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Community News

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Lest We Forget

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Hawkesbury Head to Health Opens This Month

BY JOSH KERWICK

Free mental health services are set to become permanently available to residents of Hawkesbury with the opening of Head to Health Richmond in mid-November.

The service, which was previously a pop-up location on Francis Street, now has its own location thanks to Wentworth Healthcare and Neami National to provide immediate mental health support without the need to book an appointment.

The space has been designed with mental calmness in mind, down to its location in a quiet lane that means visitors can feel their privacy is respected. Many of the centre's workers have experienced mental health troubles themselves, allowing genuine peer support to foster in this environment.

A launch ceremony to celebrate the upcoming opening of the Hawkesbury Head to Health was held on Tuesday October 31st, which was started with a Welcome to Country by Darug woman Melissa Stubbings and a smoking ceremony led by Shane Laws.

CEO of Wentworth Healthcare Lizz Reay talked about the necessity of this location: "The Hawkesbury-Nepean and Blue Mountains regions are only 6% of the NSW population, yet 20% of our calls come from those regions. That's pretty strong data, and we knew Hawkesbury needed this. As a Hawkesbury resident, I'm thrilled to have this standard of service here that is as good as any other centre."

Neami National CEO Tom Dalton thanked everyone who made the creation of the Head to Health possible: "Our success absolutely depends on the partnerships and alliances we build in the community. I want to particularly acknowledge First Nations people, and thank the Darug people for having us on their land."



L-R: Lizz Reay, Tom Dalton, Emma McBride, Susan Templeman

Emma McBride MP acknowledged First Nations people and those affected by mental illness and suicide: "The recent ABS data showed that 8.5 million Australians experienced mental illness in their lifetime, and one in five of us have experienced mental ill health in the last 12 months. That's why we're working to establish 21 Head to Health services across NSW by 2025-26. Being able to see Head to Health in action, we know that it makes a difference."

Susan Templeman MP spoke to how Head to Health would positively impact the area: "I know our locals are going to have a fantastic time here, putting a Hawkesbury stamp on it as they start to discover that there are services here on a Thursday night and all day Saturday! I think those sorts of things are going to be enormously appreciated by this community, which so often gets the end or a little bit of something."

Ashlee Phillips from Neami National in Penrith, commented on how peer supporters can help others who are suffering. "We know distress and experiences of abuse aren't scheduled, and neither are our reactions; so having the ability to walk in somewhere where the light is on six days a week is pretty incredible. I'm so proud to be part of that process."

The service will be available from Monday to Saturday once it opens in mid-November, pending Council approvals.

If you or a loved one are struggling with mental health, call Lifeline on 13 11 14.

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.

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Fred Caterson Reserve

BY BEV JORDAN

Over 150 people packed the Hills Shire Council Chamber and the lobby at the recent general council meeting to show their concerns for plans for Fred Caterson Reserve at Castle Hill.

The vocal crowd was asked to be quiet several times during the agenda item which took up nearly 90 minutes to hear after Hills Councillor Mila Kasby tabled a petition by Friends of Fred Caterson Reserve containing 16,123 signatures.

She put forward a motion (seconded by Cllr Ryan Tracey) for council to accept the petition and organise a further public briefing on the Fred Caterson Reserve Masterplan.

Residents are concerned over council's agreement with Eastwood Rugby Club to use the former pony club area at Fred Caterson Reserve saying they are against public open space being used exclusively by the club, with possible plans for three playing fields, a grandstand, clubhouse, gymnasium, parking, and media facilities in an "ecologically precious place".

Cllr Kasby said: "Residents are not against the Masterplan as a whole ...but they say what is planned for the former Pony Club site is completely over the top. We're not talking about community playing fields here. This development threatens the very character of the Reserve forever."

Glenhaven resident Brendan Meller spoke for the motion saying: "A significant number of residents are deeply concerned about this development. Council must hold a public briefing on the Fred Caterson Master Plan, it will reduce the anger and frustration that the community is feeling due to the lack of consultation." He said he was all for community sport but said the plan "effectively privatises our community space".

Chairman on the Board of Directors of Eastwood Rugby Robert Cusack spoke against the motion saying it was an exciting project for the club's district which stretches from Ryde to Wisemans Ferry.

He said the Premier club ran seven male and three female teams plus six junior clubs which would use the grounds along with local schools.

Both Cllr Mitchell Blue and Jerome Cox accused the Friends of Fred Caterson of scaremongering, saying their website contained inaccurate information. Cllr Cox said he would be surprised if half the people who signed the petition were local.

COMMUNITY NEWS



Some of residents who attended the council meeting

The motion containing 9 points including accepting the petition and holding a public briefing was lost (2-7).

Following the meeting Hills Shire Mayor Peter Gangemi said the proposed fields at Fred Caterson Reserve "will provide the local community with the active recreational space they need".

"Like any project within The Hills, the Fred Caterson Reserve sports fields will only proceed if it complies with environmental and planning legislation, and Council is developing a proposal that minimises impacts to the environment and surrounding residents."

He urged residents to keep updated with the Fred Caterson Reserve upgrade through "official information sources". He said the Council website contains the best information "on our latest concept plan."

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Courtesy Riverstone FRNSW

FIRE AT VINEYARD

Several fire trucks responded to a structure and machinery fire at 11am in Vineyard on Thursday, October 26th.

Oakville Brigade were initially called to a rubbish fire on Bandon Road in Vineyard and en route the crew observed a large smoke column and received further reports of a truck alight.

The crew found a large fire involving stacks of pallets, gas cylinders and earthmoving machinery. The fire was rapidly spreading and firefighters quickly got to work to protect nearby shipping containers and machinery.

With the help of a crew from Schofields Rural Fire Brigade and Windsor Fire and Rescue firefighters in Breathing Apparatus began extinguishing the resulting grassfire that had begun to extend into the rail corridor and focused on protecting the railway.

Extra assistance was given by both Rural Fire Service crews (Rouse Hill and Round Corner) and Further NSW Fire and Rescue (Mt Druitt, Ropes Crossing) plus an aerial appliance from Fire and Rescue NSW Huntingwood.

Firefighters contained and extinguished the blaze in two hours.

FATAL CRASH

A man died following a single-vehicle crash at 6.45pm on Wednesday 25th October at Oakville Road, Oakville.

The car had left the road and crashed into a tree. The driver died at the scene.

The passengers – two boys aged 13 and 10 – were both treated at the scene by NSW Ambulance paramedics and taken to Westmead Children's Hospital in a serious but stable condition.

Officers attached to Hawkesbury Police Area Command are preparing a report for the information of the coroner.

As inquiries continue, anyone with information or dashcam footage is urged to call police or Crime Stoppers on 1800 333 000

BUSH FIRE

Arsonists are believed to have caused a fire in bushland next to a sports Oval in The Ponds on Monday, October 30th.

Crews from Fire and Rescue Riverstone station and Fire and Rescue Schofields and Kellyville responded. Joining crews from the Rouse Hill RFS Brigade.

With a Total Fire Ban in place and extreme weather the fire could have spread through the bushland and impacted homes and residents in the area but it was contained by firefighters.

The public are urged to report any suspicious activity to 000 (Triple Zero).

Facts on the RFS website state:

- Grass fires are unpredictable. They can start easily and spread quickly.
- Grass fires can move three times faster than a bush fire.

RFS CADETS GRADUATE

Recently, 47 students from the Arndell Anglican College, Hawkesbury High and Colo High School graduated as part of the Hawkesbury District Secondary School Cadet Program.

This 13-week program was facilitated by Group Officer Phil Hurst and a team of assistants which provided students with an insight into Emergency Services in the area.

RFS Superintendent Karen Hodges said the program is the ideal way to introduce young people to the important role volunteer firefighters play within communities.

"These cadets have completed a program that has given them skills which will last a lifetime. 'As well as examining fire behaviour, the students were taught essential fire safety techniques and gained an appreciation of the work our emergency services do every day in this state.

"The cadet program also offers students the opportunity to experience firsthand the commitment and camaraderie that comes with volunteering."

She also paid tribute to the volunteers and staff from the Hawkesbury District who facilitated the course.

"RFS members thoroughly enjoy working closely with schools and communities to ensure that everyone is as well prepared as possible for the very real threat of fire. Firefighters cannot do it alone," she said. "It is great to see genuine enthusiasm for this important community based program and hope it now continues as part of the school's curriculum for years to come."



In a life threatening emergency dial 000



House fire Rouse Hill
Courtesy NSW Fire and
Rescue Riverstone.

FIRE INCIDENTS

A family were lucky to escape a fire which damaged their Rouse Hill home on Tuesday, October 31st.

Firefighters from Riverstone FRNSW and Schofields attended the blaze which damaged the rear of the home.

The fire was quickly extinguished and crews conducted salvage and overhaul to ensure the property was safe from reigniting.

Fire crews said the residents were alerted by a working smoke alarm within the property and reminded people that working alarms save lives.

DV CHARGES

A 36-year-old West Pennant Hills woman will face court later this month on DV related offences.

Plain clothes police arrested the woman who was wanted on an outstanding warrant for several domestic violence offences just hours after posting her image on their social media platforms. The post was part of the Statewide Operation Amarok targeting Domestic Violence.

In another arrest a 36-year-old man was charged with a breach of an apprehended domestic violence order.

Police arrested him and a 38-year-old woman after they were spotted in Castle Hill.

Both were recognised for their alleged involvement in the theft of clothing from a department store at Castle Hill and one at Chatswood in October.

The 36-year-old man from Westmead was charged with two counts of shoplifting and breach of an apprehended domestic violence order. The 38-year-old woman also from Westmead was charged with two counts of shoplifting.

Deputy Commissioner Mal Lanyon, said the strategy behind Operation Amarok is working.

"Our persistent targeting of the most dangerous domestic violence offenders is effective – we have arrested more than 2000 high-risk perpetrators, with more than half remaining behind bars remanded in custody."

Hidden Homeless

BY BEV JORDAN

At a time when homelessness is on the rise it is good news to hear that a transitional housing project just completed at Kenthurst will welcome its first residents shortly.

The news was welcomed by people at the recent Hidden Homeless in the Hills forum organised by The Soroptimist International (SI) The Hills.

MC and SI member Michelle Byrne who founded the annual Hills Winter sleepout said when the first one was held 10 years ago no-one was really talking about homelessness in the area.

"When it started people didn't recognise homeless in the Hills. It's not obvious ... it's people in cars sleeping in cars, women and children looking for emergency housing and couch surfing."

The census of 2021 recorded 206 people homeless in the Hills of those 27.2% were under the age of 19 19% were over the age of 55 and 34.5% of people were employed.

"The fastest growing group of homeless people are people with jobs who can't afford the rent," said Michelle.

Bev Baker Chair of the Older Women's Network NSW urged the Government to do more to provide social housing.

"When I bought a home it was three times your annual salary today it's 13 times the annual salary. Without a home you are powerless," she said. "I will be 81 when I finish paying off my mortgage."

She said the Older Women's Network is calling on governments to increase the amount of money spent on community housing. "New developments have to include low-cost housing ... and local government has got to increase that social mix."

Annabelle Daniel, CEO of Women's Community Shelters, said a Housing for the Aged report had 110,000 women over the age of 45 at risk of homelessness in NSW.

She said it was very easy to suddenly find yourself homeless and cited the case of a 75-year-old woman who had been working in a bookshop. Her casual shifts were cut from four days to three (she was struggling to pay her rent) and then she had a car accident. "Things snowballed very quickly and she became homeless," said Annabelle.

Her organisation is promoting "meanwhile use housing" which has enabled them to use properties for housing that would otherwise be empty for a few years awaiting development plans.

Examples included Beecroft House (a former nursing home) now providing

James Visione, Dennis Van Someren, Cathy Tracey, Annabelle Daniel and Bev Baker

transitional housing for 20 older women and Mosman House.

With a million unoccupied homes in Australia on census night there is a lot of scope for "meanwhile use housing".

She urged everyone to keep an eye out for underutilised properties that could provide safe housing for a period of time.

Dennis Van Someren and James Visione from Kenthurst have spent several years trying to find a community solution to homelessness. They have established the The Hills Women's Transitional Housing Project with the support of several community groups. Residents will be moving into the first house soon and the project has enough money to fund a second transitional house.

"We want it to be an example to other groups. It is a pilot program for others to find a community solution," said James.

For more information email sithehills@siswp.org





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RAAF Visits Pre-School Students

BY JOSH KERWICK

Members of Richmond RAAF Base's 37 Squadron recently visited the McGraths Hill Learning Centre after receiving some 'birthday' letters for 65 years of operation for the Hercules C-130Js on site.

The planes, which were introduced to the air space during 1958-59, have long been closely associated with providing both local and international aid during times of crisis, as well as undertaking peacekeeping missions.

For the students and staff of McGraths Hill Learning Centre, the sights and sounds of the Hercules flying in is a point of great excitement for the young kids. "We often hear the planes as they're approaching, and there's so much excitement!" says Chelsea Nehme, the Preschool teacher of the Centre's Rainbow Room. "We keep some binoculars handy in the play area for the kids to grab and look up at the planes."

After the kids learnt that it was the 'birthday' of the Hercules operations, Ms Nehme and the kids crafted some special birthday letters that made their way to 37 Squadron. She says: "The students had a lot of questions, so we decided to make some birthday cards and send a letter to the RAAF Base Richmond."

As a result of the letters, Flight Lieutenant Brendan Smith and Loadmaster Corporal Natasha Jorgensen, members of 37 Squadron,

visited the Learning Centre to answer all the kids' burning questions about the C-130J operations. The McGraths Hill students asked the duo a wide range of questions:

"We want to have a plane - can we have parachutes in our plane?" Kyzell asked.

"Lots of Air Force Paratroopers jump out of the Hercules conducting parachute training," Corporal Jorgensen answered.

"We want to know if we can get jet packs?" Luke and Owen queried.

"We don't have jet packs on the Hercules, but they would be handy!" Flight Lieutenant Smith replied.

"Can you please give us dragons to fly?" Max asked.

"I would love to fly on a dragon, so please let me know if you find one!" Flight Lieutenant Smith answered.

"What can you carry in your plane?" Willow asked.

"We have enough room to carry a helicopter or a small truck in a C-130J, so we can take

Corporal Jorgensen speaks with a student trying on a helmet (Photo Credit: LACW Madison Scott)

them to places here in Australia or overseas that need our help," Corporal Jorgensen replied.

Lieutenant Smith and Corporal also gave an interactive and informative talk, which allowed the students a chance to try on a helmet used in operations and observe a safety gear demonstration. The visit was a chance to give back to members of the Hawkesbury region and their ongoing support of the C-130J training missions and other operations.

Currently, the Australian Government has deployed two of the C-130Js as part of Operation Beech, in response to the ongoing conflict between Israel and Hamas. The aircraft, deployed in a non-combat role, are on standby to provide support to Australian citizens and foreign nationals in the region. Furthermore, another Hercules aircraft has recently provided cyclone relief in Vanuatu, assisting locals in their times of trouble post-storm.



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Historical Hawkesbury Bike Tour Seeking Riders

BY JOSH KERWICK

The MPN-Mate Research Foundation is calling for bike riders to experience their "Secret Dyarubbin River Ride" on Sunday December 3rd, which is planning to take 30 riders on an 80km trip around the vast Hawkesbury River, visiting a number of important historical sites.

Departing from Thompson Square at 6am sharp, the guided tour will provide scenic views and insightful history of both Australia's shared First Nations and Colonial history, all the while raising awareness for rare types of blood cancer known as myeloproliferative neoplasms (MPNs).

Entoure's Kent Williams will lead the riding party, travelling across the Hawkesbury River to visit a wide range of colonial and First Nations sites. Stops include Ebenezer Church,

the Tizzana Winery and several natural sites like the Wowawme, a cliff rock-face that bears resemblance to the Giant Eel Serpent that is said to have created the River in First Nations stories.

MPN-Mate's Steven Shah explains that the idea for the bike ride came from another riding group who were interested in Australian cultures: "They were really interested in knowing more about both the European and First Nations

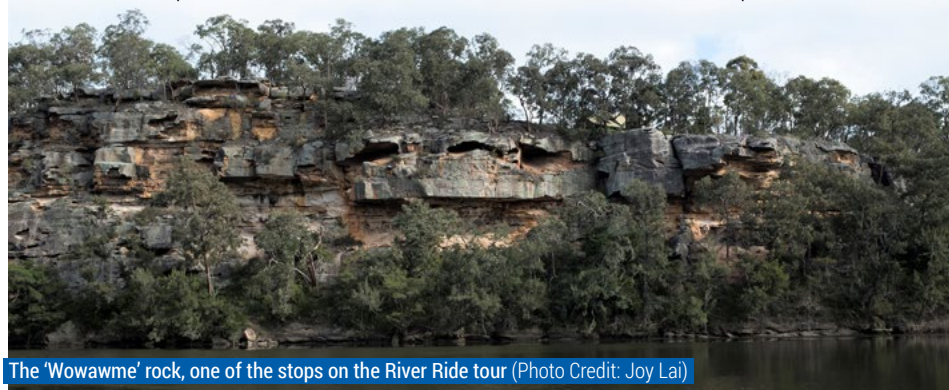
history and the way those two cultures clashed – and there's so much of that history in the Hawkesbury."

The Secret River Ride is hoping to make people more aware of MPNs, which are extremely rare blood cancers that less than 700 Australians per year are diagnosed with. As such, there's not much funding for MPN research – something that MPN-Mate wants to change through raising awareness.

Another hope of the River Ride is that it will instigate some tourism in the Hawkesbury after many difficult years of floods, bushfires and COVID. Local businesses like Tizzana Winery, Tractor 828 and Paradise Cafe are a key part of the ride; Steven says: "It's about the people on the river, it's a community thing. All those local businesses are people from the local community, who we'll be supporting."

Though there will be a few tough parts of the tour, including some challenging ascents and two river crossings, the Secret River Ride is primarily a tour for leisure with a pace of 19-22 km/h. Riders will be given two rest stops and supported by cycling captains, a sweeper bus and First Aid Officers from St John's Ambulance.

The minimum donation to take part in the ride is \$80, and participants must be 18 or older. Entry forms and waivers to sign are available online – limited spots are available. In the lead up to the ride, MPN-Mate are also hosting a number of Training Rides along the M7 Bike Path. All details are available at <https://www.mpn-mate.com>.



The 'Wowawme' rock, one of the stops on the River Ride tour (Photo Credit: Joy Lai)



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Lest We Forget

BY BEV JORDAN

Remembrance Day, which is marked on November 11th, has been observed since 1919 to honour armed forces members who have died in the line of duty.

The minute's silence at 11am marks the formal end of the First World War at the 11th hour of the 11th day of the 11th month in 1918. Remembrance services will be held across the Hills and Hawkesbury area with some special services and events held before what is also known as Poppy Day. It is a time to reflect on war and conflict and the sacrifices made.

Colonel Don Tait (Retired) was 19 when he joined the Australian Army and was commissioned. He came from a military family, his father had been in the RAAF and he had served in the army cadets at school before enlisting.

His 36 years of service included deployments to Malaya in 1965 and 12 months in Vietnam (1968/69) where he was a forward observer in 102 Field Battery, 12th Field Regiment Royal Australian Artillery.

Captain Tait (pictured) was in Bravo Company 1st Battalion during the battle of Coral Balmoral (12th May to 6th June 1968). Over the four-week period 300 enemy soldiers were killed and 26 Australian soldiers died. Over 100 were wounded.

"The losses were horrific," he said.

His best friend died in Vietnam, a week before they were due to return home. More than 60,000 Australians served in Vietnam, over 3,000 wounded and 523 gave their lives in the longest conflict Australians were involved in during the 20th Century.

As military attache in London (1993 to 1996) Colonel Tait was involved in the return of the remains of The Unknown Australian Soldier, for burial at the Australian War Memorial. The remains were exhumed from Adelaide Cemetery near Villers-Bretonneux in France, the soldier was one of about 18,000 Australians who died in World War 1 but who have 'no known grave'.

He says Remembrance Day is about a lot of things: "Remembering those who didn't come home and acknowledging the sacrifices of wives and families."

There will be a special dinner and presentation on the evening of Friday, November 10th called Remembering Vietnam at Castle Hill RSL to commemorate the withdrawal from Vietnam 50 years ago. For details email admin@chrslsubbranch.org.au or call 8858 4809.



NOVEMBER 5th SERVICES

BAULKHAM HILLS: A Remembrance Day service will be held this **Sunday, November 5th**, at the **Balcombe Heights Estate**, 92 Seven Hills Road, Baulkham Hills starting at 9.50am. The service will be held in front of the Soldiers' Memorial at the beginning of the memorial walk flanked by 364 trees planted to remember Masons killed in World War 1. Hills Music Academy will be playing at the service.

There will also be Sunday services at **Colo River War Memorial** at 9am and **Freemans Reach War Memorial** at 11am.

NOVEMBER 11th

CASTLE HILL: There will be a Remembrance Day Service on **Saturday, November 11th** by the memorial outside the front of Castle Hill RSL. Veterans and members of the public are asked to be seated by 10.30am. The address will be by veteran and former State Minister David Elliott. The Hills Youth Ambassadors will also be speaking.

GALSTON: The Hills District RSL Chapter Remembrance Day Commemoration Service will be held at the Galston Cenotaph on , commencing at 10.40am. It will be Conducted by Bill Rosier, President of the sub-branch, who served as chaplain and Principal Chaplain in the Royal Australian Navy for 22 years. He said: "Remembrance Day is a time when we remember those who served and made the supreme sacrifice in World War 1, World War 2, and the subsequent wars in which Australia has been involved. We remember, too, those who returned, many damaged, and those families that were affected by war." He will be speaking about Trooper Arthur Blain.

RICHMOND: Air Commodore Bradley Clarke, Commander Air Mobility Group (AMG) Richmond Airbase will give the address at a service run by Richmond RSL Sub-branch.

The service and wreath-laying ceremony will be held at the **Richmond War Memorial** in Richmond Park, corner of East Market and March Streets Richmond, from 10.50am on Saturday 11th November while the Saturday market is on.

Richmond RSL Sub-branch says even though the observance is taking place on Saturday it is encouraging the local community and school children to take the time to reflect on the service of the District's veterans and serving military personnel, and to appreciate the Peace they have safeguarded through their service and sacrifice.

Community leaders and representatives from Legacy, War Widows, RAAF Richmond, National Servicemen's Association, the Richmond Club and local schools will also commemorate the service of current and former military personnel, and lay wreaths in their honour. The Sub-branch's members will also invite community members to lay their private wreaths on the war memorial.

Students from Richmond High and Colo High will be part of the service. Richmond RSL Sub-branch will provide a covered seating area for veterans and other older community members.

WINDSOR: Windsor RSL sub-branch will be holding a Remembrance Day Service at **McQuade Park** on **Saturday 11th November**. Please arrive before 10.45am.

Travel Lunch Event

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Visit the Sales and Information Centre at, 330-334 Galston Road, Galston, open Wednesday to Sunday from 10 am - 4 pm.

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Guide on how to write a Will and Help Sick Kids

Many of us keep putting off writing our Will for many reasons, however your Will is the only legal document that states who you want to receive your assets and how your Estate is to be managed when you pass away.

GUIDE ON MAKING A WILL

1. You must be 18 years or older.
2. Ensure your details are accurate and up to date.
3. Ensure your full name is correctly written and your current address is included.
4. Clearly state that you are revoking all other Wills that you may have executed before. This is important if the Will is contested or challenged.
5. Appoint an Executor or Executors. This is the person who will carry out your instructions and administer your Estate.
6. Nominate guardians for children. Determine how assets will be distributed.
7. Ensure the Will is signed by two independent witnesses who are not beneficiaries.

When considering the wording for a Will you may also want to:

- Write personal messages
- Specify your final wishes
- Make arrangements for pets
- Leave specific gifts to loved ones
- Include gifts to charities that you care about

When you decide to write your Will and have provided for your loved ones, consider leaving a gift to Sydney Children's Hospitals Foundation (SCHF). Your gift whether large or small, can help fund groundbreaking research, purchase vital cutting-edge equipment, and enable SCHF to continue its mission to ensure world-class health care for children.

Including a gift to SCHF is as simple as including a gift to a loved one. Contact your legal advisor and advise them of your wishes or you could use a step-by-step online option to create a simple Will.

SCHF is pleased to partner with Safewill to offer you the opportunity to **write your online Will for just \$80 (usually \$160)**.

Safewill, is Australia's highest rated online Will writing platform. Safewill makes it quick, easy, and affordable to write your Will online.

To learn more and get started on your will, **scan the QR code**. Alternatively, you can contact us on 1800 770 122, plannedgiving@schf.org.au or visit www.schf.org.au/gift-in-will.



SCAN ME

This content is provided for information purposes only and does not constitute legal advice and should not be used as such. Formal legal advice should be sought for your individual situation.



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



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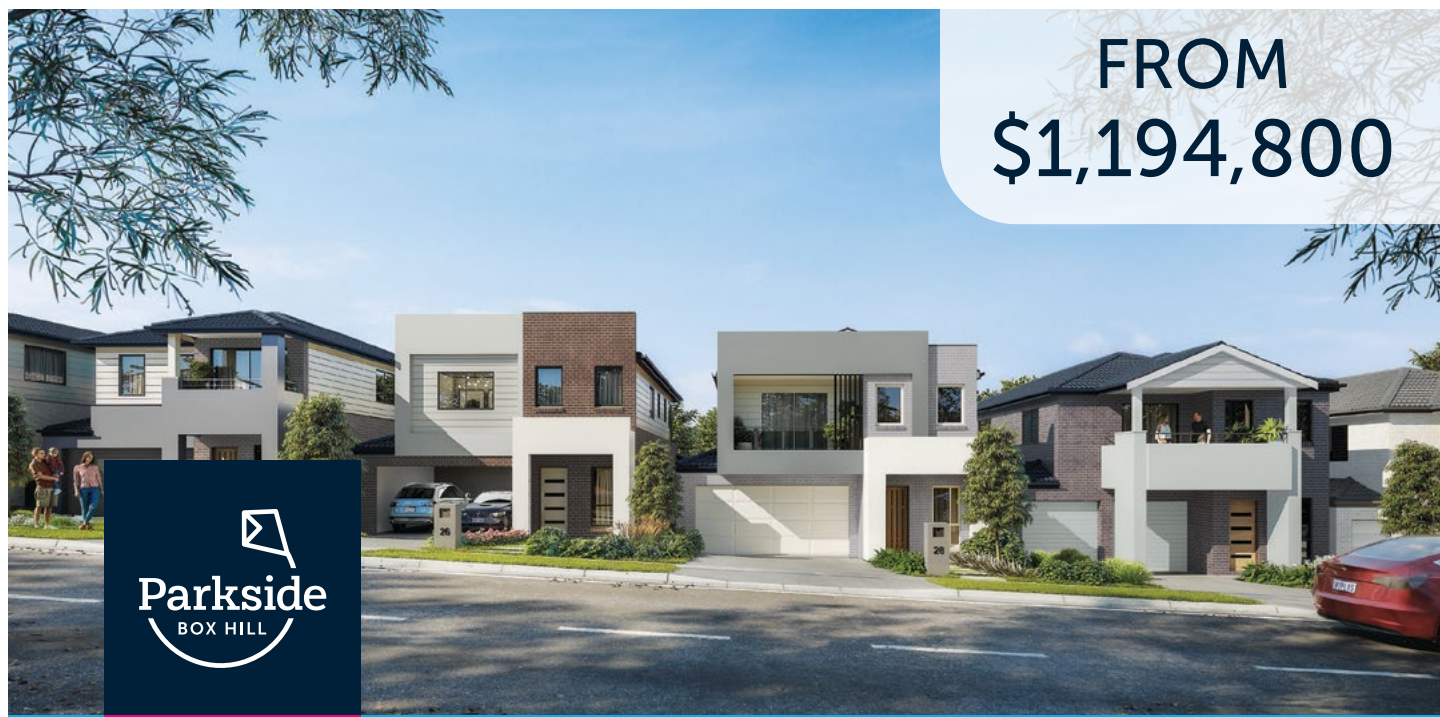
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Park Hill Property is an Australian owned and family focused builder of residential communities. Having built a reputation for uncompromising quality, we are committed to making the process of finding and building a home as easy as possible.

We understand looking for somewhere to build a home comes with a lot of considerations, and they're not all financial. We believe building in the right location comes down to a lot more than the price of the property or the size of the block. It's finding an estate where you and your family will flourish in your local amenities.

We understand how important vibrant local communities are for families, so that is our focus in each estate we develop. At Park Hill Property, we build communities for you to experience the charm of living in a connected neighbourhood. Therefore, our estate locations are carefully selected so they are close to local schools, shops, transport and other lifestyle amenities, so everything is in easy reach.

We ensure all our estates are located in a growth area. This is important for many reasons, but perhaps the most important is that it means you're making a smart investment. When areas start to boom, your property will be in high demand. And when something is in demand, it becomes more valuable.

Your home

Park Hill Property designs' homes that will feel like your own. In our estates, each façade and colour scheme is hand-selected so that no two adjoining homes will look the same. The designs are cohesive. But they're different enough so that there is a sense of individuality.

And we'll build your home to suit your block of land. We consider how it should be oriented to ensure it's energy efficient, saving you money in the long run. We look at the slope and characteristics of the block so that your home sits perfectly in its landscape. We take time and carefully choose a plan that works for your land.

When we build a home, it comes complete with front and rear landscaping. This includes a driveway and letterbox. We've thought of everything, so you don't have to.

All you need to do is move in and start living. Don't get caught up in the stress of dealing with multiple builders. Don't spend countless weekends trying to find the perfect block of land. We've done all the hard work for you. Don't just build a home; build a lifestyle.

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out and about
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Bilpin Fruit Bowl

In 2019 during the black summer fires, Bilpin was razed by bushfires with the Gosper's Mountain Fire sweeping through and destroying much of the Bilpin Fruit Bowl orchards.

These orchards weren't the only "pick your own" farm impacted in the area with other farm being impacted along with residents who live in the area, some even losing their homes.

To drive through Bilpin today, there is little evidence of the fires that raged through the Blue Mountains and Hawkesbury in 2019 but what does remain is a series of billboard sized photos along the entrance to the Bilpin Fruit Bowl Orchards that pays tribute to those impacted by the fires including brides who sit on a couch surrounded by burnt trees as well as photos of the true heroes of the 2019 black summer fires – the RFS volunteers who willingly put their lives on the line to save the lives and properties of others.

Bilpin is the heart of apple country with the right nutrient-rich soil and cool mountain air for



producing the best apples in the State. Along Bells Line of Road, you can find a series of "pick your own" fresh produce farms as well as a multitude of quirky little cafes selling fresh hot apple pies along with other tasty treats.

Bilpin Fruit Bowl, a family operated farm, is one of our favourite places to visit. The produce you are able to pick varies during the time of year, however strawberry picking is available all year round thanks to the state-of-the-art hot houses that were built on site during the lockdowns. On our most recent visit, we wondered the farm, sampling produce whilst deciding on what strawberries, apricots, zucchini and zucchini flowers to take home. Another

attraction at Bilpin free bowl, is the free-range chickens that happily wonder the farm and the opportunity to collect your own free range eggs straight from the farm.

After a couple of hours exploring the farm and collecting eggs, we enjoyed playing in the small playground whilst visiting the café and tourist shop which sells locally produced fruit, honey, candles and chopping boards as well as tasty pies and coffee.

Bilpin Fruit Bowl, forms part of the Bilpin's Apple Pie trail with at least 13 farms and cafes to stop at along the way. The trail is also known for its famous non-alcoholic ciders on offer. We can't wait to explore more of the Apple Pie Trail especially during apple harvesting season which occurs in Autumn and to support our rural small business owners.

As we face another tough summer, with 89 fires currently burning around the state, fingers crossed that Bilpin (along with other parts of our region) will not be impacted by fires this season.

PETS OF THE WEEK

The Hawkesbury Companion Animal Shelter

is at 10 Mulgrave Rd, Mulgrave.

Call 4560 4644 or visit Hawkesbury

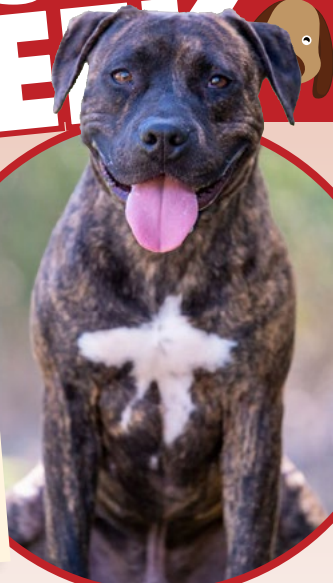
Council's Facebook page

www.facebook.com/hawkesburycitycouncil



AT A GLANCE

NAME: PONCHO
SEX: Male
BREED: American
Staffy
AGE: 2 years 6
months
PRICE: \$49



PONCHO is an active, friendly boy according to staff at the Hawkesbury Companion Animal Shelter. Staff say that Poncho has been good with the other dogs who have been playing next to him in the exercise yard. Poncho is looking for an active family to have fun with. If you are interested in adopting him please come to the shelter with your family dog and children to meet him so that staff can be sure they are going to get along together. Poncho is already desexed so can leave the shelter with you. His adoption price has been reduced to \$49. The adoption price includes the first vaccination, microchipping and life-time council registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

SPOT is a one-year-old with a big personality. Staff at the Hawkesbury Companion Animal Shelter say Spot is a very happy and friendly boy who just loves play time and being out in the exercise run alongside other dogs. Staff say Spot will need some training to get him to settle into his new home and also say that he is eager to please and does listen to commands. If you are interested in adopting Spot, come to the shelter to meet him with your family dog and children. As one of the featured dogs, Spot's adoption price has been reduced to \$49. The adoption price includes the first vaccination, desexing, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: SPOT
SEX: Male
BREED: American
Bully x Staffy
AGE: 1 year old
PRICE: \$49





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The Hills Shire Council News

What's On at the Pioneer Theatre

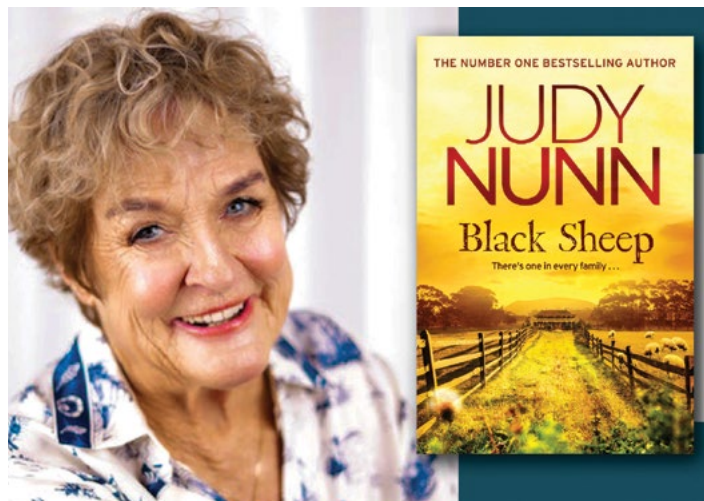
Jersey Boys 3-12 November

The story of Frankie Valli and The Four Seasons is playing at Castle Hill's Pioneer Theatre until 12 November. Brought to you by the Hornsby Musical Society, *Jersey Boys* follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop music history.

Judy Nunn 15 November

Join author Judy Nunn as she talks about her new book, *Black Sheep*, a sweeping historical novel about a prosperous sheep-farming family and the enigmatic young man with a dark past they let into their lives.

Judy Nunn has combined her internationally successful acting career with scriptwriting for television and radio, as well as several bestselling novels.



Benjamin Stevenson 5 December

Benjamin Stevenson is an award-winning comedian and author of three novels. He has sold out live shows from the Melbourne International Comedy Festival to Edinburgh Fringe and will be joining us in the Pioneer Theatre to discuss his latest bestselling book, *Everyone On This Train Is A Suspect*.

Emily Who Christmas Show 18 December

Looking for something fun to do with your pre-school-age children this festive season?

Join us for an interactive, fun-filled Christmas event presented by Australian children's singer Emily Who!

This show is packed full of Christmas songs and plenty of dancing! Visit www.pioneertheatre.com.au to grab your tickets.

Join the Treasure Hunt



Are you looking for a way to declutter your belongings and do your bit for the environment?

Participate in Garage Sale Trail, Australia's largest garage sale event, and make a difference.

Whether you want to sell your items or grab a bargain, this is the perfect chance to keep waste out of landfill and support a good cause.

This year, Garage Sale Trail will be held on two weekends in November – 11-12 and 18-19, 2023.

To learn more about this event, visit Council's website and search for 'Garage Sale Trail'.

Know someone remarkable?

We are on the hunt for remarkable individuals and groups who've made a positive impact on our community.

Nominate them now, and let's celebrate their contributions during our Australia Day celebrations!

We have five award categories you can nominate for:

- Senior Citizen of the Year (over 65 years of age)
- Citizen of the Year
- Young Citizen of the Year (24 years and under)
- Community Group of the Year
- Environmental Citizen of the Year

Don't miss the chance to recognise and honour those who make our community special. Apply today via Council's website by searching 'Australia Day Awards'.

Council Meetings

Tuesday 14 November, 2023 – 7pm

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

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



New wombat crossing improves safety

A new wombat crossing, located close to Model Farms High School and Gooden Drive Reserve in Baulkham Hills, has made walking across Gooden Drive safer and easier, assisting students and sports field users alike.

Students and staff have nicknamed the crossing 'Moore's Crossing' after Model Farms High School teacher Ms Moore, who successfully campaigned for the crossing to be installed.

Join the Edible Garden Trail



The Community Environment Centre is participating in this year's Edible Garden Tour.

The Council garden, which is located in Annangrove, will be on display this weekend, on Saturday 4 November and Sunday 5 November.

The Sydney Edible Garden Trail offers locals the chance to visit gardens and learn about sustainable growing practices.

You can purchase your ticket on the Edible Garden Trail website: www.ediblegardentrail.com.

For the full story of Council's volunteers who maintain the garden, please visit hillsfocus.com.au.

Illuminate the Hills



You are invited to discover the magic of the Queen Elizabeth II Memorial Rose Garden when it is lit up after dark, from 30 November.

Wander through rose-lined pathways and twinkling fairy lights, magnificent Christmas installations and a nativity scene that's sure to get you and your family in the festive spirit.

On opening night, you might even see Santa and Mrs Claus!

The rose garden is located on Roxborough Park Road, Baulkham Hills next to Waves Fitness & Aquatic Centre.

For more information, visit www.thehills.nsw.gov.au and search for 'Illuminate the Hills.'

Safely dispose of harmful chemicals

You can help to prevent the harmful effects household chemicals have on our environment by bringing them to Castle Hill Showground on Saturday 3 December (9am – 3:30pm) where they will be disposed of appropriately.

More information on the annual Chemical CleanOut events, including acceptable items for disposal, is available on Council's website.



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All New Dinner Delights at Box Hill

At Durk's Cafe + Eatery, they're thrilled to announce an exciting new dining experience at their Box Hill location. As the sun sets, their cafe transforms into a charming dinner destination, open every Thursday through Sunday until 9pm.

Discover the inviting ambiance of Durk's for an evening like no other. Their diverse menu, which has been a breakfast favourite, is now expanded to include a delightful dinner selection. Satisfy your evening cravings with an array of choices, from schnitzels and burgers to fresh salads. They have created a casual, relaxed, and warm setting where you can enjoy your dinner, make memories, and unwind in good company.

But Durk's is more than just great food; it's a place where your coffee is made just the way you like it, where conversations flow, and where friends and families gather to share memorable moments. They take pride in their dedicated service, ensuring that each visit to Durk's Cafe + Eatery is a delightful experience from start to finish.

Now with multiple locations spanning; Casula Crossroads Homemaker Centre, Lithgow Valley Plaza, Pheasants Nest Northbound and Southbound at Ampol's New Travel Centres on the Hume Highway, they are conveniently situated to serve you. Whether it's for breakfast, a nutritious cafe meal, or a memorable dinner in Box Hill, Durk's is your home away from home.

Come and experience Durk's Cafe + Eatery today, and let them be part of your daily ritual, no matter which of their locations you choose to visit.

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POWER OF Love Bites

A program teaching teenagers the importance of respectful relationships has reached more than 1,000 local students already this year and is growing.



CHRG (Castle Hill RSL Group) has been working with NAPCAN (National Association for Prevention of Child abuse and Neglect) to bring the impactful Love Bites program to Hills district schools.

The program focuses on young teens aged 15-17 and consists of two interactive workshops addressing relationship violence and the foundation of healthy relationships.

Love Bites offers a safe space for open dialogue, enabling essential discussions about the challenges young adults face.

Tara Gleig, a key figure in delivering the program in Hills schools said: "The overall aims of the programming are to equip young people with the knowledge needed to have respectful relationships, encourage and develop their skills in critical thinking, and assist them in being able to problem solve and communicate effectively."

She said the program had been well received over the years it had run, growing from

two schools to five local schools with plans to reach more schools in 2024.

CHRG has been involved in supporting the Love Bites program since 2020 when it first sponsored 40 police officers from the Hills, Hawkesbury and Parramatta Police Area Commands to undergo training as course facilitators, enabling them to run the Love Bites program at multiple local schools.

Andy Abey, Chief Operating Officer, CHRG said: "CHRG passionately supports the Love Bites training program for local police as it is symbolic of our unwavering commitment to fostering a community where respect and empathy thrive."

"By supporting the training and empowerment of our law enforcement to educate young adults on the vital principles of respectful relationships, we believe we are sowing the seeds of a safer, more harmonious future."

This year CHRG expanded its reach enabling the Love Bites program to be run with Year 10 students at five local schools reaching 1,055 students so far in 2023.

- Kellyville High School (140 students)
- Model Farm High School (160 students)
- Rouse Hill High School (200 students)
- Crestwood High School (215 students)
- Castle Hill High School (340 students)

The club said: "This initiative underscores the community's dedication to prioritise youth education and well-being and the power of collaboration in creating safer communities, fostering respect, and nurturing healthy relationships".

The Love Bites courses were first rolled out by NAPCAN in 2008 and reaches over 10,000 students annually in NSW schools.

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SCAN FOR MORE INFORMATION

Tick Paralysis Alert!

As the weather is warming up, so is tick season and we have already treated many cases of tick paralysis in dogs and cats.

Ixodes holocyclus is the official name of the paralysis tick which inhabits coastal bushland areas. This species of tick is only a problem in Australia – another deadly creature unique to down under! These ticks are most active in the warmer months especially after wet weather which initiates hatching of eggs in the environment and activity of the larval stages which feed on mammals.

After attaching to a host these ticks inject a neurotoxin (or nerve toxin) as part of their feeding process. After the tick has been attached for a day or two, enough poison will have been injected to cause significant neurological disease in pets due to blocking of nerve receptors at the nerve-muscle interface. The most common symptom is a weak or flaccid paralysis starting in the hind limbs due to nerve signals being blocked from accessing the muscles of movement. As time progresses the paralysis ascends up the body to eventually affect the muscles of breathing and swallowing. This process causes significant illness and death unless an antiserum is administered to neutralise the toxin before it attaches to more nerve receptors. Other symptoms of tick paralysis include vomiting, coughing, excessive

panting and grunting, an altered bark or meow or limping if the tick is lodged in a foot or leg.

Tick poisoning is common, severe and very preventable. Our top tips for tick prevention are:

- Tick clipping by an experienced groomer and daily tick searching.
- Administration of highly effective and safe tick preventatives such as Bravecto, Seresto collars (dogs and cats) Nexgard (dogs only). Never rely on an animal's natural immunity against ticks or herbal or natural remedies that have not been properly tested and proven to be effective and safe.
- We have a groundbreaking new product coming soon to Sydney Animal Hospitals, allowing you to protect your dog from Fleas and Ticks all year round with just one annual injection. We anticipate this product will have a high demand, you can contact now to be put on the waiting list and secure your dog's dose. It is important to maintain your regular protection until this product becomes available.
- Avoid taking your pet into long grasses and bushland during the warmer months.



- Know the symptoms of tick paralysis and seek veterinary attention immediately if your pet appears unwell, is vomiting, is wobbly and weak or has difficulty breathing.
- Ensure that you have adequate pet insurance for your pet and that this covers tick paralysis.

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



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We know Australians are doing it tough. That's why the Albanese Government is doing everything we can to help with the cost of living, without adding pressure to inflation.

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The Albanese Government will always show up, take responsibility, and bring people together to find solutions to the problems facing Australia. That's what we're doing right now. Working for Australia.

The Albanese Labor Government is:

- Relieving cost of living pressure with cheaper child care, cheaper medicines, strengthened paid parental leave, energy bill relief and fee-free TAFE.

- Managing the economy and creating jobs in challenging times.
- Investing record amounts into Medicare and bulk billing.
- Building new homes and making renting fairer.

This is all part of our targeted and comprehensive \$23 billion plan to help address the cost of living pressures in our economy.

This Government is working responsibly, bringing people together to find solutions to our challenges. I am proud to be part of a government that is working for Australia, delivering for our community, and easing the pressures on household budgets across our great electorate of Greenway.



BAULKHAM HILLS NETBALL AWARDS NIGHT

It was an honour to attend the Baulkham Hills Netball Presentation Night at Rydges Norwest. Not only was it wonderful to witness those being recognised for their achievements, but also to meet up with the players, coaches and volunteers who have made this Association so incredibly successful. Special recognition must go to Kylie Tzavaras (President), Monica O'Callaghan (Vice President), Cassie Johnson (Treasurer) and Rhiannon Latham (Secretary) for their leadership of the club, and their mentorship to the club players.



OPPOSITION LEADER VISITS THE KELLYVILLE ELECTORATE

NSW Opposition Leader Mark Speakman MP visited Rouse Hill Town Centre to meet with local constituents and businesses about the rising cost of living and the challenges facing small business. He also met with leadership and players from our local sporting clubs and associations to discuss and rally for the Active Kids Vouchers to be returned to their full value. When campaigning, the now Premier promised to not touch the \$100 Active Kids Vouchers, but once in Government these were slashed, adding to the extra financial pressure that families are suffering due to the cost of living. These vouchers were just one of over 70 measures brought in by the previous Liberal Government to combat the rise in daily expenses and we will keep fighting to have these vouchers fully reinstated.



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Ensuring everyone has access to high quality mental health care, no matter what their income, was one of my main motivations when I first put my hand up to represent our community.

Thirteen years ago, it was very clear to me that the Hawkesbury was too often an after-thought when it came to services, including mental health care.

So I was delighted last month to join the Assistant Minister for Health and Suicide Prevention, Emma McBride, to open the new Head to Health in Richmond, a dedicated, government-funded mental health service for adults.

This is a permanent service, in a deceptively long building you access from the St Andrews Church hall carpark, which offers free, ongoing

mental health support for anyone 18 years and older.

Finally, Hawkesbury people can go somewhere close to home to see help. And it's a lovely, warm, welcoming place to be.

Head to Health provides access to mental health information, services, and support for free, without the need for an appointment or referral. You can simply walk in and ask for help.

What's even better is that the service is available 6 days a week – including all day Saturday and on Thursday evenings.

Mental wellbeing is as important as physical wellbeing. No one should put off an appointment to talk about their mental health because they are worried about the cost, or they can't take the time off work to get there.

This service replaces the temporary Head to Health pop-up clinic initially established in Richmond in 2021 in response to the COVID pandemic, and the data shows it will help take pressure off GPs and emergency departments.

I'm so proud to be part of an Albanese Labor Government that is improving access to free mental health services in the Hawkesbury.

LOOKING AFTER YOUR MATE

Can you remember where you were when a friend, colleague or loved one first experienced a mental health incident in your presence and how did you manage it?

I must admit, prior to taking on the role of Shadow Minister for Mental Health and Shadow Minister for Veterans, I would have reacted differently. Let's face it, we all will experience a mental health crisis at some point in our life, but at least currently, we are not as quick to judge. I'd like to think we are more responsive, understanding and accepting of others who need our help.

Put yourself in the shoes of a Police Officer, a Rural Fire Service volunteer,

SES personnel, a paramedic, a nurse or a doctor. These are all intense roles that bring with them enormous pressure, at times.

Have you learned to manage the experience from the Black Summer Bushfires or the floods that Hawkesbury encountered time and time again? We live in a vulnerable location which is as picturesque as it is punishing – that's Hawkesbury!

So, preparing ourselves physically and emotionally for what lies ahead, can often help alleviate the stress and anxiety that will be thrust upon us and our mates. Look out for those you care about and look after yourself.


2023 ANZAC COMMUNITY GRANTS PROGRAM


Up to \$3,000 is available through the Anzac Community Grants Program (ACGP) for a range of projects that commemorate and educate New South Wales communities, about the service and sacrifices of current and former military servicemen and servicewomen.

Projects which support activities benefiting the NSW veteran community are also eligible for funding. If you have any questions about the program, please contact the Office for Veterans Affairs.

Grant recipients who have received funding over three consecutive years, will not be eligible to apply in the fourth year.

The online application form for the 2023 Anzac Community Grants Program is available at <https://veteransnsw.smartygrants.com.au>. Applications close on Saturday, 11 November 2023 at 5:00 p.m. If you have any questions, please email VeteransGrants@veterans.nsw.gov.au





ROBYN PRESTON MP

MEMBER FOR HAWKESBURY

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- Provide you with details on how to apply for government grants

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Past Remembrances

Much has been written of the heroics and bravery of people and many have been awarded medals for their deeds in the field during armed conflicts. There has also been many who have shown bravery who have not been awarded medals.

The common everyday deeds of many of our uniformed troops faced with, what may have been seen as, insurmountable odds, as well as the ones seen as being larrikins and dismissive of authority. Every one of them added to the character of our nation.

The exploits of Private John (Barney) Hines during the first World War were revealed in the pages of this publication back in November 2018, one hundred years after the end of that war. In that article I spoke of some of his actions, such as when he captured 63 German soldiers single handedly on the Western front in Europe. The exploits of Simpson and his donkey at Gallipoli have also become part of Australia's history, whilst the story of Breaker Morant during the Boer War has been told through film and literature.

We also recognise the medical teams that operate from behind the front lines and work on the injured troops saving many lives; the war correspondents who report from the front lines in informing the general population of latest events. Many are placed in danger; some have revealed to authorities the atrocious conditions that the military brass have been forced to deal with. People such as Keith Murdoch and Gibert Mant were all such war correspondants. Not to forget the many people who gave up their trades to join the battles of war; butchers, farmers, clerks, shop assistants, bankers, white and blue collar workers alike. Fathers, sons and

brothers, sisters and daughters and all who served.

We should recognise the hundreds and thousands who assisted the war effort in many other ways. The firefighters, the housewives who knitted socks for the servicemen or donated clothing to the bombed out victims in London and elsewhere, those who joined The Red Cross, The Land Army or those working in armament factories building planes, ships or making bullets and small arms.

Those who survived the ravages of war have at times regaled us with their stories, some sad, some entertaining and fun. In February last year in a tribute to Albert (Bert) Collins, I related a tale he told me of an incident during his time serving in the army during World War 11.

Whilst on duty as a sentry at an army base, he spotted a Senior Officer approaching the gate. Knowing that his army buddies were behind a building playing an illegal game of two-up he asked the Senior Officer for the password before he could be allowed to enter the camp. The Officer did not know the password, so Bert refused him entry.

The officer said that he would come back the next day. One of Bert's mates asked "What is the password?" Bert replied "Hell if I know, I just wanted to stop him before he discovered you



Keith Murdoch

lot playing two-up. As far as I know there isn't a password."

Bert was a humble man who never forgot his mates. He once said "I am one of the luckiest men alive. I am grateful to return from the Second World War alive, whilst many of my mates never made it back. I have a spirit within me and I hope that spirit never leaves me."

Unfortunately, the spirit did eventually leave Bert who passed away on the 13th of February 2022, just weeks before his 106th birthday.

I now say to Bert and his mates and all those others in war zones of the past and present –

"At the going down of the sun, and in the morning, we remember them – LEST WE FORGET."



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Albert (Bert) Collins



John Simpson Kirkpatrick
and his donkey



Graham Bartley; Harry Gibbons; Gilbert Mant; Bill (Shorty) Bridge; taken at
Lawson Rail Station 2 Feb. 1941 en route from Bathurst to embark on the
Queen Mary in Sydney harbour.

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Jill Taylor is one of the most successful Masters competitors in NSW and Australia

MASTER OF ALL SHE SURVEYS JILL TAYLOR

Former footballer turned Masters great, Jill Taylor, is a pacesetter on and off the track. For someone who didn't realise what Masters actually meant in athletics, Jill has carved out a brilliant Masters career, smashing world records and winning a massive number of world, Oceanic, and Australian gold medals in an astonishing career.

Despite moving to Newcastle, the former Hills local is still thrilled to represent one of the Hill's most successful athletic clubs, Cherrybrook Athletics.

"It's a very special club, and I have a long history with it, so it's good to be back," Jill said.

She said anyone can compete in the Masters after reaching 30 years. "We have several members in their 90s regularly competing, and some of them only took the sport up in their 80s," Jill said.

"We even had a lovely 100-year-old lady called Winnie compete in the 60m and 100m sprints at our Masters National Championships in Sydney. She was amazing; we all want to be her at that age!"

Jill and her family lived in West Pennant Hills and Cherrybrook while her two children also attended Cherrybrook Little Athletics from Under 6s. Jill was a parent volunteer on the club's committee when it to expand

to a Seniors and Masters Club in the early 2000s. "I remember asking: 'What's Masters?' – I wondered if we were talking about golf," said Jill, who quit soccer to take up Masters, aged 48."

She buckled down to serious training under a coach after initially "mucking around". And the rest is history.

Jill recalls her "Olympic moment" standing on the podium after winning the World Masters Indoor Championship W60 hammer throw in South Korea in 2017, with the Australian flag being raised and the anthem playing.

"It was such an amazing moment, one I'll always treasure, as it's a triumph to win medals at the world level of competition," Jill said. "If anyone had dreams when they were younger of competing on the world stage, those dreams are not over. You are never too old for Masters athletics – or for any Masters sports."

Jill now competes in the 65-69 age group.

Her trophy cupboard includes gold medals at the World Masters Games in Sydney (2009), Italy (2013) and Auckland (2017). Jill has won a staggering 30 gold, 30 silver and 25 bronze medals at Australian Championships and two Champion of Champions throws events.

Add to this 13 golds, 15 silver and six bronze medals at Oceania Championships plus 55 gold, 40 silver and 13 bronze medals at State Championships and you have one phenomenal Masters athlete.

Jill is the president and a Life Member of the NSW Masters Athletics Association plus vice-president of Australian Masters Athletics.

"The beauty of Masters athletics is that there are no entry standards, even for international events," she said. "Masters becomes a lifestyle.... the benefits to your physical and mental health as we age are amazing. Instead of thinking about what retirement village we might go into, we think about going to compete at the next world championships."

Jill was Cherrybrook's first official competing Masters athlete in 2002 and was recognised with a recent award. Jill, who has an IT background, is preparing for next year's World Masters in Sweden, mixing yoga with her regular throws and weight training.

Jill officiates at school carnivals and LA zone and region.

Those interested in Masters can contact the registrars at Cherrybrook Athletics or the NSW Masters Athletics Association. They run 'Come and Try' events.

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Kellyville United girls crowned Champion of Champions

Kellyville United FC were crowned Under-13 girls Champion of Champions after defeating Colo Soccer FC 2-0 in an entertaining final recently at Valentine Park, Glenwood.

Jessica Fardell and Macey Williams scored two quick goals within the space of five minutes after the break to put Kellyville in charge after a scoreless first half.

Kellyville United FC were the dominant team in the first half, with Paige Ludvik twice coming close to putting them ahead. Jessica Fardell had the best chance of the half with her free kick floating over the bar from just outside the box.

After the interval, Kellyville United FC kept pushing for the opening goal, with Fardell seeing a free kick flicking past the left post.

Colo started to find their rhythm but it was The Hills team which broke the deadlock in the 55th minute, through the ever-dangerous Fardell, whose free kick looped over the goalkeeper.

Four minutes later, it was the turn of April Williams, who raced into the box and chipped an effort into the net for the match-winning lead.



Kellyville United were the sole winners among the Hills District teams at this end of season Football NSW gala event. West Pennant Hills-Cherrybrook FC finished runners-up in the All-Age Men's event, going down 2-5 in the final to Pittwater RSL. Dash Ratnam and Andrew Zalunardo scored for West Pennant Hills - Cherrybrook FC.

The 53rd Football NSW's Champion of Champions finals featured 17 exciting games and is grassroots football's most prestigious tournament in NSW. Manly Warringah Football Association was the most successful club on the day, winning six titles.

Kellyville United FC Under 13 girls squad: Madeline Saab, Lara McDermott, Mackenzie Cutting, Sofia Carter, Erin Prince, Jessica Fardell, Paige Ludwig, Macey Kelly, Scarlet McKeivitt, April Williams, Amelia Sheeba, Graces Garces, Sheridan Jones, Millie Foley, India Price and Sophia Sergi.

WILBERFORCE UNITED FC WIN FAIR PLAY AWARD

Wilberforce United FC's Under 6 Bears teams were recognised for their remarkable sporting spirit this season at last week's FNSW awards presentation. FNSW was touched by the compassion and great sportsmanship shown by this team towards their opposition in the MiniRoos space.

Wilberforce Under 6 Bears, from the Nepean Football Association, showed great support for their Under 6 Emu's team, who are made up of mostly Under 5's and have had a very tough season being beaten regularly.

The Richmond coach was amazed how the Wilberforce team at one stage all fell over "like ten pins" to allow the Richmond team a chance to score a goal. He said all the players and parents from Wilberforce were so positive and encouraging to their players to keep going that it was a pleasure to play the game in such great spirit.



West Pennant Hills-Cherrybrook FC finished runners-up in the All-Age Men's competition. Picture: Football NSW

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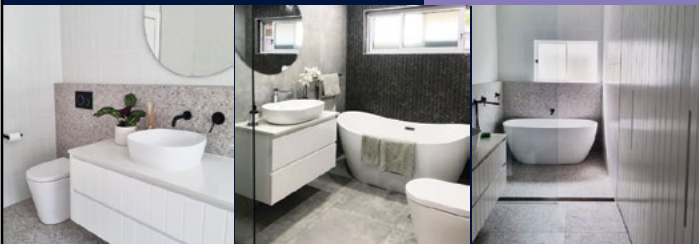
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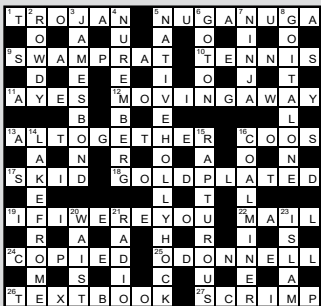
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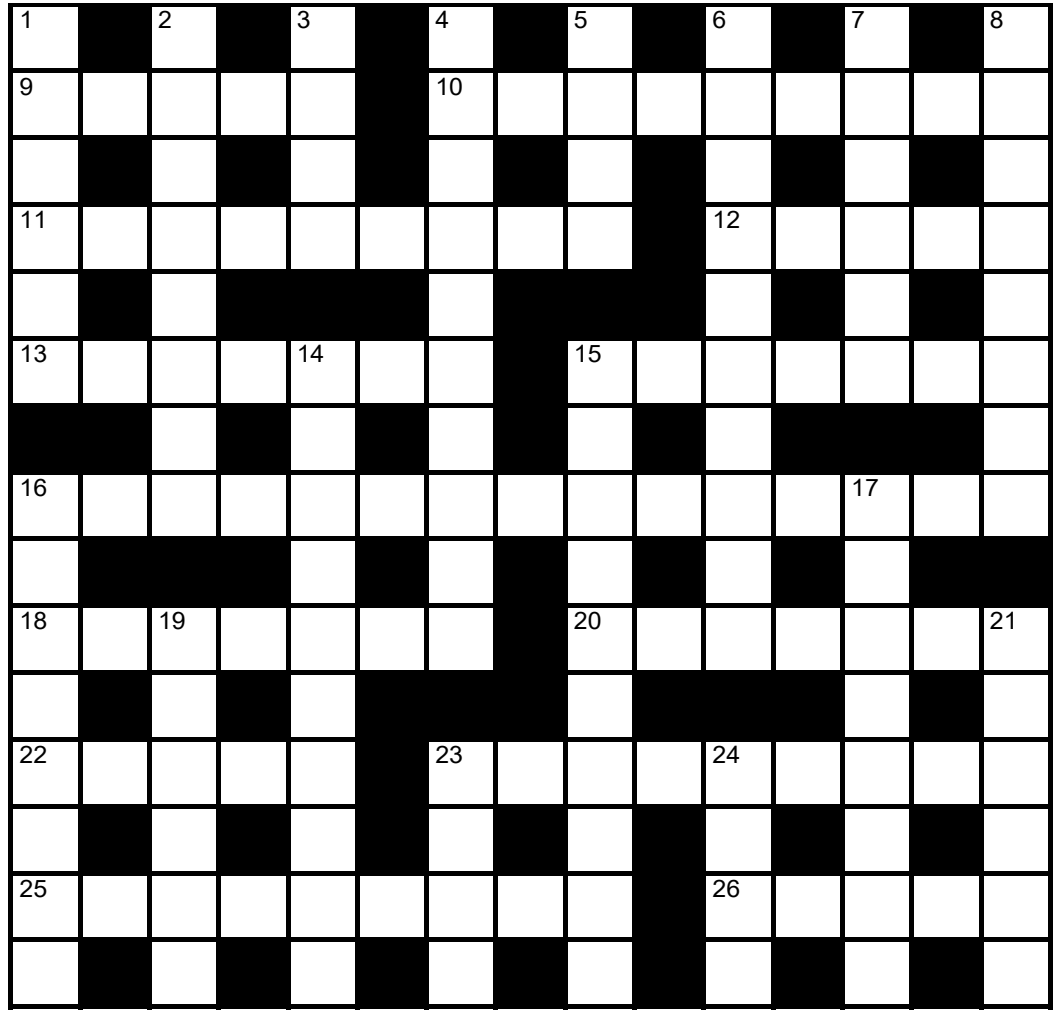
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Across

9. Coarse
10. Law
11. Reviewing (5, 4)
12. Group of experts
13. Concrete block used as an anchor (4, 3)
15. Don't have to (4, 3)
16. Poll outcomes (8, 7)

18. Area near the wicket
20. Play piano, or find lake in NW NSW
22. Former national netball captain Liz ---
23. The Royal ---, a carnivorous white bird
25. The golden-headed ---, "the finest tailor of all birds"
26. True up

Down

1. Very cold
2. Dismember
3. Ruffian
4. Olympic gold, silver and bronze rower - and policeman (6, 4)
5. Free from bias
6. Pro golfer Jan ---
7. "Imagine" songwriter
8. The least change produces competitors

14. Vessel in charge of smaller ones (6,4)
15. "Sticks", former St. George Dragons pro footballer and coach (4,6)
16. Factual proof
17. Prankster
19. Simple and unpretentious
21. Ashore (2,4)
23. Inoffensive one
24. Ark wright

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The H2H team have been really easy to liaise with to manage our ongoing ad campaign. Their diligent communication ensures I never miss a deadline.

KRISSIE WEBB
Head of Marketing
Solaray Energy

Hills to Hawkesbury
Community News

WORD SEARCH

ANNIVERSARY GIFTS

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

BRONZE
CHINA
CORAL
COTTON
CRYSTAL

DIAMOND
EMERALD
GOLD
IRON
IVORY

JADE
LACE
LEATHER
LINEN
PAPER

PEARL
RUBY
SILVER
STEEL
WOOD

Answers from last issue

WORD SEARCH

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

CODE WORD

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

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

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

SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

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