

Hills to Hawkesbury

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Local Stories, Local Events, Local People and Local Businesses

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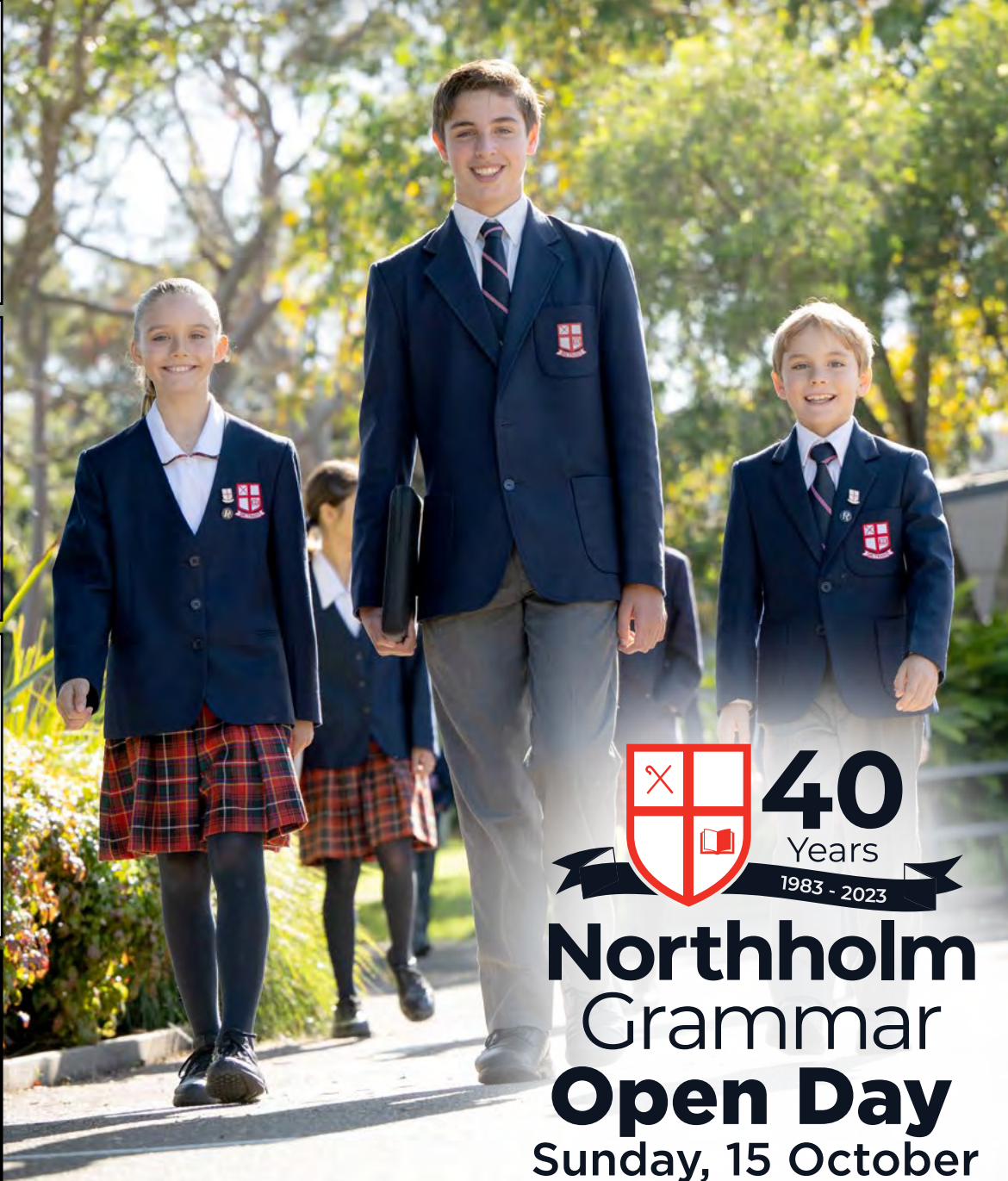
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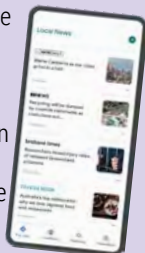
**Northholm
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Open Day**
Sunday, 15 October

See page 14 for more information

You can now read our stories on

Google News

If you like reading the latest news all in one place, well now you can. The Hills to Hawkesbury Community News is now featured on Google News. With the Google News app (or via a web browser) you can now read local, national and international news all in one place. Just search our name, then 'follow' us. Often we carry the same local stories as some of the larger outlets, but ours are free and not behind a paywall.



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

Why Advertise with Hills to Hawkesbury

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

Performance on Search results

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

Total clicks

16.2K

Total impressions

706K



Hills Community Aid Spring Family Fun Day

Exciting events across the area

It's a busy time for community events in the area, with a number of new openings and school holiday events keeping the calendars of residents in the Hills and Hawkesbury busy and entertained.

Samantha Riley Drive Reserve recently opened on the 23rd of September to become the first dedicated sports complex in North Kellyville. Residents enjoyed exploring the state-of-the-art facilities while free activities were run by local sporting teams such as a barbecue from the Rouse Hill Rhinos Rugby League club, and cricket drills run by the Kellyville Supersonics Sports Club.

The Reserve was officially opened by Hills Shire Mayor Peter Gangemi, who was glad to see the project completed. He said: "Council is proud to have delivered this facility on time and budget, overcoming challenges including wet weather and vandalism that caused significant damage to the fields. It will become a significant centre for community sports in North Kellyville, and I am confident it will be where our future sporting stars are born."

On Wednesday 27th September, Hills Community Aid put on their Spring Family Fun Day where hundreds gathered to enjoy the festivities and various stalls at Balcombe Heights Estate. A huge range of activities were available to all the kids in attendance, who were able to enjoy a jumping castle, arts and crafts, a treasure hunt, sporting games and appearances

from both the Police and Fire and Rescue that proved very exciting.

Alive 90.5FM provided great tunes and informative news the whole time, helping to create community spirit at the event, all while Castle Hill Rotary Club kept attendees fed with a delicious sausage sizzle that raised \$700 for Hills Community Aid. Laughter and smiles were present throughout the whole event, making the Spring Family Fun Day one to remember.

Plenty of events are still to come before the year ends. Head to The Hills Food & Wine Festival at Bella Vista Farm on Sunday 8th October from 11am-6pm, and indulge yourself at Hawkesbury City Council's Savour the Flavour event on Saturday 14th October at Richmond Oval and Richmond Park from 4pm-9pm.



Samantha Riley Drive Reserve Opening

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.



Box Hill Town Centre BY BEV JORDAN

There has been a huge amount of interest from developers in snapping up the Box Hill City Centre site at 29-31 Terry Road Box Hill which has been put on the market by receivers after the collapse of Toplace.

The 4.3ha site is being sold by Frank Knight and CBRE on behalf of Toplace receivers FTI consulting. The closing date for expression of interest this Tuesday, October 11th at 4pm.

No price has been mentioned in the advertising but the estimated value quoted in many areas is \$600million. The Masterplanned site has development approval for a 22,843sq shopping centre and 660 apartments across nine residential blocks, 6 to 9 storeys high.

Knight Frank's Mark Litwin said: "It is an asset that has drawn a lot of interest given its position within the precinct and the terms under which it is being sold.

"The site is currently improved with an active DA for a much needed shopping centre and 660 apartments."

Existing works include site excavation, two levels of substructure (parking and loading) and the slab for the major retail anchor tenant.

When Toplace started marketing Box Hill Town Centre it listed the key features as: Coles, Liquor Land Supermarket, Chemist Warehouse a major medical/imaging precinct, approximately 479 Retail Car spaces and a major transport hub. In its marketing Frank Knight says the area is expected to be home to 30,200 residents by 2036

Hills Shire Council General Manager Michael Edgar told the *Hills to Hawkesbury Community News* he hoped work will restart on the important retail centre soon.

"Box Hill is growing every day, and our new residents are looking for places to shop or to grab a cup of coffee within a convenient

distance from their homes or workplaces," he said.

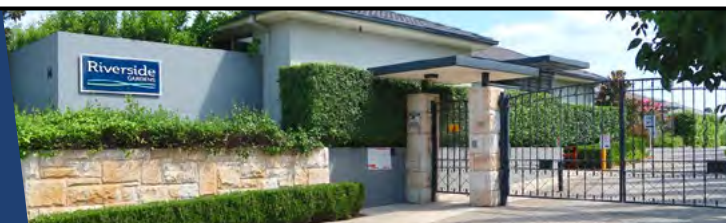
"The centre, if completed, will be a valuable addition to the community, providing benefits for day-to-day shopping, but also upgrades to roads and intersections in the vicinity. It's an expected piece of social infrastructure for the surrounding community.

"It's my hope that the administrator can find solutions and get this project back off the ground. In the meantime, I recommend the government looks to improve its consumer protection laws to safeguard individuals who are owed money or left with unfinished homes. This will help restore trust in the construction industry and provide meaningful protection to prevent similar situations from occurring in the future."

Toplace collapsed owing over \$1billion. Over 20,000 homeowners were affected by the collapse of the developer which had several highrise developments in the Hills including Atmosphere and Skyview at Castle Hill and Grand at Kellyville plus Watkins St Townhomes at Baulkham Hills.

* In December 2022 Frank Knight sold a 30.9 hectare parcel of land at 10-31 Terry Road Box Hill to WST Property Group for homes. The land is adjacent to the Box Hill City Centre site and was sold by the McCall Gardens Community Foundation to future proof the services it provides to the disabled community. The Foundation retained nearly 5 hectares of the parcel for existing community facilities and operations.

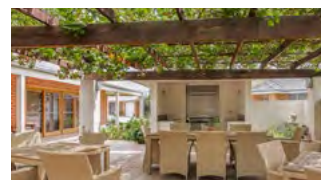
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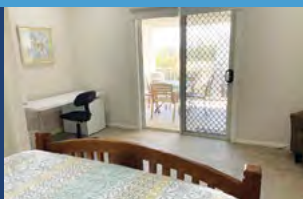
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MAN, 62, ARRESTED

Detectives have charged a man with alleged historic child sexual and indecent assault offences which occurred in Sydney's northwest and at various NSW locations from the 1980s to the mid-2000s.

Detectives attached to Riverstone Police Area Command established Strike Force Mimo in August 2021, following reports a man sexually assaulted a teenage girl known to him between 2005 and 2006.

As part of ongoing investigations, police received additional reports of alleged acts of indecency committed against four young boys when the man was a leader of a scout group between 1980 and the mid-1990s.

Following extensive inquiries, investigators attended a home in Dean Park about 9.40am on Tuesday 3rd October where they arrested a 62-year-old man.

He was taken to Riverstone Police Station and charged with sexual intercourse without consent, three counts of indecent assault on male, and one count of incite person under 16 years to commit act of indecency.

As inquiries continue, police are appealing for anyone who may be able to assist detectives with their inquiries.

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

HOUSE FIRE

A lightning strike is believed to have caused a fire which destroyed a ten-bedroom home in Glenorie on Wednesday, September 27th. Emergency services were called to the fire at Cattai Ridge Road Glenorie at around 7.30pm. The family of seven got themselves out and no-one was in the house when crews arrived. The fire was well alight. More than 70 fire crews attended.

A go fund me page has been set up to support the Zeaiter family who lost everything in the blaze.

SEXTORTION

Police say sexual extortion, also known as sextortion, is a growing concern for law enforcement agencies

Boys between the ages of 13 and 17 are primarily targeted, and it involves coercing them into sending sexually explicit content and then blackmail.

The Australian Federal Police have created an online response kit to help manage serious incidents of sextortion.

They say do not hesitate to seek assistance and take action against this threat. Reporting is safe and the reporter won't be blamed.

For more information: visit <https://www.acce.gov.au/report>

BREAK-IN CHARGES

A 36-year-old man has been arrested and charged with a series of break-ins in the Hills last month.

The Hills Proactive Crime Team, assisted by specialist officers from the North-West Metro. Region Operational Support Group (OSG), executed a search warrant at a Blackett address.

Police were seeking items connected to thefts and residential break-ins committed in Castle Hill, Dural, and Kellyville during September 2023.

A 36-year-old man was arrested and taken to Mt Druitt Police Station where he was charged with two counts of break, enter and steal, four stealings, entering land with intent to commit an indictable offence, and disposing of stolen property.

The search recovered several items of stolen property which can now be returned to their owners. Anyone with information about this or other incidents is urged to call Crime Stoppers NSW. Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.

LUCKY ESCAPE

Two men had a lucky escape when the vehicle they were in left the road and Box Hill and crashed onto its roof.

Emergency services were called to the incident site on Nelson Rd, Box Hill just after midnight on Monday 25th September.

When Castle Hill Police officers and members of the Rural Fire Service arrived both occupants had managed to get themselves out of the crashed vehicle, one sustained only a minor injury to his arm. The driver returned a negative road-side breath test and was issued an infringement notice for Negligent Driving (\$481).

SCAM ALERT

There are numerous text scams doing the rounds inviting people to click on links including messages saying that parcels have not been delivered because of an incorrect address.

Police are warning of a recent scam text which advises people that their Medicare card has expired. The message asks people to click a link to update your details.

The warning is not to click any links sent to your phone. Services Australia will send a new new Medicare card about 4 to 8 weeks before it expires and will not send a phone message.

If you've clicked a link or given your personal information to a scammer, call Services Australia Scams and Identity Theft Helpdesk on 1800 941 126 straight away. Read more about this and other active scams: <https://servicesaustralia.gov.au/active-scams>

L DRIVER CAUGHT

Riverstone Highway Patrol have arrested a 19-year-old Learner Driver for drink driving who will face court on October 10th.

The man was stopped by Riverstone Highway Patrol driving a red Hyundai I30 after he failed to give way to a Police vehicle on the roundabout on Hambledon Road, Quakers Hill at about 1.50am on Monday 16th September.

The 19 year old produced a NSW Learner's licence and did not have a supervising driver in the vehicle at the time. He submitted to a breath test, returning a positive result and was arrested and conveyed to Riverstone Police Station where he submitted to a breath analysis which returned a positive reading of 0.118.

He was charged with driving with Mid Range PCA and Learner not accompanied by authorised driver, and his licence was suspended until he is to appear before Blacktown Local Court on 10th October.

BUSHFIRE READY

Deputy Mayor and RFS volunteer Cllr Mitchell Blue spoke to Glenorie Progress Association at Glenorie RSL recently about being prepared for bush fires. He was joined by The Hills NSW Rural Fire Service staff along with members of Glenorie Rural Fire Brigade, Maroota Rural Fire Brigade and Hillside Rural Fire Brigade.

"Before the presentation, it was interesting to see how many residents chose to 'stay and defend' in the event of a bushfire and then the number that decided afterward that it was best for them to 'leave early'. This is a key consideration when developing a Bushfire Survival Plan," he said.

"Bush fire is a part of life in New South Wales. So, you need to live bush fire ready. That means knowing your risk and having a plan for what to do during a fire. The best way to do this is to make a Bushfire Survival Plan. www.myfireplan.com.au

"A bush or grass fire can happen at any time of the year, but the risk is higher during the warmer months, when bush, grass or scrub is drier. You don't have to live right near the bush to be at risk. Even if your home is a few streets back, you may be at risk. A well-prepared home is more likely to survive a bush fire. Even if your plan is to leave early, the more you prepare your home, the more likely it will survive a bush fire or ember attack. A well-prepared home can also be easier for you or firefighters to defend and is less likely to put your neighbours' homes at risk. A well-prepared home will also give you more protection if a fire threatens suddenly and you cannot leave. For more information on 'getting ready' visit www.rfs.nsw.gov.au/plan-and-prepare.

"As the Chair of The Hills Bushfire Management Committee and a local volunteer firefighter, I am so passionate about bushfire safety and preparedness.

"I'm ready, and I'd like you to be too."

Soph's Puppy Love

BY BEV JORDAN

It has taken four years and a lot of hard work but autistic 21-year-old Soph has raised almost enough money to buy herself an assistance dog.

The Beaumont Hills resident is determined to be placed with a specially trained service dog for people with special needs and is required to raise a minimum of \$20,000 for this to happen. So far Soph has raised \$17,000 of the \$20,000 she needs by recycling bottles and cans and selling fidget toys which she makes.

Her recycling has raised more than half the money she has collected so far and the rest has come from various other means including donations and the sale of over 660 of her own fidget range via Instagram.

Soph communicates through AAC apps (augmentative/alternative communication programs) on her devices and she used AAC to contact the Hills to Hawkesbury Community News, to tell her story.

In her email she wrote: "I am a very determined and passionate 21-year-old. I am autistic and mostly non-speaking with many mental health impacts – leading to multiple hospitalisations in the past year."

Soph spent over 3 months last year in and out of hospitals for mental health reasons.

"Considering all the impacts my disability has on my life I thought an assistance dog may well be the most significant support," she said.

An assistance dog will be trained in tasks to help Soph mitigate her disabilities, the dog will help her develop independence and confidence and improve her quality of life.

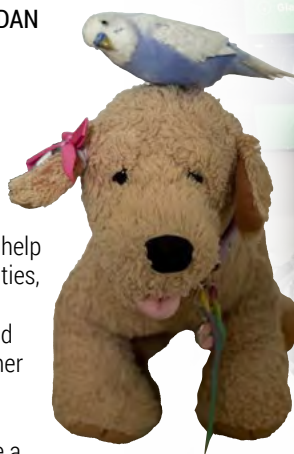
"It will promote my safety as well as dogs are a constant 24/7 support being there with you all the time and provide constant comfort and companionship."

Soph says she started to fundraise herself after being knocked back three times for NDIS funding for an assistance dog and so applied to the Smart Pups program which approved her application.

She has a stuffed golden retriever toy she made herself and has named Nugget which she takes with her everywhere she goes to remind her of her puppy goal.

"Being honest, thinking about my future dog has been my biggest factor helping me have a will to live," she writes.

While family, friends and neighbours save bottles and cans for Soph she admits to "bin diving" to recover more and credits her parents,



Nugget with Soph's budgie Beri



Soph recycling

"Being honest, thinking about my future dog has been my biggest factor helping me have a will to live."

Julia and Andrew, for their help in driving her around to help with her recycling quest.

"The fundraising (by) myself has been a huge effort and I feel is something I should not have to do for something that will significantly change and support me in my life. Once I acquire the funding, I have to wait 18 months to 2 years for a dog to be trained, placed and gain full public access."

If you would like to help Soph by making a donation or buying fidget toys please follow her on Instagram @fidgetlife or email soph.fidgetlife@outlook.com

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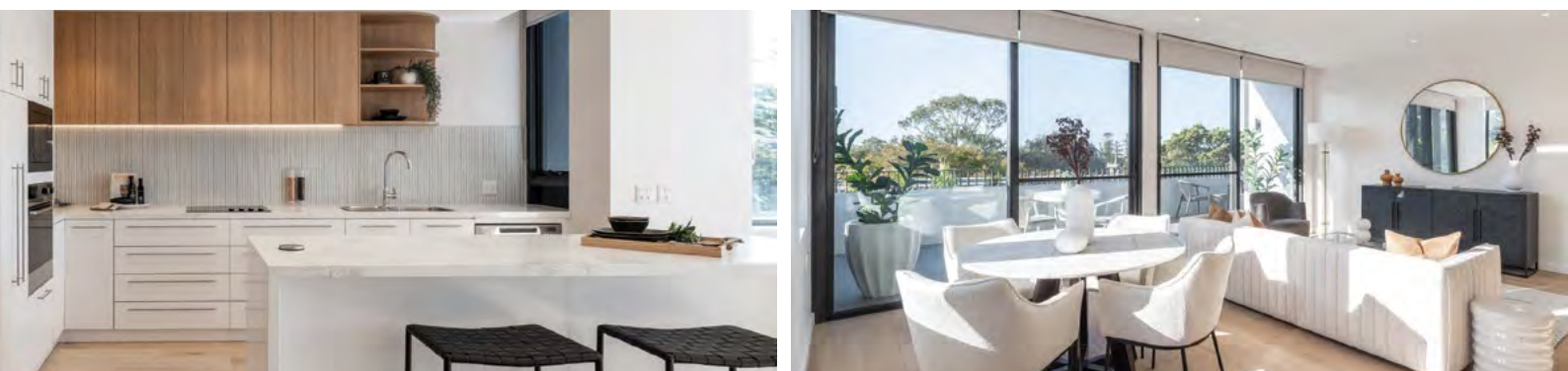
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For some kids, childhood is far from what it should be.

Instead of playdates there are appointments. Instead of sleepovers there are stays. Instead of firsts there can be lasts.

No child should have to go through this, but those who do deserve our all. Sydney Children's Hospitals Foundation (SCHF) has one foot at the frontline and one in the future of kids' health. Backed by a community of unstoppable changemakers, like Jenny, we are here to help all sick kids, no matter where, no matter what.

After an unexpected trip to the emergency department with her newborn daughter, Jenny decided to show her appreciation, despite her busy schedule, by volunteering with SCHF.

"The experience of seeing your child go through any kind of health journey is incredibly hard. Being a new mum, you've just had your baby, it's three weeks in and she's back in emergency and you have that uncertainty where you're just not sure what's going to happen next. That fear of potentially losing your child, it's something you don't want anyone to have to go through. But, the staff are who really got me through it all – they were so dedicated, so caring and reassuring. They really helped me get through it just by showing up every day", explains Jenny.

"What the experience taught me was that life is so precious and it does take a group

of really amazing people to get you through that. So, ever since then I wanted to get involved in any way that I can to give back and to really be a part of helping to improve children's health and the journey that they go through.

I show my support for SCHF through volunteering, which I absolutely love. Knowing that I'm part of something bigger and it's contributing directly to children's health by supporting sick kids and their parents, who may be going through a lot of emotional and physical pain means a lot. Through volunteering I get to meet really amazing people and you're part of a community who are having a positive impact – that personally for me is really rewarding.

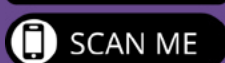


I know every time I say to myself I'm too busy, I don't have time and end up volunteering – it's just the best feeling afterwards because I was able to give back in some shape or form. You don't need to take it from me, give it a go and you'll know exactly what I mean!"

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



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- Village Thai Restaurant

A small number of retail tenancies and 2-bedroom residential apartments also remain for lease. Contact Azure Property Agents to learn more about these exciting opportunities.



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Property Agents



Keynote speaker Dr Mark Cross with Positive Vibes Foundation Board members



Hills Shire councillors, Reena Jethi, Jessica Brazier, Rosemarie Boneham and Mark Hodges who is also Castle Hill MP.



Joshua Webb Winner of the magic key that unlocked the \$5,000 Robert Cliff Master Jewellers' gift card with Biviano's owner Raj Kumar and Robert Cliff.



Biviano's team Chloe Webb, Raj Kumar and Hannah Estacy

The Hills Annual Charity Gala Ball by Biviano's

It was a night to remember when over 200 of the Who's Who of the Hills gathered at Biviano's Dural for The Hills Annual Charity Gala Ball

It was the eighth year the popular dining and events venue has hosted a charity gala and this year it was fundraising for the Positive Vibes Foundation for its work in the area of mental health wellbeing.

The glittering event by Biviano's Dural raised over \$31,000 for Positive Programs including its work with aged care residents through companion dog visits, educational forums for high school students and the Hills Women's Shed programs.



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Why is hearing in noise so difficult?

BY SANDRA RAZZAGHIPOUR

When we gather with friends and family around the dinner table, at a BBQ or at the local pub for a meal and a catch-up. In those situations, many people experience they have difficulties following the conversation as everything seems to get 'muddled up'. Why is this and what can be done?

If one struggles to hear and understand in social settings it bears the risk of 'tuning out' and social withdrawal may be a result. It is difficult for most people to communicate in situations with lots of surrounding noise.

The problem has multiple reasons. Human speech consists of many parts. Some parts like letters such as "M, N, L, A, O" are low in frequency but high in intensity so they carry well and have lots of power. These parts of the speech transfer volume from a speaker to a listener and they do that very well as they have plenty of energy. Other parts of speech like sounds such as "TH, S, C, F, SH," are essentially only pressed air through the teeth and tongue. These unvoiced sounds are very high in frequency and extremely low in energy. The purpose of those sounds is to transfer speech clarity and help to distinguish one word from another. Often the smallest part of a word makes all the difference. For example, "Faith"

and "Face" – the difference between 'th' and 'ce' is very small. In most cases our eyes 'hear' these sounds better by lipreading than the ears really hear them. A major problem with these highly important part of speech is that they can be masked and literally squashed by louder sounds.

In social settings the "cocktail-party-effect" makes the noise level increase quickly. There is a little bit of music, that makes it harder to hear – so everyone starts speaking louder and as we 'shout' the energy of A, E, M, N, O etc. gets so high that they overpower the important sounds for clarity. So, in a situation with many people talking everything sounds really muffled and it's difficult to make out the words the other person is saying. Additionally, most age or noise related hearing losses start in the higher frequency only adding to those issues.

Some people with even a mild hearing loss choose not to go to functions and meetings



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anymore as they cannot participate in conversations. It is very tiring for the brain to constantly strain to try hearing what is being said and the choice to withdraw is quickly made.

But it does not have to be this way. There is help available! We want our community to hear well and have fun when they are in company and not feel lonely and isolated.

If you have experienced those issues or know someone close who has, you will understand the struggle for both sides. Please call us on 02 9159 6122 to book in for a Hearing Assessment, or you can book online at www.earstudio.com.au – Once your Hearing Assessment is completed, we can then discuss next steps in your hearing rehabilitation journey.

Ear Studio (Audiology Competency Centre) located in Lawton House, Suite 9-10 / 60 Cecil Ave Castle Hill 2154. We are open Monday to Friday 9am to 5pm.

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Inala Fair

The annual Inala Fair is on October 22nd and it promises to be a day of fun, entertainment and shopping for all the family.

Along with the fantastic art created at Inala, there will be performances from local schools, pony rides and an animal farm. If you are looking for a bargain the upcycled clothing boutique, white elephant and second-hand book stalls are the places to visit.

Founded in 1958, Inala is committed to providing the highest quality support for individuals living with a disability through a range of accommodation, day services and community support.

This year Inala received a Community Event Grant from Hornsby Council, which will assist in reducing the costs associated with running this large-scale community event. Long-term supporters of the Fair, the West Pennant Hills Lions Club will be in attendance to run the Chocolate Wheel and you can finish the day with some delicious lunch or afternoon tea in the café.

Inala has welcomed the community to its beautiful grounds in Cherrybrook for over 60 years. Inala CEO Alexandra Davis says everyone has been working hard to make it the best Fair yet. "Our participants and staff have been working for months to create individual and unique pieces to sell at this year's Fair. It is the perfect time to get in early and do some Christmas shopping for that one-of-a-kind gift.

"Inala is right opposite Cherrybrook metro train station so getting to the Fair is easy, and we encourage everyone in our local community to attend," she said.

Parking around Inala is limited and those wishing to attend are encouraged to consider public transport options.

The Inala Fair is on Sunday 22 October from 9am to 3pm. Inala is located at 99 Franklin Road, Cherrybrook. Follow Inala on Facebook, Instagram or jump on the website www.inala.org.au



Handmade craft is very popular at the fair



Tonya Mercer with fellow Kellyville Breast Buddy Sue Woodward

Breast Buddies

Kellyville Breast Buddies is celebrating 10 years of supporting women with breast cancer.

Founder, Tonya Mercer, said she saw the need for a local support group after receiving her second breast cancer diagnosis.

"I thought I should join a support group," she said. "To my disappointment, a local group did not exist. I decided to join the BCNA's online network (Breast Cancer Network Australia)."

Tonya said she received a lot of support and information from BCNA and, sometime later, was invited to train to become a BCNA community liaison.

"This gave me the skills to start up a local support group and it didn't take long for our numbers to grow. We were lucky to be welcomed by the CWA to use their cottage at Kenthurst.

This meant more room and more privacy for our meetings.

"We have now been operating for 10yrs. We meet regularly for morning tea and provide support, friendship, information (and often laughter) to any woman with a breast cancer diagnosis- past or present.

"Those words from your doctor "you have breast cancer" can literally pull the rug from under you. Your life changes in an instant and you may feel anxious, apprehensive and isolated. "Our group is here to support you through diagnosis, treatment and beyond."

For more information about the group contact Tonya on 0401 858 114.

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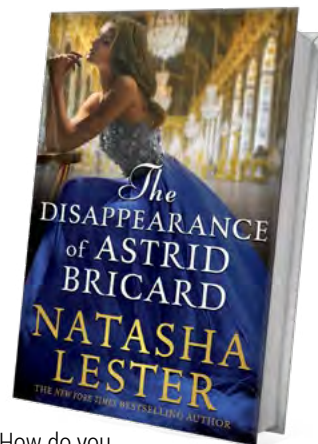
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Natasha Lester's Latest Mystery Novel

BY JOSH KERWICK

Bestselling Australian author Natasha Lester will be visiting The Hills on Wednesday 11th October to spend an evening with readers after the recent release of her book *The Disappearance of Astrid Bricard*, an intergenerational mystery about Blythe Bricard finding answers to the puzzling disappearance of her mother Astrid and the infamous legacy of her grandmother Mizza.



Natasha is very keen to come to The Hills and meet new readers, where she'll be putting on a slideshow of her research from the 1910s and 1970s that she utilised while writing the novel, followed by a Q&A. She says: "I always make a slideshow because people love seeing the fashion and photographs of handwritten letters. But the highlight of publishing a book is sitting down, signing readers' books and hearing them tell their stories in the signing queue. You always find someone who's had a similar experience to one of your characters, and I love finding out that these stories really resonate with people."

The idea for the book had been in Natasha's head since 2020, inspired by how the media treats famous women in society. It was also around this time Natasha learned about the real-life Mitzah Bricard, whose story fascinated her. "That was when all the other things like the Battle of Versailles Fashion Show and the treatment of women in the media began to come together into a story that hangs around Mizza and her descendants, looking at what it's like to be the daughter and granddaughter of a

famous muse. How do you carry that burden with you in your life?"

The book's focus on three distinct time periods is one of its most striking elements; one that Natasha found equally challenging and rewarding. "I did have to do quite a lot of research just to make sure I wasn't ignoring a lot of key events happening at the time, and I needed to get a real handle on what was happening," she says.

"But I really liked doing that. Because I like people to feel this could have actually happened." That sense of reality makes *The Disappearance of Astrid Bricard* a gripping read as Blythe fights to discover the truth behind her family lineage and rewrite history.

The Disappearance of Astrid Bricard is out now and is available for \$32.99. Tickets for an Evening with Natasha Lester at the Pioneer Theatre are \$9pp and available at www.eventbrite.com.au/e/an-evening-with-natasha-lester-tickets-718329732567?aff=oddtcreator



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Voice to Parliament Voting Now Open

Pre-poll voting for the Voice to Parliament Referendum is now open ahead of the official October 14th date. The Referendum is asking every Australian to answer either Yes or No to the question of enshrining an Indigenous Voice in the Australian Constitution – if passed, an advisory body of Aboriginal and Torres Strait Islander people is to be formed that will be able to make representations to the Australian Parliament on ATSI matters.

The idea for the Voice came after the Gillard Government's recommendations on recognising ATSI people in the Constitution was rejected in 2012. Following this, discussions between policymakers and political thinkers formed the idea for the Voice, which aimed to unite Aboriginal advocates and constitutional conservatives.

The proposition was endorsed by nearly 250 Aboriginal elders in 2017's *Uluru Statement from the Heart*, which said: "We call for the establishment of a First Nations voice enshrined in the Constitution."

Once they were elected in May 2022, the Albanese Labor government promised that a Referendum to decide the Voice to Parliament would be held within the term, asking Australians if they approved of the proposed amendment to the Constitution. Since then, there has been much debate both nationally

and locally about the Voice and the changes it's looking to make to the Constitution.

On Thursday 20th July earlier this year, India Club held a debate for members of the Hills community to hear both sides of the argument. Parramatta MP Andrew Charlton, constitutional lawyer Shireen Morris and Gidgee Group Director Sean Gordon spoke passionately for the Yes vote by stressing its importance in being able to assist Indigenous Australians. Meanwhile, Mitchell MP Alex Hawke, Castle Hill member Mark Hodges and Warren Mundine AO cast doubts on the necessity of the Voice.

The Yes Vote puts emphasis on the fact that it is a recommendation from ATSI people and will lead to tangible results through recognition, more practical results and ensuring a way for Parliament to listen to Indigenous voices. The Yes campaign states that the current approach to Indigenous affairs isn't working, and that an alternative in the Voice is necessary.

The No Vote finds the idea of an Indigenous voice legally risky to Australia's system of government, while also not being the solution needed to help Indigenous Australians. The No Campaign argues that there are not enough details on the Voice and that it is divisive and permanent.

The AEC (Australian Electoral Commission) website Your Answer Matters, has a wealth



of information including a link to the official Yes/No pamphlet, where to vote in the Hills to Hawkesbury area and a podcast that covers the process ahead of the Referendum. Visit <https://www.aec.gov.au/referendums/>

EARLY VOTING LOCATIONS

Hawkesbury:

- Deerubbin Centre, 300 George St, Windsor
- Richmond School of Arts, 26 West Market St, Richmond

The Hills:

- Baulkham Hills Day Care, 3 Columbia Ct, Norwest
- The Ponds Community Hub, 45 Riverbank Dr, The Ponds
- Rouse Hill Salvation Army Corps, 6A Edwards Rd, Nelson



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The Hills Shire Council News

Have Your Say on the Currawong Reserve Design

Currawong Reserve in West Pennant Hills will soon receive upgrades to make it a popular destination for walkers, cyclists, and wildlife enthusiasts.

The 5.1-hectare park, home to the endangered Blue Gum High Forest, is proposed to feature a 160-metre boardwalk and a 936-metre shared pathway.

Council will also improve Bellamys Creek's banks and create small ponds for local bird and water life.

Residents can provide feedback on the project until Friday 20 October via Council's website by searching 'Currawong Reserve'.



Snake sighted? Don't be frightened

Spring has arrived and as the weather gets warmer and we draw closer to summer, the chances of spotting a snake will likely occur.

Just keep alert as you go on your daily walks and if you spot one, give it the personal space it needs. Remember, it's their environment too and it's their home.

If you spot one on your property, please don't try to catch or handle it yourself. Instead, contact WIRES on 1300 094 737 or Sydney Wildlife on 9413 4300 and a professional will be sent out to relocate the snake for you.



WEXPO



The Hills is having its first-ever WEXPO on Wednesday 11 October 2023. The event is an opportunity for business owners to network with each other and community groups, as well as attend FREE workshops.

There will be up to 40 exhibitors at the Pioneer Theatre and adjoining areas. There are also several special speakers who will be providing presentations throughout the day.

To find out more, register for a workshop or register for the special speaker events, go to Council's website and search 'WEXPO'.

Heathers: The Musical



From 20-29 October 2023 at the Pioneer Theatre

Discover the captivating world of *Heathers: The Musical*, presented by Blackout Theatre Company.

Join Veronica Sawyer, a quick-witted outsider who ventures into the ruthless high school hierarchy, in this darkly delightful tale of teenage rebellion and romance.

With Kevin Murphy and Laurence O'Keefe's creative brilliance, this production promises an unforgettable experience. Head to www.pioneertheatre.com.au to grab your tickets.

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



Nominate an Outstanding Local

Do you know a local Hills resident who has gone above and beyond for our community? Have them recognised by nominating them for The Hills Shire Council's 2024 Australia Day Awards.

The awards have 5 categories:

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

Submit a nomination now via Council's website by searching 'Australia Day Awards'.

Bookmark Design Competition

The Hills Shire's annual Summer Reading Adventure Bookmark Design Competition is back with this year's theme 'Oceans of Possibilities'. The kids competition is running until 23 October 2023. So, what are you waiting for? Get creative and send us your design!

Winning designs will be printed into bookmarks and distributed for The Hills Shire Library's Summer Reading Adventure program. Winners will also receive a book pack prize to celebrate their accomplishments.

Make your way to Council's website for more details and search 'Summer Reading Adventure' to download the template and enter for your chance to win or head to one of our libraries to pick up a copy from our staff.

Council Meetings

Tuesday 10 October, 2023 – 7pm

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

Small Business Month

Join The Hills Shire Council in celebrating Small Business Month and receive assistance to take your business to the next level.

Julie Warner, an expert with extensive experience in website development and all things digital, will conduct two FREE workshops. She will simplify complex concepts and teach you how to operate in the online space with maximum efficiency. Don't miss out on this opportunity!

Introduction to Getting Your Business Online

- Tuesday 24 October 2023 from 1pm – 5pm

Optimising Your Website for Increased Visibility and Conversions

- Thursday 26 October 2023 from 1pm – 5pm

Both workshops will be held at The Hills Shire Council, 3 Columbia Court, Norwest. To register and find out more, visit our website and search 'Small Business Month'.

Small Business Month is proudly funded by the NSW Government.

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Small Business Month
1 - 31 October 2023



**Are you enjoying
The Hills Shire Council News?**
Scan the QR code to let us know.



THE HILLS
Sydney's Garden Shire

out and about
with MICHELLE BYRNE

Cumberland State Forest

The Cumberland State Forest is one of the most magical places in North West Sydney. It is Australia's only metropolitan forest and consists of 40 hectares of natural forest offering a tranquil experience for visitors away from the hustle and bustle of modern city life.

Hidden within Cumberland Forest sits Tree Tops Adventure. The Hills is one of 15 Tree Tops parks around Australia offering exciting and challenging obstacle courses high up in the tree canopies. Tree Tops Adventure The Hills is a 5 minute walk from the administration centre that takes you along a peaceful forest trail until you reach your destination and lay eyes on the obstacle courses for the first time, evoking different emotions from different people. For my brave, thrill-seeking eight- year-olds, there was sheer excitement at tackling the courses especially the harder and higher ones whilst my reaction was slight trepidation knowing completing the courses would mean facing my phobia of heights! The rope courses are constructed

from wooden platforms sitting around the tree trunks, to ensure the native trees aren't damaged and continue to grow. However, between each tree platform is a different obstacle that needs to be completed to reach the next platform. Obstacles include different length zip lines, cargo nets, tight ropes, wobbling bridges, ladders, tunnels, suspended rafts, trapezes and Tarzan swings just to name a few! The obstacle courses range in difficulty levels from easy, medium, hard and extreme with each course getting more and more tricky as your confidence and skills grow. There are also junior courses for children under 8 that only require parent supervision from the ground whilst the harder courses require children under 16 to be with a participating parent.

Each session is 2.5 hours long after a 30-minute induction session which includes putting on harnesses and helmets as well as a safety training session with the very friendly and helpful Tree Tops staff. After this you're on your way to swinging, leaping, climbing and flying through the beautiful Cumberland State Forest as you navigate the various obstacle courses. The views of the Forest up high are amazing and reinforce the importance of the Forest for our rapidly growing community in this part of Sydney. Tree Tops was challenging and we were absolutely exhausted by the end of our session however, my eight-year-olds can't wait to go again and explore more of the more difficult courses! We also look forward to experiencing different courses at Tree Tops Western Sydney Parklands as well as Tree Tops Yarramundi located at the foot of the Blue Mountains when it re-opens. For more information on Tree Tops Adventure The Hills go to <https://treetopsadventure.com.au/location/nsw-the-hills/>

OPTUS

PROPOSAL TO UPGRADE EXISTING MOBILE PHONE BASE STATION AT 24-24A CASTLE HILL ROAD, WEST PENNANT HILLS NSW 2125 WITH 5G

- Optus plan to upgrade the existing telecommunications facility through the addition of new equipment: S0967 – Thompsons Corners Shops: On the existing building rooftop at the above address. The proposal involves:
 - The replacement of three (3) existing panel antennas with three (3) new Optus panel antennas on the new mounts; All new antennas will measure no more than 2.8m in length
 - The installation of a 3-bay Outdoor Unit on the extended steel platform
 - The installation of twelve (12) new remote radio units (RRUs) on the new mounts; and
 - The installation and reconfiguration of ancillary equipment including RRUs, GPS antennas, steel platform, antenna mounts, cabling and other associated equipment necessary for the proper function of the proposed facility
- Optus regard the proposed installation as a Low-impact Facilities under the *Telecommunications (Low-impact Facilities) Determination 2018* ("The Determination") based on the description above. The proposed infrastructures will be in compliance with the ACMA EME regulatory arrangements.
- In accordance with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information requests and/or comments should be directed to Ventia:

M. Community.Consultation@ventia.com
 N. Ventia, 80 Pacific Highway, North Sydney NSW 2060
 Ph. (02) 9834 7229
 W. www.rfnsa.com.au/2125007
 We will accept comments on the proposed upgrade until
5pm Monday, 23rd October 2023.

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Lynwood Pro AM Event Success

The recent Stockland | The Gables 2023 Lynwood Pro Am Event at Lynwood Golf & Country Club was a spectacular success and is set to become an annual fixture.

More than 120 golfers took part in the inaugural three-day event hosted by CHRG's Lynwood Golf & Country Club in partnership with the PGA of Australia.

The highly anticipated event, held from September 27th to 29th, featured a substantial professional prize purse of \$50,000.

More than 60 professionals joined forces with an equal number of enthusiastic amateurs, presenting a unique opportunity to play side by side with some of Australia's finest golfers.

Matthew Bailey, General Manager at Lynwood Golf & Country Club said The Stockland | The Gables 2023 Lynwood Pro Am received incredible support from Lynwood's membership, solidifying Lynwood's significance for golf in the region and providing lasting memories of all involved.

"It was a huge relief to finally hold our inaugural event," he said. "Lynwood discussed holding a Pro-am event back in 2020. Seven floods and two lockdowns later, we were able to hold our inaugural event."

"It was a great feeling to showcase our course, after three years of setbacks. The maintenance team presented a beautiful golf course. The Pro Shop ran a flawless golf event and our clubhouse team provided an

exceptional hospitality experience for our Sponsors, Members and players.

"I look forward to holding an even bigger event next year."

The winners of the event included Brian Dockery in the Amateur category and Matt Millar in the Professional category – each demonstrating exceptional skill and sportsmanship on the course.

Millar, a PGA Tour of Australasia veteran shot back to back 67s to score a four-shot win.

It was his first visit to Lynwood and told PGA Australia: "I was really blown away by the layout."

Special activities during the event included the thrilling \$100,000 hole-in-one prize (which was not won) and an exclusive Sponsors Welcome Dinner, held right after an action-packed day on Wednesday, September 27th.



Amateur winner
Brian Dockery



Professional group winner Matt Millar with Lisa Lee
Stockland Communities State Sales Manager.

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PETS OF THE WEEK

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



AT A GLANCE

NAME: RYDER
BREED: Great Dane
Cross
SEX: Male
AGE: 10 years
PRICE: \$49



RYDER is a friendly older dog who has been very well-behaved while he has been at the shelter. Staff at the Hawkesbury Companion Animal Shelter say Ryder has been friendly with the other dogs at the shelter and has been well-mannered and friendly towards the staff. Staff say Ryder is a big boy but very gentle. If you can give this lovely big boy the home he deserves please come to the shelter with your family dog and children to meet him so that staff can be sure that everyone is going to get on well together. As one of the featured dogs Rydner's adoption price has been reduced to \$49. The adoption price includes the first vaccination, de-sexing, microchipping and life-time council registration.

*Hawkesbury Council's
Rehoming Organisation
Number is: R251000145.*

REGGIE is a fun-loving boy with lots to offer his new family, say staff at the Hawkesbury Companion Animal Shelter. According to staff Reggie has been very well-behaved whilst at the shelter and has been social towards the other dogs in the exercise yard. If you have been looking for a lovely, outgoing dog to join your family please come to the shelter to meet Reggie during opening hours. As one of the featured dogs, Reggie'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: REGGIE
BREED: Border
Collie Cross
SEX: Male
AGE: 1 year
PRICE: \$49



SI HORNSBY'S 2023 SPRING FLING

Members of SI Hornsby held another very successful fundraiser for the local women's refuge in September. Raffle tickets were sold to raise funds as well as members holding afternoon teas for friends to come along to in their own homes.

\$7000 was raised for the Hornsby and Kur-ring-gai Women's refuge which helps victims of domestic violence.

Soroptimist International is an international organisation for women working through service projects to raise the status of women, advance human rights for all and promote equality, development, and peace.

For further information please contact Pam on 0425 229 615

PAINT YOUR PET Jeanette Starr

Art Workshop - 15th October, 2023

Join Jeanette for a fun day of drawing and painting. Suitable for students of all levels. Use your own materials - oils, acrylics, pastels or charcoal. Bring along images of animals you want to work on or use our images. (Materials not included).

Fee - \$90. Phone Luce Lopez on 0419 496 621 to register your interest. The classes will be held at Castle Glen Community Centre, 157 Ridgescrope Drive, Castle Hill. Visit their website www.castlehillartsociety.org.au.

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each study one paints, is a step forward."*
~Vincent van Gogh



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Daisy Blooms in Cactus Flower

BY JOSH KERWICK

Watching her performance as Toni in the Pavilion Theatre's hilarious production of *Cactus Flower*, it's hard to believe that it's only Daisy Alexis' third play with the iconic local company. Daisy shines brightly as Toni throughout the entirety of the play, bringing tangible energy and life to a character she describes as "quite eccentric and super kooky. She's this wild person that's trying to navigate this situation, but also has a lot of kindness in the things that she does."

Though *Cactus Flower* is Daisy's third production with the Pavilion, the 18-year-old Hills local has been acting for a long time – technically since she was a toddler. "I had my debut in a Wiggles commercial at the age of three, which 'kickstarted' my career!" she jokes. "Not that I remember it much. But I do have the video!"

From there, a passion for theatre grew in Daisy as her parents took her to theatre productions throughout her youth. "I think having that exposure really influenced me, and my love for it just grew from there," she says. "I did some local musical theatre productions when I was 13, and that helped me build my confidence and go 'This is what I really like to do.'"

While finishing Year 12 last year, Daisy was cast in her first Pavilion Theatre production *Picasso at the Lapin Agile*, a mix she describes

as quite balanced. "I would study and do my exams throughout the day, and then I would come to the theatre in the night, and I just loved it. I was getting to do what I love and that just kind of balanced everything else."

Earlier this year, Daisy was part of the Pavilion's production of *Funny Money*, where she acted alongside *Cactus Flower*'s director Stephen Snars who she was talking to about the then-upcoming production. "I was thinking about auditioning," Daisy says, "and I asked him if he could send me the script, I'd have a read."

"But I approached him and said 'You know what, I'm actually going to audition for the next one.' And he sat me down for 40 minutes and ended up convincing me why it would be really great to do. And then I was convinced, so I auditioned for it, and then got the role!"

Daisy was drawn to Toni and *Cactus Flower* as a real opportunity to build a character. "We hadn't really had much opportunity to do that in previous shows, to sort of have a deeper relationship with the people that make up the world Toni lives in," she comments. "So that was quite exciting. I spent a lot of time reading the script, and rereading and rereading... so I could pull out all the information I could about the character and understand the relationship and world that she lives in."

Having the Pavilion as a space to explore that character, as well as have a blast



L-R: Blake Paish (Julian) and Daisy Alexis (Toni)

performing, is something that Daisy really values. "Stephen was really about bringing out the fun of the play, and getting to play with the cast has just been amazing," she says. "I owe a lot of thanks to him as a director, and how much fun we're having as a cast. I think the audience will be able to see that, that there's so much love that's gone into it from both cast and crew, and I think they'll really love it."

Make sure to see Daisy and the rest of her terrific cast in *Cactus Flower*, which is running until October 14th at the Pavilion Theatre at Castle Hill Showground. Tickets are \$30pp for adults, or \$25pp concession and are available at <https://paviliontheatre.org.au/cactusflower/>.

POP-UP Book Sale @ HAWKESBURY CENTRAL LIBRARY

Attention all book lovers and bargain hunters, Hawkesbury Library Service is holding a Pop-Up Book Sale!

Drop into Hawkesbury Central Library from Friday, 6 October to discover a range of pre-loved and ex-library non-fiction and fiction books plus a huge array of DVDs. Loads of titles and subjects to choose from, come and grab a bargain and maybe find some hidden treasures at the same time.

The book sale will operate during Library opening hours and commence at 9am on Friday, 6 October and run until 7pm on Wednesday, 18 October or until stock runs out.

Hawkesbury Central Library is located at the Deerubbin Centre, 300 George Street, Windsor.

Check out the book sale if you are coming to the Deerubbin Centre in Windsor for pre-polling or to vote on Saturday, 14 October for the Referendum. For more information see www.aec.gov.au/referendums/voting.htm#start





A Spring Affair 2023

ART & CRAFT EXHIBITION at the Richmond School of Arts Murray Wing, March St, Richmond

Opening Night
Friday 20th October 2023 7:30pm
Saturday 21st & Sunday 22nd October
10am to 4pm
Free entry
www.mtas.com.au



Ray Williams MP

Member for Kellyville



As your State MP, I am here to:

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

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 🌐 www.raywilliamsmp.com.au

Authorised by Ray Williams MP. Funded using Parliamentary Entitlements.

LABOR DELAYS HOSPITAL UNTIL END OF DECADE

The Minns Labor Government has delayed the completion of the Rouse Hill Hospital until late 2029.

Despite campaigning extensively on their promise of a new hospital, the Labor Government has betrayed the trust of the voters of north western Sydney, the fastest growing area in NSW. The new completion date of 2029 indicated in the recent budget papers will deliver the Rouse Hill Hospital 5-years later than the timeframe committed to by the previous Liberal Government, who were on track to deliver the Stage One of the hospital in late 2024. The original \$300m commitment which was fully funded included vital services which are needed now - such as an emergency department. I will keep up the fight to get our hospital delivered according to our original timeframe of 2024.

ROUSE HILL HOSPITAL DELAYED UNTIL 2029



BUDGET PROMISE
\$400,000,000
BUDGET ALLOCATION
\$5,000,000

**ANOTHER BROKEN PROMISE
UNDER NSW LABOR**

OCTOBER IS SMALL BUSINESS MONTH

It's the opportunity for small-business people to come together, connect and collaborate and for NSW to celebrate small business!

Small businesses are the bread and butter of our community. From the cafes and restaurants that feed us, to the physios and gyms that keep us healthy - NSW runs on small business. For more information or to find Small Business Month events in your local area visit: www.smallbusinessmonth.nsw.gov.au

THE VOICE: IF YOU'RE UNSURE, FIND OUT MORE

BY MICHELLE ROWLAND MP

Since 2010, I have had the great privilege of representing the good people of Greenway – the federal electorate that sits in Sydney's North West.

We're a unique part of Australia, known for being one of the most culturally diverse electorates in the nation. In fact, our suburb of Blacktown is home to a total of 133 nationalities – the third highest nationally – and we have the highest number of different languages spoken at home (72) in Australia.

So, at a time when our nation is deciding how to vote at a once-in-a-generation Referendum to enshrine an Aboriginal and Torres Strait Islander Voice to Parliament, many people have asked me how this is unfolding for Australia's culturally and linguistically diverse communities, such as those in Greenway.

And perhaps, the response is not what you might expect. In my experience, people who have come to this nation in the pursuit of a better life have great aspirations – not only for themselves and their families, but for Australia as a whole.

Regardless of where they or their parents were born, Australia is their home and they have a sense of responsibility in making it an even better place to live. The Australians I meet overwhelmingly want to deliver the best outcomes for themselves, their neighbours and for all Australians.

That's why, when Aboriginal and Torres Strait Islander people presented the Uluru Statement from the Heart to the Australian people, the overwhelming majority of constituents I spoke to

were listening, eager to learn more.

Now, as the Referendum date fast approaches diverse communities in my electorate have mobilised among themselves to best understand what this Referendum could mean for not only them, and for all people who call Australia home.

How it will create a better future for all of us.

They have important questions.

What will the Voice look like? What will a Voice do – for First Nations Australians and all Australians?

The Voice will be an independent committee made up of Aboriginal and Torres Strait Islander people from every state and territory, the Torres Strait and regional and remote communities.

The Voice is an idea that came from Aboriginal and Torres Strait Islander people – as expressed in the Uluru Statement from the Heart. The Voice is about advice. Advice that will lead to better outcome in health, education, jobs and housing.

When governments listen to people on the ground they make better decisions, get better results and deliver better value for money. This will unify Australia – and move our country forward together.

Whether it's over a community Zoom call, a group Facebook chat, discussions at a place of worship, or an in-person panel with guest speakers, I've noticed our multicultural communities creating their own opportunities to learn more about the Voice Referendum.

Sikh Youth Australia is just one example. Just

a couple of weeks ago, they hosted "Inclusive Dialogues: The Voice Referendum Explored Through a First Nations Lens". This event was moderated by popular hip-hop artist L-FRESH the Lion.

Immigrant Women's Speakout and the Women's Electoral Lobby held a similar forum, called "Western Sydney Women for Yes" and Australia's East Asian community have created a group called "Desis for Yes" to educate community members about the Referendum in-language.

The learning-focused local activation we're seeing in multicultural communities in Greenway and beyond puts into practice a simple but crucial concept as we approach the Referendum: if you're unsure, find out more.

And for so many people, when we do find out more, we understand what we are saying Yes to – nothing extra, just an equal chance.


Because after all, Indigenous Australians want the same things for their children as we do: staying healthy, doing well at school, finding a job they love – leading fulfilling lives.

Voting YES is a way forward, for the entire nation.

On the 14th of October we have an opportunity to unify the nation, and make history.

To secure the best chance yet to ensure people have better lives. All with a single word – Yes. And if you're unsure, find out more.





ROBYN PRESTON MP
MEMBER FOR HAWKESBURY

How my office and I can help you

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

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

ADVERTISEMENT

MENTAL HEALTH MONTH

Did you know that one in five Australians experience a mental illness in any year and compounding to this, is the confronting statistic that about 54% of people do not seek treatment?

Looking back four decades ago, mental health and wellbeing had such a stigma attached to it. Rarely did anyone seek treatment. It was considered a weakness, so people withdrew, didn't acknowledge their need for such aid and rarely resolved the anxiety, grief, depression and trauma that presented them in life. In those days, we compartmentalised our feelings. Veterans came back from war torn engagements and were told to 'just get on with life'. Mothers experiencing post-natal depression saw it as a weakness. For so long, we believed that time would heal everything, when in fact it perpetuates misery, detaches us from loved ones and creates

a real feeling of isolation that comes with the rollercoaster of our mental wellbeing.

Fast forward to 2023, we have identified October as Mental Health Month. A stark difference to the hidden landscape that was apparent four decades ago. Knowing where to go to seek help is the first step to recovery and governments have invested over the years in an area that is still underfunded.

If you live in Hawkesbury, do you know where to go to get help on improving your mental health and wellbeing?

Here are a few suggested contacts:

- visit your GP and enquire about a 'Mental Health Care Plan'
- Hope4U Foundation – 1800 HOPE4U (1800 467348)

Some further contacts:

- NSW Government Mental Health Line – 1800 011 511 or www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx
- Lifeline – 13 11 14 or www.lifeline.org.au/
- Beyond Blue – 1300 22 4636 or www.beyondblue.org.au/
- Headspace – <https://headspace.org.au/>

Just as we look after our physical health, it is important to nurture our mind. Refreshingly, there has been a shift in attitude over the last decade. The acceptance of the need to care and maintain our mental health and wellbeing has accelerated. Now that's a good thing, don't you think?

We all have a role to play. Look out for yourself and look out for your neighbour, especially during this Mental Health Month.

HAVE YOUR SAY ON FLOOD INSURANCE

As our minds turn to bushfires and being prepared for what looks to be a hot, dry spring and summer, it might seem an odd time to writing about the 2022 floods.

But there is a lot to be learned from floods the Hawkesbury experienced, especially when it comes to improving affordability and availability of insurance. It's clear the current insurance arrangements have not served everyone well and a new government inquiry needs to hear from people who flooded, about their insurance experience.

I have been appointed to the Standing Economics Committee, along with the Member for Calare, Andrew Gee and Queensland MP

Shayne Neumann, for the inquiry, and we want to make sure our communities voices are heard.

That's why I'm urging Hawkesbury residents to share their flood insurance story – even if you weren't insured.

There are two ways to take part: you can take a survey or make your own individual submission to tell your story in more detail – even if it occurred in one of the earlier flood events.

The inquiry is looking at this issue from all angles and your contribution will help guide the questions we ask insurers and other stakeholders, and ultimately help shape the inquiry's recommendations to the Albanese Government.

Whatever your experience was, good, bad, easy or frustrating, or if you weren't insured at all, we want to hear about it so we can make the system work better for our communities.

I really encourage everyone to share your insights with the Committee so we can get the specific examples of the issues people have faced when dealing with insurance companies before and after floods.

To complete the survey or make a submission head to https://www.aph.gov.au/Parliamentary_Business/Committees/House/Economics/FloodInsuranceInquiry

Or simply google "Flood insurance inquiry".

SUSAN TEMPLEMAN MP

Federal Member of Macquarie

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

EMAIL: Susan.Templeman.MP@aph.gov.au

OPEN: Mon-Fri 9am-5pm



FUN & FRIENDS ON OUR WATERWAYS

Living, as we do, in the Hills and Hawkesbury areas we are fortunate to have some amazing waterways to enjoy. The majestic Hawkesbury River and its tributaries such as Berowra Creek and the Colo River have provided us with a means of transportation in our early days and beauty spots for relaxation.

Some thirty years ago or more, the late Gordon Mandin, and his wife, Joan, operated the historic ferry "Macquarie Princess" as a cruise vessel along Berowra Creek and the Hawkesbury. My wife and I had some great trips on this vessel and one recollection I have is when I had some family members from interstate and their friends join us on a cruise during which Gordon allowed me into the wheelhouse and for me to take the wheel of this historic ferry for a part of the way along Berowra Creek. We got to know Gordon and Joan from our days with Sydney Hills Tourism which, at the time, was the Tourism body representing tourist operators in the Hills district with my wife being the Secretary of the group.

Amongst other members of the tourism group were Tom and Hilda McQuillan who, along with their son Simon, operated "Able Hawkesbury Houseboats" at Wisemans Ferry. Tom, I also discovered, once was a ferryman in my old hometown and birthplace of Bristol, England in his younger days.

During the late 1980s it was decided that the Christmas party for the Tourism body be held onboard one of Tom and Hilda's larger houseboats in the middle of the river.

It was a great evening where we enjoyed some of our great local seafood. The locally caught prawns were amongst the best I have ever tasted. That night Tom amazed us all by drinking a glass of water straight from the river, proving to us that the water was so pure.

A couple of years later, my wife and I decided to hire a houseboat for a week from Tom and Hilda and cruise along the beautiful Hawkesbury and

MacDonald rivers and watch the world go by as we relaxed on board. Well, that is what we thought we would do; however, I was enjoying myself so much that I wanted to see as much as I could of the river. During the week I wanted to explore every little bay or inlet that I could see whilst my wife just wanted a restful river trip and pull over to enjoy a relaxing lunch or meal every now and then. For me, as soon as lunch was over, I was upping anchor and at the wheel of the boat and away.

Tom had said that we had enough fuel on board to last us for the week we had hired the houseboat. He said that he had only one customer in the time that he had been operating the business who had ever run out of fuel. Little did he know of my desire to explore and discover every nook and cranny of the Hawkesbury that I could find. As a result, our trip became a series of memorable incidents.

There was the getting stuck on a sand bank near the Hawkesbury River Bridge at Brooklyn as the tide was retreating and getting up at 2.30am to move the houseboat once we realised the tide had come in and we could float free. There were also problems when travelling near oyster leases when you had to be careful that you had sufficient room not to be carried over them by the tide. I had failed to keep watch over the fuel gauge as I discovered near Spencer when the vessel's motor came to a stop. This in the days before we had mobile phones.

My wife was not pleased when she had to take the "tinny" and row ashore, clamber over a rickety jetty with 4 out of 5 planks missing and find a phone somewhere out in the sticks. We were in luck when she found a weekendender where the owner was just locking up to go back to his home in the suburbs and who had a phone in the home. She telephoned Tom who then sent his son, Simon, out for the hour-long trip by boat to where we were situated on the Hawkesbury with a can of fuel. My wife has never let me forget that holiday!



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AS WE WERE

PHOTOS FROM THE PAST

COLLECTION COMPILED BY
IVOR JONES SHOWING LIFE IN
THE HILLS AND HAWKESBURY
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Macquarie Princess from Google



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Four Hills Little Athletes at Australian High-Performance Camp

Four Hills youngsters have made the most of their 2023 Coles Little Athletics National High-Performance Camp held at the Gold Coast this week.

Matilda Webb and Caitlyn Martin from Winston Hills Little Athletics, Jack Proudfoot (Hills District Athletics) and Brendan Armstrong (Cherrybrook Athletics) were among more than 75 other top performing athletes born in 2009 who were invited to compete at the October 1-4 camp.

Matilda is aiming to do well in walking, a discipline which is not as easy as it looks. Australia have a strong international reputation in walking and Matilda could be our next star. She emerged champion in the 1500m walk at the 2023 Coles Australia LA Championships.

Her Winston Hills LA team-mate Caitlyn Martin, who lives in Baulkham Hills, finished second in the Coles Australian LA Championships in the high jump.

Jack Proudfoot is the state under-14 100m champion who finished second at the 2023 Australian LA Championships while Brendan is the reigning 1500m champion at the Sydney North Regional Championships. All these youngsters are offered the opportunity to raise their careers thanks to the intensive programs at the camp.

All participants were chosen on their performances at the recent 2023 Coles

Australian Little Athletics Championships and state events. The camp offered the athletes the opportunity to improve themselves, on the track, in recovery, preparation and psychology.

They were also made aware of the process that is required to assist with their own development, in the high-performance pathway.

The youngsters were mentored and supported by former Australian stars who shared their experiences during coaching sessions. Importantly, these international athletes gave invaluable tips regarding their journeys from juniors to Australian representation. Athletes took part in training sessions, workshops, recovery sessions, presentations, and social activities onsite.

"I am always very pleased to be able to contribute to the development of up and coming Little Athletes and look forward to meeting them at the camp," said Australia's first Olympic heptathlete champion, Glynis Nunn OAM, the driving force behind the camp since it began 11 years ago.

Nothing gives me more pleasure than to see Little Athletes performing at the best and enjoying themselves at the same time."

Families like Connells are the beating hearts of community sports

Community sports rely heavily on family and volunteers to make things work, and there is no better example in the Hills than the Connell family.

Parents Dylan and Karen Connell, who were athletes during their schooling and beyond in other sports, are committed volunteers at Cherrybrook Athletics thanks to their children Zoe, 13, and Immy, 10 who have been training here for the past four years.

Both Dylan and Karen are age managers at CA which has produced several Australian and international champions over the years.

Zoe, who also plays football, joined CA along with her younger sibling. Zoe has competed in discus at the regional level while Immy, who is also a gymnast and football player, is the state discus champion for the past two years. She has also competed at NSW level in shot put and high jump. Immy underlined her growing confidence by winning gold in discus and silver in shot put at the recent Athletics NSW Primary Schools challenge.

Dylan previously competed in Little Athletics at Kuring-Gai for a few years and also represented his high school while Karen represented her high school and was school age champion in athletics but never did Little Athletics herself, which she regretted.

When their children started doing athletics, they and CA – which is open to athletes of all ages, with a strong Seniors/Masters team - strongly encouraged Dylan to get back into it despite the long layoff.

Karen then saw other parents doing it and said to herself: "I can do this too!"

Dylan's first event for the club was the NSW Masters where he won gold in his 40-44 age group in shot put while breaking the all-time club record. He continues to break club records while competing in Masters Nationals and Masters Indoor State and Nationals throwing events, and is an inspiration to other members.

Karen is keen complete for the club for the first time as she pushes herself to reach new heights in her renewed athletic career.

"From the time the kids started at Cherrybrook we were always happy to help," Karen said. "Since then, we both became Age Managers as we understand athletics. It's great to be involved at the grassroots level, teaching young athletes basic skills and watching them progress in both ability and confidence. The



Coles Little Athletics Australia CEO Myles Foreman commented that their camps are designed "to help our next generation of athletes get the extra training and mentoring they need to take them to the next level in their chosen event.

"With the support of some of Australia's leading coaches and presenters, our Little Athletes will leave the camp ready to set a new personal best."



Dylan and Karen Connell with their Zoe and Immy.

girls have made some great friends through the club and so have we!"

They love Cherrybrook Athletics Club, with Dylan saying: "It's a very welcoming club where people of all ages and abilities are able to participate and compete. Friday nights are always fun and a great end to the week, no sunburn either!"

With a growing number of children and their parents all competing for Cherrybrook Athletics, the Connells encourage people of all ages to give athletics a go: "Don't worry about age and fitness, have a crack at it and see what happens!"

Registrations are still open for all ages – young or old - through Cherrybrook Athletics (<https://www.cherrybrookathletics.org.au/>)

COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

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

Arcadian Quilters

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

Baulkham Hills Probus

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

Bonsai Society of Australia

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

Castle Hill Art Society

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

Castle Hill Senior Citizens Club Inc.,

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

Combined Probus Club of Cherrybrook

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

Computer Pals for Seniors – The Hills

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

Cumberland Bird Observers Club

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

CWA of NSW – Galston Branch

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

CWA of NSW – Castle Hill Branch

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

CWA of NSW - Toongabbie Branch.

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

Dural and District Prostate Cancer Support Grp

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

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498
www.duralmensshed.org

East Kurrajong School of Arts

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

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

Embroiderers' Guild NSW Inc Hawkesbury Grp

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

Friends of Hills Library

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

Galston View Club

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

Girl Guides Australia

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

Glenhaven Probud Club Inc

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

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

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

Hawkesbury Camera Club

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

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the 1st Fleeters

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

Hawkesbury West Probus Club

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

Hawkesbury Woodcraft Cooperative Ltd

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

Hills District Women's Bowling Club

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

Hills Older Men's Network INC

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

Hills Shire Symphony Orchestra

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

Hills Toastmasters

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

Hills/Toongabbie Music Club

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

Kurrajong Hand Spun Craft

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

Ladies Probus Club of Baulkham Hills

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

Learning in the Hills

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

National Seniors Australia (Hills Branch)

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

North Rocks View Club

Meetings 2nd Thurs each month at 10.30 am. The Vikings Club, 35 Quarry Rd, Dundas Valley.
Pam | 047 420 4080 or Margaret | 9872 1405

Norwest Sunrise Rotary Club

We are a breakfast Club and meet every Friday morning at 7.15am. The Rotary Motto is Service Above Self. If you want to meet like-minded people pls join us.
norwestrotary.org.au

Pennant Hills Mens Probus Club

John | 9487 1385

Pennant Hills Combined Probus Club

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

Pennant Hills VIEW Club

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

Pitt Town Probus Club

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

Probus Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

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

Probus Club – Glenorie

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

Probus Club - Kellyville Castle Hill Mixed

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

Probus Combined Castle Hill Club

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

Probus Combined Kellyville Club

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

Probus Club of Winston Hills – Northmead Combined

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

RDA (NSW) Tall Timbers Centre

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

Red Cross – Castle Hill Branch

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

Richmond/Windsor VIEW Club

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

Scouts Australia – Greater Western Sydney Region

9639 2488
www.greaterwestscouts.com.au

Sleep Disorders Australia – NSW

02 9990 3514
www.sleepoz.org.au

Soroptimist International The Hills

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

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

The Hills Shire Garden Club

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

The Hills District Pipe Band

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

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

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

The Sydney Hills Branch of the Association of Independent Retirees

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

Thursday Ladies Tennis Competition in the Hills District

hillsdiadistenniss.org

Wanderers Bushwalking and Outdoor Club

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

Windsor RSL Fishing Club

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

Windsor Probus Club

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

Winston Hills Joey Scouts

9862 8482
hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org

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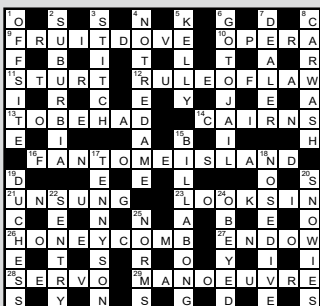
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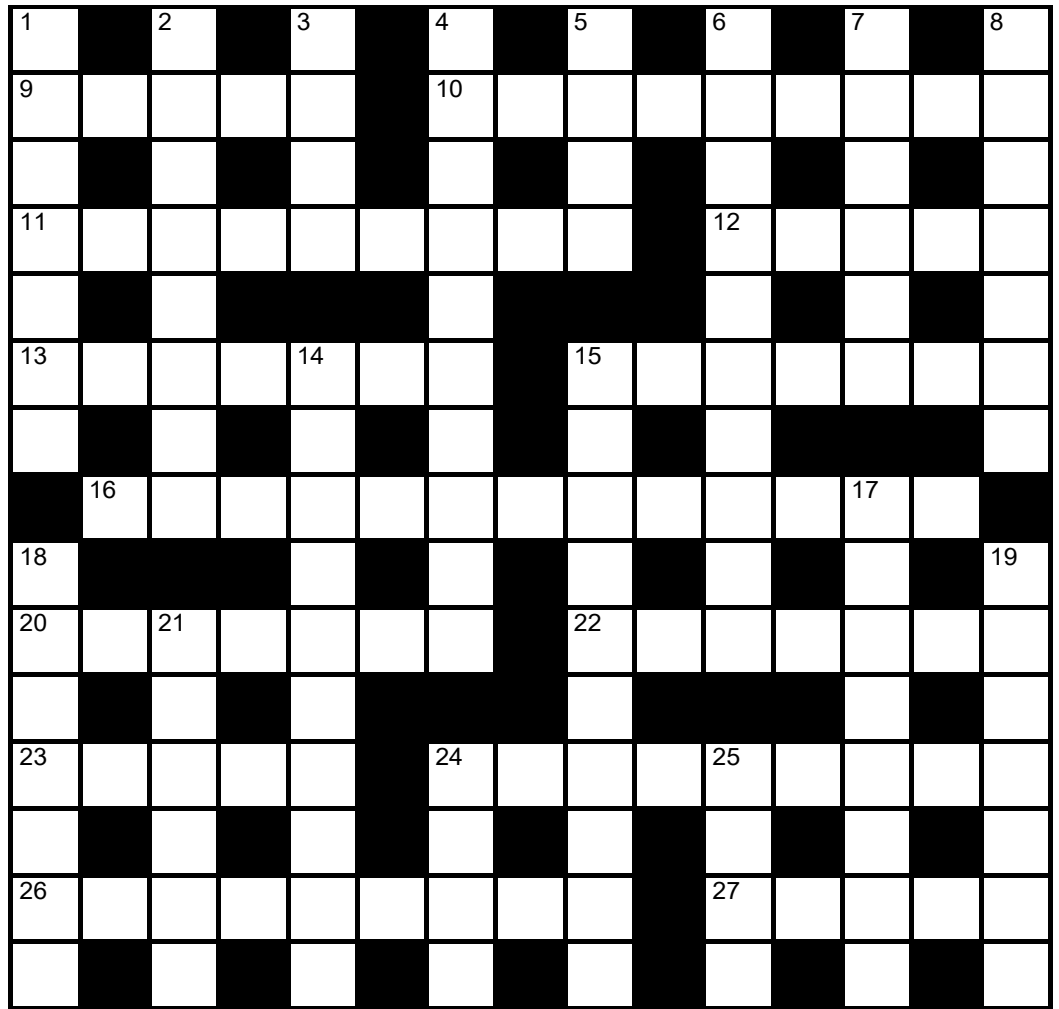
Answers from last issue

CROSSWORD



SUDOKU

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



Across

9. Fast
10. Exaggerating
11. Upset, Donna Rica is very unforgiving
12. Basra native, perhaps
13. Instruments of offence
15. Some newspapers
16. Supervised spot for the infirm (3-4, 6)
20. Compel
22. Sri Lankan capital
23. Name
24. Former Wallabies captain, who died young (4, 5)
26. Dictate
27. Metallic compound

Down

1. "The clock struck one, the mouse --- ..." (3, 4)
2. Sydney beach suburb
3. One on the streets
4. Electric spit
5. Bird's nest ---, which can be grown indoors
6. Supplementary
7. Former national field hockey captain Sandy ---
8. Con
14. Event
15. Dubya's VP (4, 6)
17. Transfers of furniture from one house to another
18. Deep tar, stirred, causes delay (3, 4)
19. Lunch feature, often (4, 3)
21. Gyve
24. Broad smile
25. Double

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WORD SEARCH THE MARKETS

Word search grid containing market-related terms like ANALYSIS, ARBITRAGE, BEAR MARKET, BULLISH, COMMODITY, DAY TRADE, DIVIDEND, EQUITY, FUTURES, HEDGING, INVESTMENT, LIMIT ORDER, MANAGEMENT, MARGIN, OFFSETTING, OPTIONS, SELL SHORT, SHARES, TRADING, TREND.

Answers from last issue

WORD SEARCH

Word search grid with highlighted words: GEAR, GURMO, JSHPUZ, BSE, TRJRRVXTQUTM, RAGLA, SGNIRAEB, FNR, ADS, GCV, VOZA, LLEB, HRO, KDV, LTY, KOAHIOA, ELO, ELU, OYAC, RLO, CH, TLO, RE, SVWTO, IMP, PAE, PCT, UG, TENIS, ANM, L, EY, Z, TW, HS, JPN, NQ, UNM, DCC, CH, NE, I, K, DN, R, CE, EQ, T, LB, A, PL, I, E, CR, PLS, BCO, JPN, SBMRV, ULA, ELL, YPL, X, RPS, IQTT, IOS, SE, ASP.

CODE WORD

Code word grid containing words: ADJUST, E, A, R, C, A, I, L, L, Q, U, I, D, T, I, C, M, E, U, F, I, K, E, Y, I, N, G, A, B, L, E, V, E, D, A, R, E, E, X, T, O, L, U, N, W, I, N, D, S, H, O, T, T, E, S, T, I, M, P, L, Y, C, Z, A, R, C, O, R, N, E, A, A, I, E, H, O, Y, E, S, I, N, V, A, S, I, O, N, E, T, G, K, C, G, U, I, D, E, S.

- ANALYSIS
- ARBITRAGE
- BEAR MARKET
- BULLISH
- COMMODITY
- DAY TRADE
- DIVIDEND
- EQUITY
- FUTURES
- HEDGING
- INVESTMENT
- LIMIT ORDER
- MANAGEMENT
- MARGIN
- OFFSETTING
- OPTIONS
- SELL SHORT
- SHARES
- TRADING
- TREND

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

Code word grid with numbers 1-26 and letters X, V, B. Includes a key: 1 2 3 4 5 6 7 8 9 X 10 11 V 12 B 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

SUDOKU Rating: ★ ★ ★ ★ ☆

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

Sudoku grid with pre-filled numbers: 9, 3, 4, 9, 7, 6, 7, 1, 6, 7, 8, 2, 9, 6, 4, 2, 3, 5, 9, 4, 4, 1, 9, 8, 3.

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