

# Hills to Hawkesbury

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Local Stories, Local Events, Local People and Local Businesses

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# Fred Caterson Plea

BY SOPHIE POREDOS

A community meeting organised by the 'Save Fred Caterson Reserve Action Group' was held to highlight concerns about development plans of a Castle Hill Reserve before the local government elections.

More than 50 people attended the community event on Saturday the 24th of August, aimed at raising awareness of Council's plans and of the councillors in favour of reopening community consultation of Fred Caterson Reserves Development plan. At the community gathering near Showground Road, attendees were invited to talk to upcoming candidates about their position on the development plans. Among the candidates who attended were Greens Mayoral Candidate and Councillor Mila Kasby, Independent Seema Raghav, Greens Suzannah McDonald, Greens Sam Hughes, Greens Vida Shahamat, Labor Tina Cartwright and Labor Jane Grevtseva. Greens Federal Senator David Shoebridge and Labor State MLC Peter Primrose also attended to highlight their commitment to protecting the Reserve.

The Hills Shire Council is facing a boom in population, with an expected 11,000 people projected to reside near the Showground Precinct in the next 10-15 years and more than 20,000 people once the precinct is fully developed. In line with these plans, the Council adopted The Fred Caterson Reserve Master Plan in November 2020, to create a green space and a 'Premier Centre of Excellence'.

Due to the upcoming local government elections on September 14th, the Hills Shire Council is in a black-out period and could not



'Save Fred Caterson Reserve Action Group's' community event, protesting against the development.

comment on this article. However in a 2023 Hills to Hawkesbury article, Dr Peter Mayor Gangemi commented:

"As the Mayor, I understand how important Fred Caterson Reserve is for the health and wellbeing of this community, especially as our population continues to grow and the demand for more facilities increases. Our plans (are) to enhance Fred Caterson Reserve".

The Fred Caterson Reserve Master Plan includes repurposing the former Pony Club of 4.8 hectares, facing Gilbert Road into sporting fields and extending the area to 6.2 hectares. Hills Shire Council has undergone a joint Memorium of Understanding (MOU) with Eastwood District Rugby Union Football Club to transform the site into a premier rugby union facility.

In a previous interview with Hills to Hawkesbury in 2023, Eastwood Rugby's General Manager Robert Frost said he was excited for the partnership:

"Our members are excited by the move, tinged of course with some sadness but since the majority of our membership and our players are from the Hills, this is more a move to be closer to where they live".

Under the proposition, Eastwood will add extra amenities to the 'base-level fields provided by council and three fields for high-level

*Story continues on page 26*

# Hills to Hawkesbury

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

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



# Mulpha's \$3Billion Vision for Norwest

BY BEV JORDAN

A major plan to redevelop Norwest Markettown Centre and the Carlile Swimming Centre sites by Mulpha Australia has received unanimous approval from The Hills Shire Council. The multi-billion dollar development concept plan now goes to the NSW Department of Planning for determination.

The development concept for the 4.65hectare site at 4-6 Century Circuit, Norwest, adjacent to Norwest Boulevard and the Norwest Metro Station, includes office space, retail, residential and community space. There will be a public park adjoining Norwest lake, a childcare centre, a learn to swim pool, a hotel, library, exhibition space and public Plaza.

Stage 1 will include upgrades to Norwest Boulevard and Century Circuit. A statement from Mulpha Australia, the parent developer of Norwest Business Park, says it will take over 15 years to deliver. There will be 9 towers in total ranging in height from five storeys to 36 storeys. The area will be a mix of office, residential and retail providing 854 homes and provide work space for over 3,000 workers.

Tim Spencer, Head of Development at Mulpha, said the planning approval process could take up to five years but the proposal will

deliver a vibrant place for shopping, dining, recreation, and entertainment, attracting locals and visitors to the new urban centre for Norwest.

He said the plan is to ensure that when the supermarket closes for the development phase another one will open the next day.

Education and collaboration facilities are also a primary focus of the redevelopment proposal, with plans to include a Community Facility and Library, Education and Innovation Hub to provide a contemporary, flexible and collaborative workspace for students, business and the local community.

Planning for the future of the Norwest Markettown site started in 2017. Stage 1 of the proposed development will include a 23-storey hotel building and retail with construction estimated to start in 2029 following DA approvals. The Lakeside park is part of Stage 2.

The Lakeside Park will be part of Stage 2 of the redevelopment of Norwest Markettown

Mulpha's vision is to create "a dynamic and vibrant urban centre at the heart of Norwest" with a mix of retail, commercial, residential, hotel accommodation and community spaces interwoven with activated pedestrian walkways, expansive green spaces, and civic public places.

More than 50 percent of the overall site will be dedicated as publicly accessible space (including approximately 6,000sqm of waterfront parkland with direct frontage to Norwest Lake). More than half of the balance of the site will be dedicated to commercial and workplace-related uses, consistent with and to further enhance the employment focus of Norwest.

*Story continues on page 31*

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## SPEEDING P PLATERS

Four P-Plate drivers caught driving well over the speed limit by officers from The Hills Highway Patrol have had their Provisional driver's licence confiscated for a minimum period of 6 months.

In two instances the drivers were travelling at more than twice the sign-posted speed limit. Another driver was 75km/h over the speed limit and one was 57km/h over the speed limit. The fine for exceed speed by over 45km/h is \$2,530.

On **Sunday, 1st September 2024** a P2 driver was recorded travelling at 111 km/hr in 60 km/hr zone at 12.55am in Castle Hill. His speed was captured by police Lidar. **Infringement notice:** P2 driver exceed speed limit - over 45 km/h - Lidar.

On **Saturday, 31st August** at 10.15pm police caught a P1 driver driving in Kellyville at 117km/hr in 60km/hr zone, the infringements issued:

1. P1 driver exceed speed limit - over 4 km/h - Lidar.
2. Not comply P1 licence condition not display P plates.
3. Not comply P1/P2 high performance vehicle restriction.

On **Thursday, 29th August** at 1.55 pm in West Pennant Hills, police stopped a red P-Plater who had been recorded travelling at 115 km/hr in a 50 km/hr sign-posted zone, the infringement issued: P1 driver exceed speed limit - over 45 km/h - Lidar.

On **Saturday, 24th August** at 11.45pm in Glenwood Police caught a Green P-Plater travelling at 155km/hr in 80km/hr zone, the infringements issued:

1. P2 driver exceed speed limit - over 45 km/h.
2. Provisional P1 or P2 licence holder use mobile phone while driving.
3. Not comply P1/P2 high performance vehicle restriction.

## FAKE MONEY CHARGES

A 23-year-old woman has been charged by The Hills Proactive Crime Team in connection with multiple offenses, including larceny and the use of counterfeit money and is due before Parramatta Local Court this month.

Police allege the incidents occurred in July and August this year. Incident Details:

- On **July 10th at 1.40pm**, the female and an unknown co-offender entered a Rouse Hill hardware store and allegedly stole a Ryobi Battery twin pack, Ryobi Wrench, and other tool accessories.
- On **August 11, 2024, just after 3pm**, the female and an unknown female entered a pharmacy at Rouse Hill Town Centre and allegedly stole various high-end fragrances.
- On **August 19, 2024, at 7pm** the female allegedly entered Bunnings at Castle Hill where she selected several Ryobi power tools and paid with counterfeit \$50 notes. The employee immediately noticed the notes felt different and had the same serial number - All six counterfeit notes were seized.
- On **Saturday, August 24th, 2024**, the 23-year-old was arrested and charged in relation to these incidents.

Shop owners and fast food outlets are advised to be vigilant to fake currency.

## SCOOTER RIDER INJURED

A boy on a scooter was injured in a car crash in Glenwood on Wednesday, 4th September. Emergency services were called to McMahon Grove following reports of a two-vehicle crash at about 4.40pm. Officers attached to Riverstone Police Area Command were told a scooter and a red Corolla hatchback collided. The rider - an 11-year-

old boy - was taken to The Children's Hospital at Westmead in a stable condition. The driver - a 39-year-old woman - was subjected to a roadside breath test, which returned a negative result. As inquiries continue, anyone with information about this incident is urged to contact Riverstone Police Area Command and Crime Stoppers.

## BluLink Breakthrough

BlueLink is a new platform linking NSW Police and the community, enabling people to interact directly with police dispatchers and police responding to emergencies.

The official launch was last week and follows a 12-month trial across selected Metropolitan and Regional Commands.

BlueLink assisted with the investigation of the Bondi Junction stabbing incident earlier this year, the successful location of missing persons, and various rescues including lost bushwalkers.

During the trial the following has been achieved,

- More than 8300 locations obtained
- More than 100 High Risk Missing Person locations obtained
- More than 60 Missing Bushwalker locations obtained
- More than 78,000 Digital Victim Cards issued
- More than 700 Live Videos streamed
- More than 8000 digital media files uploaded
- More than 1500 Chat messages initiated

'BluLink' allows the public to provide police with GPS coordinates, live video streaming, digital media uploads, and text messages via a link sent to them from Triple Zero (000) dispatchers.

The platform can be used to help police confirm the exact location of an emergency, and for the public to send live vision to police of incidents as they unfold.

The information assists in the dispatch of appropriate resources by allowing police to better triage incidents, and potentially support subsequent investigations.

Pre-recorded video or photos can be uploaded to police via an attachment request, and the platform's chat functionality enables text messaging between police and members of the public in situations where voice calls are challenging. These chat messages can be translated into 150 different languages.

Powered by the GoodSAM platform, 'BluLink' is consent-based and easy to use, requiring members of the public to click on a link that is sent to them via their smartphones when they call Triple Zero (000). The platform is not an app, so members of the public don't need to do anything beforehand.

Minister for Police and Counter terrorism, Yasmin Catley, said the launch of 'BluLink' further strengthens the capability of police and emergency dispatchers by giving them instant, real-time access to unfolding emergencies.

"On average, police receive more than 1500 emergency calls for assistance every day; this technology will help triage and respond to incidents more effectively than ever before."

Commander of Technology and Communication Services Command, Assistant Commissioner Stacey Maloney, said: "We know that members of the community are our eyes

and ears and 'BluLink' is an innovative way in which further information can be provided to us during a Triple Zero (000) call, which assists us in enhancing our policing response."

Examples of successful uses of 'BluLink' during the trial include:

- A 16-year-old boy and his 13-year-old brother who became lost in the Blue Mountains after crashing their motorbikes. The younger boy suffered injuries to his face during the crash. A 'BluLink' location request was sent at 8.13pm as poor phone reception prevented further information from being obtained, with a location obtained at 8.16pm. Multiple agencies responded, and the boys were rescued by 9pm.
- Two teenage girls were threatened by two unknown males and escorted to an abandoned house believed to be in the Merrylands area. A 'BluLink' request was sent to one of the girls, which was able to pinpoint their exact location. Police attended and were able to arrest both offenders on scene.





# Fire Destroys Home

BY BEV JORDAN

**A family of seven lost everything they owned when a recent fire destroyed their North Richmond home.**

Ray Hines, his step-son Todd Pratley and five foster children, aged from seven to 16 years old have been left reeling by the incident which happened three months after Ray's partner and Todd's mum, Karrina, died suddenly at the age of 50 following a brain hemorrhage.

She and Todd were full-time foster carers and had been for years. They also cared for Ray who is in a wheelchair due to advanced Multiple sclerosis.

The family was still coming to terms with the sudden loss of Karrina when fire engulfed their home on Sunday, August 26th.

Over 35 firefighters from seven Fire and Rescue NSW and one RFS Brigade tackled the blaze which broke out just before 3.30pm at the two storey home in Flinders Place.

It is believed the blaze may have been caused by an electrical fault.

Todd said he and four of the children were at a new park less than a 5 minute walk from their home when he got a call from the 14-year-old who remained behind.

"He called me and told me the house was on fire. He grabbed the dog (Raff) and was sitting on the neighbour's lawn when we raced back. We could see the smoke."

The house was gutted.

Todd said the community had gone above and beyond to help the family.

"They have been brilliant," he said.

He said the community had provided them with a new home to rent, clothes, furniture and more. "The response has been overwhelming."

Ray was visiting a friend when the fire took hold. His electric wheelchair was one of the items destroyed. Family Friend Sharon Harris said Ray had kept a shrine to Karrina with her ashes on a table in his room. "It's like he has lost her twice," she said.

The family moved to Australia from New Zealand in 2011 following the Christchurch earthquake.

A neighbour started a fundraising page to help the family which has raised its \$10,000 target in a few days. The My Cause website page: **Help Family Who Lost Everything in North Richmond House Fire** has now reached over \$11,000 with 136 donations.

Britt said on the page: "The children have lost cherished items from their prior lives that can never be replaced, as well as all their everyday items from clothing to toothbrushes, backpacks to ipads/laptops."

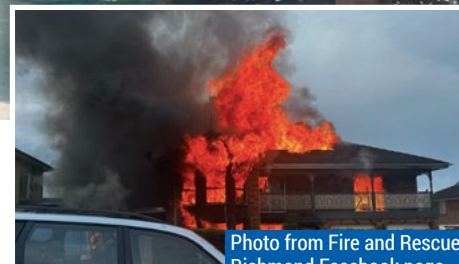


Photo from Fire and Rescue Richmond Facebook page

"I am hoping to raise some immediate funds to meet the families basic needs and provide other items to assist their wellbeing in the immediate aftermath of the fire."

"It's times like these, when people in our community are touch by tragedy, we are reminded how fortunate we are for the basics we take for granted. There is always something we can all do to make things a little easier for others."

## New Community Legal Service Opening in The Hills

BY SOPHIE POREDOS

**Hills Community Aid has an exciting new partnership with Western Sydney Community Legal Service, offering free legal advice in the Hills.**

Western Sydney Community Legal Centre provides representation for those in Western Sydney who face financial hardship or barriers, with offices based in Parramatta and Rooty Hill. To answer the growing demand of legal advice in the community, Hills Community Aid (HCA) has partnered with the Legal Centre as the first free legal service in the Hills. Solicitor Gladys Amal will be operating at the clinic on the first Wednesday of the month by appointment. Gladys expressed how the service will benefit the area and answer the growing demand for legal access for those suffering domestic violence:

"This is a much needed service for women and children who are experiencing family and domestic violence. Our service will offer assistance to those who may still be in a FDV situation or going through a separation".

Samiha Alameddine, who is the managing Family Law Solicitor at Western Sydney Community Legal Centre organised the outreach program with Hills Community Aid. With over 10 years experience in the field, Samiha's background in law revolves around family and

domestic violence, including previous experience in the Women's Domestic Violence Court Advocacy Service.

Samiha is excited to share the pro-bono service with Hills Community Aid as it reiterates the mission of her workplace:

"The focus of Western Sydney Community Legal Centre is to ensure that those in need have access to legal services and adjacent social services, to help with navigating the justice system and in doing so, improve their lives". "We were looking for a service in the area where we could support people experiencing family and domestic violence with legal advice. Hills Community Aid was recommended to us and we are very excited to be working with them on this collaboration, and are looking forward to servicing the Hills area".

Mici Beer who has facilitated this journey, is the Executive Officer & Program Director for Hills Community Aid. Mici experienced firsthand the growing number of people asking for legal advice, and is excited for this opportunity to meet that demand.



SAMIHA ALAMEDDINE, the Managing Family Law Solicitor (left) and SOLICITOR GLADYS AMAL (right) who will be servicing HCA.

"Hills Community Aid saw that there was a need in our community for free legal advice in the Hills, especially with the growing number of people needing family support services. We want to make sure people are getting the correct advice with Western Sydney Community Legal Centre. We look forward to the partnership and the support we are going to be able to offer our community in the future".

Appointments will begin on the 4th of September where people can book with HCA for free legal advice on areas of family law and domestic violence. The clinic will be run on the first Wednesday of each month, with appointments available by contacting Hills Community Aid on 9339 8620 or [enq@hca.org.au](mailto:enq@hca.org.au).



# LOCAL GOVERNMENT ELECTIONS

Saturday, 14th September 2024

Voting is compulsory in the Local Government elections, with polling day on Saturday 14th September.

For those unable to vote on the day, Pre-Polling opens for the Local Government elections this Saturday (7th September) while applications close for postal voting on Monday (9th September).

As there are multiple candidates standing in surrounding council areas the Hills to Hawkesbury Community News coverage will focus on the main council areas we are distributed in: Hawkesbury City Council and The Hills Shire Council areas.

To find out what electorate you live in visit the NSW Electoral Commission website at [elections.nsw.gov.au](https://elections.nsw.gov.au) where you can search for the details of which council you are in and where to vote by filling in your address.

## VOTING FOR A NEW MAYOR

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

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

Current Greens Councillor and local vet Dr Mila Kasby has gained the number 1 position on the ticket. Second spot in the draw was won by former Mayor Liberal Dr Michelle Byrne. Third

spot on the Mayoral ticket is Labor's Immanuel Selvaraj.

Current Hills Mayor Dr Peter Gangemi will stay on as Hills Shire Mayor until after the election result is ratified by council which could be at the end of September or early in October.

We asked the three Mayoral candidates in the Hills to send us details on why they are standing. We have printed what they sent in the order their names will appear on the ballot sheet. This is what they said.

## DR MILA KASBY:

"We should all have a say in shaping where we live and it's been a privilege to stand for this as a councillor for the last 3 years. I'm a veterinarian, volunteer bushfire fighter, Mum and lifelong resident.

Council exists to serve our community, and as Mayor I'll value resident's input and improve this relationship. I'd like to see decision making with a social conscience, especially for those dealing with family violence and cost of living pressures.

Our council has no climate plan - we are way behind many other councils. We need to better prepare for heatwaves, bushfires and floods, to keep our community safe.

We must stand up against poor planning decisions and prioritise building more sustainable, affordable, energy efficient homes, supported by the necessary infrastructure without sacrificing what makes our community a great place to live and work. This includes valuing our green spaces, reducing waterway pollution and protecting what we love, including critically endangered forest at Fred Caterson Reserve.

*I've stood for integrity, transparency and proven I'm on our community's side - this is what you'll get from me if I'm elected as Mayor.*

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GROUP B

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**DR MICHELLE BYRNE:**

"I have been fortunate enough to have lived in the Hills for almost my entire life, have previously served as Mayor and am involved in numerous community groups. I am passionate about serving our community, getting good outcomes, and ensuring the Hills remains the best place on earth to live, work and play. Not just for current residents but future residents as well.

The Hills, however, is facing its greatest challenge, complete over development without the necessary supporting infrastructure.

If elected I will be taking the fight up to the State Government, pushing back on the 20,000+ dwellings planned for the TOD Precinct between Bella Vista and Kellyville Metro Stations. As well as lobbying State and Federal Funding to provide the necessary infrastructure to support our community including schools, open space, sporting fields, community amenities and jobs.

*"In addition to the above, improving our road networks, increasing community engagement as well as ensuring Council keeps its rates and charges as low as possible would also be key focuses."*

"I currently live in Baulkham Hills with my husband Matt and our 3 daughters."



**DR MICHELLE BYRNE**

**DR MILA KASBY**



**IMMANUEL SELVARAJ**

**IMMANUEL SELVARAJ:**

"I am a long term Hills resident and live with my wife and daughter in Baulkham Hills. I have worked in corporate executive roles for over 25 years and I am a small business owner. I am President of the Greater Cumberland Chamber of Commerce and the Hills District Toastmasters.

I am also keen to preserve our green spaces while ensuring that development progresses only around the traffic corridors.

It is important that small businesses get more support and I am also determined to reintroduce shuttle services to bring people

*I am passionate about ensuring Council advocates for infrastructure such as the widening of roads, more parking, sporting fields, parks and buses to keep up with development."*

from newer suburbs to Metro stations, increase the number of cycleways, build bus shelters and footpaths, especially in newer suburbs, and provide more exercise areas for adults. I am also determined to stop fines for late returns of books in Hills libraries.

Most Sundays I can be found teaching Sunday school at Reach church in Parramatta."



# Tina Cartwright

## Lead Labor Candidate for Central Ward

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# Labor

Following the 2023 State Election where Tina recorded a record swing to Labor, she has been encouraged by local supporters to run as a candidate for the Central Ward in local government elections for the Hills Shire Council. Tina is a passionate and fearless advocate for positive change and wants to ensure the community is provided with a far greater role when it comes to engagement, communication and representation on council.

Hills Shire Council has been besieged by allegations of impropriety, corruption, lack of accountability and transparency over the years and it is time public confidence and trust is restored to Council. The council approved Toplace Developments has left an indelible stain across the Hills Shire and the mere suggestion of 'friendly' developer councillors being installed in 2021 is as serious as it could possibly get.

Tina wants to bring about immediate change including live streaming of all council meetings, a public register of all meetings between councillors and developers as well as a clear change to the Meeting Code of Practice. This change would enable members of the community to speak and address council on matters brought forward by councillors which has

been amended in this term by council to prevent the community from having their say. Saving Fred Caterson Reserve, shuttle bus services to metros, housing affordability and work opportunities for our younger generation are dear to Tina's heart.

If elected, Tina will work with the Labor State Government to obtain the much-needed services and infrastructure for the Hills Shire that has been lacking for over a decade.

The Hills Council area is a great place to live and Labor candidates believe in providing more homes and housing choices for local key workers, young people, and families to live closer to their jobs and within the communities they choose.

By voting Labor at this council election, voters can be assured that they will be supporting councillors who are committed to building liveable and sustainable communities that have well-built and designed homes, with parks and open public spaces, connected to local roads, buses, additional public transport, as well as footpaths and shared cycleways.

As a mother and wife who has lived in the Hills community for 22 years, Tina resides in the Central

Ward with her two children and their two fur babies. Tina feels that the sitting Liberal Councillors who are now candidates in Central Ward, reside well outside our Ward with one residing in the lower Blue Mountains, which again demonstrates that our community are being taken for granted.

Tina has worked in small and large business, is studying a nursing degree in addition to her community work across a range of organisations and causes including a member of Rotary, homelessness, domestic violence initiatives, Rugby League Trytime for disabled youth and Special Olympics.

**For more information about Tina and her agenda, just scan the QR Code.**



Authorised by Tina Cartwright, 23 Bellerive Avenue, North Kellyville, NSW, 2155.



## COUNCIL CANDIDATES

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

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

The following are the candidates for each Hills Shire Ward listed in the order they will appear on the Ballot paper. There are 34 candidates vying for 12 seats in the Hills Shire Council election. While Labor and Liberal candidates will have candidates in all 4 wards, The Greens are contesting 3 wards and an Independent candidate, Seema Raghav, will be standing on environmental issues in West Ward. The List of Hills Council candidates is below.

**NORTH WARD CANDIDATES:** 3 councillors to be elected. \* Denotes sitting councillor. 2 former councillors are also running.

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

**CENTRAL WARD CANDIDATES:** 3 councillors to be elected. \* Denotes sitting councillor.

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

**WEST WARD CANDIDATES:** 3 councillors to be elected. \* Denotes sitting councillor.


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

**EAST WARD CANDIDATES:** 3 councillors to be elected. \*Denotes sitting councillor. 2 former councillors are also running.

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



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



# Jane Grevtseva

## Your Lead East Ward Labor Candidate

ADVERTISEMENT

# Labor

In a community renowned for its strong values and close-knit spirit, Jane has emerged as a leading figure dedicated to making a difference. A resident of Baulkham Hills, Jane is known for her unwavering commitment to enhancing the lives of those around her, despite not owning any registered businesses and pioneering exclusively on a volunteer basis. Instead, she has built an impressive professional network, connecting with CPA forensic and chartered accountants, the Corruption Prevention Network (CPN) ICAC, the Ombudsman, and various other state departments.

Her vision is clear: to restore the reputation of the Council, rebuild public trust, and enhance community consultation and engagement. Jane envisions a future where the Council is recognised for its strong leadership rather than for parliamentary enquiries leading to ICAC investigations.

With over 10 years of experience as a Certified Statutory Auditor and Certified Practicing Accountant, Jane brings a wealth of knowledge and dedication to her role as an auditor in Homes NSW: Department of Communities and Justice. Her professional journey also includes experience as a consultant with one of the Big Four accounting firms.

Beyond her professional commitments, Jane's heart lies in her community. She serves as Chairperson in Strata Scheme, volunteers at local

Authorised by Martin Cartwright, 23 Bellerive Avenue, North Kellyville, NSW, 2155.

shelters, including the Blue Peony Foundation charity, and participates in various community service initiatives. Her passion for politics is driven by her deep commitment to social justice, equality, and the well-being of her neighbours.

Looking ahead, Jane dreams of running for office to create meaningful change and champion the needs of the Hills Shire community. She is eager to connect with new people, learn from their experiences, and build strong, supportive partnerships. Her extensive technical background as an auditor and CPA, combined with her compassionate leadership and empathetic nature, positions her to make a lasting impact in her community. If elected, she will be the bridge in the main partnership between the local and newly elected state government in making The Hills Shire prosper.

A devoted mother, wife, and sister, Jane lives in the welcoming Hills community with her husband and their two sons. Jane is an animal lover who shares her home with three cats. Her dedication to both her family and her community, coupled with her professional expertise, makes her a remarkable figure in the Hills area. As Jane continues to pursue her vision of strong leadership, community engagement, and environmental stewardship, she remains a pillar of the Baulkham Hills community, working tirelessly to ensure a better quality of life for all residents.



## HAWKESBURY CITY COUNCIL

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

There are 10 groups with a total of 62 candidates in the election for the 12 seats on Hawkesbury City Council. With so many candidates we have only listed the top 4 in each group in the order they will appear on the ballot paper. To see full list visit of candidates visit [elections.nsw.gov.au](https://elections.nsw.gov.au) and select Hawkesbury.

\* Denotes sitting councillor.

- GROUP A: **The Greens:** \*Danielle Wheeler, Allister Claasz, Matilda Julian, Debbie Paton.
- GROUP B: **Independent:** \*Mary Lyons-Buckett, Tom Acel, Emma-Jane Garrow, Peter Ryan.
- GROUP C: **Labor:** \*Amanda Kotlash, Wendy Davies, Simon Griffin, Anita Artlett.
- GROUP D: **Independent:** \*Les Sheather, Andrew Cadman, Kris Waters, Gerard Hodgskin.
- GROUP E: **Independent:** Bob Gribbin, Melissa Crane, Lynette (Lyn) Brand, Wendy Campbell.
- GROUP F: **Shooters, Fishers and Farmers:** \*Shane Djuric, Bradley McGregor, Brooke Djuric, Stephanie Hill.
- GROUP G: **Independent:** Angela Maguire, Meera Webster, Melanie Carr, James Cleaver.
- GROUP H: **Independent:** \*Nathan Zamprogno, Donna Pellew, David Ball, Philip Price.
- GROUP I: **Liberals:** \*Sarah McMahon, Mike Creed, \*Jill Reardon, \*Paul Veigel
- GROUP J: **The Small Business Party:** \*Eddie Dogramaci, Rodney Galea, Peter Muscat, Hanif Bismi.

Current Deputy Mayor Barry Calvert will not be running for the Labor Party and former Liberal Mayor Patrick Conolly has also decided not to run.

To find out who all your candidates are visit <https://elections.nsw.gov.au/>

You can also check your enrolment details on the site and update your details.

There is pre-polling available before election day but residents can only vote in the ward they live in on election day, Saturday, September 14th. You can check your ward and voting site on the Electoral Commission website. Voting is compulsory.

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

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

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

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

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

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

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

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

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

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

Visit the Electoral Commission website [elections.nsw.gov.au](https://elections.nsw.gov.au) to find out where your polling booths will be on election day, Saturday, September 14th.

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## HOW TO VOTE LIBERAL



There is one step to voting Liberal, please follow these simple instructions.



Vote **1** LIBERAL on  
**SATURDAY 14 SEPTEMBER**

**MICHELLE BYRNE  
FOR MAYOR**

**The Hills Shire Council  
ELECTION OF MAYOR  
CANDIDATES**

- ☐ KASBY Mila  
THE GREENS
- ☒ **1** BYRNE Michelle  
LIBERAL
- ☐ SELVARAJ Immanuel  
LABOR

Just put a  
number '1'  
in the box  
as shown

## Hills Liberal's Platform

- Keep rates and other charges including waste levies **as low as possible**
- Make the Hills Shire Council **the most business friendly council** in our region
- Fight the state government Minns precinct plans around the Metro stations and our suburbs to ensure we get the level of development right which can be supported by **jobs, infrastructure, public amenities and open space**
- Fight for more funding from State and Federal Government to **support our growing community**
- Work towards **delivery of critical infrastructure** to support the population growth including open space, sporting fields, libraries, swimming pools and community space
- Improve the road network **to reduce traffic** to ensure residents spend more time at home with family than on the roads.

Authorised by Michelle Byrne, 11 Crestwood Drive, Baulkham Hills NSW 2153.



## DEMOCRACY SAUSAGE

As with all elections it's a great opportunity for community groups and school P&C Associations to make the most of having hundreds of extra people visit their venues if they are a polling station.



You can only vote in your Ward on Polling day in the Hills, Hawkesbury residents can vote at any booth in the Hawkesbury City Council area.

The following list of voting day sausage sizzles is from democracysausage.org

**Jasper Road Public School, Baulkham Hills** (Hills West Ward) has an active P&C which regularly turns its playgrounds into community gatherings and great fundraisers as voters and campaign volunteers take advantage of the sausage sizzle and cake stalls. They will be serving egg and bacon rolls, sausage sandwiches and savoury vegetarian options. There will be a variety of homemade goodies available from 8am to 4pm (while stocks last).

**Dural Public School:** (Hills North Ward) Sausage sizzle, cake stall, bacon and eggs, and lolly bag and raffle from 8am-2pm.

**Windsor South Public School P&C** (Hawkesbury) is holding a sausage sizzle to raise funds for the school. There will be a sausage sizzle, cake stall, coffee, bacon and eggs, and cold drinks from 8am to 5pm.

**Richmond's St Andrew's Uniting Church** in Market St (Hawkesbury) is holding a sausage sizzle to raise funds to maintain its historic buildings. On offer is a sausage sizzle, cake stall, and bacon and eggs from 8am to 2pm.

**Kurrajong Public School** (Hawkesbury) sausage sizzle run by the school P&C raising funds to support students at the school. There will be a sausage sizzle, cake stall, bacon and eggs, and krispy kreme doughnuts from 8am to 1pm.

## THE ANNUAL PENRITH DOLLS, BEARS, CRAFT & COLLECTABLES FAIR

The annual Penrith Dolls, Bears, Craft & Collectables Fair will be held on 22nd September. This is our farewell fair after 30 years, so don't miss out, this is your last chance to get the bits you always meant to get or pick up a bargain .

There is a wide variety of dolls from antique to reborn and everything in between, doll houses and miniatures, handmade bears, toys and more. Pick up some pointers from the Nepean Embroiderers Guild or some interesting woodworks from the Nepean Men's Shed.

Come and enjoy a BBQ, sandwich or an awesome Devonshire Tea while raising much needed funds for Ovarian cancer research and local Domestic violence victims. Ovarian cancer is the second biggest killer of women in Australia with only 49% survival rate and Domestic violence is an issue in the community.

Sunday 22nd September 10am-3pm  
Nepean Creative & Performing Arts High School 115-119 Great Western Highway, Emu Plains.

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## HOW TO VOTE LIBERAL



There is one step to voting Liberal, please follow these simple instructions.

Vote **1** LIBERAL on

**SATURDAY 14 SEPTEMBER**

OUR TEAM FOR NORTH WARD	NORTH WARD	OUR TEAM FOR EAST WARD	EAST WARD
	<p>Just put a number '1' in the box as shown</p> <p><b>GROUP C</b></p> <p><b>1</b></p> <p>LIBERAL</p> <p><b>GROUP C</b></p> <p><input type="checkbox"/> BLUE Mitchell LIBERAL</p> <p><input type="checkbox"/> JACKSON Jacob LIBERAL</p> <p><input type="checkbox"/> COLLINS Brooke LIBERAL</p>		<p>Just put a number '1' in the box as shown</p> <p><b>GROUP C</b></p> <p><b>1</b></p> <p>LIBERAL</p> <p><b>GROUP C</b></p> <p><input type="checkbox"/> UNO Samuel LIBERAL</p> <p><input type="checkbox"/> HASELDEN Alan LIBERAL</p> <p><input type="checkbox"/> WEI Leo LIBERAL</p>
OUR TEAM FOR WEST WARD	WEST WARD	OUR TEAM FOR CENTRAL WARD	CENTRAL WARD
	<p>Just put a number '1' in the box as shown</p> <p><b>GROUP B</b></p> <p><b>1</b></p> <p>LIBERAL</p> <p><b>GROUP B</b></p> <p><input type="checkbox"/> DE MASI Frank LIBERAL</p> <p><input type="checkbox"/> BONEHAM Rosemarie LIBERAL</p> <p><input type="checkbox"/> RICHMOND Trent LIBERAL</p>		<p>Just put a number '1' in the box as shown</p> <p><b>GROUP A</b></p> <p><b>1</b></p> <p>LIBERAL</p> <p><b>GROUP A</b></p> <p><input type="checkbox"/> JETHI Reena LIBERAL</p> <p><input type="checkbox"/> COX Jerome LIBERAL</p> <p><input type="checkbox"/> VISWANATH Manjula LIBERAL</p>

Authorised by Michelle Byrne, 11 Crestwood Drive, Baulkham Hills NSW 2153.



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& Tour**

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### Register Today

📅 Tuesday 3 September

📅 Thursday 19 September

📅 Wednesday 11 September

📅 Friday 27 September

🕒 10:00am, 10:45am, 2:00pm, 2:45pm

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

**Call 1300 111 278**

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





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**livingchoice.com.au**



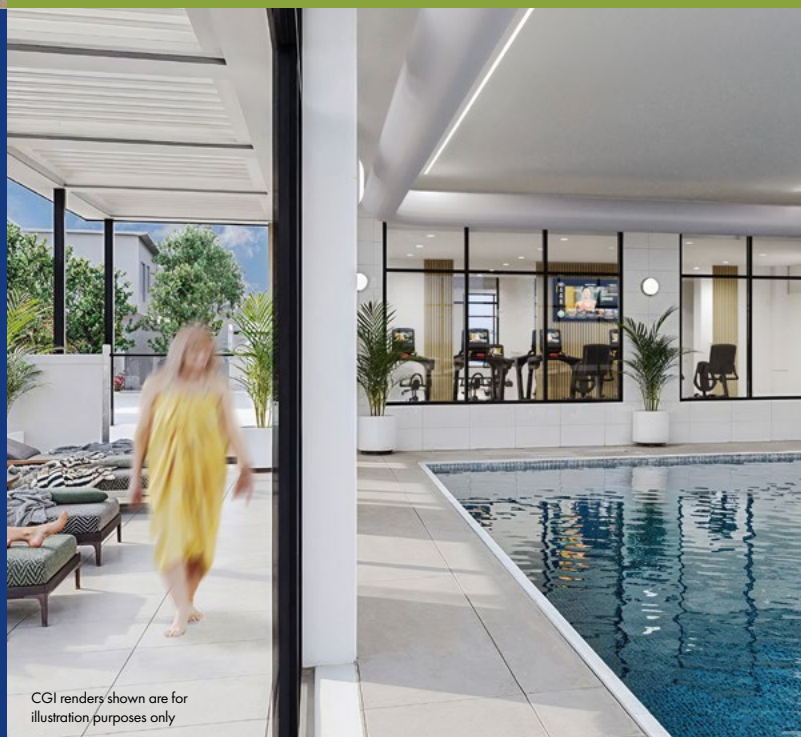
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# CELEBRATING EARLY CHILDHOOD EDUCATORS

## AN OPEN LETTER TO OUR EDUCATORS

Dear Educators,

**This week we celebrate YOU, our Early Childhood Educators with great appreciation.**

Every day you play a crucial role in the development and growth of young children, providing the foundation for lifelong learning, social skills, and emotional well-being.

During a child's most formative years, they absorb knowledge and experiences that shape their future, and together with parents and carers, you are always there to guide and nurture them through this critical period.

As exceptional educators you do more than just teach; you create safe, supportive, and stimulating environments where children can explore, discover, and grow. You understand the unique needs of each child, tailoring your approaches to foster individual strengths whilst also addressing challenges when needed. By instilling a love for learning early on, you support children to transition successfully into school leaving them with a positive attitude towards education.

Your value as early childhood educators extends beyond the classroom. I see you work closely with families, offering guidance and support to ensure that learning continues at home and families are supported in any way they may need. I hope you know your impact is profound and lasting, shaping not only the children you teach but also the future of our society. How lucky we are to have you!!

To EVERY Fit Kidz Educator, thank for your dedication, care, and passion. You shape young minds, inspire curiosity, and provide a strong foundation for future learning. Your work often goes unnoticed by society but it's truly invaluable, please don't ever doubt that.

This week (and always), we celebrate YOU and the incredible impact you have on children's lives every day.

With great appreciation,

*Mick & Mel Scaife*



P: (02) 9627 0777  
1 Money Close, Rouse Hill NSW 2155

[www.fitkidz.com.au](http://www.fitkidz.com.au)





# Community Education Trainer of the Year Award Finalist

BY SOPHIE POREDOS

**Local Baulkham Hills resident, Sue Bryant, is a dedicated trainer in childhood education and also a Finalist of the 2023 Community Education Trainer Award.**

SUE BRYANT



With over 32 years of experience in early childhood services, Sue Bryant was drawn into the industry after completing her HSC in 1991, "My dream has always been to work with children and young people. Growing up, I always had an interest in working with children, and often babysat at 14 years old. In Year 10 I completed my first work experience at a pre-school which confirmed that my dream of working with children was real!"

Sue is currently the assessor and Lead Trainer for the Certificate III and Diploma in Early Childhood Education and Care at Macquarie Community College (MCC). Sue's team currently supports over 500 active students, many of whom come from culturally and linguistically diverse backgrounds. This year, after working at MCC for five years, she was even elected onto the Macquarie Community College Board of Directors by her colleagues. Sue expressed her passion for

both her workplace and the opportunity to work alongside her colleagues in delivering professional training:

"Being a leader in a team of 15 early childhood trainers brings me joy each day. The team is a very cohesive one that certainly achieves the mantra: 'teamwork makes the dream work'... Even though my time on the board to date has been minimal, I have loved every minute of it and look forward to continuing to work in partnership with the other MCC board members!"

Her dedication to serving her local community and upskilling workers led Sue to become a Finalist for the 2023 Community Education Trainer of the Year Award. The award, given by Community Colleges Australia, recognises 10 outstanding members from across the industry. Sue was nominated by her manager Stuart, as she recalled the exciting phone call:

"When I received the phone call from Stuart to ask my permission for the nomination, I was completely blown away and surprised that he asked me! To be recognised at this level is a very special time in my life that I will never forget. The award night itself was truly wonderful as I was supported by my husband,

my parents, and management of MCC. I was up against some tough competition and while I didn't take home the top prize, and I congratulate those that did, In my mind and heart I was a winner by getting thus far".

Sue Bryant has been a Hills resident for the past 26 years and is also a married mother with three grown-up children. However, her schedule continues to keep her busy with various volunteering opportunities, including her role as NSW Playgroup Coordinator for Baulkham Hills, Vice President and assistant coach for a local netball club, and a Band Coordinator for a local public school.

While Sue is honoured by her award, she wants to use her platform to encourage a shift in the attitudes people may have towards childcare workers as 'babysitters':

"As a society we need to further our understanding of the role of the Early Childcare sector. We are professional, trained educators who take the time to apply our knowledge, skills and expertise to our little people and create inviting, warm and engaging play-based learning environments. It is certainly not an easy role but one that is so very rewarding. After 32 years in this sector, I wouldn't have it any other way."

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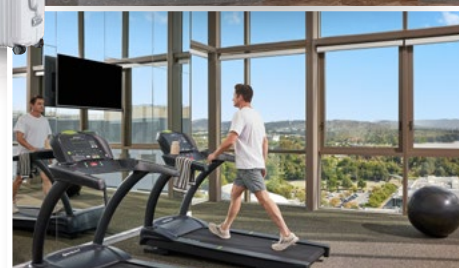
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# GAS CONCERNS

DR KIM LOO

## INTRODUCTION

Three years ago, my 80-year-old mum turned on her gas cook top, and all 4 burners lit up.

Mum had been cooking with gas for years. I was always afraid of her forgetting to turn off the gas or that she would accidentally leave a tea towel next to the cook top and start a fire. I was also worried about her breathing the fumes from the gas cooktop.

Mums' memory is not as good these days which amplified my concerns.

I had been trying to get her to switch to induction cooking for years because it is so much safer. The 4 burners lighting up scared her and she made the decision to switch to an induction cooktop herself.

## THE PROBLEM

There are no guidelines for indoor air pollution in Australia. Most people are not aware that there are harmful levels inside their own homes from indoor gas for cooking and heating.

## ASTHMA AS GAS COOK TOPS

Nitrogen dioxide released by gas cooktops is a potent respiratory irritant that can directly cause airway constriction. In population studies it is associated with both the development of asthma and with asthma attacks. For a child with current asthma who lives in a home with a gas stove, 30% of their risk of asthma is from the stove. My adult patients with asthma have improved when they are no longer exposed

to their gas cooktops. Gas cooktops also leak pollutants when they are not turned on.

## Gas Room heaters

It has been shown in a study in school children who have flued gas heaters (combustion products are pumped outside) had less respiratory symptoms than children who had unflued gas heaters in their class rooms.

The microparticulate pollutants are also harmful. These tiny particles can be easily inhaled and travel into our blood stream. This can worsen those with pre-existing respiratory and heart problems in adults.

Gas cooktops also leak pollutants when they are not turned on. There are now monitors that you can buy to measure the NO<sub>2</sub>, VOX and particulate matter 2.5 and 10 microns in your home.

## SOLUTIONS

1. Improve ventilation: If the kitchen has a range hood ducted outside the house, it should be turned on every time the stove is used. Opening a window or door also helps.
2. If it's an option, replace gas stoves with induction versions. A cheaper alternative is to use a portable induction cooktop which plugs into a power point. These cost about \$100 and can greatly reduce the need to use a gas stove.
3. Remove unflued gas room heaters. Where the heater has a flue, combustion products



are removed, unless they are faulty. These heaters need to be serviced every two years.

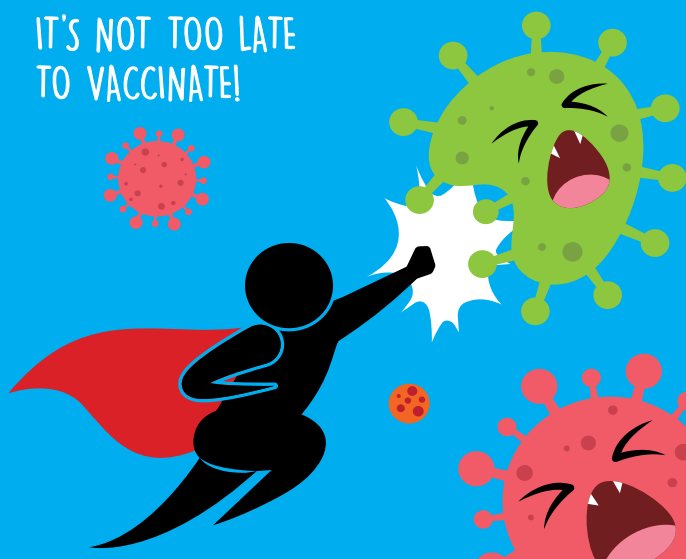
4. Change to a reverse cycle air conditioner. They are now very energy efficient and the cheapest way to heat and cool a house. It is also important to make your house as thermally efficient as possible.
5. Buy an air purifier with a HEPA filter. There are many now that are dual purpose with air quality monitor. This could be the first step for some people as other steps will take more time.

I now no longer worry about my mother when she is cooking. She also has a reverse cycle air conditioner. And clean air in her house.

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# Lessons for Life

BY MACKENZIE HOLLAND

It was a wakeup call for the Windsor Probus Club when some of their members underwent distressing situations requiring them to perform CPR.

In response they have taken steps to better prepare themselves by learning the skill of cardiopulmonary resuscitation.

These are the situations no one wants to find themselves in, but having the skill of CPR has become very important to the club.

Maria, a Windsor Probus Club member said, "My husband recently had a cardiac arrest, and I had to do CPR on him until the ambulance arrived. Doing this course, you can save someone's life."

The President of Windsor Probus Club, Elaine Davey, said eight members recently undertook the CPR course on Wednesday, 4th September and had the opportunity to practice and refine their life-saving skills.

They were provided manikins to learn correct placement, pressure and rhythm. The hands-on approach allowed them to put their skills into action and test their strength.

Bob, another Probus club member said: "Like many in the Hawkesbury, we are 16km out of town. We need to be able to render first aid if required. So, it's vital to know enough to help."

Elaine said cost and location cause accessibility issues for the club. "It is difficult because the councils do run them for free,

but you have to travel to them, and the frequency of the courses run per year are limited or booked out".

Windsor Probus Club opted for a course with Embrace First Aid to learn the basics of CPR, rather than a full First Aid course. Cost played a factor, but Elaine agreed that learning how to perform CPR was an important issue.

"What I'd like it to do is get people thinking because you always think 'Oh it would never happen to us' until it does." Her ambition is to spread awareness and encourage others in our community to take up a course themselves.

The course took place at Windsor RSL which is where the Windsor Probus Club and its 54 members meet once a month.

Elaine says that the club is not just about fun and fellowship, but it is also about education. This CPR course not only allowed some members to learn a new skill they may

not have previously had, but it also was an opportunity for fellowship and bonding.

If anyone is interested, The Windsor Probus Club meets at the Windsor RSL on the first Wednesday of each month at 10am. The club also has a book club, croquet club, and frequently organises morning teas and day trips.

For more information and to explore further the club has a section on the Probus South Pacific webpage or their email is [Windsorprobus2756@gmail.com](mailto:Windsorprobus2756@gmail.com).



Embrace First Aid Instructor Martin Duncan with Windsor Probus Club President Elaine Davey

## ATTENTION

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- Where: Castle Hill Bowling Club
- When: 14th & 15th of September
- Time: Sat, 10-5 & Sun, 10-4
- 2 Lucky door Prizes
- \$5 entry ticket, covers the whole weekend, Kids under 18 are free
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# Crystal Fest!

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# The Health Implications of Hearing Loss

BY SANDRA RAZZAGHIPOUR  
(AUDIOMETRIST)

We often take certain aspects of our health for granted until something goes wrong. I remember never really thinking about the process of swallowing until I had surgery that prevented me from swallowing for two days. I couldn't even swallow water! It's similar with hearing—we may think of it as simply a means to hear speech and sounds, but hearing has a much broader impact on our overall health. If something goes wrong with our hearing, it can negatively affect various other aspects of our lives. In this article, we'll explore some of the significant impacts that hearing loss can have on the whole person.

## Dementia

(Based on "Hearing loss and dementia prevalence in older adults in the United States" by Alison Huang, PhD, MPH)

- About 40% of dementia risk factors are thought to be modifiable.
- Hearing loss accounts for 8% of these modifiable risk factors.
- Social isolation, which is often exacerbated by hearing loss, accounts for an additional 4%.
- This means 12% of dementia risk factors are related to untreated hearing loss.
- The prevalence of dementia among participants with moderate/severe hearing loss was 61% higher than among those with normal hearing. However, hearing aid use was associated with a 32% lower prevalence of dementia in participants with moderate/severe hearing loss.

## Social Isolation, Loneliness, and Depression

- Untreated hearing loss often leads to difficulties in conversations, causing many people to withdraw from social events.
- As we age, our physical abilities may decline, making verbal communication at social events even more crucial.
- Studies (Bennett et al., 2021) show that untreated hearing loss is associated with higher rates of depression compared to those with normal hearing.

## Risk of Falls and Hospitalisation

- Over a 10-year period, individuals with untreated hearing loss were 47% more likely to be hospitalised.
- Hearing loss decreases spatial awareness, making it harder to locate sounds, which can contribute to feeling unsafe in public spaces, such as when crossing roads.
- The fear of falling creates an emotional burden. The desire to stay independent often conflicts with the fear of falling and the potential embarrassment and medical consequences that come with it.

Looking at these impacts, it's clear that hearing loss is far more than just having to ask, "Beg your pardon?" from time to time. Not being able to spend quality time with loved ones because it's too difficult to understand them is just one aspect. By taking care of your hearing, you can

stay more engaged in social activities, reducing your risk of dementia and loneliness. Additionally, reducing the likelihood of falls can help maintain your independence and alleviate the fear of falling. These are just a few of the many benefits that go beyond simply improving your hearing.

If you'd like to discuss any of these aspects further, don't wait—call our friendly team today to book your appointment at Ear Studio. We are proudly independent and locally owned, with a deep commitment to helping people regain their lives through better hearing.

We're conveniently located in Latwon House, Castle Hill, with off-street parking available. Suite 10 / 60 Cecil Ave, Castle Hill 2154. Contact us on 02 9159 6122, email [reception@earstudio.com.au](mailto:reception@earstudio.com.au), or book online at [www.earstudio.com.au](http://www.earstudio.com.au). We look forward to helping you on your journey to better hearing!



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# Orange Blossom Festival Fun

This weekend (September 7th and 8th) is busy with The OBF Night Markets at Castle Hill Showground on Saturday featuring Emma Memma (the much loved Emma Wiggle) and Dauntless Movement Crew. There will be food stalls, rides and entertainment between 3pm and 9pm.

On Sunday runners will be heading to Bella Vista Farm Park for the annual **Run For The Hills**. The event is organised by Castle Hill Rotary Club with funds going to various charities. More than 500 people, from serious runners to fun run families aim to tackle one of the three courses from 3.4km to 10.2km. [www.runforthehills.com.au](http://www.runforthehills.com.au)

Also on Sunday (8th September) is the popular **Kenthurst Fair** is running from 10.30am to 3pm starting with a street parade to John Benyon Rotary Park in Kenthurst Road.

Run by the Rotary Club of Kenthurst, it will feature market stalls, rides and entertainment.

The **Orange Blossom Festival Art Awards** open on Friday, September 13th, 9am to 4pm at the Castle Hill Art Society's headquarters at Castle Glen Community Centre, Ridgeway Drive, Castle Hill. The exhibition will be open until Sunday 15th September and closes at 4pm.

**Jazz at The Pines** is on Sunday 15th September in the grounds of historic Roughly House, Dural from 12.30pm to 4pm. The event is for 55s and over with free entry. Bookings are essential via the website [orangeblossomfestival.com.au](http://orangeblossomfestival.com.au)

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10AM-3PM**

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0407 498 021  
[gallad@optusnet.com.au](mailto:gallad@optusnet.com.au)



The Friends of Castle Hill Library are holding a **Pop-up book sale** at Castle Hill Library on Saturday, September 14th, 9.30am to 3pm.

The fabulous **Orange Blossom Festival Parade** is returning to Rouse Hill Town Centre on Saturday, 21st September.

There will be community entertainers and performers, as well as the beloved children's characters, Bluey and her little sister Bingo.

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

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

"The OBF Parade is a wonderful Hills Shire tradition that returned in 2023 with a modern twist, showcasing local dancers, musicians, performers and community groups for a day of family fun."

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

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







**OBF TASTE OF WISEMANS** will be happening on Sunday, 29th September from 10am to 3pm at Wisemans Park. Taste of Wisemans is an exciting addition to this year's OBF calendar. The aptly named 'foodie event' will showcase the region's best produce and spirits.

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

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

The Ferry Artists, a local volunteer-run art gallery, are offering free art sessions for children and adults on the day. The event will be held at Wisemans Ferry Park on Sunday the 29th of September, 10 am to 3 pm. Parking is available at the Wisemans Ferry Boat Ramp Car Park, a two-minute walk from Wisemans Ferry Park and will cost \$6 for the day.

The **Western Sydney Symphony Orchestra** will be holding a very special concert on Sunday, 29th September, 7.30pm to 9.30pm at the Pioneer Theatre, 14 Pennant St Castle Hill (underneath Castle Hill Library). Tickets are \$20 student, \$30 concession and \$40 adults with Family tickets available. For details visit [www.orangeblossomfestival.com.au](http://www.orangeblossomfestival.com.au)

Hills Community Aid is holding a Family Fun Day and Open Day at Balcombe Heights Estate on Monday, 30th September from 10am to 1pm.

## OBF GARDEN COMPETITION

Entries close for this year's **Orange Blossom Festival Garden Competition** at 5pm on Friday, 13th September.

The Sydney Hills Garden Competition is run by The Rotary Club of the Hills-Kellyville every year and has a variety of categories for gardeners from small town houses to residential gardens, to gardens of industrial, commercial and retirement complexes.

The competition covers a diverse range of categories for all types of gardeners – even young gardeners in the schools category. Specialty gardens such as cottage, communal and environmentally friendly gardens are also included.

The competition is open to gardens located in the Hills Shire and adjoining parts of the suburbs of North Rocks, Carlingford, Northmead, Winston Hills, Baulkham Hills, West Pennant Hills, Cherrybrook, Glenhaven, Dural, Arcadia, Galston and Glenorie.

Gardeners are judged by professional and experienced horticulturists and landscapers. In the past judges have included local gardening gurus Judy Horton, Ross Miller, the late Bruce Pike as well as Horticulturalist Lucia Fowler.

Judging will be held between 16th and 20th September culminating in an Awards Night on Friday 27th September when award winning gardens and their gardeners will be honored and receive prizes.

Entry forms are available at [www.hillsgardencomp.org.au](http://www.hillsgardencomp.org.au) or for more information about entering visit [www.hillsrotary.org.au](http://www.hillsrotary.org.au) or call Keith Stapley on 0412 079 014

The Rotary Club of the Hills-Kellyville has had a long association with gardeners in The Hills, having run the Garden Competition for over 20 years.





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# GRAND OPENING

*Saturday 21 September*



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Garden, Live Music Lawn,  
and welcome Tommy's  
Café to the Vineyard!

## WHAT'S ON

**6AM:** TOMMY'S CAFÉ OPENS,  
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**12PM-2PM:** PONY RIDES & PETTING ZOO

**1PM-3PM:** BRING THE LITTLE ONES TO MEET ELSA!

**12PM:** ENJOY LIVE MUSIC TILL LATE

This day is a celebration of community, family, and life's special moments.  
We invite you to discover a new meeting place in North-West Sydney, a place to come together.

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# Embracing Active Aging in the Hills

You might have noticed a growing emphasis on terms like “healthy aging” or “positive Aging” but there’s one concept that truly stands out “Active Aging”.

According to the World Health Organisation, Active Aging involves creating opportunities for older adults to maintain their health, stay engaged, and feel secure, ultimately enhancing their quality of life.

Staying active is a key factor in preserving both physical and mental wellbeing as we age. Regular exercise can help prevent chronic diseases, lower the risk of illness, and minimise the chances of injuries from falls.

The Australian Physical Activity Guidelines recommend that older adults aim for 30 minutes of moderate exercise each day, whether it’s done all at once or in shorter bursts. Simple activities like a brisk walk, light gardening, or even standing up and sitting down repeatedly can make a big difference.

Castle Hill Fitness is proud to serve over 900 members who are 70 and older. Our centre is more than just a place to work out—it’s a

community where people come together to stay fit, share experiences, and support each other’s overall wellbeing. With more than 40 aqua aerobics classes offered weekly, plus specialised sessions like Super Seniors, Strong Bones, and Fitter For Life, we cater to a wide range of needs and abilities. Additionally, our yoga, Pilates, and upcoming Tai Chi classes are designed to improve balance and flexibility— all crucial elements in preventing falls.

We’re also thrilled to announce a new physical participation program run by

“Live Life Get Active” who was recently granted \$15,000 by Castle Hill RSL Club. Amanda King, CEO at Live Life Get Active, expressed her enthusiasm: “We’re thrilled to work with the Castle Hill RSL Club and its local community and can’t wait to lock in dates and venue.”

This program invites local residents to participate in daily outdoor activities that focus on improving physical health, mental wellbeing, and social connections. The program will run 3 sessions a week for 6 months starting in October and is free for all participants over 18. It offers a variety of sessions including strength, balance, cardio, and relaxation exercises. Participants will also benefit from personalised nutrition and wellness guidance, ensuring a comprehensive approach to health.

The Live Life Get Active initiative is more than just exercise; it’s about building a supportive community. It’s a welcoming space for everyone, regardless of age, culture, or fitness level, to come together, make new friends, and reduce feelings of loneliness. Whether you’re already part of the Castle Hill Fitness community or looking for new ways to stay active, this program provides a fantastic opportunity to enhance your quality of life.

For more details, visit Castle Hill Fitness or explore the resources available at Active and Healthy NSW ([www.activeandhealthy.nsw.gov.au/](http://www.activeandhealthy.nsw.gov.au/)). Let’s stay active and connected as we age, and make the most of every day.



Photo courtesy of Live Life Get Active

## LITTLE RED in the Hood

A FAMILY FRIENDLY A FUN-FILLED FRACTURED FAIRY TALE

**TUESDAY 1ST OCTOBER**  
**11am**

GENERAL ADMISSION  
UNDER 12 MONTHS FREE



Tickets available online at [www.castlehillrsl.com.au](http://www.castlehillrsl.com.au)



# The Hills Shire Council News

## Enrol now for 2025: Ellerman Child Care Centre is taking enrolments

Places are available at Ellerman Child Care Centre for 0-5 year-olds. Located in the leafy, rural setting of Round Corner, Dural, Ellerman has been servicing the community and preparing children for school for over 30 years.

Open from 7am – 6pm, our 40-place centre features a large shaded outdoor playground, sandpit, veggie patch, fruit trees, dry creek and cubby house. Nutritious food is prepared freshly each day by an on-site cook and children are cared for by nurturing, qualified and experienced educators.

To book a tour or enquire, head to Council's website and search 'Ellerman Child Care'.



## Spring into health this Library Health Month

Library Health Month is back again, providing a range of FREE programs focused on inspiring individuals and families to be healthier and more active.

The Hills Shire Council has partnered with Western Sydney Local Health District to provide the latest health and wellbeing information. Head to Council's website and search 'Library Health Month' to see what's on.



## Go! and vote

2024 NSW local council elections  
Saturday, 14 September.

**Voting is compulsory.**



Find your nearest  
polling place



Visit [elections.nsw.gov.au](https://elections.nsw.gov.au)

Get ready

Get set

Go!

[www.thehills.nsw.gov.au](https://www.thehills.nsw.gov.au) | 9843 0555



SCAN ME



## Enjoy a Colourful Day at the OBF Parade

The much-loved Orange Blossom Festival (OBF) Street Parade returns this year at Rouse Hill Town Centre on Saturday 21 September.

Residents and visitors alike are invited to enjoy the carnival atmosphere for a fun day out for the whole family.

Bluey and her little sister, Bingo, will be joining the parade on Main Street at Rouse Hill Town Centre. Come and see everyone's favourite Heeler in person for smiles and photos! Catch them on stage as well for two live interactive experiences at 12pm and 1pm.

Several other performances are happening on the main stage:

- 11:35am: Mayoral Official Welcome
- 11:40am: Caper School of Performing Arts
- **12pm: Bluey Live Show**
- 12:25pm: Base 181 Studios
- 12:40pm: Jigsaw Dance Studio
- 12:50pm: The Stage Door Performing Arts
- **1pm: Bluey Live Show**
- 1:25pm: Sister2Sister School of Singing
- 1:45pm: Ironbark Ridge Public School

- 2pm: Australian Performing Arts College – APAC
- 2:15pm: Sonic Performance and Production
- 2:25pm: Sydney Youth Musical Theatre Company
- 2:35pm: Instyle Performing Arts
- 2:45pm: Sydney iDance Studio
- 3pm: Tiny Toes Ballet
- 3:15pm: School of Rock Bella Vista
- 3:30pm: Maxx Music Band – The Takeover
- 3:45pm: Crestwood School of Dance
- 4pm: MNM Creating and Performing
- 4:10pm: Kung Fu Academy
- 4:20pm: Event Concludes

For more information about the event, including details on how to get there and a social story for individuals with disabilities to know what to expect, please scan the QR code above.

### Council Meetings

Tuesday 8 October 2024 at 7pm

For more information, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for 'Meeting Agendas and Minutes.'



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



**THE HILLS**  
Sydney's Garden Shire

# The Secret Garden's Advice for September

By Penny McKinlaly - The Secret Garden Manager

There's a hint of Spring in the air this month! The mornings aren't quite as crisp and the days are longer by just a smidge! Spring bulbs will be up now like daffodils, jonquils, bluebells and tulips. It's a great time of year to check out some flowers and choose the variety you want to plant next autumn - there are literally hundreds of varieties available especially online! At our garden, we mostly stick to the old fashioned: solid yellow King Alfred daffs and double cream jonquils - so fragrant! They were planted 8 years ago in drifts and are now nice solid clumps. This year we received the most wonderful donation of spring bulbs towards the end of their season from Mr Fothergills; we also have Daffodils, Jonquils, Bluebells, Grape Hyacinths plus Freesias, Babiana and Grape Hyacinths. These have been potted into troughs and pots and will be flowering very soon!

Spring is the perfect time to plant citrus - I reckon no garden is complete without a lemon tree! Most citrus reach around 2 to 3m in height - although mandarins can be taller. They are heavy feeders, needing fertiliser in August and January, and enjoy having a light trim after fruiting to keep them tidy. We have stock of citrus at present - lemons, limes, cumquats (for your marmalade) as well as Valencia and Navel oranges. An added bonus is the beautiful scented spring blossom appearing from September onwards, attracting bees and birds into your garden. The glossy leaves and neat habit makes planting citrus a no-brainer!

Acer palmatum, or Japanese Maple, is another awesome small tree for suburban sized yards.

Dainty, green foliage and amazing autumn

colour are its standout features. We have plenty of Japanese Maples from \$15. Spring is a great time to plant and with plenty of soil moisture around this year, pick the right spot in your garden and give one a go!

If you're after hedging we have stocks of the beautiful Gordonia, or Fried Egg Tree, as the flowers looking like fried eggs on the ground! Pink Rhampholepis also creates an amazing hedge, covered in pink blooms throughout spring. It's super tough, tolerating dryness and poor soils and the bees go crazy for it! Plenty of Buxus for that more formal look, plus Westringia for those that love their natives! Westringia trims up beautifully and provides great habitat for the smaller birds like wrens and silver eyes.

Before the hotter weather arrives it's a great idea to get your mulch down on your garden beds. Mulch can be any organic matter you can get your hands on: woodchip, animal manures, leaves, grass clippings - anything that was once living can be used including paper and cardboard! By covering the soil surface you help keep the roots cool, retain soil moisture and create healthy soils by maintaining bacteria and microbes.

Our Spring Fair is on Saturday September 14th - with a gold coin donation to enter for great market stalls, fabulous bargains in the nursery and simply the best scones from our cafe!

Hope to see you all there!



Farewell to Pam, one of our passionate and dedicated volunteers.

## FAREWELL PAM

We have some sad news from the garden this month - our beautiful Pam passed away after a long and fierce battle with her illness.

Pam has been at the garden since the very beginning as a volunteer: working hard in our potting shed, propagating plants as well as planning and planting in the garden. Her cheerful can do attitude will be greatly missed, as well as her prodigious birthday cake baking skills! Pam never forgot a birthday, and we all enjoyed our morning teas on those special days. Thank you Pam for all your hard work, we will miss you - this week we planted mass daffodils in your honour.



Many Platypuses like this one were seen at the Community Event.

## Fred Caterson Plea

from page 02

competition rugby, with the exploration of synthetic playing fields. The development of the Council's Master plan also includes expansion of its existing tennis courts and the improvements of soccer fields.

Susan Sandercock, a Hills shire resident for 50 years, is concerned with the perceived ecological impact of this development. As the spokesperson for 'Save Fred Caterson Reserve Action Group', their main concerns are towards Fred Caterson's critically endangered bushland, vulnerable Powerful Owls, and the platypus population living near the Reserve. At

the community event, The Action Group was urging fresh community consultation, as they believe it was not adequately advertised during the community consultation period in August to September of 2020.

Susan Sandercock is a strong advocate of community sporting facilities, which she believes can co-exist alongside ecological communities. Unaware of the Council's development plans, Susan passionately said: "Most of our members had no idea of the plans... Residents weren't consulted, no letters were sent. Fred Caterson Reserve had been lobbying for community consultation to be reopened but have not been listened to".

According to 'Save Fred Caterson Reserve Action Group', they believe the Master Plan privatises community land and details ecological concerns for the Reserve's nocturnal wildlife:

"From a local community perspective, the perception that Eastwood Union Rugby Club is a private enterprise makes this project seem like a land grab. The Pony Club was public land. This plan will licence private land and possibly be televised with powerful lighting for broadcast quality, affecting our nocturnal mammals".

As part of Council's released Environmental Report, approximately 350 dead trees will have to be removed. Sue also highlighted the

Action Group's ecological concerns such as the potential for synthetic fields used:

"What they are not taking into consideration is that those surrounding trees are changing the entire ecosystem of the whole area. They think the current 'dead trees' are worthless, but they are home to our vulnerable Powerful Owl. We are not against development, but we want natural grass and a community space. Concrete and plastic grass cannot run alongside sensitive communities - especially when we have a local platypus population in our creek".

With the upcoming council elections, the Save Fred Caterson Reserve Action Group wants locals to vote according to councillors decisions on the Development Proposal. At the community meeting, Susan Sandercock said:

People can vote and it's a powerful thing. We can vote according to our ward flyers who actually care about this crisis. But to do that we inform the community, we don't have a voice. People's votes this September gives us that opportunity to make a democratic decision. We just need seven supportive councillors to save Fred Caterson, and I believe it is achievable".

For more information you can visit Council's Master Plan at: 'Fred Caterson Reserve Master Plan' and also join the Facebook Group 'Save Fred Caterson Reserve Action Group'.





# It's time to face up to dementia

An estimated 12,000 people in Western Sydney live with dementia but around 8,000 are not diagnosed. Diagnosis is essential to access treatments, rehabilitation, therapies and supports.

Timely diagnosis of dementia, regardless of age or disease progression, allows the person and their family to adjust, plan, and make lifestyle changes that can slow disease progression and improve quality of life.

Face Dementia, a dementia awareness campaign, is running in Western Sydney until October 2024 and aims to increase awareness of early symptoms of dementia, reduce dementia-related stigma and improve timely diagnosis.

People who are concerned about themselves or others are encouraged to:

- visit the Face Dementia website
- complete a the checklist for dementia symptoms and changes and
- ask their GP for an assessment.

Western Sydney resident, Stephen Grady (pictured), was diagnosed with younger onset dementia at the age of 60 after his wife encouraged him to see a doctor. "I want to

encourage others to be aware of the signs of dementia, be firm in advocating for yourself, and to get an early diagnosis."

Sydney-based GP, Dr Dimity Pond, said: "If you're concerned, ask your GP for an assessment. A cognitive screen can be done as part of an annual assessment for people over 75 years. It is a good way to get a baseline, so your GP or practice nurse can monitor changes."

There are also ways to improve your brain health, reduce your risk of dementia and slow the rate of decline including:

- Quit smoking
- Drink alcohol in moderation and avoid excessive drinking
- Spend time with others and be socially active
- Take care of your mental health and seek help if needed
- Engage in a range of activities that challenge your brain, like memory games
- Stay physically active
- Eat a balanced diet, like the Mediterranean diet

- Take care of your weight by eating well and staying active
- Control high blood pressure
- Keep cholesterol levels under control
- Ensure diabetes is well managed
- Protect hearing and address any hearing problems
- Protect vision and address any visual problems
- Avoid head injuries.

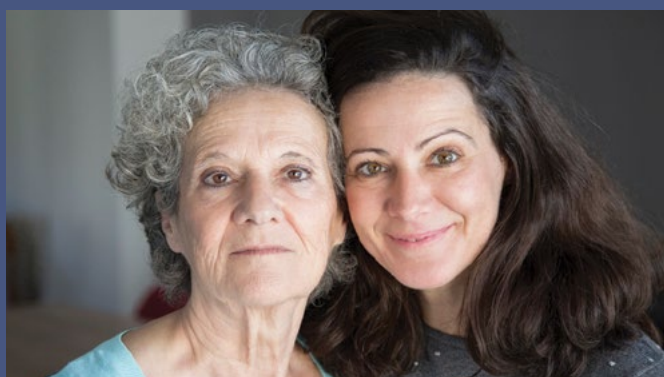
## For more information and resources

Come to a community presentation at Blacktown Library, 1:30 – 2:30pm on Thursday 12 September. Free admission via Blacktown City Council.

Visit the Face Dementia team at the Western Sydney Dementia Forum, 9am to 3pm, Friday 20th September, Workers Blacktown, 55 Campbell St, Blacktown. Free admission via <https://www.trybooking.com/events/1244050/sessions/4698827/sections/2351069/tickets>.



**Face Dementia**  
Know the signs. Ask a GP.



If you, or someone you know is experiencing changes in ability, behaviour, personality, thinking or memory, it might be dementia.

Being alert to the range of signs and noticing any changes can be key to getting an early dementia diagnosis, treatments and support.

To find out more, download the checklist for dementia symptoms and changes from the Face Dementia website. Use the checklist to discuss any changes with your GP.

Visit: [www.facedementia.au/en](http://www.facedementia.au/en)



Call the National Dementia Helpline: 1800 100 500

# BE THE SPARK - Brighten tomorrow through a gift in your Will

From 2 – 8 September, charities across Australia will be celebrating Include a Charity Week. A nationwide, annual social change movement that highlights the significance of including a charitable gift in your Will.

Sydney Children's Hospitals Foundation (SCHF) is proud to once again be participating in Include a Charity Week. This year's theme, *Be the spark – brighten tomorrow through a gift in your Will*, encourages people to make a Will and create a legacy by including a gift to a charity that is important to them.

At SCHF, we are honoured to play a pivotal role in this movement, witnessing firsthand the profound impact that legacies, from individuals, can have on the lives of sick children. Every day, children face daunting health challenges, from manageable conditions to rare and complex diseases.

When little Coen was just one year old, he was diagnosed with Gabriele-de-Vries syndrome, leading to developmental delays, intellectual hurdles, and a myriad of other challenges that significantly impact his life and that of his family.

To continue providing exceptional care to children like Coen, gifts in Will are a future lifeline. Gifts in Wills can fund groundbreaking research, advancing medical treatments, purchase cutting edge equipment and training for medical staff.

"Leaving a gift in a Will to Sydney Children's Hospitals Foundation is an act of kindness. Leaving a gift in your Will, even as small as 5 percent, can create a legacy that improves the lives of children, long after you are gone". Said Anne McFadden, Director of Planned Giving, SCHF.

By leaving a gift in your Will to SCHF, you can be the spark for a brighter tomorrow and leave an enduring mark on the future of children's health. It's a significant decision, and to assist you, SCHF has partnered with **Gathered Here**, one of Australia's most trusted online Will writing services.

You can create your Will online with **Gathered Here** at no cost. Through a straightforward, step-by-step process that takes just 10 minutes, you can secure a legacy that

will shape the landscape of children's health for years to come. To start your Will online today, scan the code below.

If you would like to leave a gift in your Will to SCHF, visit our website at [www.schf.org.au/gift-in-will](http://www.schf.org.au/gift-in-will) or contact our friendly Planned Giving Team on 1800 770 122 or by email at [plannedgiving@schf.org.au](mailto:plannedgiving@schf.org.au)



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2 - 8 September

A gift in your Will can help  
shape the future of kids' health





# LIBRARY NEWS



## Hills Shire Library Events

**Sydney Thunder Cricket** - Part of the Library Health Month 2024 collection  
Library Health Month Activities provided by Western Sydney Local Health District  
*By The Hills Shire Library Service*  
Wed, 11 Sep 2024 4:00 PM - 5:00 PM AEST  
Dural Library, Pellitt Lane Dural

Sydney Thunder Literacy Session - Get out and active with Sydney Thunder. We will read stories in the library then hit some runs in the park as you practise your cricket skills. Please remember to wear appropriate enclosed footwear for outdoor activities and bring along your drink bottle, hat and sunscreen!

Free | Bookings essential online | Suitable for children in school years K-4

We ask that only children attend the session. Adults are required to stay in the library for the duration.

Books you and your child might enjoy: *Cricket the Aussie way! With Justin Langer, Cricket, Adam Gilchrist's champions of cricket, Cricket skills for Aussie kids / Garry Powell, Nice Garry / Nathan Lyon, Ultimate cricket superstars / Matt Oldfield*

### Urban Gardens - History of the Australian Backyard

Fri, 13 Sep 2024 10:00 AM - 11:30 AM  
Castle Hill Library, 14 Pennant St Castle Hill

Join horticulturalist, writer and presenter Judy Horton, OAM, as she discusses the Australian Backyard for History Week 2024. Judy will delve into the trends, world events and social changes that have impacted gardens particularly during the 20th century, with emphasis on the

ubiquitous quarter-acre Aussie backyard. Free | Bookings essential online | Suitable for Adults

Books you might enjoy: *Great Australian gardens, Living outside / Sharonn Mackay, Australian homes: 70 years well lived*

### 20th Birthday Storytime - Castle Hill Library

Part of the Birthday Storytimes collection - Suitable for preschoolers aged 2-5  
Tue, 17 Sep 2024 10:30 AM - 11:30 AM OR Fri, 20 Sep 2024 10:30 AM - 11:00 AM  
Castle Hill Library, 14 Pennant Street Castle Hill

Join us to celebrate our 20th birthday! Have fun with stories, songs and a fun craft activity.

Free | Bookings essential online | Suitable for preschoolers aged 2-5

### Let's Talk About - Health, Lifestyle & Dementia

Part of the Library Health Month 2024 collection  
Wed, 18 Sep 2024 10:30 AM - 11:30 AM AEST  
Baulkham Hills Library, 1 Railway Street Baulkham Hills

Join us during Dementia Action Week for an informative session on understanding this condition which is the first step towards reducing your risk, or living well with Dementia. Listen to living experiences and have your questions answered, along with information about the associated health and lifestyle factors.

Free | Bookings essential online | Suitable for Adults

Books you might enjoy: *Save your brain / Ginni Mansberg, Defeating dementia / Richard Furman, How to prevent dementia / Richard Restak*

### Little Eco Warriors - Incredible Edible Gardens!

Part of the Library Health Month 2024 collection Suitable for children in school years 2-6  
Thu, 19 Sep 2024 3:30 PM - 4:30 PM  
Castle Hill Library, 14 Pennant St Castle Hill

Join us this Spring to learn about healthy vegetables! Discuss how to grow vegetables from seed, how to care for plants and seasonal growing. Children will create their own miniature edible garden to take home! Presented in collaboration with The Hills Shire Council's Environment

Centre. Free | Bookings essential online | Suitable for children in school years 2-6

Books you or your kids might enjoy: *A year in Fleurville / Felicita Sala, Let's get gardening / Bethany Patch, Growing green / Daniela Sosa*

For all the above activities, in consideration of others, please cancel your booking if you are no longer able to attend.

## Hawkesbury Library Events

For a full list of programs plus our events, check out our downloadable PDF What's On Brochure below, our Eventbrite page or the Library Calendar. For more information call 02 4560 4460 during business hours.

We also have an array of Regular programs. View in calendar.

- **Rhymetime:** Weekly every Monday, 10:00 – 10:30 AM at the Central Library. For 18 months – 3 year olds. During school term only. No bookings required. Just turn up.
- **Storytime:** Weekly every Tuesday, 11:00 – 11:45 AM at the Central Library and Thursday at 11:00 – 11:45 AM at Richmond Branch Library. For 3-5 year olds. During school term only. No bookings required. Just turn up.
- **Third Tuesday Night Book Chat:** Monthly third Tuesday of the month 6:30 – 8:30 PM, the Central Library. No bookings required. Just turn up.
- **Third Thursday Book Club:** Monthly third Thursday of the month 10:00 AM – 12:00 PM, the Central Library. No bookings required. Just turn up.
- **Knit with Friends:** Monthly Last Friday of the month 10:00 AM – 12:00 PM on the Central Library. No bookings required. Just turn up.
- **Hawkesbury Family History Group meeting:** Monthly second Wednesday of every month 10:00 – 11:30 AM at Windsor or via zoom.
- **JP Services:** Weekly every Tuesday and Wednesday, 10:00 AM – 12:00 PM at Windsor. No bookings required. Drop in service.
- **Legal Clinic** – Monthly on the first and third Wednesday 10:00 AM – 1:00 PM. No bookings required. Drop in Service.


### Design a bookmark competition

Calling all young, aspiring artists and designers!

Hawkesbury Library Service is running a new competition for primary school children to create a bookmark that promotes reading and design. The competition will run from 5 August to Friday 27 September. The competition is open to children who live in the Hawkesbury Local Government Area or who attend school in the local area. The categories are Kindergarten to Year 2, Year 3 to 4 and Year 5 to 6. Entries will be judged on creativity, originality and printability. A winner and runner up will be chosen from each of the three categories. Winners in each category will receive a prize.

Entering is easy! You can collect an entry from either the Hawkesbury Central Library or Richmond Branch Library or download from the Hawkesbury Library Website. Draw your design on the template provided and then return the completed entry either by email or in person to either of the libraries. The winning entries will be professionally printed into bookmarks and launched during the Summer Reading Club.

Entries close 5pm Friday, 27 September 2024. Entries may be submitted in person at Hawkesbury Central Library, 300 George Street, Windsor or Richmond Branch Library, 29 West Market Street, Richmond or may be scanned at printable resolution and emailed to outreach@hawkesbury.nsw.gov.au



**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](mailto:hawkesbury@parliament.nsw.gov.au)**

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Authorised by Robyn Preston MP.  
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## Veterans Centre Progresses?

Located in Scheyville National Park is Hawkesbury's Veterans, Families and Community Hub. This site was home to the Scheyville Officer Training Unit which was established in 1965 to train members of the Australian Defence Force for the Vietnam War. Following the Unit's closure in 1974, the venue has remained largely unoccupied and unmaintained.

Taskforce Veteran, also known as Hunter Anzac Memorial Limited (HAML), has been extremely dedicated in its ambition to delivering this project and are working towards a future where every Australian Defence Force veteran feels empowered, understood and seamlessly connected to the community when visiting the centre. They have a vision to create a thriving community hub that educates the public about

the sacrifices of veterans, while celebrating their role in shaping our nation into what it is today.

Of the almost 1,900 officer cadets who were trained at this facility, only around 760 remain. The site is a legacy and a reminder of our Defence history and it's imperative that we honour and respect the history of this facility and reactivate it for the betterment of veterans and their families.

Without the legacy of historic sites like this, we could lose the memory and reminder of the days that shaped our great nation. Is it because we don't treasure Australian culture that we are seeing an increase in desecration of war memorials? At what point will the NSW Labor Government acknowledge the benefits of helping Taskforce Veteran get this project completed. This centre has secured \$9 million

in Federal funding and donations. The only support HAML is asking for from the Minns Labor Government is cooperation, which at times has been lacking.

Whilst some veterans are forgotten upon finishing their duties, I would like to once again, recognise some of Hawkesbury's very own veterans, who make up part of our rich history and give us hope, thanks to their efforts in Defence.

A big happy birthday to Cunningham 'Jock' Cassels, the last surviving Spitfire Pilot in Australia, who has just celebrated his 101st birthday, and my sincerest condolences to the loved ones of veteran Thomas Pritchard, who recently passed away at the age of 102 and has an eternal legacy as the last 'Rat of Tobruk'.

## CELEBRATE INSPIRING WOMEN: Submit Your Nomination for the 2025 Castle Hill Woman of the Year!

It's that time of year again when we get to celebrate the incredible women who make our community extraordinary! The Local Woman of the Year Awards are back, and I am thrilled to announce that nominations for 2025 Castle Hill Woman of the Year are now officially open!

This annual celebration is all about recognising and honouring the amazing women who are making a real difference here in our electorate. Whether they're leading life-changing community projects, inspiring others with their unwavering dedication, or making a significant impact in any other way, we want to hear their stories!

Now is your chance to give these remarkable women the recognition they truly deserve. Think about the extraordinary women you know- the ones who have been a force for good in our community. Nominate them today, and let's celebrate their achievements together!

The winner of the Castle Hill Local Woman of the Year will be acknowledged with a framed certificate signed by the Premier, Minister for Women, and myself, as your local State Member. She will also receive a special invitation to attend the NSW Women of the Year Awards ceremony during Women's week. Additionally, she will be acknowledged in the Honour Roll and may be considered for the Hidden Treasures Honour Roll (if eligible).

**HOW TO NOMINATE:** It's easy! Just scan the QR Code to submit your nomination through our official nomination form. Share their story, highlight their contributions, and let's make sure their hard work and passion don't go unnoticed.



Let's come together to celebrate the extraordinary women who make Castle Hill such an amazing place to live. Get your nominations in today - let's make this year's awards truly unforgettable!

Authorised by Mark Hodges MP, Suite 1A, 19-21 Terminus St, Castle Hill, NSW, 2154. Funded using Parliamentary Entitlements.



**MARK HODGES MP**  
MEMBER FOR CASTLE HILL

**AS YOUR STATE MP, I AM HERE TO:**

- Help you with any State Government matters.
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- Provide Justice of the Peace services.
- Arrange congratulatory messages.

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## Investing in prevention to eliminate violence against women and children.

It is not enough to recognise and acknowledge the crisis of family violence against women and children; it is taking commitments by both federal and state governments to end it. With a \$3.4 billion investment, the Albanese Government is delivering on our pledge to eradicate this violence within a generation.

Some of this federal funding goes directly towards investing in front-line services, such as more domestic abuse workers in Hawkesbury and the region, and more than \$250,000 to support Penrith Women's Health Centre's ongoing efforts to assist women in the area in leaving abusive relationships.

We know that investing in frontline services is essential but we're also focused on programs to address the root causes of gender-based violence. These

programs are focused on education and prevention in the community to help the next generation have healthier, more respectful relationships.

As part of this work the Albanese Labor Government is investing \$8.3 million in a project with La Trobe University to learn more about effective interventions that prevent sexual violence through the design and assessment of a variety of strategies.

This is one of many awareness and prevention programs the government is investing in that are essential to stop patterns of violence across our community. I encourage parents of young people to explore the 'Stop it at the Start' resources on respectful relationships, and start the conversation in your household.

The National Plan to End Violence Against Women and Children provides a clear guide on the

work that needs to be done to eliminate domestic, family and sexual violence in one generation. I welcome the recent announcements by the Minns Government that it will strengthen penalties for repeated and serious breaches of Apprehended Domestic Violence Orders and bring in a new order for the most serious offenders.

While we know that the best way to keep women and children safe is prevention, by making the most of the tools and resources available, we can all play our part in ending this violence for the next generation.

You can find resources at [respect.gov.au](http://respect.gov.au), [consent.gov.au](http://consent.gov.au) or [www.ourwatch.org.au](http://www.ourwatch.org.au)

If you or someone you know is experiencing, or at risk of experiencing, family, domestic, or sexual violence, call 1800RESPECT on 1800 737 732, chat online via [www.1800RESPECT.org.au](http://www.1800RESPECT.org.au), or text 0458 737 732.

If you are concerned about your behaviour or use of violence, you can contact the Men's Referral Service on 1300 766 491 or visit [www.ntv.org.au](http://www.ntv.org.au)

### PROPOSAL TO UPGRADE OPTUS AND VODAFONE MONOPOLE MOBILE PHONE BASE STATION AT 65 CATTAL ROAD PITT TOWN NSW 2756 WITH 5G

- The proposed facility consists of the addition of new Optus and Vodafone equipment and associated works as follows (including 5G):
  - The replacement of an existing headframe with a new headframe;
  - Replacement of three (3) existing Optus 4G panel antennas with three (3) new Optus 4G panel antennas (no longer than 2.8m);
  - Installation of six (6) new Optus 5G panel antennas (no longer than 0.8m);
  - Replacement of three (3) existing Vodafone 4G panel antennas with three (3) new Vodafone 4G panel antennas (no longer than 2.8m);
  - Installation of three (3) new Vodafone 5G panel antennas (no longer than 0.8m);
  - Installation and/or relocation of ancillary equipment including but not limited to remote radio units, mounts, feeders, cabling, combiners, parabolic antenna, GPS antenna and other associated equipment; and
  - Works within the existing equipment shelter.
- Optus & Vodafone regards the proposed installation as a Low-impact Facility under the **Telecommunications (Low-impact Facilities) Determination 2018** based on the description above. The proposed infrastructure will comply with 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 and/or comments should be directed to: Ms Pranal Salunke/0437 384 924, or via the Service Stream Consultation inbox at [Optus.Submissions@servicestream.com.au](mailto:Optus.Submissions@servicestream.com.au) or Zenith Centre, Level 3, Tower B, 821 Pacific Highway, Chatswood NSW 2167 by **5pm Monday 23 September 2024**.
- If you would like to know more about this site, further information can be obtained from [www.rfnsa.com.au/2756015](http://www.rfnsa.com.au/2756015)

OPTUS

vodafone

## Mulpha's \$3Billion Vision for Norwest

from page 03

Tim Spencer said: "We want to make Norwest Marketown Shopping Centre not only the centre of Norwest, but also the beating heart of the community, a place residents, workers and visitors want to visit daily.

"This is a once-in-a-generation opportunity to create a welcoming, vibrant, connected centre for Norwest – to go places, connect with people, eat and drink, shop, do business and enjoy life. Community, connectivity, creativity and sustainability are at the heart of our vision for Norwest.

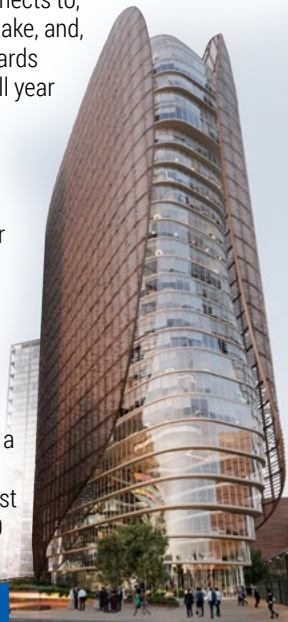
"We are excited about delivering 6000sqm of waterfront parkland with direct frontage to Norwest Lake. The park connects to, and enhances, the foreshore walk around the lake, and, with an ideal northern orientation and fall towards the lake, will be an attractive place to gather all year round.

"We have introduced the potential for a diversity of apartment types with sizes that are suitable for individuals as well as families, while ensuring density is concentrated in taller towers close to Norwest Metro Station. This ensures generous public spaces, connections and pathways, to make it a great community meeting place and transit hub."

"We look forward to collaborating with Council to ensure we achieve a great urban planning outcome for Norwest that will make it a highly sought after place to live, work and play."

Norwest is already one of Australia's largest master-planned business parks with up to 800 organisations employing over 30,000 people.

The Landmark 31-storey tower for office and retail





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Professional, quality service and value for money are a given. But we don't stop there.

We turn up when we say we will, with a friendly smile. For us, it's all about responding promptly to each and every customer and giving them the service they require. The actual plumbing we do is just one part of that.

Other things which matter to our customers are:

- Minimising disruption to the family or business' routine
- Explaining the issue, the job and possible solutions so customers can make an informed decision
- Arriving when we've promised to, or in the rare cases when something happens, keeping customers informed
- Cleaning up afterwards!

Much of our work is maintenance plumbing. That includes

- Fixing burst pipes
- Unblocking sewer and stormwater drains
- Repairing and replacing toilets or taps
- Fixing leaks, inside your home or from your gutters

- Investigating and resolving water hammer noises in your pipes
- Installing, servicing and repairing hot water systems
- Installing and maintaining backflow prevention devices
- Using thermostatic mixing valves to ensure constant, safe water temperature for showers and baths

Our qualifications and experience include gas as well as water. We can connect a home for the first time, add outlets or service and troubleshoot as needed.

We also offer bathroom, kitchen and laundry renovations, so our customers can enjoy the home they dream of.

We are very excited to share the news that we won The Small Business Champion Tradie Award recently, and last year we won a Hornsby Ku-Ring-Gai Local Business Award – Trades section. Next we will be entering the Hawkesbury & Hills District Local Business Awards – keep an eye out for our entry.

So when you visit our website ([andrewvannyplumbing.com.au](http://andrewvannyplumbing.com.au)), the plumbers you see there are the ones you'll see at your home. We look forward to continuing to serve the Hawkesbury & Hills Districts for many years to come.



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# Hawkesbury's Jasmine Wins Paralympic Silver Medal

BY LAWRENCE MACHADO

Hawkesbury has a newly-minted Paralympian medallist in Jasmine Haydon. The Bachelor of Occupational Therapy student at Western Sydney University, was the ramp operator as she and Jamieson Leeson won the silver medal in boccia at the 2024 Paris Paralympics on Tuesday.

They were the top ranked team in the world, going into the Paralympics, and vindicates Jasmine's decision to team up with Jamieson, after the latter's Mum retired as her ramp operator. It is a great Paralympic debut for Jasmine who only became involved with the sport eight months ago.

Hawkesbury local Jasmine, who has a twin sister, said having a brother and sister with several disabilities, made her study Occupational Therapy (OT) so that she could help her family and others.

Boccia is a sport for athletes in wheelchairs with severe physical impairments affecting all four limbs.

Jasmine, 23, who has represented Indigenous Australia in Oztag follows instructions from Jamieson to aim the ramp and then place the ball at a certain height, before she tips it down the ramp and into play.

"OT's have had a significant impact on my life with having two severely

disabled siblings, I watched first-hand what positive things Occupational Therapy can do for a person and their families," said Jasmine.

She said it was her mum who initially pushed her towards taking up boccia seriously. "Jamieson Leeson used to have her mum Amanda as ramp operator for her, but Amanda decided to retire," Jasmine said. "Amanda put an ad up on Facebook searching for someone to replace her as ramp operator for Jamieson."

"My mum saw the post and tagged me in it saying, 'It's a shame there's not enough hours in the day.'"

Jasmine met Jamieson and her mum before quitting her job the very next day to commit to the sport. The rest, as they say, is history.

"Boccia is a target ball sport similar to bocce, there is a white ball called the jack, which is rolled down the ramp first," Jasmine explained. "then the players have to throw or roll their balls to get as many balls as possible of their colour closest to the jack, with each ball that is closer than your opponent's equalling one point."



Jasmine Haydon and Jamieson Leeson won the silver medals at the Paris Paralympics. Picture: Courtesy Paralympics Australia

"Jamieson's job is to tell me what to do. For example, move the ramp left or right, and I am not allowed to speak, or turn around to look at the balls or the court, and I'm not allowed to make any movements without her telling me. I must keep every piece of equipment in the box which is one metre wide."

Jamieson told the ABC that boccia, "is not as easy as it looks."

Meanwhile another WSU colleague of Jasmine, Tim Hodge, won a gold medal in the Paralympic swimming 4x100m mixed medley relay. Both Jasmine and Tim are part of WSU's Elite Athlete Program designed to support student athletes to juggle their studies while continuing to compete in high level sport.

The Paralympic Games end on September 8.





# PICKLEBALL not just a fad, but a fab sport

BY LAWRENCE MACHADO

Many of our readers may not be aware that the sport of pickleball is becoming one of the most popular past-times across NSW and Australia. Usually played on tennis courts, it is a mix of tennis, badminton, and table tennis. It is now gaining new followers in the Hills, with venues in Kellyville and Stanhope Gardens playing hosts to regular matches and competitions.

It was invented by three Americans in 1965 and is played with a paddle and perforated polymer ball. Each game is 11 points and you win with a two-point margin.

The controlling body for the sport in the state, Pickleball NSW, said that numbers are growing and has an easy-to-navigate website and links to find the closest venues for you. The association has more than 100 affiliated entities and 4500 members. Because it is a great game to play as singles or doubles and age is no barrier, the sport is here to stay.

"Our numbers are increasing all the time and we have new places to play popping up all the time," a spokesperson for Pickleball NSW said. "We have just signed all of the PCYCs in NSW as PANSW affiliates. This increases the playing locations available to all who want to have a go at the sport."

The spokesperson said nearly 50 of the PCYCs have the capacity to (or already have) introduced pickleball to their list of activities offered.

PCYC NSW said they aim to foster a vibrant pickleball community, and "create

more opportunities for everyone to enjoy this fantastic sport".

"We are delighted to now be officially affiliated with Pickleball NSW. This partnership solidifies our commitment to seeing pickleball expand as a community sport across our state," said PCYC NSW COE Ben Hobby.

To learn more about the game and places to play visit: <https://cdn.revolutionise.com.au/cups/pansw/files/tic4kklo0zakcbmy.pdf>. Try it and see how much fun it can be!



## Hills United FC campaigns falter at the end

BY LAWRENCE MACHADO

The Hills United, Coached by former Socceroo Luke Casserly, fought hard to stay in the Men's NSW National Premier League and needed some luck coming their way.

For a while, the Hills outfit looked like staying in the NPL - which is the pathway to A-League, the highest level of football in Australia - with wins at crucial stages.

But a horror run of five successive defeats in the last month of regular season put paid to their hopes.

Hills United finished at the bottom of the 16-team competition with 24 points from eight wins and 22 defeats in a tough season.

They will be relegated from the NPL and will have to re-establish their credentials next year to win back their NPL spot.

Fortunately, they have a strong side and with the right signings, could be a force again next year.

Rockdale Linden FC finished as the minor premiers, with 77 points, with Marconi Stallions - which Casserly coached to the title in 2012 - finishing second on 65 points.

This Saturday, September 7, Rockdale will take on Marconi in the grand final at CommBank Stadium at 6pm.

## SHANNON top goal scorer

Meanwhile, Hills United women have to watch the grand final of the FNSW Football One competition from the sidelines, unlike last year when they finished gallant runners-up.



KYLIE SHANNON  
Best striker for Hills United

After dominating for a large part of the 2024 season, the Hills United women fell agonisingly short of the finals this time. They finished on 53 points in the 14-club league, two points behind fourth-placed St George FC.

The Hills women are certainly one of the top teams in the competition and with a rich array of talent and experience in their ranks, should bounce back next season. They had 16 wins, five draws and five losses, and completed their season with a 4-0 drubbing of South Coast Flame on Saturday, August 24.

Sharpshooter Kylie Shannon was the top scorer for the Hills this season with 24 goals, finishing third on the honour list behind the phenomenal Aya Seino of Bankstown City (43) and Mt Druitt Town Rangers star Leena Khamis (28). Shannon's talented team-mate Isabella Sciberras maintained her form with 17 goals, with the duo proving a handful to many of their rivals during the season.

In this weekend's grand final, defending champions St George take on Mt Druitt Rangers.





## Terrific Thompson top of his tennis game

BY LAWRENCE MACHADO

**Hills tennis ace Jordan Thompson is having the time of his life on the court, this week banking his biggest pay cheque of half a million dollars despite falling to his close friend Alex De Minaur in the round of 16 at the US Open.**

Before he bowed out of the singles at the US Open earlier this week, Jordan, 30, played some of his finest tennis of his career to stun world number seven Hubert Hurkacz and Italian seed Matteo Arnaldi, both in straight sets.

"It's no doubt that the best tennis I've played is this year in my career," Thompson told Stan Sports. "Hopefully I can just keep improving, keep looking after the body. You see guys

playing well into their 30s now, so hopefully I can do that as well."

"It's a great tournament; three straight-sets wins over quality players as well – I mean, I beat Hubi, beat Matteo as well, both in straight sets – playing some of the best tennis I've played.

"Just ran into a tough opponent (de Minaur). Still, (I) had my chances and didn't quite get there, but I take a lot of confidence out of that."

The former Oakhill College student has rocketed up the ATP ranking to a career-high 29 after his exploits at the last Grand Slam of the year at Flushing Meadow, NY. Thompson is also playing doubles with the in-form Max Purcell, the duo moving into the quarterfinals of the US Open (at the time of writing).

In a gripping match, world number 10 De Minaur saw off Thompson 6-0, 3-6, 6-3, 7-5 to enter the quarterfinals, showing no mercy to his Davis Cup mate. Incidentally, De Minaur credits Thompson for helping him out during their early days in Sydney when the latter was moving into the professional ranks.

"He (Jordan) was the guy I was looking up to and he's always given me a lot of time," de Minaur told the ABC. "He has helped me a lot ...I've learned a lot through him, even though he was playing the pros, the slams and I was still in the juniors."

Thompson, the second-ranked Australian tennis player, said before his clash with de Minaur that, "it is tough to play a mate, but it is not the end of the world."

Thompson, coached by Marinko Matosevic, is now set to be seeded at a Grand Slam event for the first time at the Australian Open in January 2025.

He has now banked nearly \$7 million from his tennis career, having turned pro in 2013. This year alone, the brilliant tennis player has earned more than \$1.1 million from his wins in the ATP circuit, including a memorable quarter-final win over the mercurial Rafael Nadal at the 2024 Brisbane International.

### SPORT NEWS AT THE CENTRE DURAL

## Improve your fitness this summer! AT THE CENTRE DURAL

As summer creeps closer, so to does the excitement to get out of the house. Here at The Centre Dural, we have you covered! With the introduction of Pickleball (starting Friday 20th September 10:30-12:30, and 12:30-2:30), summer Netball and Futsal starting up, and our ever popular Over 55's Movement class, there is something for everyone!

Pickleball is an ever growing sport, suitable for all fitness levels and age groups. A mix between tennis, table tennis and badminton, I'm yet to meet someone who hasn't enjoyed it after trying it. Easy on the joints, but strategic enough to get you thinking, once you try it you'll be hooked!

Our Summer Netball and Futsal competitions are for 6yr olds, right up to open's.

Summer comp is a great way for existing outdoor teams to maintain their connections, and continue to maintain (and grow) their skills for outdoor. Netball starts mid September, and Futsal starts mid October, so get in quick!

Over 55's movement class is perfect for anyone over the age of 55, who is new to formal exercise, or wanting to get back into it after some time off, due to injury, sickness, holidays

etc. Our Over 55's class caters to a wide range of abilities, and is very welcoming and as social as you want it to be.

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



## Play Pickleball

**FREE Open Day. Friday 20 September 2024**

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

[thecentredural.org.au](http://thecentredural.org.au) | 1 Pellitt Lane Dural | 8989 0000 | [sports@thecentredural.org.au](mailto:sports@thecentredural.org.au)

REGISTER ONLINE



# PETS OF THE WEEK

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



## AT A GLANCE

NAME: LILLY  
BREED: American  
Staffordshire Terrier  
SEX: Female  
AGE: 2 yrs 2 mos  
PRICE: \$49

**LILLY:** If you are looking for a dog's happiness to brighten up your life then staff at the Hawkesbury Companion Animal Shelter say you should look no further than their "awesome girl" Lilly. They say Lilly is a very sweet dog with lovely manners. She will sit when asked and walks beautifully on a lead. They say Lilly has been friendly towards other dogs and a joy for staff. If you are looking for a very well-behaved dog to join your family, staff say Lilly is your girl. Her adoption price is just \$49 and includes the first vaccination, microchipping and lifetime registration. As Lilly is already desexed she can leave the shelter with you.

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

**RANDAL** is a gorgeous chunky boy with a beautiful heart according to staff at the Hawkesbury Companion Animal Shelter. He will need some time to settle into his new home and with time and love he will blossom into such a wonderful companion, say staff at the shelter. If you would like to come and meet Randal please come to the shelter any time during opening hours. His adoption price is just \$49 which includes desexing, the first vaccination, microchipping and lifetime registration. *Hawkesbury Council's Rehoming Organisation Number is: R251000145.*



## AT A GLANCE

NAME: RANDAL  
BREED: Domestic  
short hair  
SEX: Male  
AGE: 2 yrs 1 mo  
PRICE: \$49

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**Annual** Vaccination Injection

**Yearly** Flea & Tick Prevention Injection

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**VetPay**

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to secure your dogs dose!

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

**CONTACT US** [sydneyanimalhospitals.com.au](https://sydneyanimalhospitals.com.au)



For more information including terms and conditions visit our website



# Protect Your Pets This Tick Season: Essential Tips from Your Local Vet

As the temperature rises, so does the risk of ticks threatening the health of our beloved pets. Tick paralysis, a serious and potentially fatal condition, is one of the most common preventable causes of death in dogs and cats along the east coast of Australia. With multiple tick cases already reported this year, it's crucial to take action now to safeguard your furry friends.

## SPOTTING THE SYMPTOMS OF TICK PARALYSIS

Recognizing the symptoms of tick paralysis early can be life-saving. Here's what to watch for:

In Dogs:

- A change in the sound of their bark or voice
- Gagging or retching
- Regurgitation or vomiting (sometimes with froth)
- Difficulty breathing, often with a characteristic grunting sound
- Wobbliness in the back legs, progressing to paralysis
- Excessive salivation or drooling (sometimes frothing around the mouth)
- Coughing (sometimes moist)
- Loss of appetite

- In Cats:
- Agitation
- Change in the sound of their meow
- Unusual breathing patterns, with a soft grunt at the end of expiration
- Weakness, often subtle at first
- Gagging or retching
- Salivation
- Loss of appetite
- More obvious difficulty in walking, staggering, and swaying as symptoms progress
- Other abnormal behaviors

In some cases, pets may not develop the typical symptoms of tick paralysis. Even if they show other signs of illness, it's essential to bring them to your vet immediately.

## UNDERSTANDING PARALYSIS TICKS

Paralysis ticks are dangerous parasites that latch onto both animals and humans to feed on their blood. As they feed, they release a toxin that attacks the nervous system, leading to severe symptoms such as vomiting, difficulty walking, and even respiratory failure. If left untreated, tick paralysis can be fatal.

Once a tick attaches to its host, it seeks out sensitive, sheltered skin to deeply embed itself

and draw blood. A red, raised area or "crater" may develop around the attachment site, indicating the presence of a tick or evidence of a prior attachment. Remember, ticks thrive in bushland, scrub areas, backyards, and even local parks, and they can strike at any time of the year, although they are most prevalent during Spring, Summer, and early Autumn.

## PREVENTION IS KEY

For dogs, there is now an option to protect them for up to 12 months with the Bravecto Quantum injection. This long-lasting solution provides peace of mind and we have packages available to make it affordable.

For cats, regular application of tick preventatives is crucial. Consult with your vet about the best options available, and make sure to check your cat regularly, especially if they spend time outdoors.

## ACT NOW TO PROTECT YOUR PETS

With the tick season in full swing, don't wait to take action. Visit us today to discuss the best prevention strategies for your furry companions. Our team is here to help you keep your pets safe and healthy all year round.



[sydneyanimalhospitals.com.au](http://sydneyanimalhospitals.com.au)

# Couples at Alive

Our Alive couples are providing perceptive and insightful information about their experiences together doing radio. If you are looking for something worthwhile to do with your spouse, read on and learn from Rima and Hanna Saba who have embraced the spirit of community through their show, Love Knots. Rima writes that "my journey in radio began when I was invited to join as a member. After a year, I invited my husband, Hanna, to come on board and co-host a new, fresh show with me. Running a 'love' show together has been incredibly fulfilling, allowing us to dedicate time to our community and participate in fundraising events as a couple. Being part of Alive also offers us quality time together, a break from daily routines, and the chance to inspire other couples to focus on the important aspects of their relationships. We've gained valuable insights from meeting

couples with diverse backgrounds and experiences, which has strengthened our own relationship. Connecting with singles seeking love has also been rewarding, as we provide them with a voice on the radio and encourage them not to give up on finding love.

Working together as a couple has its challenges. When we've had a disagreement earlier in the day, presenting a 'love' show can feel especially challenging! But we always remind ourselves that our primary focus is on our listeners. Staying authentic on air is crucial. It's also important, though sometimes difficult, to ensure that both partners contribute equally".

Like any partnership, successful radio work requires shared passion and dedication, and maintaining that balance can be an ongoing challenge. Tune in to Love Knots each Thursday night 6-7pm.



## CUMBERLAND COMMUNITY RADIO INC.

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

[info@alive905.com.au](mailto:info@alive905.com.au)  
[www.alive905.com.au](http://www.alive905.com.au)



CUMBERLAND COMMUNITY RADIO INC.

Streaming Worldwide on



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# WHAT'S ON

IN THE HILLS TO HAWKESBURY



06  
SEPT

## Orange Blossom Bonsai Display

by *Bonsai Society of Australia*

Sept 06, 2024, 10:00 AM to Sept 08, 2024 || 05:00 PM

Harvey Lowe Pavilion, Castle Hill Showground, Doran Dr, Castle Hill, 2154

Marvel at the large collection of beautiful bonsai trees from the Bonsai Society of Australia. For more information, visit Bonsai Society of Australia Inc's website.

07  
SEPT

## Friends of The Hills Library Pop-Up Book Collection and Sale

09:30 AM to 03:00 PM

Castle Hill Library, Castle Hill, 2154

Friends of The Hills Library Inc has been supporting The Hills Shire Library Service since 1994, raising over \$193,000. They are a volunteer group that brings together people who love libraries. The upcoming Pop-Up Book Sale on 14 September is a fundraising event to purchase extra resources for The Hills Shire Library Service.

## Warrah Spring Fair

by *Warrah Farm Shop*

11:00 AM to 02:00 PM | 20 Harris Road, Dural 2158

Come and enjoy the Warrah Spring Picnic festivities and spend a fun afternoon at our beautiful bush campus. There will be entertainment, food and drink, activities, stalls, a raffle, and a campus tour. Plenty to keep you and your family entertained on a spring day.

## Come and Try BMX

by *Castle Hill BMX Club*

01:00 to 03:00 PM

Castle Hill BMX Track, Fred Caterson Reserve, Caterson Dr, Castle Hill

BMX racing is an all-inclusive, thrilling sport for every age group.

Experience the rush of BMX racing at our Come and Try event! Our experienced coaches will lead riders through a beginner-friendly training session. You'll learn the fundamental skills needed to conquer the Castle Hill BMX track. Bookings not required.

## OBF Night Markets

by *The Hills Shire Council*

03:00 to 09:00 PM

Castle Hill Showground, Doran Drive, Castle Hill, 2154

In partnership with Aussie Night Markets, festival goers can expect a family friendly event for all ages, with food and rides, free entertainment and activities and fireworks.

## The Hills Young Musicians Contest 2024

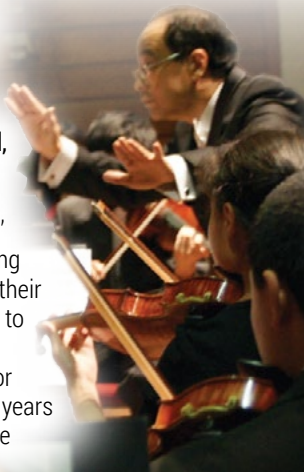
by *Sydney Hills Youth Orchestra*

07:00 to 09:00 PM

TLC Theatre - Baulkham Hills High School, Windsor Road, Baulkham Hills

This contest is to invoke young musicians' passion for music, broaden their performing experience, heighten performance during their examinations, and contribute their talents to the Hills community.

Gifted young musicians will contest for three trophies in two age groups each: 12 years of age and under; and 13 – 18 years of age



08  
SEPT

## Run for The Hills

by *Run for the Hills*

08:00 AM @ Bella Vista Farm

Whether you're keen to get the family out for some fresh air or a bit of exercise, you're a competitive runner or are inspired to raise money for a great cause, don't miss this year's fantastic 2024 Run for the Hills!

The event will be run entirely within the grounds of Bella Vista Farm, on three courses presented in a cross-country format, almost all on grass.

For more info: <https://www.runforthehills.com.au/charities>

## Kenthurst Fair

by *The Rotary Club of Kenthurst*

10:30 AM to 03:00 PM

John Benyon Rotary Park, 135 Kenthurst Rd, Kenthurst, 2156

The Kenthurst Fair features a street parade, market stalls, community information stalls, rides and stage performances.

11  
SEPT

## Life & Times of Explorer Frenchman Francis Barrallier

by *Hawkesbury Library Service*

08:00 to 09:15 AM

Hawkesbury Central Library, 300 George Street Windsor

Historian, Andy Macqueen will discuss the life and times of the famous French explorer, Francis Barrallier 1773-1853, the subject of his latest book. The talk will include Barrallier's 1802 attempt to cross the Blue Mountains.

Presented by Hawkesbury Family History Group (HFHG). All welcome. FREE – in person no need to book. Bookings essential only if attending on Zoom - [www.hawkesburylibrary.eventbrite.com](http://www.hawkesburylibrary.eventbrite.com)

PARKING is available under Deerubbin Centre. Alternate parking in Christie Street, Catherine Street and George Streets.

## Sydney Thunder Cricket

by *The Hills Shire Library Service*

04:00 to 05:00 PM | Dural Library, Pellitt Lane Dural, NSW 2158

Sydney Thunder Literacy Session – Get out and active with Sydney Thunder. We will read stories in the library then hit some runs in the park as you practise your cricket skills.

Please remember to wear appropriate enclosed footwear for outdoor activities and bring along your drink bottle, hat and sunscreen!

Free | Bookings essential online | Suitable for children in school years K-4. We ask that only children attend the session. Adults are required to stay in the library for the duration.

12  
SEPT

## Jazz at The Pines

by *Rotary Club of Hills-Kellyville Inc*

12:30 to 04:00 PM

The Pines Roughley House, 656A Old Northern Road, Dural

Enjoy an afternoon of live jazz within the grounds of historic Roughley House at Dural and relax under the beautiful pine trees.

Bring your own picnic lunch and drinks and enjoy coffee or tea and delicious cakes from the canteen.

Tables can be booked or bring your own chairs or a picnic rug.

13  
SEPT

## Urban Gardens – History of the Australian Backyard

by *The Hills Shire Library Service*

10:00 to 11:30 AM

Castle Hill Library, 14 Pennant St Castle Hill

Join horticulturalist, writer and presenter Judy Horton, OAM, as she discusses the Australian Backyard for History Week 2024. Judy will delve into the trends, world events and social changes that have impacted gardens particularly during the 20th century, with emphasis on the ubiquitous quarter-acre Aussie backyard. Free. Suitable for adults.



**14  
SEPT****Crystal Fest**

Sept 14, 2024, 10:00 AM to Sept. 15, 2024, 05:00 PM  
Castle Hill Bowling Club, 79 Castle St, Castle Hill

Don't miss this incredible show featuring amazing traders showcasing beautiful crystal pieces, stunning jewellery, unique crystal carvings, Baltic amber pieces, handmade opal jewellery, and much more. There are 2 lucky door prizes to be won! Get in for just \$5, which covers the entire weekend!

**15  
SEPT****Expert Digital Advisor Session:  
Unlock Your Business Potential**

by The Hills Shire Council

08:30 AM to 03:00 PM

The Hills Shire Council, 3 Columbia Court, Norwest, 2153

"Book a 1-1 session in the Hills with an expert business advisor to work on digital and marketing matters. Sign up for an initial session as part of the Digital Solutions Program, supported by the Australian Government and delivered by Realise Business in partnership with the Hills Shire Council."

Call Tara Wilkinson on 9843 0556 or Stephen Garrard 9843 0324.  
Bookings must be made by 4pm of the Tuesday before the session.

**Larkin about with Cabbage Tree Hats**

by Hawkesbury Regional Museum

11:00 AM to 12:30 PM

Hawkesbury Regional Museum, 8 Baker Street Windsor, NSW 2756

Come along to tell us the story of your own a cabbage tree hat and hear from expert, Sue Brian about the fascinating history of the cabbage tree hat: the distinctively Australian headwear of the 19th century.

*Livistona australis* is a tall palm tree that grows along the east coast and has a special place in Australian life. The colonists used its fibrous leaves to create a rare item of Australian (male) dress entirely made from Australian materials.

For all ages. Free Under 18s. \$10 – BOOKINGS ESSENTIAL. Light refreshments provided.

**17  
SEPT****20th Birthday Storytime**

by The Hills Shire Library Service

Sept 17 and 20, 2024, 10:30 to 11:30 AM

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

Join us to celebrate our 20th birthday! Have fun with stories, songs and a fun craft activity. Free. Suitable for preschoolers aged 2-5

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

**18  
SEPT****Let's Talk About – Health, Lifestyle & Dementia**

10:30 to 11:30 AM

Baulkham Hills Library, 1 Railway Street Baulkham Hills

Join us during Dementia Action Week for an informative session on understanding this condition which is the first step towards reducing your risk or living well with Dementia. Listen to living experiences and have your questions answered, along with information about the health and lifestyle factors associated with it.

Please note that the information provided at the event is intended for general information purposes only. FREE. Bookings essential online. Suitable for Adults.

**18  
SEPT****Coercive Control Forum 2024 – HDVPN**

by The Hills Domestic Violence Prevention Network (HDVPN)

11:30 AM to 03:00 PM

Castle Hill Cultural Centre - Rebellion Room,  
Level 1 12-14 Pennant Street Castle Hill, NSW

The Hills Domestic Violence Prevention Network (HDVPN) is proud to present a forum for front line workers and community members seeking to gain a better understanding of upcoming coercive control.

Join our expert speakers to learn about pressing topics of tech-facilitated coercion, abuse, and sexual violence, visa weaponisation, coercion and cultural safety through case studies and panel discussions.



Panellists will include

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

Community members, service providers and frontline workers are encouraged to attend this informative event.

For further information about Coercive Control, <https://www.eventbrite.com.au/e/coercive-control-forum-2024-hdvpn-tickets-965580546407?aff=oddtcreator>.

Please RSVP by the 11th of September.

**19  
SEPT****Little Eco Warriors – Incredible Edible Gardens!**

by The Hills Shire Library Service

03:30 PM to 04:30 PM

Castle Hill Library, 14 Pennant Street Castle Hill

Join us this Spring to learn about healthy vegetables! Discuss how to grow vegetables from seed, how to care for plants and seasonal growing. Children will create their own miniature edible garden to take home!

Presented in collaboration with The Hills Shire Council's Environment Centre.

Free | Bookings essential online | Suitable for children in school years 2 -6

**20  
SEPT****All About Artist Greg Hansell**

by Hawkesbury Library Service

02:00 PM to 04:00 PM

Hawkesbury Central Library,  
300 George Street Windsor, NSW 2753

Historian Carol Roberts shares a sense of place and a passion of art and heritage with local artist Greg Hansell. Her extensive research brings a unique insight into the impact, and significance of his works, to Australian Art. FREE BOOKINGS ESSENTIAL.



# THE SEAMSTRESS SISTERS STEWART

In the Hawkesbury district, travelling west along the Bells Line of Road near Bilpin, a road on the right leads to the very small locality of Mountain Lagoon, 14kms away.

This small locality was the home of the Stewart sisters, Myra and Ivy. Their father and grandfather were pioneers in the area and also in the fruit growing industry in the Hawkesbury region. The property where they lived was named "St Anne's".

The sisters, although born four years apart, were very close to each other, both had a great talent working with needles. Being very adept at making, mending and altering clothing back in the day during the very early 1900s right up to the early 1970s.

Throughout that time, they had lived through two World Wars and the Great Depression seeing and experiencing much hardship and suffering and therefore became very frugal and often recycled material and trimmings and even scraps such as calico from used flour bags.

During the Peace celebrations held to celebrate the end of World War 1 at Richmond in 1918, Myra and Ivy travelled by horse and cart from Mountain Lagoon to a friend's home in Windsor Street, Richmond, a distance of some 42kms. The friend's home was located where the Aldi supermarket now stands. After arriving during the afternoon and the partaking of refreshments and a short rest, the sisters changed into frocks that they had made

themselves and attended the Peace Ball with a group of friends.

Naturally, as it was late and therefore dark, at the end of the ball, it was much too dangerous to travel back up the Bells Line of Road towards Mountain Lagoon, so they stayed overnight in Richmond electing to travel home the following morning.

During the 1920s there was a great change in fashion as the "Roaring Twenties" saw with the relaxation of the restrictions of the Victorian ideas of propriety. Society became more lenient, with great changes that came in music, dance and fashion. It was during the 1930s depression that the sisters showed their frugality in recycling. They would recycle decorative trimmings from one article of clothing to another as well as using scraps of material and clothing to patch such items as men's calico work shirts or night attire. It was not only everyday events that they prepared items of clothing for but also for such occasions as deaths or funerals with the creation of mourning outfits for both males and females.

During their early days the two sisters would often work by the light of kerosene lamps. As there were no such distractions as television or the internet. They would pass the time of

day and evening with crochet, sewing and knitting everything from baby clothes to men's waistcoats. They would travel into town once a month to deliver their wares.

After the death of their father, the girls and their mother moved from Mountain Lagoon to Chapel St, Richmond, and from there they began creating garments and accessories for the major Sydney department stores of David Jones and Farmers. They also sewed for the popular Richmond haberdashery called "The Patsy" so named after the old steam train that travelled through Richmond as far as Kurrajong until the Richmond-Kurrajong line was closed.

The girls, who had never married, brought uniqueness and beauty to their hand made clothing and accessories.

Ivy Stewart passed away in 1976, whilst Myra Stewart developed Alzheimer's disease and lived in a nursing home until her passing in 1978.

A collection of clothing and accessories known as "the Misses Stewart Collection" was donated to the Hawkesbury Historical Society and Regional Museum by Mrs Mary Avern over a period of three decades beginning in 1981. Mrs Avern was a long-time friend of the sisters and much of the above story has come from her recollections.

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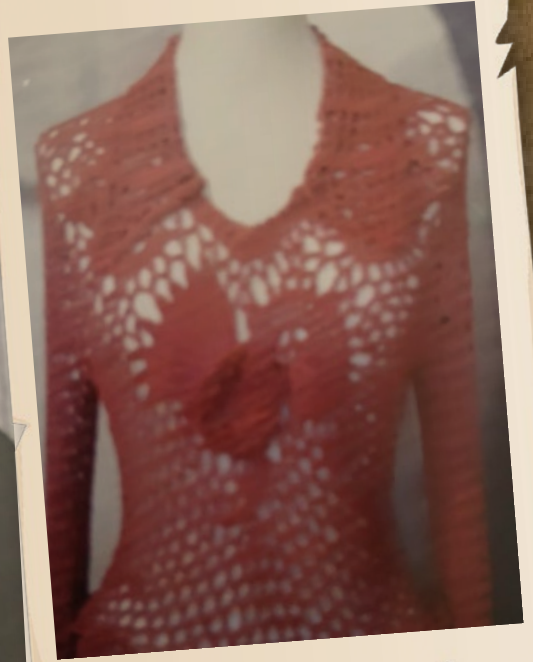
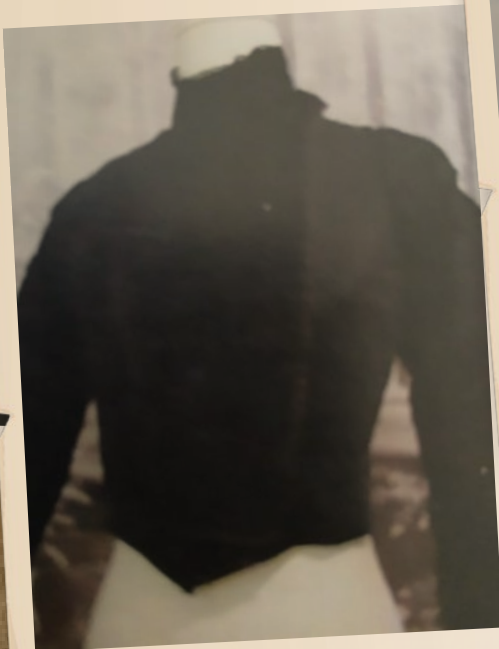
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# AS WE WERE

PHOTOS FROM THE PAST

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



All photos (C) Local Studies Collection,  
Hawkesbury Library Services

## 2nd Castle Hill Rovers

www.gwsrovers.com.au

## Annangrove Environment Centre

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

## Arcadian Quilters

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

## Baulkham Hills Probus

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

## Bonsai Society of Australia

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

## Castle Hill Art Society

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

## Castle Hill Senior Citizens Club Inc.,

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

## Combined Probus Club of Cherrybrook

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

## Computer Pals for Seniors – The Hills

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

## Cumberland Bird Observers Club

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

## CWA of NSW – Galston Branch

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

## CWA of NSW – Castle Hill Branch

Holds its monthly meeting every 2nd Tuesday at the CWA Hall, 2 Annangrove Road, Kenthurst (off Angus Road) from 10am. We also hold our Craft mornings for members on 1st and 3rd Tuesdays of the month from 10 to 12.  
Maureen | 0410 582 723  
castlehillcwa@gmail.com

## CWA of NSW – Toongabbie Branch.

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

## Dural and District Prostate Cancer Support Grp

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

## Dural Country Club Bowls

04 2131 5074

## Dural Men's Shed

04 0247 8498 | www.duralmensshed.org

## East Kurrajong School of Arts

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

## Embroiderers' Guild NSW Inc Hawkesbury Grp

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

## Friends of Hills Library

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

## Girl Guides Australia

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

## Glenhaven Probus Club Inc

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

## Glenwood Men's Shed

Jim | 0438 701 275

## Hawkesbury Artists & Artisans Trail

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

## Hawkesbury Camera Club

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

## Hawkesbury District Agricultural Assn

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

## Hawkesbury Historical Society

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

## Hawkesbury Nepean Chapter of the 1st Fleeters

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

## Hawkesbury West Probus Club

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

## Hawkesbury Woodcraft Cooperative Ltd

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

## Hills District Women's Bowling Club

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

## Hills Older Men's Network INC

Meets fortnightly on the first and 3rd Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55  
Robert | 0425 233 783  
HillsOMN1@gmail.com

## Hills Shire Symphony Orchestra

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

## Hills Toastmasters

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

## Hills/Toongabbie Music Club

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

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

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

## Kurrajong Hand Spun Craft

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

## Ladies Probus Club of Baulkham Hills

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

## Learning in the Hills

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

## Lions Club of Richmond Inc.

Geoff | 0412 969 651

## Lions Club of Windsor Inc

Pam | 0413 395 145

## Macquarie Towns Garden Club

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

## National Seniors Australia (Hills Branch)

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

## North Rocks View Club

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

## Norwest Sunrise Rotary Club

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

## Pennant Hills Mens Probus Club

John | 9487 1385

## Pennant Hills Combined Probus Club

Meets at Hotel Pennant Hills every 3rd Monday of the month at 10am.  
Lorene | 0429 396594

## Pennant Hills VIEW Club

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

## Pennant Hills Garden Club

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

## Pitt Town Probus Club

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

## Probus Club – Carlingford North Rocks

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

## Probus Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

## Probus Club of the Hills Inc

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

## Probus Club – Carlingford North Rocks

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

## Probus Club – Glenorie

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

## Probus Club – Kellyville Castle Hill Mixed

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

## Probus Combined Castle Hill Club

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

## Probus Club Kellyville Combined

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

## Probus Club of Winston Hills –

### Northmead Combined

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

## RDA (NSW) Tall Timbers Centre

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9679 1246 | admin@rdanswtalltimbers.org.au  
www.rdanswtalltimbers.org.au

## Red Cross – Castle Hill Branch

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

## Richmond /Windsor VIEW Club

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

## Scouts Australia – Greater Western Sydney Region

9639 2488 | www.greaterwestscouts.com.au

## Sleep Disorders Australia – NSW

02 9990 3514 | www.sleepoz.org.au

## Soroptimist International of Hornsby Inc.

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

## Soroptimist International The Hills

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

## The Hills Community Aid and Information Service Inc

9639 8620

## The Hills Learning Centre

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

## The Hills Shire Garden Club

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

## The Hills District Pipe Band

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

## The Hills Trefoil Guild

Elaine | 0417 330 196

## The Inner Wheel Club of Baulkham Hills

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

## The Sydney Hills Branch of the Association of Independent Retirees

Mal Steel | ailsydneyhills@gmail.com

## Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

## Wanderers Bushwalking and Outdoor Club

Meetings are held on the 2nd Tuesday of each month at 8 pm at Crestwood Community Centre, Cnr Crestwood Drive and Conway St, Baulkham Hills.  
John | 0423167467  
www.bushwalkingsnw.org.au/wanderers

## Windsor RSL Fishing Club

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

## Windsor Probus Club

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

## Winston Hills Joey Scouts

9862 8482  
hsara@optusnet.com.au

## Wisemans Ferry Community Men's Shed Inc

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

## YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

## Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org



# WORD SEARCH IN THE JUNGLE



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JUNGLE CAT

PARROT

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LEOPARD

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TAPIR

CAPYBARA

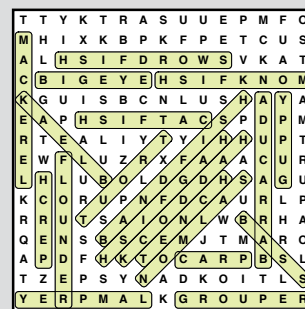
JAGUAR

PANDA

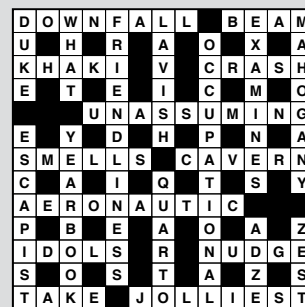
TIGER

Answers from last issue

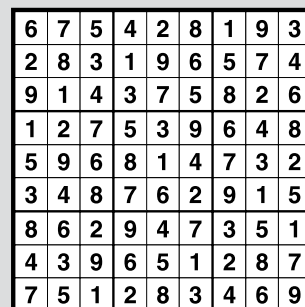
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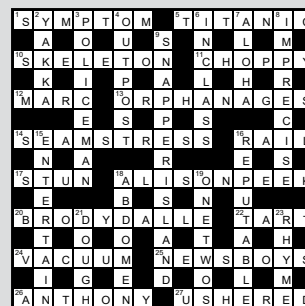
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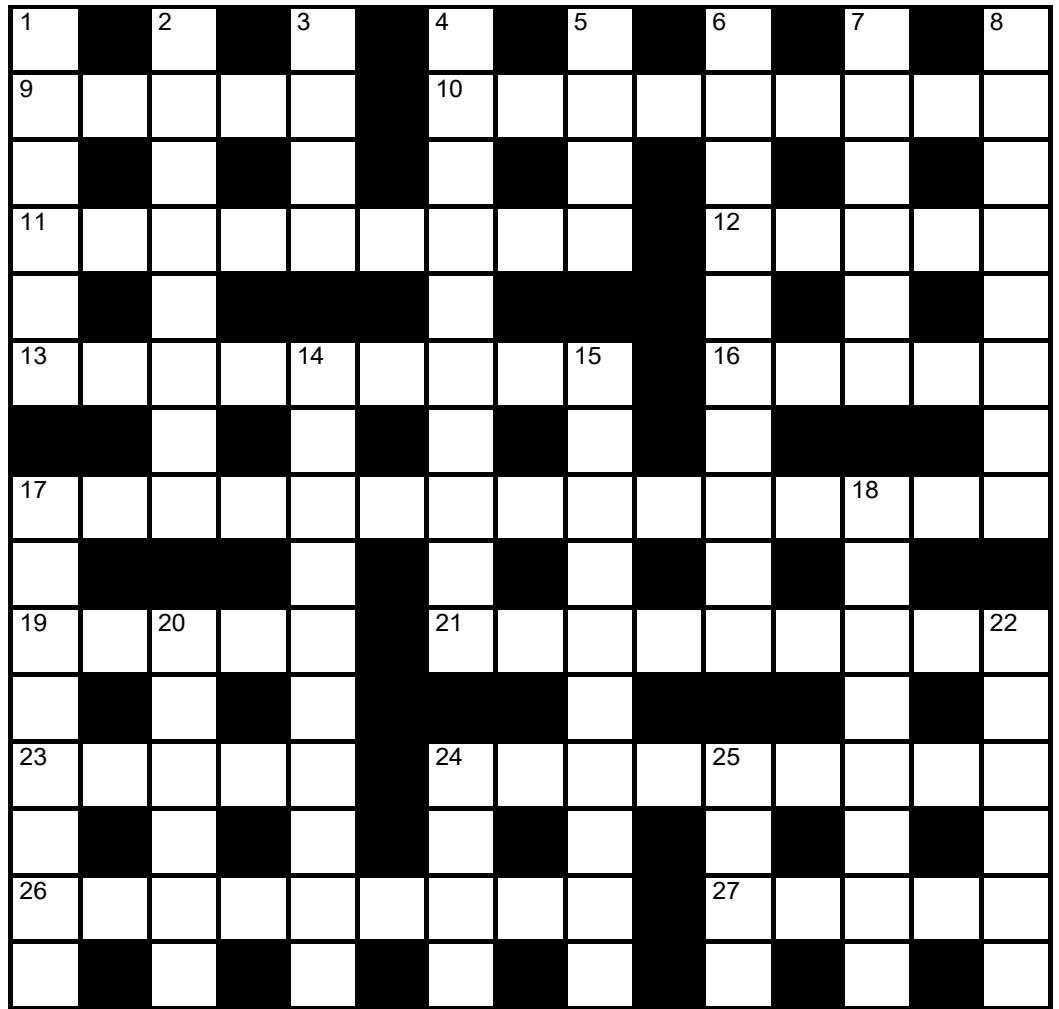
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### Across

- 9. Peers
- 10. It's normal to be hammered - priests don't like it
- 11. Paroo River feature internationally important as a wetland
- 12. Sound
- 13. Interplanetary transport
- 16. Coward
- 17. Darwin garden sight
- 19. Diving kit
- 21. Cease operations
- 23. It's nicknamed the "Capital of Latin America"
- 24. Type of pea
- 26. Recall past experiences
- 27. Not concealed

### Down

- 1. Skiers' challenges
- 2. In all honesty
- 3. Barbecue cooler
- 4. Feeling the pain of others
- 5. Superficially, it's all bark and no bite
- 6. Champion surfer/shaper, father of Noa
- 7. Allocate
- 8. Place for waiting
- 14. Side views on blueprints
- 15. Illustrious people
- 17. Fine, soft goat's wool
- 18. Assistants
- 20. Say! Rum manoeuvres for some soldiers
- 22. Natural state?
- 24. One burned but was not consumed
- 25. Board flaw

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# CODE WORD

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

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

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

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

# SUDOKU

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

Rating: ★ ★ ★ ★ ☆

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

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

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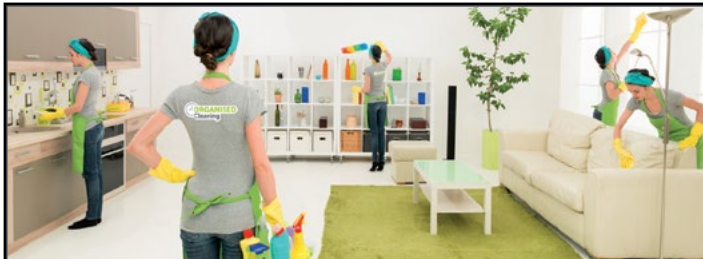


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