a dollar.

Labor's tax cuts will make a meaningful difference to workers and households across Western Sydney grappling with cost-of-living pressures. I know – because I represent a community in North-West Sydney with high levels of mortgage stress. Local residents – many of whom are economic migrants who moved to Australia for opportunities for themselves and their children – are asking for Government to do more to help. To say to these families there's nothing Government can do would be a furphy.

The Federal Government is in a position to help – without making the economic situation worse by adding to inflation. Our bigger tax cuts for more Australians deliver on that objective. It complements our work to deliver electricity bill

relief, cheaper childcare, medicines and GP visits. We have increased rent assistance, delivered fee-free TAFE places, and extended free broadband for school children with no connectivity at home.

Labor has also launched an ACCC inquiry into supermarket prices and allegations of price gouging, the first of its kind since 2008.

Helping Australians with the cost of living is our number one priority because if the cost of essentials rises too fast, people can't plan or save for the future. Unlike the relentlessly negative Coalition, the Albanese Government is saying yes to supporting Western Sydney families to keep more of what they earn.

As Prime Minister Anthony Albanese says, our new tax cuts are the right decision at the right time, for the right reasons. That's why this Government listened to families in Western Sydney – and acted.

To estimate your tax cut, use the calculator @ <https://treasury.gov.au/tax-cuts>. Tax cuts to help with the cost of living | Treasury.gov.au

Palliative care cuts

In the last State budget, the Minns government slashed \$150 million from palliative care.

This will have severe consequences to the healthcare choices of people across NSW and add to their suffering. The Government's cuts to palliative care undermine the important ability of patients to make choices when it matters most, and we are opposed to these cruel cut in funding.

NSW Asbestos Crisis

The investigation into the asbestos found in mulch is of a criminal nature as it is illegal in NSW to have asbestos or other hazardous materials in recycled mulch.

Because the EPA is unable to continue to collect evidence after a charge is laid, they must finish all evidence gathering and investigation prior to charging. The EPA is focused on supply chain tracing so that anyone who has received this mulch is contacted directly. If you are concerned that you may have come in contact with asbestos mulch, please call the NSW Environment Line on 131 555.

Hills Relay For Life Ball

On Saturday 13th April 2024 the Hills Relay For Life committee are hosting their Masquerade Gala at Castle Hill RSL to raise vital funds for cancer research.

The evening will commence at 6:30pm for pre-dinner drinks in the Luxe Lounge followed by a three course meal and unlimited beverages in The Lyceum. Entertainment on the night includes The Breakaways, plus plenty of other surprises. For further information please email: gala.hillsrelay@gmail.com



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Authorised by Ray Williams MP. Funded using Parliamentary Entitlements.



A ROCKY ROAD OF CHOCOLATE TO EASTER

Easter means a number of things to different people. Some regard the season as a significant religious occasion (which it is), others may think of the Royal Easter Show and all its attractions, whilst chocoholics think of a time to binge on chocolate Easter Eggs.

It is the thought of chocolates that comes to mind in this article. Chocolate manufacturers make Easter a time of mass marketing. Back in the mid-1960s when I worked in the centre of Sydney, I noticed that Red Tulip, which also at the time owned the Ricci Remond chocolate brand, would send brochures and catalogues from which to choose Easter Eggs and chocolate gift packs for sale to give to family and friends, to social clubs in offices, shops and factories. The social club would presumably receive a commission on sales made.

The Royal Easter Show at the Sydney Showground, later at Olympic Park at Homebush, also provided an opportunity for the promotion and marketing of chocolate products, Darrell Lea, Cadbury and other manufacturers had showbag stands.

As time went on, many Australian brands of confectionary became parts of major international companies, including manufacturers such as Hoadley's, whose major brands included "Violet Crumble" and "Polly Waffle". Interestingly, Hoadley's originally wanted to call the product just plain simple "Crumble", however were convinced to name it after Mrs. Hoadley's favourite flower "Violet" hence it became "Violet Crumble". Later, the company became part of Rowntree-MacIntosh which, even later, became part of Nestlé. Both Violet Crumble and Polly Waffle have since

reverted to Australian ownership as part of the South Australian company of Robert Menz.

In the early-mid 2000s, Nestlé withdrew the Bertie Beetle Showbag (another former Hoadley product) from sale at annual shows, citing production costs as the product was now manufactured in New Zealand and shipped to Australia. A public campaign was started pressuring Nestlé to bring back the showbag, which was a crowd favourite. In 2007 Nestlé relented and the showbag was again available, first reappearing in that year's Sydney Royal Easter Show. In 2006 the price of the showbag, traditionally \$2, was raised to \$3, resulting in public backlash. In 2007 the showbag returned to its previous price.

Darrell Lea was always a popular showbag stall at the show. Jason Lea Jnr, a great grandson of the founder, has a photograph of which he is extremely proud. The photograph shows Jason as a stocky and bearded man in his thirties with a boater hat and a broad grin shaking hands with a Doug Sutherland, then Lord Mayor of Sydney. Behind him are rows of young employees and a huge mountain of showbags filled with Darrell Lea products. It was taken at the Royal Easter Show in 1983 for the best display in the Royal Hall of Industries.

Jason was a showman. He certainly enjoyed working at such shows and speaks with glee of his time at the shows whilst also displaying his

sadness at what happened to what was once a unique family-owned company. Following his success at the 1983 Easter show he followed up in 1986 at the Easter Show with other successful marketing innovations.

Once, to rid the company of excess Easter Eggs, he removed silver paper wrapping from the eggs and smashed about a dozen of the eggs in big clear plastic bags and continued until he had a quite a few bags. He went out of the front of the stall holding a bag of chocolate calling out "The boys have just had an accident out the back and dropped a load of eggs. The first one with twenty bucks in their hand can have them." The bags sold out very quickly, with Jason repeating this story giving time for the public to move on so that he had a fresh audience on each occasion.

Another innovation he tried at Brisbane in 1984, where the use of a microphone to spruik was banned, he penned a jingle which, when sung by the whole staff, reverberated throughout the hall.

Golly gosh golly gee,
Here it is from Darrell Lea
Hurry hurry, snappy snappy
Here's the bag to make you happy,
Goodness gracious, goodness me,
Buy a bag from Darrell Lea."



PUBLIC NOTICE

Proposed termination of Strata Scheme No 20737 being property situated at 4-10 Hillcrest Road, Pennant Hills, NSW 2120. Notice is given of an intention to apply to the Registrar General for an order terminating the above Strata Scheme and the consequent winding up of the Owners Corporation, pursuant to section 142 of the Strata Schemes Development Act 2015 (NSW).

Any person having any claim against the Owners Corporation of the above Strata Scheme or any estate or interest in or claim against any of the lots comprised in the Strata Scheme is required, on or before **29 March 2024** to send particulars of the estate, interest or claim to c/-Dwellaw Pty Limited 2/63 Dixon St, Haymarket NSW 2000.

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Sydney Hills Gymnastics soar high

The Sydney Hills Gymnastics celebrated their most successful year

Sydney Hills Gymnastics were big winners at the recent Gymnastics NSW's awards night. They were crowned the Men's Gymnastics Club of the Year, Men's Gymnastics International Coaching Team of the Year and Men's Gymnastics Junior Development Coaching Team of the Year, while four of their athletes also won awards.

Sydney Hills Gymnastics, which runs classes in Castle Hill and Bella Vista, nabbed nine medals at the Australian Gymnastics Championships and won 13 medals at international events.

Artistic gymnast **Daniel Chalabov**, 16, was named Men's Gymnastics Junior International Athlete of the Year. He represented Australia at the Austrian Future Cup, winning gold medals in the all-around, pommel and parallel bars events. He won gold on pommel and silver on rings at the Olympic Hopes Cup.

Noah Saad, 9, won the Men's Gymnastics International Development Athlete of the Year Award. He is the reigning state champion in his age group, having won gold on floor, pommel horse, rings, parallel bars and high bar.

Catherine Boffa and **Hana Heo** were named Acrobatic Gymnastics Senior Levels Group of the Year. The Level 9 pair built on their scores throughout state and national events, finishing the 2023 season as Australian champions.

Vassili Trofimov, Director and Head Coach of Sydney Hills Gymnastics, said 2023 was their club's most successful year.

"Our mission is to nurture each gymnast to reach their full potential," Trofimov, said. "The recent recognition of both our gymnasts and coaching team through the Gymnastics NSW Awards fills me with great pride."

"I believe the annual awards play a vital role in our club, affirming our efforts and contributing to our reputation for delivering quality high-performance coaching. Witnessing my coaching team and athletes being recognised for their achievements is a proud moment."

"With our dedicated coaches supporting gymnasts in pursuit of their goals and objectives, combined with hours of training, we're seeing their hard work materialise into incredible results."

EVOLVE ARE LARGE CLUB OF THE YEAR

Gymnastics NSW has recognised Rouse Hill's Evolve Gymnastics as the Large Club of the Year. Evolve Gymnastics, founded six years ago, embraces inclusive programs with private lessons for athletes with disabilities. In 2023, the club had its first Special Olympics competitor while they had multiple state representatives in mainstream events.

Employment opportunities help the local community, with a workforce of 32 employees supporting more than 1200 athletes. The club places a high value on education and training.

Club owner Adam Rose said the award is a recognition for the whole club. "This award means a lot, because it's a reward for the hard work that goes into everything to make the club a success," Rose said.

"It's recognition for all our staff and everyone behind the scenes. Being nominated was a big honour, especially as there are many amazing large clubs within NSW. We just opened a ninja centre to offer variety and welcome more children with different interests."



Evolve Gymnastics won the Large Club of the Year Award.

Thompson's miracle win ends title drought

Hills tennis star Jordan Thompson finally broke one of the longest title droughts on the ATP Tour when he lifted the Los Cabos crown in Mexico. His "miracle win", playing three matches in seven hours, made him one of the oldest men's players, at 29 years, to win his first ATP singles trophy.



Jordan Thompson's hard work is paying off big time. Picture: Courtesy Tennis Australia

The Oakhill College alumni conquered world number 12 and three-time grand slam finalist Casper Ruud of Norway 6-3 7-6 (4) in the Los Cabos final. However, Australia's second-ranked player (behind Alex de Minaur), did not have time to celebrate as he returned to the same court in the doubles semifinal, where he and his Davis Cup teammate Max Purcell beat Ruud and American Will Blumberg 7-6 (1) 6-3.

Thompson and Purcell then annexed the doubles title with a tough 7-5 7-6 (2) win in the late night final over Gonzalo Escobar and Aleksandr Nedovyesov.

"We've been putting in some seriously hard work and it's good to see that it pays off," the eighth seeded Thompson told journalists. "It's been a journey. I'm nearly 30 and lifting a trophy, I never thought I'd do that."

Thompson was also involved in the longest match in this tournament, stunning top seed Sascha Zverev of Germany 7-5, 4-6, 7-6 (2) in

three hours and 40 minutes, the match finishing about 1am on Saturday.

Thompson scored his most famous victory in January when he defeated tennis legend Rafael Nadal 5-7, 7-6 (8-6), 6-3 in the Brisbane International, after saving three match points.

"I spent so many hours on the court this week," Thompson said. "In the quarter-final (against American Alex Michelsen), I could have been double bagelled. I could have been losing 6-0, 6-0. And now I'm about to lift the trophy, so I think it's still a miracle," Thompson said.

Thompson earned \$212,000 for his singles title while he and Purcell shared \$74,000 for their doubles crown.

Thompson becomes the first man since fellow Australian Nick Kyrgios in Washington DC two years ago, to win both the singles and doubles titles in an ATP Tour event. Thompson is now at a career-high ranking of world No. 32.

HILLS WOMEN OFF TO GRAND START

Hills United FC thumped South East Phoenix 7-0 to kick off the new FNSW Women's One season in grand style on Sunday. The Hills led 3-0 at half time. Kaylie Shannon started with a hat-trick, finding the net in the 37th, 55th and 87th minutes. Isabella Scibberas scored a brace while Bella Donaldson and Ashleigh Heuston-Richardson fired the other goals as the Hills women went on the rampage.

HILLS MEN FINDING IT TOUGH

Newly-promoted Hills United FC suffered two successive losses in the National Premier Leagues Men's NSW football competition.

After their opening round victory over Sydney Olympic, Hills United were beaten 2-1 by Western Sydney Wanderers and 5-3 by Central Coast Mariners on Sunday.

While the Wanderers scored a 2-1 win, the Mariners had dig deep to pluck a thrilling 5-3 victory over Hills United FC who led 2-1 at half time. Anthony Frangie, Caleb Jackson-Brown and Yu Okuno scored for Hills United. The Hills team were thwarted by the Mariners keeper Dylan Peraic-Cullen who made two impressive saves in the first half. Hills United defeated the Mariners 2-1 in their Under-20 clash.

What's with the Chocolate Egg?

MURRAY LAMBERT - PASTOR AT THE CENTRE DURAL

If you visit the Cadbury Museum (sounds dangerous) they have examples of chocolate hens, bells, fish and EVEN PIGS which were all the rage at Easter in the early 20th century. Eventually, the egg became the dominant shape due mostly to convenience in production (an egg is definitely easier to make out of chocolate than a pig).

The modern Easter egg has taken on a life of its own.

These days there's Crunchie eggs, Caramello eggs, Turkish Delight eggs, Cream eggs, Humpty Dumpty eggs with the smarties in them I can't keep up!

But I still hold a special place in my heart for the humble, empty Easter egg. Why?

Because just like the empty egg, Jesus' tomb was found empty that first Easter Sunday. It's not only why we celebrate Easter, it's why we hold onto faith as Christians - it's why we meet on Sundays!

Without an empty tomb, our faith is also empty - that's what Paul writes in

1 Corinthians 15:14 "And if Christ is not risen, then our preaching is empty and your faith is also empty."

Ultimately something's gonna turn out empty.

Either Jesus' tomb was empty, or our faith is empty.

And if you'd like to explore a faith that is full of hope, love and life, we'd love to have you join us for one of our upcoming Easter Services;

Good Friday 29th March at 9am

Easter Sunday 31st March at 10am

Or email me at murray@thecentredural.org.au

Boys Take to the Netball Court!

Boys around NSW are embracing their speed, agility and coordination playing Netball with their peers.

Local Mum Jenni has an almost 12 year old who has been playing Netball in the local junior competitions. She said "He's absolutely loved the game and being a part of a team for the first time. He's developed skills he didn't know he had and it's been great to see him finally find a sport he enjoys."

Even though there are more boys playing netball than ever before, it's not easy to find pathways to continue once they reach the age of 12. Netball NSW in conjunction with Men's Netball NSW has been seeking to create more opportunity for high school aged boys to embrace this sport. The Netball NSW Schools Cup in 2023 had a big turn out of boy's teams keen to participate and showcasing their skills.

The Centre at Dural, with Netball NSW and the Dural Warriors Netball Club, is looking forward to offering boy's social Netball Competitions for high school aged boys in 2024. Boys can form teams with their mates and enjoy playing this intense and highly-skilled sport. Maybe the next generation of Men's Netball Superstars will be grown right here in our local area.

If you have a boy interested in finding out more about Netball, see thecentredural.org.au/sports-competitions or call the sports team on 8989 0000.



Aboriginal engagement to guide strategic management of the Greater Blue Mountains Area World Heritage property

The Greater Blue Mountains Area World Heritage property spans the Country of the Dharawal, Darkinjung, Dharug, Gundungurra, Wiradjuri and Wonnarua peoples. The NSW National Parks and Wildlife Service acknowledge the Traditional Custodians of the lands where we work and live. We celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters of NSW.

The NSW National Parks and Wildlife Service (NPWS) is currently reviewing the Greater Blue Mountains World Heritage Area Strategic Plan (2009).

Our first priority is to engage with Aboriginal people of the GBMA to hear your views on this important project.

We want to hear about the broad values (cultural/natural/historic) of the GBMA, what is important to you, and what is important for NPWS to identify, conserve and protect through strategic management documents.

We will be hosting workshops with Aboriginal people with rights and interests in the Greater Blue Mountains Area World Heritage property throughout March, April, and May 2024.

We invite you to join us at these workshops to help guide strategic management of the Greater Blue Mountains Area World Heritage property.

Feedback from the workshops will be collected and inform revised strategic planning for the GBMA.

Please share this invitation with your networks.

Click here for more information and to RSVP

<https://sway.cloud.microsoft/GyyBYIFQmR98UwYU?ref=Link>

If you have any questions or to provide feedback, please email the project team: gbm.worldheritage@environment.nsw.gov.au



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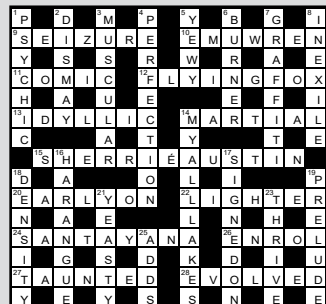
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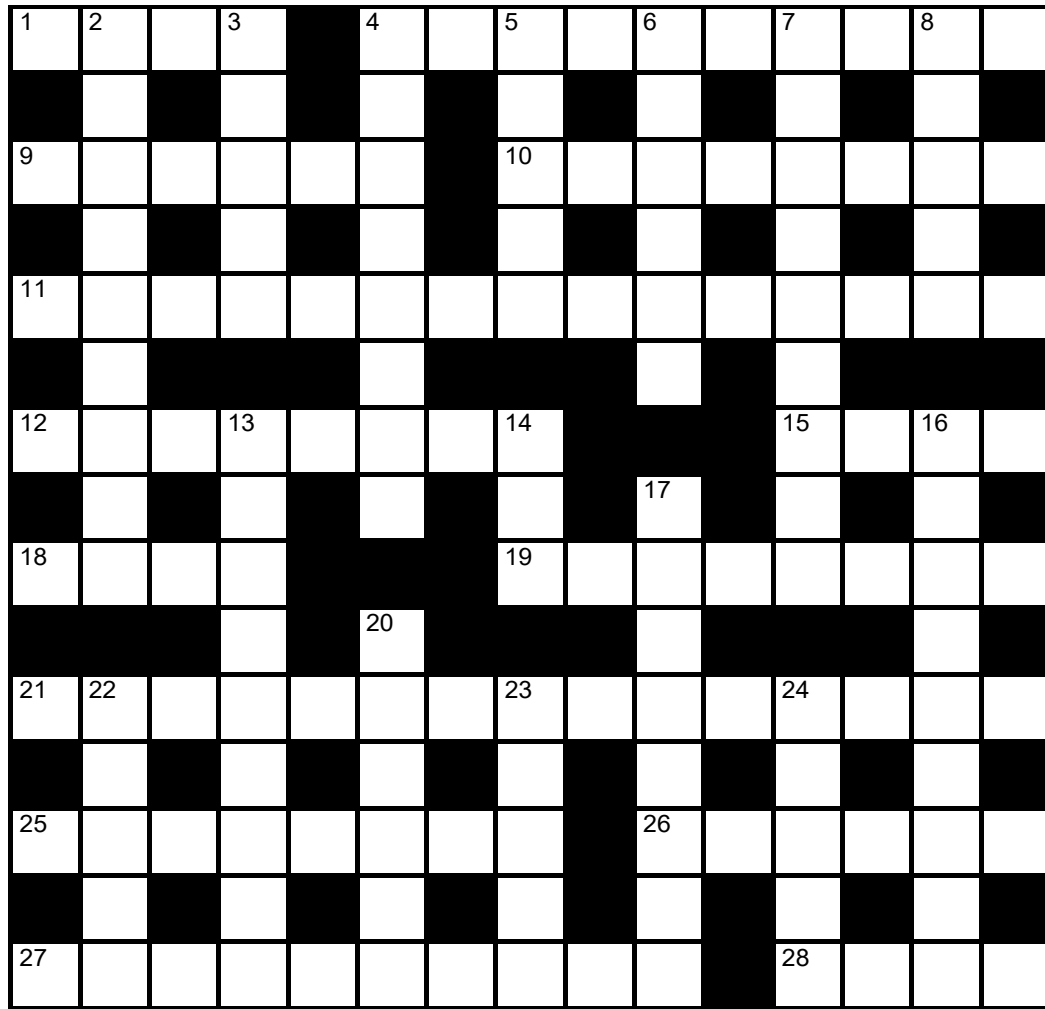
Answers from last issue

CROSSWORD



SUDOKU

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



Across

1. Hire
4. Tourist spot south of Denmark (5, 5)
9. Establishes (4, 2)
10. Dinner site
11. Atherton Tableland pine (10, 5)
12. "Know thyself" philosopher
15. Profane expression
18. Spot
19. Lineage
21. Rat only found way up North (4, 4, 7)
25. Desert runner --- Gash
26. Bread
27. Abandoned (4, 6)
28. Barbie staples

Down

2. They obey one's will
3. Preference
4. Pope is to upset another performer
5. Beyond what is usual
6. Unimportant person
7. They're uplifting
8. Church singers
13. Former Richmond centre half-forward (5, 4)
14. Vast amount
16. Rugby's "The Back-up man" (5, 4)
17. Yelled
20. Footwarmer
22. Up
23. Dull yellowish brown
24. Scent

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

PERCH
SALMON
SWORDFISH
TENCH
TROUT

Answers from last issue

WORD SEARCH

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

CODE WORD

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

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

CODE WORD


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

SUDOKU

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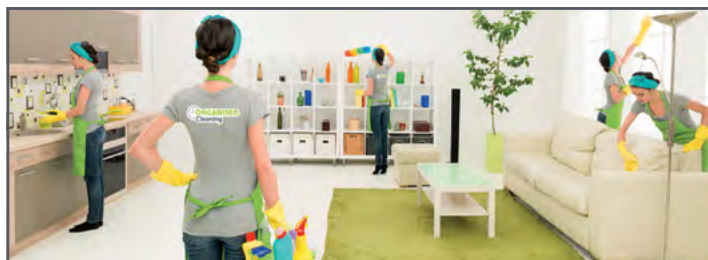
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