

# Hills to Hawkesbury

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## Community News

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Local Stories, Local Events, Local People and Local Businesses



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# NEW COUNCILS

BY BEV JORDAN

Hills Shire Council welcomed new Mayor Dr Michelle Byrne and the 12 newly elected councillors at a special meeting on Thursday, 3rd October to publicly swear them in.

It was a tight race for the 12th council seat with Greens' councillor Dr Mila Kasby only finding out at the declaration on Tuesday afternoon (1st October) at the Hills Electoral Commission Office that she had secured the last vacant seat on council, just 114 votes ahead of Labor's Dilvan Bircan after the eighth count.

An application by the Labor party for a recount on Wednesday (2nd October) was dismissed by the Electoral Commissioner who said there were insufficient grounds to warrant a ninth count.

There was an 88.72 percent turn out in North Ward. Liberal Mitchel Blue secured his second Term on council with first preferences votes after Liberals gained 63.92% of the vote. The huge vote meant that Liberal Jacob Jackson who was first elected to Hills Shire council in August 2018 and served for three years, was also elected.

While the results of those two seats were known after the polls closed at 6pm on election day, September 14th, there was a lot of movement on the third seat with Labor initially ahead.

Counting didn't begin on the sizable number of Postal votes until Monday, September 30th followed by preference distribution.

Councillor Kasby said it had been a roller coaster ride until the vote was declared.

The three new faces on Hills council are all from the Labor Party: Tina Cartwright, Immanuel Selvaraj and Jane Grevtseva who won the third seat on East Ward by 612 votes ahead of Greens candidate Suzannah McDonald on the eighth count after distribution of preferences.

Of the 8 Liberal councillors elected, Frank Di Masi, Reena Jethi, Mitchell Blue, Rosemarie Boneham and Jermome Cox have been on council for the past four year term. Liberal councillors Sam Uno, Alan Haselden and Jacob Jackson are returning after a four year break.

## HAWKESBURY RESULTS

At Hawkesbury Council there was a lot of counting with the final 3 seats only decided after the 59th count.

With 10 Groups and a total of 62 candidates vying for the 12 seats on Hawkesbury City Council preferences were always going to be important.

In the end the Liberal Party claimed four seats and the Labor Party was reduced to just one seat with the Independent team led by Mary Lyons-Buckett picking up a seat. Under the banner of People Not Parties, it now has a second representative on council with Dr Tom Aczel claiming a seat on the 59th count of preferences. Also elected on the 59th count were Liberal's Paul Veigel and Independent Les



Sheather who are both returning councillors. As there isn't a ward system in Hawkesbury all 12 represent the whole city.

The 12 councillors declared for Hawkesbury City Council are in the order they were on the Ballot Paper:

- **Greens:** Danielle Wheeler
- **IND Group B:** Mary Lyons-Buckett and Tom Aczel
- **Labor:** Amanda Kotlash
- **IND Group D:** Les Sheather
- **Shooters, Fishers and Farmers:** Shane Djuric
- **IND Group H:** Nathan Zamprogno
- **Liberals:** Sarah McMahon, Mike Creed, Jill Reardon and Paul Veigel
- **Small Business Party:** Eddie Dogramaci

The first meeting of Hawkesbury City Council is scheduled for Tuesday, October 15th. The Hawkesbury Mayor and Deputy Mayor are elected by councillors rather than by electors.

*Continue on page 21*



## ACKNOWLEDGEMENT

'We acknowledge the traditional Owners and Custodians of the land of the Dharug and Darkinjung People on which we work and pay our respects to Indigenous Elders past, present and emerging'. The Aboriginal and Torres Strait Islander peoples are the land's first storytellers.

# 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 of drop off points for the Hills to Hawkesbury Community News, visit our website [www.hillstohawkesbury.com.au](http://www.hillstohawkesbury.com.au) or click on the QR code.





# ALAND RESCUES SKYVIEW PROJECT

BY BEV JORDAN

Work to complete the three unfinished Skyview apartment buildings at Castle Hill, opposite Castle Towers, is set to start in the next few weeks after leading Australian developer and construction group ALAND was appointed to do the work.

ALAND has undertaken to complete the construction of the three buildings (which they refer to as Buildings C, D and E) at the site at 51-53 Old Castle Hill Road and to also rectify any potential defects in the existing shared basement.

The company, which has over 20 years experience in the industry, was selected by receivers KordaMentha who were appointed following the collapse of Toplace and its associated companies.

A spokesman for ALAND said site preparation and pre-construction activities had already begun. The work will take an estimated 16 months to complete depending on the weather and other factors.

Two buildings in the five-building development have been completed. The third is around 80 per cent complete, a fourth about 40 per cent and fifth about 25 per cent. ALAND will work closely with the Building Commission NSW while it gets the work done.

ALAND has a 100% completion rate of projects and was recently awarded an iCIRT Gold rating following a rigorous and independent review process to determine its capability, capacity and commitment.

According to its website it has 38 developments in NSW. Over 5,000 departments built, 1,708 departments under construction (including 405 apartments at Schofield Gardens) and 6,000 apartments being planned.

ALAND Founder and owner Andrew Hrsto said ALAND has a strong record of turning around challenging projects and transforming them into award-winning residential complexes in sought-after suburbs.

"ALAND maintains an end-to-end capability that uniquely positions us to take on these types of projects," he said. "Both KordaMentha and the Building Commission NSW clearly recognise our strong reputation, the quality of our product and our expertise and we are excited to drive this entire complex to completion."

The complete development will provide a total of 964 apartments housing 2500 people. When completed, buildings C, D and E at Castle Hill will be offered as Build to Rent homes and will increase rental property availability with 536 apartments providing much-needed rental housing for 1500 residents.

In June this year the Hills to Hawkesbury Community News carried a story saying a spokesman for The Hills Shire Council said that Building Commission NSW was working with receivers and managers to appoint a contract to complete the Hydra, Phoenix and Vela Towers.

Buyers were blocked from moving into the \$900million apartment complex in 2021 after the NSW Building Commissioner confirmed "extensive signs of cracking" were discovered in the basement of the buildings.

Toplace run by Jean Nassif had its licence revoked in December, 2022. In May 2024 the Supreme Court wound up JKN Hills PTY Ltd which was the Toplace entity responsible for the remediation works.

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## DRINK DRIVING

Hills police arrested 21 individuals for Drink Driving in September. Supt Naomi Moore said: "It is incredibly disappointing to see so many individuals making the reckless decision to drink and drive. This behaviour endangers not only the drivers but also innocent road users."

Incidents include:

- A 27-year-old male driving a grey Subaru Impreza along Windsor Road, Baulkham Hills lost control and crashed into a black fence before hitting a concrete fence at about 1:30am on Saturday, 28th September. Police arrived at the scene around 1:50am and conducted a breath test on the driver, which returned a positive result. He was arrested and taken to Castle Hill Police Station, where a breath analysis indicated a blood alcohol concentration of 0.146. His driver's licence was immediately suspended and he is due before Parramatta Local Court next month.
- Another male driver who crashed is also due in court for high range drink driving. Police were called to the scene by passersby following the crash at 8.40pm on Wednesday, 25th September at the junction of Windsor Rd and Terry Road Box Hill. The driver gave a positive reading 0.244 for high range PCA. His licence was suspended and he was issued with a court attendance notice.
- A 57-year-old driver was charged with high range drink driving after colliding with the rear of a Mercedes at 7.20pm on Monday, 23rd September in North Kellyville. The Isuzu Table Top Truck collided twice with the Mercedes A2000 which was waiting to turn right at the intersection of Withers Road and Oxlade Street. Police were alerted to the incident through the automatic collision alert system of the Mercedes. Officers arrived at the scene at 7:47pm and observed significant damage to the rear bumper of the Mercedes, which was partially in the oncoming lane. The truck driver returned a positive breath test result. He was arrested. A subsequent test at Castle Hill Police Station showed a level of 0.162 (over 3 times the legal limit). The driver's licence was suspended. He is due before Parramatta Local Court in November.
- Several concerned shoppers called Hills police after seeing what appeared to be an intoxicated man getting into his car and trying to drive out of the car park at Oakhill Village Shopping Centre, Castle Hill at around 4.20pm on Wednesday, 18th September. They told police the man had narrowly missed hitting parked cars and a fence. A roadside breath test was conducted, returning a positive result. The 47-year-old male driver was arrested and transported to Castle Hill Police Station, where a breath analysis indicated a blood alcohol concentration of 0.254 grams per 210 litres of breath, over five times the legal limit. His licence was suspended on the spot and he is due before Parramatta court.
- A 55-year-old man was observed by police driving north on Windsor Road, Rouse Hill at 12:05am on 18th September swerving in and out of its lane. Police activated their warning devices, signaling the driver to stop. A roadside breath test returned a positive result. The driver was arrested and taken to Castle Hill Police Station, where a breath analysis indicated a blood alcohol concentration of 0.121 grams per 210 litres of breath. The driver's licence was immediately suspended. He is due before Parramatta Local Court next month.

## PRAISE FOR RESCUERS

Hills police have praised two women who came to the rescue of a woman who they saw was being intimidated on Ridgeline Drive, The Ponds and took her to Castle Hill Police Station at around 11.45pm on Monday, 23rd September.

Police say that a woman was visibly distressed and was walking towards the bus stop on Ridgeline Drive when she encountered the accused and an alleged domestic violence offence occurred. Despite her pleas, the accused allegedly continued to follow her as she walked towards Schofields Road, a distance of about 2kms.

Two female witnesses, noticing the victim's distress and the accused's persistent following, pulled over and asked if she was okay. When they heard her cry for help, they immediately offered her refuge in their vehicle and drove her to Castle

Hill Police Station, where she reported the incident. The accused was later arrested at his home and charged with Domestic Violence Offences.

Police say it was a heartwarming display of bravery and compassion. "Their quick thinking and decisive actions underscore the importance of community vigilance and the power of simple actions to help those in distress. This incident highlights the critical role that ALL members of the community can play in ensuring the safety of domestic violence victims. The courageous actions of these two women not only provided immediate safety for the victim but also facilitated her access to police assistance and welfare support ... a simple act like calling the police can make a significant difference. Your intervention could save a life and bring much-needed support to those suffering in silence."

## FINED OVER \$2K

A dirt bike rider had an expensive day out when he decided to ride his bike through Crestwood Reserve off Chapel Lane Baulkham Hills at around 5pm on Friday, 20th September.

Police received multiple phone calls regarding the dirt bike on the reserve where several children were playing oz-tag and numerous members of the public were present. Callers said the 19-year-old

rider was riding erratically, posing a danger to the children and others in the park.

The rider was unlicensed and the motorcycle was unregistered and uninsured. He was fined a total of \$2,318. (Unlicensed for Class - Class C/R/LR/MR - first offence -\$682, Use unregistered registrable Class A motor vehicle on road -\$818, Use uninsured motor vehicle on road -\$818)

## HOUSE FIRE

Emergency services responded to a house fire at a single-level residence in Colin Place, Carlingford just after midnight on 19th September.

At approximately 12.21am, a loud bang was heard from the garage, prompting the occupants to investigate. They attempted to extinguish the fire but were unsuccessful. The fire quickly spread, engulfing the garage and moving through the house.

Emergency services were alerted, and police from The Hills PAC, along with multiple Fire and Rescue NSW (FRNSW) units, arrived on the scene around 00:31. FRNSW began efforts to extinguish the fire, while police located the three occupants trapped in the backyard. Officers forced open rear fence panels to assist the occupants to safety.

Paramedics treated one occupant for minor burns and smoke inhalation before transporting them to Concord Hospital for further treatment. The other two occupants were assessed at the scene and found to be uninjured. A neighbour was also treated for minor smoke inhalation.

The fire was brought under control and extinguished by 1.26am. FRNSW has determined the likely point of origin to be the garage, with an electrical cause suspected.

## MAN, 28, SHOT

Police have launched an investigation into the shooting of a 28-year-old at Winston Hills on Wednesday night (2nd October).

Officers attached to Parramatta Police Area Command were called to Dale Place, Winston Hills, at around 10.50pm and found a man had been shot four times on various parts of his body.

He was treated by NSW Ambulance paramedics at the scene before he was taken to hospital in a serious but stable condition where he was placed under police guard.

At about 11pm, officers were called to Redbank Road, Northmead, following reports of a car fire. A Jeep Grand Cherokee SUV was destroyed. The police are working to establish what happened. Anyone with information, CCTV or dashcam vision in relation to this incident to contact Parramatta Police or Crime Stoppers.

## MEN ARRESTED

Two men were arrested by Hills police on Wednesday morning following calls that there was a break in at a house in Quarry Rd, Dural which was being renovated.

Officers from The Hills Police Area Command arrived at 9am and successfully apprehended two males, aged 33 and 37, for breaking and entering a home. The community has been congratulated for their vigilance. Anyone with further information to contact The Hills Police Area Command on Crime Stoppers.



# Hawkesbury's Helping Hands New Technology Hub

BY MACKENZIE HOLLAND

Hawkesbury's Helping Hands has upgraded how they serve the community with their new Technology Hub, which harbours eight workstations with computers and headphones. For over 13 years, Hawkesbury's Helping Hands has served the local community by offering a helping hand to anyone who could use some help.

The Technology Hub is a joint endeavour with Mastercard in which the Mastercard tech team and engineers volunteered their time to install the equipment they donated. There was no funding for this ambitious project but between the volunteers at Hawkesbury's Helping Hands, Mastercard, and assistance from a few local businesses, they were able to pull it all together.

Linda Strickland, the founder and CEO of Hawkesbury's Helping Hands, says how the Technology Hub has already proven useful in the short time since it has opened. It allows anyone who does not have access to a computer or Wi-Fi a place to come and use the internet, in a no judgement environment.

Hawkesbury's Helping Hands was founded in 2011 by Linda and her daughter Cassidy and is still running strong with about 45 volunteers on rotation. The unfunded charity started very small and did not have the space they have now, but services have been added and extended over the years as demand grew to where they are now. Linda says each week they service hundreds of people, with them servicing 45 people for dinner alone on the 22nd of September.

The unit the business resides in was once spacious but is now filled with donated items and free services for those in need. "We outgrew the space in 2019 after the bushfires", Linda says and yet thanks to help from a local storage service, they were still able to make room for the new Technology Hub.

The Hawkesbury's Helping Hands unit in South Windsor also offers a chance for people to sit on a beanbag and watch some TV, or even just use the room to get out of the weather. It also dons toilets and a free shower with most of the unit's space being taken up with crates of donated and bought goods.

Hawkesbury's Helping Hands services the Hawkesbury 5 days a week. They have free meal services every Saturday and Sunday from 6pm-7pm in which anyone is welcome to come down for dinner. The drop in hub is 8am-1pm every Wednesday to Friday where people can come for tea and coffee, to watch the TV, use the computers and other amenities, or even just for a chat. Every Saturday from 2pm-4pm the volunteers sell hampers filled with rescued food that has been purchased. The hampers are only \$20 but are filled with a large number of goodies and each week the hampers change based on the availability that week.

As a charity, the organisation gives what they can to those who need it. They have camping gear for the homeless, free food and toiletries for those in need. Linda says, "Anything that comes in for free, goes out for free". Everything that is donated to the organisation, is available for those who may be struggling at absolutely no cost.

Hawkesbury's Helping Hands also does other programs and events over the course of the year such as the free Christmas Day Lunch for anyone who could use the company and a meal on the day. They also do a back-to-school program, disaster relief and remote Aboriginal community runs.

Founder and CEO Linda Strickland with President Erin Wilkins



Mastercard volunteers who helped develop the Technology Hub

Some programs even come about just as the need arises. Linda talks about how she had noticed some of those who were struggling couldn't afford the upkeep of their dyed hair, so she organised a drive for hair dye and hair wash products to maintain the colour. Linda says that these types of drives help people to be more comfortable with themselves. The Hawkesbury's Helping Hands Facebook page is a great up-to-date source for information on their current programs, services and any updates: [www.facebook.com/HawkesburysHelpingHands](https://www.facebook.com/HawkesburysHelpingHands).

As an unfunded charity, Hawkesbury's Helping Hands relies solely on donations to operate their services. For anyone who wishes to donate to Hawkesbury's Helping Hands, you can go to their website to make a financial donation and/or follow their Facebook page as they often put an appeal for any items they need. Their website is the best location for information on how you can help: [www.hawkesburyshelpinghands.org.au/](https://www.hawkesburyshelpinghands.org.au/). On there you can also find contact details, operating hours and a form for anyone who wishes to volunteer with them. Their unit is located at Unit E 28 Walker Street, South Windsor if anyone needs a helping hand or wishes to make a donation.



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## AUSTIN'S LEGACY:

# Parents Fundraise to Give Bears of Hope

BY SOPHIE POREDOS

**A loving Mother and Father have raised more than \$14,000 to deliver Cuddle Cots for grieving parents, in honour of their baby boy, Austin.**

In Australia, six babies are stillborn everyday, and one in four pregnancies end in loss. Taneal Pond and her husband, Bradley Pond, experienced this devastating loss with their child, Austin Jeffrey Pond.

Whilst grieving the loss of their child, the parents were able to spend more time with their son through a donated 'Cuddle Cot', fundraised to the hospital on behalf of another family's child, Jesse Bowles. Cuddle Cots are an initiative of Bears of Hope, which is a charity that provides free pregnancy and infant loss support to families after experiencing the devastating loss of their baby. They are designed to keep the baby's temperature cooler, allowing parents to spend days with their child before they have to say goodbye.

Taneal spoke about the incredible support of Northwest Private Hospital during their grieving process. Her mission to give back and offer other families hope started with a small teddy bear.

"It's been such a wonderful experience with Bears of Hope. The first thing we were given was a teddy, donated in honour of Josiah Finn. It let me know that people weren't alone, and that people have been through this before. I don't know who these people are, but these people were okay, and we would be too".

After her experience in the hospital, Taneal and her husband wanted to give back to the community and provide other parents with bears. However, they soon raised \$6,500 necessary for a Cuddle Cot at Northwest Private:

"Throughout this, we've been so lucky to be surrounded by an amazing network of family and friends. We didn't think that we would raise this much. We contacted Bears of Hope and within two weeks we had the Cuddle Cot at



Taneal Pond and Bradley Pond with their two children.

our house, [which we were able to assemble ourselves]. Bears of Hope was fantastic, and we decided we wanted to be directly involved in that process."

The couple continued their efforts, asking people to donate bears in Austin's name, hoping he could offer the same comfort they received to others. Taneal and Bradley's fundraising efforts didn't stop there. With the support of community and friends, they were able to fundraise for a second cot, which was sent to King Edward Hospital in Perth.

*Continue on page 20*



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# Hills Harmony Chorus takes home Gold at Barbershop Harmony Festival

BY SOPHIE POREDOS

A group of dedicated Barbershop Acapella singers performed on the Gold Coast at the Barbershop Harmony Festival, earning a gold medal for the first time in the Chorus' 28 year history.

Across Australia, 16 Choruses and 11 Quartets participated in the annual Barbershop Harmony Festival, held this year at the Star Theatre. Barbershop is an acapella four-part Chorus with a tenor, lead, baritone and bass singer, often linked to the musicality of 50's movies.

Hills Harmony Chorus entered with two Quartets in the Senior Mens, Vintage Fusion and the Mixed section, What Four? Why Not! Both Quartets took home gold and the Senior Chorus with 12 members also came 3rd in their section.

Formed in 1996, Hills Harmony Chorus regularly performs in regional and national organisations, as well as Retirement Villages and charity organisations. Secretary Ian Nicolson first performed with the Chorus in

2023 after he picked up a flyer about the group's 'Learn To Sing' four-week program.

"I didn't know how well I could sing before I went to the course. At the end of the four week program they asked me to sing with four others with the musical director. I retired a couple of years early and I was looking for something to do, there's a lot of groups for women to join when they retire but there aren't as many opportunities for men. It's a good time of fellowship, caring for a group of blokes to get together. However, as a group we are not restricting ourselves to a men only Chorus".

Ian was elected as Secretary from December 2023, and was re-elected until



Senior Men's Quartet, *Vintage Fusion*, with their Gold trophy.

September 2025. Since the competition, the group has been elated with their results, as three of the twelve singers in the senior Chorus competed for the first time:

"We jumped up and down when they first won, it was the first time we won gold medals at a national level. The trophies are still making the rounds with all of the members!"

Ian said their famous four-week singing course to 'find your voice' welcomes new singers female and male, regardless of their experience.

*Continue on page 13*

## Notice of intention to grant a licence under section 151 of the National Parks and Wildlife Act 1974

The National Parks and Wildlife Service is seeking public comments on a proposal to grant a licence to The Pitt Town and District Sports Club for areas within Scheyville National Park.

The proposed grant of licence is to The Pitt Town and District Sports Club ACN 002 503 540 to use the areas of Scheyville National Park shown in the diagram for the purposes of:

- maintaining the sporting oval for community sporting activities including sporting, community and fundraising events that are low impact; and
- maintaining and using the playground, pumphouse, septic treatment area and docking area.

The proposed licence term is 10 years plus one 10-year option (total potential term of 20 years).



Licence Area, Pitt Town and District Sports Club, 139 Old Pitt Town Road, Pitt Town NSW 2756.

### Have your say

Public exhibition is from 4 October 2024 to 18 October 2024.

You can provide your written submission in any of the following ways:

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Property and Lease Management Unit  
Locked Bag 5022, Parramatta NSW 2124

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SCAN TO BOOK





# DV Network Coercive Control

The Hills Domestic Violence Prevention Network (HDVPN) hosted an overwhelmingly positive Domestic Violence forum at the Castle Hill Cultural Centre on the topic of Coercive Control in Practice.

The forum, held on 18th September, was attended by members of the community, frontline workers, government staff, and students, all eager to gain practical insights into how coercive control operates and how to support those affected, making them better prepared to manage these situations in their own contexts.

Under the leadership of Uma Menon, Co-Chair of HDVPN and Chair of the Forum, the event was a deliberate response to what the community has been asking for: clear, practical information on how to identify coercive control and support those experiencing it.

"The topic of coercive control struck a chord with the community, and rightly so," Uma said.

Paula Smith, founder of Upstream Educator, Investigator, and Survivor Strategist facilitated a powerful presentation on coercion, Visa weaponisation, cultural safety, and technological abuse.

Using case studies, Paula's approach enabled participants to engage deeply with the content, helping them identify coercive control behaviours, such as isolation, monitoring,

financial control and restricted freedom.

Coercive control refers to a series of sustained behaviours intended to make a person dependent, isolate them from support, exploit their resources, deprive them of independence and regulate their everyday behaviour. This might include restricting the victim's movements, isolating them from friends and family, controlling their access to money, and using intimidation to instil fear.

Coercive control is now recognised as a criminal offence in NSW, and offenders can face up to seven years in prison for this kind of abuse.

Recognising coercive control requires education and collective awareness—understanding what it looks like, how it starts, and what we can do to stop it. which is why the Hills Domestic Violence Prevention Network (HDVPN).

Held the forum which brought together a diverse range of community representatives,

including panellists and the DV Forum committee.

The collaborative case studies demonstrated the power of sharing knowledge across the community to better support people compounding the impact that coercive control can have on people experiencing cultural and linguistic barriers and disability. Participants learnt from one another to better understand ways to tailor their support approaches.

Uma Menon highlighted the importance of this approach, stating: "Participants came away more open-minded and felt better equipped with information and resources to support victim-survivors effectively."

*Continue on page 19*



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# Carers Connect Expo and Support

Miriam Sonogo (pictured) is deeply attuned to the needs of carers, having provided direct care for her late mother and connected her to essential services that enabled her to live independently.

With over 20 years of experience in the aged and disability sector, including a decade managing the Cumberland/Prospect Carer Respite Centre with Baptist Care, Miriam brings a wealth of knowledge to her advocacy.

Miriam highlights several persistent challenges faced by carers, such as limited access to respite services, long waiting lists for community aged packages, and the overwhelming demands of caregiving that often lead them to neglect their own health. Many carers are unaware of the available support due to time constraints, which can result in heightened stress and missed opportunities for assistance.

The wellbeing, psychological distress and social connectedness reported by respondents to the 2022 National Carer Survey conducted by Carers NSW, together with the Australian State and Territory Carer Organisations remains at concerning levels, similar to the 2020 Survey. Almost half of all respondents (47.5%) experience high to very high levels of psychological distress, and 56.3% are socially isolated or highly socially isolated.

Currently volunteering with Hills Community Aid, Miriam is helping to organise the upcoming Carers Connect Expo on October 16 as part of Carer's Week celebrations. She emphasises "The Carers Connect Expo will be a valuable event for carers, their families, and the wider community to meet service providers and learn about available resources for carers of the elderly and people with disabilities. We hope this expo will empower carers in their vital roles."

Attendees can look forward to representatives from various organisations, including Hills Community Care, Lifestart, the Hills Community Medical Equipment Pool, Dementia Australia, and Vital Call emergency alert systems. Local Senior Constable Mick Barnes from the Hills Shire Police Area Command will also be on hand to address concerns regarding safety and vulnerability. Additionally, wellness professionals will offer activities like Gentle Exercise for Better Health and provide information about ongoing wellness activities and courses available.

Miriam notes, "In my research, I couldn't find a Carers Support group in the Hills district. One

of my hopes for the Carers Expo is to inspire interest in establishing a local support group for carers." The Carers Connect Expo is on Wednesday 16 October 10am-1pm in Balcombe Heights Estate. For more information about the Carers Connect Expo, visit [www.hca.org.au](http://www.hca.org.au) or call 9639 8620.



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# Gifts in Wills are A Lasting Legacy to Help Sick Kids

Giving comes in various forms, from buying a raffle ticket, donating, participating in a fun run, attending a charity dinner or volunteering.

For some, the most generous and extraordinary gift comes from a gift in their Will. As we reflect on what truly matters to us, many of us feel a deep desire to pay it forward and make a lasting difference.

In 2023, 159,000 kids were treated across the Sydney Children's Hospitals Network, with potentially millions of young lives benefiting from research advances and discoveries. This ongoing need for support is ever-growing, and a commitment, through a gift in Will, can become part of a transformative movement that brings hope, healing and a brighter future for countless children.

Imagine the extraordinary impact we could make together if hundreds, thousands, or even tens of thousands of people like you join this movement, united by a shared commitment to create a lasting difference.

At Sydney Children's Hospitals Foundation (SCHF), we know that including a charity in your Will is a very personal decision. It is an important and lasting declaration of your values and beliefs that you and your loved ones can be proud of long into the future.

Gifts in Wills to SCHF are a powerful way to transform young lives. By leaving a gift in your Will, you can fund groundbreaking research, purchase vital cutting-edge equipment, and provide specialist training to dedicated clinicians. You can support kids and families whether they are in hospital for a single day of treatment, a short stay or for some, many challenging months.

We invite you to consider leaving a gift of 5% in your Will. Even a small percentage can spark incredible change, bringing hope, healing and a healthier future to countless sick kids. Your legacy can be the difference that transforms lives.

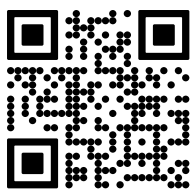
At SCHF, we have partnered with Gathered Here, one of Australia's most trusted online Will writing services. Writing your Will with Gathered Here is completely

free. Follow the easy step-by-step process and in just 10 minutes you can create your online will, leaving a legacy that will impact the future of kids' health. Alternatively, you can contact us on 1800 770 122, [plannedgiving@schf.org.au](mailto:plannedgiving@schf.org.au) or visit [www.schf.org.au/gift-in-will](http://www.schf.org.au/gift-in-will)



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## Local Student performs on Broadway in the Big Apple

BY SOPHIE POREDOS

**Matthew Dino is an ambitious 15-year-old that has already premiered two of his original songs on Broadway, with a single coming out this October.**

The Kellyville Ridge performer, who has been singing since the three-year-old, composed and performed his first song, *Superheroes in Disguise*, during the COVID-19 pandemic in 2020. The song was a tribute to the selfless acts of front-line workers at Westmead Hospital and was also featured at the 2020 Western Sydney Local Health District Quality Awards.

Matthew's parents, Sheila and Gemmel are both nurses at Westmead Hospital, and have been incredibly supportive of his journey and proud of his musical achievements. Matthew also has two older brothers: 20-year-old Mark and 17-year-old Martin.

Four years onwards, Matthew re-released *Superheroes in Disguise* under the mentorship of Lionel Cole and filmed a music video with the support of his school. As a Year 9 student St John XXIII Catholic College, Matthew reflected upon his schools unwavering encouragement. "2 years ago when I re-released 'Superheroes In Disguise', my friends and classmates were congratulating me on the opportunity of taking my song to a new level that I never thought could happen."

As an young artist, Matthew enjoys experimenting with different genres rather than sticking to a single style, allowing him to discover what resonates most with him. "Over

the past four years, my journey with singing has been about growing into and exploring my voice. Yes, it was a bit challenging at times adapting into a new voice, but I've used those challenges to refine my techniques and develop my own style".

Recently, he performed on Broadway in New York City as part of Lionel Cole: *The Beautiful Souls & Emotion*, a production that highlights emerging artists from Oceania and the South Pacific. The performance was held at 54 Below, a renowned cabaret Club that provides opportunities for diverse communities and up-and-coming talents.

## Hills Harmony Chorus takes home Gold at Barbershop Harmony Festival

from page 9

"There are no requirements other than a desire to share in some great experiences. Before I joined, I had no experience! There is no cost to the course, however there is a quarterly fee to pay for the Chorus if you are invited. We are hoping to attract as many people as possible next year."

If you have a passion for singing, you can contact Ian for more details about their upcoming course at [secretary@hillsharmony.com.au](mailto:secretary@hillsharmony.com.au). They practise Thursday evenings from 7:30pm at the Kellyville Anglican Church, 45 President Road, Kellyville.



Senior Chorus came third in their section.

# Bella Vista Farm

## Open Day

Sunday, 6th October 9am-2pm

Corner Elizabeth Macarthur Drive and  
Norwest Boulevard Bella Vista





It's that time again! 1st Sunday of the month - Bella Vista Farm (BVF) opens its gates to welcome visitors to explore this delightful historic homestead.

- Music in the garden • Devonshire tea
- Sausage sizzle (with onions and home-made chilli paste)
- Trash and treasure stall
- House Tour (a gold coin donation)

Children are welcome, they can meet our sheep family who live at the property.

**Free parking and public transport is nearby.**

[www.thehills.nsw.gov.au/Venues/Parks-Recreation/Bella-Vista-Farm-Park](http://www.thehills.nsw.gov.au/Venues/Parks-Recreation/Bella-Vista-Farm-Park)



# Diwali Lights Up

A free festival to celebrate Diwali ... the ancient Hindu Festival celebrating the victory of light over darkness will be held at Bella Vista later this month.

The Community Migrant Resource Centre (CMRC) has joined forces with Landcom to stage the annual Light Up Bella Vista celebration at the pocket park next to Bella Vista Metro Station. The fun will run from 5pm to 8pm on Sunday, October 13th.

The annual event brings people from all backgrounds together for an evening filled with food, music, dancing, and lights with a grand finale of electric fireworks by Guru productions.

Entertainment during the evening includes a children's fashion show by Divine Sparkles,

interactive Bollywood dancing with Nikhil's Dance Group, DJ AJ, diya painting and Rangoli colouring by CMRC, henna art and a demonstration by an Abacus guru on the power of traditional Indian Abacus and Vedic maths.

As well as stalls and food trucks there will be a special staging of The Spirit of Diwali by Bollywood Mantra 4U: a visual journey exploring the stories that define Diwali.

This family-friendly event is open to all, celebrating harmony and togetherness. To find out more visit [bvpocketpark.com.au/diwali](http://bvpocketpark.com.au/diwali)



## LIGHTS COMPETITION

Blacktown City's much-loved Diwali Lights Competition is back with residents encouraged to light up their homes for the celebration which is now part of the fabric of the culture of Blacktown City.

More than \$2,500 in cash prizes is on offer for the best-decorated properties across Blacktown City's five wards.

Prizes will again be awarded for 'Best Street' and 'Best Rangoli' (colourful artworks made from sand, flower petals, flour or rice).

Judging criteria will be based on the overall appeal of the decorations visible on the front of the property only.

Residents can nominate their decorated homes through the Blacktown City Council website [www.blacktown.nsw.gov.au/Community/Awards-scholarships-and-competitions/2024-Diwali-Lights-Competition](http://www.blacktown.nsw.gov.au/Community/Awards-scholarships-and-competitions/2024-Diwali-Lights-Competition)

Nominations close: Friday 25 October.  
Preliminary judging: Tuesday 29 and Wednesday 30 October, between 8 pm and 11 pm. Final round judging: Friday 1 November, between 8 pm and 11 pm.



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## Aged Care Reforms Information Hub at Hawkesbury Central Library



The Australian Government is making changes to aged care and Hawkesbury Central Library is currently hosting an Aged Care Reforms information hub.

The hub provides information and resources to assist older people and their families to navigate the changes being made to aged care services. There are number resources available in the hub including resources for locating aged care services, working in the industry, and details on specific issues such as dementia.

There is currently a survey taking place run by the Australian Government which is looking for more details on the resources that older people and their families are using and gaps that have been identified.

The hub will run during library opening hours at the Hawkesbury Central Library, 300 George Street, Windsor until the 9th November 2024.

For more information phone the library on 4560 4460.



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# Hills Shire Council's Free School Holiday Activities

The Hills Shire Council's FREE School Holiday Program is returning this spring, with some boredom busting activities and opportunities to learn the game of netball.

Mayor of The Hills Shire, Dr Peter Gangemi said Council's School Holiday Program aims to cater to a range of ages, abilities, hobbies and interests.

"The School Holiday Program provides an opportunity for children and young people to try a new sport, enjoy a relaxing art therapy session, or appreciate our local environment on the Nature Art Discovery Walk, which the whole family can participate in," Mayor Gangemi said.

"As the weather warms up, the activities are a great way to get the kids out of the house to try something new and make new friends."

The Hills School Holiday Sport Program with Netball NSW has been made possible thanks to the Australian Sports Commission's Play Well Participation Grant.

**The Hills School Holiday Program includes:**

**Nature Art Discovery Walk | 10am – 12pm  
Tuesday 8 October | Ironbark Ridge Reserve,  
Rouse Hill**

**Details:** One-hour guided educational walk on native birds and greenery, aquatic plants and

other water life. The walk will be followed with nature arts and craft, meditation and bush tucker education.

For school aged children and young people, and their families.

This activity will be run in collaboration with The Hills Shire Council's Environment Team.

**Hills School Holiday Sport Program - Netball  
NSW | 11am – 3pm Tuesday 8 October |  
Coolong Reserve Netball Courts, Castle Hill**

**Details:** Netball skills for children and young people. In partnership with Netball NSW and supported by the Play Well Participation Grant from the Australian Sports Commission.

There will be four sessions on the day for:

- Junior All Abilities (ages 6-10): 11am - 11:45am
- Youth All Abilities (ages 11-15): 12pm - 12:45pm
- Junior Beginners (ages 6-10): 1pm - 1:45pm
- Youth Beginners (ages 11-15): 2pm - 2:45pm

Please note the All Abilities sessions are specifically designed to accommodate children and young people living with disability.



**Multi-Sport Fun Day | 10am – 3pm Wednesday  
9 October | Balmoral Road Reserve Sports  
Complex, Kellyville**

**Details:** Participants will learn the basics of soccer and basketball under the guidance of Australian International Sports Organisation facilitators.

- Session 1 (ages 5-11): 10am – 12pm
- Session 2 (ages 12-16): 1pm – 3pm

**Art Therapy | 10am – 3pm Thursday 10  
October | Thompson Hall, Balcombe Heights  
Estate, Baulkham Hills**

**Details:** This workshop will provide a safe space for young people to check in with themselves and work through their emotions using art.

- Session 1 (ages 11-14): 10am – 12pm
- Session 2 (ages 15-18): 1pm – 3pm

Registrations are required. For more information and to register for each of the activities, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for 'School Holiday Activities'

## Building A New Career

**Sunil Narayan was a teacher in Fiji but when he moved to Sydney he changed career paths.**

The Riverstone resident wanted to take advantage of employment fuelled by the construction boom and so studied a Diploma in Civil Construction Design at TAFE NSW.

With more than 122,000 jobs forecast to be added to the construction industry over the decade to 2033, and almost 173,000 homes forecast to be built in Greater Sydney over the six years to 2028-29, there's strong demand for skilled workers in the construction sector.

Sunil said: "My career began in Suva, where I was a schoolteacher and then the head of campus at a technical college. But in 2022, I decided it was time for a change. Knowing that construction was an industry in Australia with a ready supply of jobs and interesting projects, I moved here to study at TAFE NSW. With my background in electronic engineering and science, I thought I'd be best suited to the Diploma of Civil Construction Design, so I could build upon my existing skillset and start my new career."

He graduated from TAFE NSW last year and is now helping address Sydney's housing shortage by working as a manager on residential projects across the city.

"My studies gave me a wide range of practical skills that I'm using to help succeed in my new role. At TAFE NSW I also gained extensive theoretical knowledge about Australian building standards and codes, which has been essential in helping me transition into this new workforce in a new country," he said.

"Studying at TAFE NSW also bolstered my project management skills, particularly managing construction timelines and budgets. This has helped projects I work on stay on track. I'm now working on residential developments and involved in the whole process from slab pouring to lockup. I'm working all over Sydney, which exposes me to different projects and ensures I'm using my new skillset in a broad range of settings."

Civil Engineering Head Teacher Amro Ezzeldin said studying at TAFE NSW gives students a wide range of industry-current skills to ensure they hit the ground running in their new jobs. "Through courses like our Diploma of Civil Construction Design, we provide students with the practical skills and knowledge necessary to align with current industry standards and secure their desired jobs," he said.



Sunil says he's glad he took the leap to start a new chapter in Australia.

"I feel proud to be using my new skills to play a role in helping secure Sydney's housing supply for future generations. I'm glad I took the opportunity to move from Fiji to start this new life for myself in Australia, and TAFE NSW has played a significant role in making me thrive with this move," he said.





## THE SECRET GARDEN

# It's all about the Birds and the Bees!

BY PENNY MCKINALY

Recently we held our annual Spring Fair in the grounds here at the Secret Garden, Richmond. The market stalls were very popular, but we noticed that plenty of people were after plants for bee and bird gardens. It would seem that gardeners are getting onboard with creating gardens that attract both native bees, honey bees as well as other insects, and that attracts a whole lot of other wildlife into our backyards!

Bees are attracted to blossoms with plenty of pollen as well as brightly coloured flowers. We stock a great range of Lavenders, Rosemary, as well as the less well known native shrubs like Thryptomene and Baeckea. The French Lavender, Italian and English are the most hardy and reliable small shrubs to go for! They usually last around 3 years and then tend to start to die off - just rip it out and start again! They enjoy full sun, a regular trim and keep them mulched and they will be happy! We carry the upright Rosemary 'Tuscan Blue' and the trailing variety - great for retaining walls as they love hot sun!!

Callistemons or Bottle Brush are reliable native flowering large shrubs and small trees. The red, white or pink flowers usually appear through the warmer months and they are much loved by councils for street trees - always a good indication of their toughness.

Citrus trees provide awesome scented spring blossoms which are very attractive to bees - the added bonus is the winter fruit which follows!! They are great for nesting birds also providing great cover and a steady supply of insects. Limes, lemons, oranges and mandarins are all available at the Secret Garden.

The Salvia species are brilliant for providing year round colour - except for the depths of winter. There are literally hundreds of varieties to hunt down, from pretty blues and mauves, to bold reds and pinks to subtle blush pink, whites and yellows. We are investing in building our stocks up of these cheery little guys - most stay less than 1m in height and provide great fodder for the bees and the birds. All they need is a good prune at the end of winter, re mulch them, add a handful of Dynamic Lifter and they will take off! Don't be timid with the prune - get into it!! By mixing your varieties you could have flowers for 8 months of the year!

Another great way to encourage bees is to invest in a Bee Hotel. These are man made timber boxes specifically designed to allow native bees to colonise. Our Mates Shed at the Secret Garden builds them and they are one of our best sellers! The Mates Shed is a place where all those with a disability can use their skills to build cool things using timber: so every Bee Hotel we sell helps turn their dreams into reality!! We fill ours with drilled out hardwood, short lengths of hollow bamboo and add various nooks and crannies. The bees are attracted to nest in them, which encourages them to stay around in your garden, feeding from the flowers and pollinating your veggies.

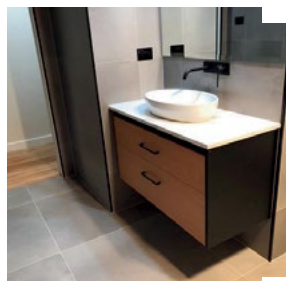
All of the above plants also attract birds, from Honeyeaters after nectar, to providing habitat for smaller birds. The more spiky foliaged natives provide a safe haven from the bigger birds, and enables smaller species to nest deep in the foliage. The flowers attract insects for small birds, and small trees allow bigger birds to nest just that little bit higher to escape predators like foxes and wild cats.

Both birds and bees require a steady supply of water - this only needs to be 10-20 deep for bees. You can add pebbles into your bird bath to create this shallower area for the bees to slurp up water while maintaining the deeper end for bird drinking and bathing. Or have several around - even better! With the warmer months upon us, top up every day and you will definitely have them visiting!

So next time you're out and about in your neighbourhood, check out what the bees are interested in! Snap a pic, ask someone or google it, and invest in providing homes for our smallest residents in our gardens!

### The Secret Gardener

You can find the Secret Garden at Western Sydney University, Hawkesbury Campus, Clydesdale Lane in Richmond. They are open from 9am to 4pm, Monday to Saturday.

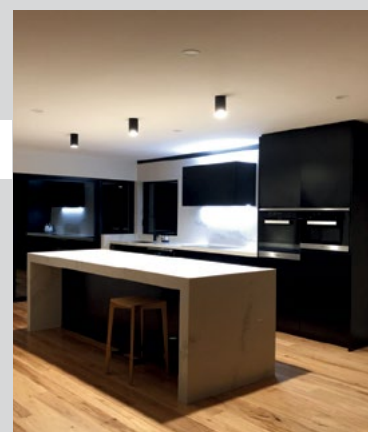


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# “Hear Today, Gone Tomorrow: Why Your Ear Health Matters”

## Imagine a World Without Sound

Think about the sounds we experience every day: the laughter of loved ones, the chatter of a busy café, or the rustling of leaves on a quiet walk. We often take these moments for granted. What if they started to fade away? Hearing plays a vital role in how we connect with the world and each other. Losing it can deeply affect our relationships, work, and overall quality of life. That's why protecting your hearing is more important than ever—because once it's gone, those meaningful sounds may never return in the same way. Taking care of your hearing now ensures you don't miss out on these priceless moments in the future.

## It is estimated that 1 in 4 People Will Have Hearing Loss by 2050

The World Health Organization's 2021 report on hearing loss revealed a worrying statistic: by 2050, 1 in 4 people—around 2.5 billion worldwide—will be impacted by hearing loss. Over 1.5 billion people currently experience some degree of hearing loss. In addition, 1.1 billion young people are at risk of permanent hearing loss from listening to music at loud volumes over prolonged periods of time. This shows how important it is to take care of your hearing now!

## Why Hearing Loss is So Common

Many people don't realise how serious hearing loss can be, or they feel embarrassed to seek help. On average, it can take up to **7 years** for someone to find the courage to seek assistance after first

noticing a decline in their hearing. This delay often prevents them from getting the care they need. The first step is identifying the problem. That's why it's so important to have your hearing checked—and Ear Studio is here to help you do just that.

## How to Prevent Hearing Loss

Most hearing loss can be prevented by taking a few simple steps:

- **Limit loud noise** exposure, like loud music or noisy workplaces
- **Keep volume low** on personal devices
- **Protect your ears** with earplugs in loud environments
- **If you notice any sudden changes in your hearing**, it's important to get it investigated promptly, the best way to do this is to have a comprehensive hearing assessment
- **If something doesn't feel right get it checked** see your GP or hearing care professional, it's important to not take a “wait and see” approach
- **Treat ear infections as soon as possible** this can help prevent hearing issues later on

## Act Fast if You Notice Hearing Loss

If you experience sudden hearing loss, seek help right away! In some cases, hearing can be restored with quick treatment. Some ear conditions can even be cured through swift medical intervention.

If hearing loss is permanent, modern solutions like hearing aids and implants, combined with the right support, can greatly improve your quality of life.

1.1 billion young people are at risk



of permanent hearing loss from listening to music at loud volumes!

## Why Your Hearing Matters

Your hearing is one of your main senses, vital to your daily life and relationships. At Ear Studio, we're committed to providing exceptional care in a warm, friendly environment. Our highly skilled clinicians specialise in a range of services, including ear health consultations, ear wax removal, comprehensive hearing assessments, tinnitus management, falls risk assessments, hearing rehabilitation, vertigo assessments, and cochlear implants.

Don't wait to take control of your ear health. Call our friendly team on **9159 6122** or book online at [www.earstudio.com.au](http://www.earstudio.com.au). Let us at Ear Studio help you protect your hearing and enhance your quality of life.

# EAR STUDIO

*Passion for Hearing™*

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# RICHARD WILKINS adds a touch of rock'n'roll to the Inala Fair

The countdown is on to the Inala Fair, on Sunday 20th of October, a day of fun and entertainment for the whole family! Pony rides, market stalls, white elephant and upcycled clothing boutique, there is something for just about everyone to enjoy.

CEO Alexandra Davis says Inala's new Patron Richard Wilkins is looking forward to attending his first Inala Fair.

"We are thrilled to have the support of Entertainment Guru Richard Wilkins and we are certain he will have a marvellous day enjoying everything the Fair and our community has to offer," Mrs Davis said.

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

"The Inala Fair is so special because it's a chance for us to showcase the many talents of our participants, with handmade, one-of-a-kind items on sale," Mrs Davis said.

For the past two years Inala has been grateful for the support of Hornsby Council as part of their Community Event Grant programs

which assists in reducing the costs associated with running this large-scale community event.

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

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

The Inala Fair will be held on Sunday 20 October from 9am - 3pm and is located at 99 Franklin Road, Cherrybrook. For more details follow Inala on Facebook, Instagram or jump on their website [www.inala.org.au](http://www.inala.org.au)



## DURAL & DISTRICT PROSTATE CANCER SUPPORT GROUP



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

**7:00pm for 7:15pm**

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

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RESEARCH  
SUPPORT

## DV Network Coercive Control *from page 10*

Feedback from participants was overwhelmingly positive, with an 81% engagement rate and 83 attendees noting a significant increase in their understanding of coercive control.

Alexandra Duckett, Castle Hill said: "What resonated deeply with many of us in the room was simply asking victim survivors 'what's your highest priority right now?' – there is so much power in curiosity and listening, rather than making assumptions."

Many participants left with a greater awareness of the different forms of coercion, improved confidence in recognising these signs, and practical strategies for providing support to respond effectively to coercive control.

For more information about the Hills Domestic Violence Prevention Network, email: [hillsdvnetwork@gmail.com](mailto:hillsdvnetwork@gmail.com). For more information and support around Coercive Control or other forms of domestic violence, call 1800 Respect (1800 737 732) or text 0458 737 732.

HDVPN would like to thank Paula Smith for presenting, the panellists, and the Hills Shire Council for their support of this. Call 1800RESPECT (1800 737 732) for 24/7 support.



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# BELINDA NADWIE

## GALSTON ARTIST

**"I didn't feel like I was living my purpose - but now I am!"**

For Galston-based artist Belinda Nadwie, purpose is at the heart of what she does. She is well known for creating abstract work that traverses emotional, psychological and spiritual experiences. Belinda will be exhibiting at the upcoming The Other Art Fair Sydney. This year marks her sixth time exhibiting at the Fantastic Framing's stand at the fair.

She has been a full-time artist now for eight years, but has always painted, even as a kid. Reflecting on her art, Belinda says: "You're always evolving and my style is always evolving. I don't want to be limited in my creativity and process".

For the upcoming fair, she will be bringing a lot of her newer work including large works and some smaller paintings, all of which are mostly abstract and expressionist. By representing the purity of self-expression, her paintings offer a peaceful and natural respite from our fast-paced technological lives.

Belinda says: "I always try to create new artworks for people to enjoy at the show and I am looking forward to doing the same for this one!"

The Other Art Fair Sydney will run from 3rd – 6th October at White Bay Cruise Terminal Sydney.

### AUSTIN'S LEGACY:

## Parents Fundraise to Give Bears of Hope

from page 7

"We asked Bears of Hope to put a photo of Austin in the Cuddle Cot box, so that he will never be unnoticed. Seeing Josiah's name on that bear truly provided us hope and we really wish that seeing Austin's name on a bear can provide hope to other families".

The 29-year old Mother and 31-year old Father also have a 3 and a half year-old daughter, Mackenzie, which Taneal has described as her beacon of hope:

"We've both had to be parents for our daughter who has been such a trooper. My daughter has been such a light for us to keep on going, without my husband and daughter - I don't know where I would be right now".

However, Taneal also wanted to remind the community on how Dads can often be forgotten in the process of grief:

"It's so hard for husbands to stand by and watch their wives go through that. It's just as much our journey for both of us. My husband wanted to share, 'I'm just sitting in the hospital thinking of all the moments I had with my Dad that I've lost with my son, even little things like teaching him how to drive or brewing beers together'".



Taneal wanted her story to let other families and Mothers know that they aren't alone in their grief.

"My first advice is it's so easy to feel so alone but it's really important to remember that you're not alone. Infant loss feels like your world is crumbling around you, but you need to lean on those pillars around you with your community and family. There are people that have walked this path before. I also think it's very comforting to try and make something from such a tragedy - for us doing the fundraiser was keeping our memory of Austin alive".

Taneal and Bradley are asking people to continue Austin's legacy through their fundraiser; 'Make a Difference, For Austin Jeffrey Pond' and provide other hospitals and families in need, with vital resources for grief support.

Bears of Hope also provides other support services including private counselling sessions



One of the \$6,500 Cuddle Cots fundraised by the Pond's.

and counsellor facilitated support groups and workshops.

If this story has raised concerns with you, you can reach out to Bears of Hope's free grief counselling hot-line on 1300 11 HOPE.



# New Councils

from page 2

## HILLS MAYOR

Dr Michelle Byrne returned to the Mayoral Chair she had last occupied from 2017 to 2021 on Thursday, October 3rd, saying she was grateful for the community's continued trust and support.

The mother of three and proud longtime Hills resident, was first elected to The Hills Shire Council in 2008 and became the youngest Mayor in the Council's history at the age of 33 in 2012. Five years later she made history again as the first popularly elected Hills Mayor.

At Thursday's meeting she said: "I am committed to working as hard as I can to ensure Council delivers for our community over the next four years."

"Our priority will be delivering essential infrastructure and facilities, such as parks and sports fields, and improving our local roads to support the rapid population growth particularly in The Hills' designated growth areas."

"The new Council brings fresh perspectives and an unwavering dedication to serving our community. Together, we will focus on ensuring The Hills receives the necessary infrastructure while preserving its unique, family-friendly, and its semi-rural character in the northern parts of our region," she added.

Mayor Byrne also reiterated her commitment to advocating for better infrastructure and resisting overdevelopment.

"We will continue to make significant investments in our local facilities. We will also advocate for the NSW Government to take responsibility and fund more parks, sports fields, build more schools, and upgrade local roads to support the rapid population growth – something that they have enabled through their density policies such as the Transport Oriented Development and low to mid-rise housing."

"I am also determined to lead the fight against overdevelopment, protecting the region's family-friendly environment, and ensuring a supportive atmosphere for local businesses to flourish,"

She welcomed the new Hills Shire Councillors:

- **NORTH WARD**
  - Mitchell Blue (Lib)
  - Jacob Jackson (Lib)
  - Clr Mila Kasby (Greens)
- **EAST WARD**
  - Samuel Uno (Lib)
  - Alan Haselden (Lib)
  - Jane Grevtseva (ALP)
- **WEST WARD**
  - Frank De Masi (Lib)
  - Rosemarie Boneham (LIB)
  - Clr Immanuel Selvaraj (ALP)
- **Central Ward**
  - Clr Reena Jethi (Lib)
  - Clr Jerome Cox (Lib)
  - Clr Tina Cartwright (ALP)

The first Ordinary Meeting of Council is scheduled to take place on Tuesday, 8 October.



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# Connor's Big Race

An image of Connor, a 7-year-old cancer survivor from Bowen Mountain, will feature on V8 Superutes driver Jimmy Vernon's helmet for the Repco Bathurst 1000 next week ((10th October to 13th) .

He and his family will be joining the V8 Superute driver at the Repco Bathurst 1000 as special guests - going behind the scenes to explore the pit, sit in Vernon's racing ute, the 'Purple Rocket', and experience all the fast-car action.

His story shines the spotlight on the nearly 800 children diagnosed with cancer in Australia each year. Vernon is also supporting the Castle Hill-based Kids with Cancer Foundation which supports kids with cancer and their families.

Connor was diagnosed with Acute Lymphoblastic Leukemia in August 2023 after months of colds and flus, skin infections, bowel issues, tummy pains, sore legs and eventually lots of bruising. At first, Connor's parents and GP had an answer to the ailments - school germs, not eating healthily enough, it's normal for a young boy to have bruises on his legs...

Then, one night in August 2023, Connor experienced severe stomach pain - so severe his parents took him to the emergency department at the local hospital. Connor was discharged and asked to do some blood tests the following morning. That night he was rushed to The Children's Hospital at Westmead for more testing, and Connor and his family

were given the devastating news that Connor had Acute Lymphoblastic Leukaemia.

Connor endured seven months of intense chemotherapy treatment which brought on many side effects and challenges. Connor lost his ability to walk twice during this time and required physio to rebuild muscle and strength. Connor moved into remission and then finished his phase of intense treatment in March this year. He now remains on oral chemotherapy until August 2025 which will mark two years since diagnosis.

Connor is now back at school and is playing sport again, riding bikes and being a typical 7 year old boy. Connor loves fast cars and is so excited to see himself on a racing car drivers helmet whizzing around the famous Bathurst track.

Throughout his journey, his family has had the support of Kids with Cancer Foundation, a charity which provides financial assistance for families of kids with cancer - through paying household bills, medical expenses, grocery and fuel/transport costs, as well as providing Care Packs, Wigs 4 Kids, funding paediatric

clinician positions in children's hospitals around Australia, funding children's hospital infrastructure and capital works, and funding research into childhood cancers.

Rebecca, Connor's mum, says: "Kids with Cancer Foundation has been an amazing support for our family. They have helped us pay some large outstanding bills, provided us with tickets to various events and when in the oncology clinic for appointments and hospital stays, Connor has been the recipient of many care packages to cheer him up and fill his day. This is such a wonderful foundation and we are so grateful for their care and support provided to us. Thank you, Thank you, Thank you!"

To find out more visit [kidswithcancer.org.au](http://kidswithcancer.org.au).



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## CASTLE HILL RSL CLUB

# GALLIPOLI SCHOLARSHIP

Dean Chapman, a first-year Bachelor of Engineering student at the University of Wollongong, has received the 2024 Gallipoli Scholarship, sponsored by Castle Hill RSL Club.

The prestigious scholarship recognises Dean's academic achievements and dedication to his community.

Dean has found a passion for mathematics, particularly enjoying how it applies to real-world engineering challenges. His favourite course so far has been MATH141 - Foundations of Engineering Mathematics, which he finds both challenging and rewarding.

After completing his studies, Dean hopes to work on infrastructure projects in rural and regional Australia. He has a strong desire to give back to these communities, saying, "I'd love to contribute to improving the infrastructure that rural areas rely on."

Originally from Fine Flower in Northern NSW, Dean comes from a family deeply connected to the land. His family runs a beef cattle property, where Dean and his siblings

are the fourth generation to live and work. His great-grandfather, Charles Ernest Hinds, served in World War II as a field engineer in Papua New Guinea, a legacy Dean is proud to carry forward.

"I'm a proud Australian and very proud of my great-grandfather's military service," he said.

The Gallipoli Scholarship has provided Dean with essential financial assistance, helping him manage the costs of living on campus and purchasing essentials for his shared unit.

"It has allowed me to focus on my studies with some financial independence, and I'm incredibly grateful for that," Dean said.

Beyond the financial support, the scholarship has introduced Dean to a wide network of people, including the Governor-

General, His Excellency General the Honourable David Hurley AC DSC and his wife Linda Hurley, at the Gallipoli Scholars presentation ceremony in Canberra.

"Receiving this scholarship out of 160 applicants is deeply meaningful, not just for the financial help, but also for the recognition of my efforts. It has motivated me to continue striving for excellence in my studies," said Dean.

He expressed his gratitude to Castle Hill RSL Club saying: "Their sponsorship has made a big difference in my first year of uni study, and I can't thank them enough."

Castle Hill RSL Club is proud to support Dean in his academic journey and looks forward to his future contributions to regional Australia.





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# The Hills Shire Council News

## Meet the Living Stories Writing Competition Winner

A 16-year-old Baulkham Hills High School student has won a prestigious writing award as part of a program run at Castle Hill Library.

Tanishkaa Ramesh won the Living Stories writing competition for her poem Blood and Tumeric which reflects on cross-cultural experiences and breaking through invisible boundaries.

Tanishkaa said she was inspired by the competition's theme of Over the Line, to explore the disconnect between various forms of identity.

"The theme "Over the Line" represents moments when a person is forced to reflect on who they are and how their identity changes depending on their confines," she said.

Tanishkaa was thrilled when she found out she was the overall 16-18 years category winner.

"I was happy. There's a sense of validation that comes with an award, and it fuels my writing process for a while," she said.

Each year, WestWords partners with WestLit Libraries to launch the Living Stories Western Sydney Writing Prize. As part of the competition, WestWords also run free writing workshops across Western Sydney's libraries to help writers improve their craft, which was held at Castle Hill Library this year for Hills residents.

For more information about The Hills Shire Library Service and what's happening at the libraries, search 'Library' on Council's website.



Left to right: Dr Valentine Mukuria, Tanishkaa Ramesh, The Honourable Margaret Beazley AC KC Governor, and Mr Dennis Wilson.

## Hills Community Care Transport: Mystery Tours, Exciting Social Outings, and much more!



The Hills Community Care transport bus offers door-to-door transport services for residents over 65 years of age.

Services include travel to:

- Medical appointments
- Weekly shopping trips
- Social outings – upcoming outings in October – December include The Grounds of Alexandria, Foy's at Kirribilli, St Marys Cathedral and Sandringham Yacht Club.
- Mystery tours – for passengers who love surprises and adventures. Mystery tours are a great way to meet new people, enjoy a delicious meal, and have a fun day out.

These trips and tours are run by enthusiastic volunteers and drivers who are committed to making each journey an enjoyable experience.

### Become a volunteer driver

If you're passionate about supporting our local community and love driving to new places, become a volunteer driver for Hills Community Care. Flexible hours are available from Monday to Friday between 8am and 4pm.

To enquire about Hills Community Care Transport or to become a volunteer driver, contact us on 02 9761 7606 or email [hcc@thehills.nsw.gov.au](mailto:hcc@thehills.nsw.gov.au)

## 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.'





## Tell us about your experience and be in the draw to win a \$50 gift card

Livvi's Place at Bernie Mullane is undergoing an upgrade and extension. We want to know your current experiences with the playground and water play area to see how this will change after the works are complete.

By completing the survey, you may enter the draw to **win one of three \$50 Coles Group and Myer gift vouchers**. Scan the QR code and have your say. The survey **closes on Wednesday 16 October 2024 at 5pm**.

## Health, Lifestyle and Dementia

Register for this **FREE** workshop about dementia to help you provide support and care to affected individuals.

The workshop aims to support communities to foster empathy, reduce stigma, and create inclusive environments that enhance the quality of life for those living with the condition.

The workshop is on Thursday 31 October from 10am to 11:30am at the Learning in The Hills, Turner Buildings, Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills.

Register now by scanning the QR code. Have questions? Contact 02 9639 7918.

## Attention: Fox Baiting at Our Reserves

The regional fox baiting program will happen at the following reserves:

- Excelsior Reserve
- Ted Horwood Reserve
- Eric Mobbs Reserve

The baits used contain 1080 (sodium monofluoroacetate) which is lethal to cats and dogs. Please ensure cats and dogs, including those on a leash, do NOT enter the baited reserves between the dates of Monday 14 October 2024 to Friday 29 November 2024.

Pet owners must take extra precautions to ensure their pets do not enter the reserves during the stated dates. Penalties up to \$1,100 apply under the Local Government Act (1993) Sect 632 (2) (d).



### WARNING

1080 poison is lethal to Cats and Dogs.

The baits will be buried to reduce the risk of non-target poisoning. Warning signs will be displayed to notify the public about the program.

For further information, search 'Fox Baiting Program' on Council's website.



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



**THE HILLS**  
Sydney's Garden Shire



## HILLS MONTESSORI PRE-SCHOOL Celebrates 45 years

BY SOPHIE POREDOS

A local pre-school is inviting community members to enjoy a day of free festivities as it looks back on 45 years of education.

Hills Montessori Pre-School, established in West Pennant Hills in 1979, was founded to meet the need for a local Montessori school after parents had previously travelled to schools in Lindfield and North Sydney for the opportunity of a Montessori education. The alternative framework behind Montessori focuses on the 'natural development of the child' and their interests, a philosophy initiated globally by Maria Montessori in 1909.

Kylee Paddy, Head of School since 2006, expressed the importance of giving back to the community for its support over the years through their carnival:

"We want to give back to the community and invite as many people as possible to come along and enjoy the festivities of the day. Even if you don't have children of this age we welcome you to still come along. We want to make our event community-focused, including showcasing local artisans that want to share their work."

The event is to be held on Saturday the 19th of October and will feature a range of market stalls, including popular favourites such as candles and jewellery. Younger crowds can

also enjoy activities such as jumping castles, face-painting, and a petting zoo. Food trucks will also be available, including vegetarian and gluten-free options.

Kylee Paddy also previously helped organise the school's 40th Anniversary carnival, and spoke passionately about Montessori's mission:

"I fell in love with the philosophy of Montessori and have been here since my first role as assistant in the classroom. Never before had I observed children engaged in such purposeful work and I knew this was what I wanted to do. Our mission here is to create a school that fosters the development of the whole child in all their areas, including fostering independence, creativity and resilience".

She also reflected on how much the Hills Montessori Pre-School has grown since her induction in 1990, particularly since the population boom in the Hills Shire:

"It has been so lovely to see the growth of our school over 45 years. What started out as a school with just 2 classrooms and 40 children, being surrounded by fields and having our children feeding horses has grown into us now

Students at Montessori practising yoga.

having 4 classes, a parent-toddler classroom and a community of 130 families! We feel so proud to be able to offer a truly traditional Montessori education to the families of the Hills District".

Hills Montessori's carnival will be on Saturday 19th October from 10 am to 3 pm at 10 Taylor Street, West Pennant Hills. Any local businesses interested in registering a stall can contact the school at [headofschool@hillsmontessori.com](mailto:headofschool@hillsmontessori.com).



Home-grown herbs sold at the previous 40th anniversary.

## DOOF Nights at Alive

Not only does Alive provide leisure activities for couples, it can also be a springboard into the media world for young people keen to make radio a career.

Many shows celebrate their 100th episode, but probably not quite with as much enthusiasm as Liam Skeates-Udy who outlines the fun night he had on September 15th, when some of Sydney's finest up-and-coming DJs gathered in a lush, fern-filled backyard to unleash 4 electrifying hours of beats, all in celebration of the 100th episode of Alive 90.5FM's Doof Nights, your Wednesday night ritual of sonic mayhem, airing every week at 10pm. With lights flashing, subwoofers thumping, and an endless stream of bass-heavy, euphoric sounds, the festivities kicked off in true Doof fashion. A massive shout-out to every DJ, contributor, and

of course, all of you in Doofland out there who text, share, and vibe along every week - you are the heartbeat of this community!

What began as a humble university project in the final days of COVID has grown into a showcase for Sydney's - and the world's - most exciting electronic talent. From local legends to international stars from Brazil, India, and Germany's hottest rising acts, Doof Nights, hosted by the one and only William of Wullamatta (Bay), has become a beacon for everything from techno and jump, up to deep



DJ - Liam Skeates-Udy.

house and psytrance. With listeners tuning in from all corners of the globe, a quiet Wednesday night in the Hills District transformed into a worldwide celebration of rave and Doof culture.

Keep the energy Alive, and let's keep Doofing!

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# WIRES Hawkesbury Summer Advice

BY MACKENZIE HOLLAND

WIRES Hawkesbury Branch is starting to head into its busy season as the warmer weather arrives. Hawkesbury's volunteer koala coordinator, Morgan Philpott, is dedicated to caring for injured animals and wants to spread awareness of wildlife safety as we head into summer.

WIRES in the Hawkesbury is run by volunteers who catch injured animals, nurse them back to health and release them back into the wild. Morgan, with the help of his team, and a trained veterinarian is currently treating a 5-year-old koala named Daphne for chlamydia. Most of the koalas they treat at their property in Richmond are sick with chlamydia. Morgan mentions that when Daphne was first picked up, she couldn't even open her eyes due to disease. Thankfully, Daphne is about halfway through her treatment and already looks much improved. Once she is finished her treatment, the team at WIRES Hawkesbury will return her back where they found her in Kurrajong.

The property for WIRES in the Hawkesbury has room to house up to 4 koalas at a time and in peak season Morgan says they can have all 4 spaces filled. Koala breeding season runs from September to February which means more males may be seen out and about looking for a mate.

Like koalas, many other animals have their mating season soon as we head for the warmer months. This means you will be seeing a lot more animals around in the Hawkesbury and surrounds. Hawkesbury is rich with biodiversity, with hundreds of bird species alone, and that means the work of WIRES Hawkesbury branch is just that much more important. It is vital that you know when to call WIRES and what to do if you see an injured animal.

It is very important for WIRES to keep track of koalas as they are an endangered species. "Even if someone sees the koala and it looks quite healthy, it's still good to phone WIRES and put it in as a record of sighting", Morgan says. This record of sighting then goes into the WIRES database which feeds into the BioNet database. Morgan says this is important as developers use the BioNet database when looking for places to develop, which is becoming an increasing concern as animal habitats are being lost to developments.

Sometimes when WIRES gets a call about injured wildlife, the animals have already walked off before they arrive. If it is safe to do so, you can trap the animal until help arrives. Morgan says it all depends on the type of animal. He says to not try and contain snakes, as they can kill you, or bats, as they carry harmful diseases. Some birds can have very sharp talons which can also seriously injure.

Koalas themselves can prove dangerous in trying to capture. "I'll always advise people around koalas that if you feel confident to do it, we'll explain how to do it. Even if it's just getting a washing basket to stick over the animal on the ground, put a blanket over it and secure the blanket with a couple of bricks. Then we know when we get there, the animal is there, and it's a fairly low level of risk for the members of the public", Morgan says.

With the warmer months meaning an increase in animals around, it is important that people stay vigilant. As Morgan says, "Animals tend to come across our paths more, so if they're sick, then people will see". It is important to contact WIRES if you do see an



Volunteer and koala coordinator Morgan Philpott with Daphne the koala

injured animal, as it could save their life. Koalas, for example, can die from symptoms associated with chlamydia. Daphne's chlamydia caused her to go blind which meant it was harder for her to find food and defend against predators. For animals like Daphne, the work WIRES do is very important. In the 2023 financial year, WIRES was able to assist 131,167 native animals in need.

If you wish to support the work of the volunteers at WIRES Hawkesbury Branch, you can donate directly to them at [www.wires.org.au/branch/hawkesbury](http://www.wires.org.au/branch/hawkesbury). To find out how to become a WIRES volunteer, the WIRES website details courses you can take and how to get involved: [www.wires.org.au/wildlifevolunteering](http://www.wires.org.au/wildlifevolunteering).

If you find an animal in need, please contact WIRES at: 13 000 WIRES or 1300 094 737.

Uniting Church Hawkesbury Zone:

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Daphne the Koala who is receiving treatment at WIRES Hawkesbury Branch





Crimson Rosella Feeding Young



Spotted Pardalote



White Browed Scrub Wren



Pacific or Crested Baza

# HIDDEN IN THE HILLS BIRDS

BY LACHLAN TURNER

It could be said that bushland would not be the same if there weren't any birds around. When walking through bushland reserves it is possible to encounter many birds as they search for food either on the ground, through the undergrowth or in the treetops.

Larger birds, because they are more easily seen appear to be fairly common. However, it can be the smaller birds which tend to captivate a bird watching enthusiast.

It is a very fortunate occurrence to come across a bird in the process of nest building. It can even be more interesting to observe a parent bird supplying food to its demanding juvenile.

To successfully observe most birdlife in bushland forests it is important to remember that humans are intruders in their environment. Most small birds will keep their distance as you walk along a bush track.

If you are specifically in the bush to observe birds it is advisable to wear bush coloured clothing which makes you less noticeable. Remember to move slowly, talking softly to anyone with you. Don't make sudden movements like pointing at arms length to where you think you have just spotted a bird. Take a pair of binoculars with you as well.

If you have a camera with you, avoid moving it suddenly to eye level, as birds have an amazingly quick reflex to sudden movement causing them to "disappear" in an instant. For best results when capturing images of small birds in particular, a telephoto or zoom lens is almost essential.

Birds naturally are most active when searching for food in the early parts of the day. A greater variety of birds can be located where there is water, such as a creek or a lagoon nearby.

The images accompanying this column are just a small selection of the overall bird population that can be readily spotted in local woodland areas.

This year the 2024 "Aussie Backyard Bird Count" will be held during Bird Week from Monday, October 14, to Sunday, October 20. For more information enter this web address into your browser -- <https://aussiebirdcount.org.au>



Little Wattle Bird



Silver Gull



White Throated Treecreeper

Lachlan will be presenting a "Do You Know That Bird" Workshop on Thursday October 17 at 10.00 am, at the Community Environment Centre in Currie Avenue, Annangrove,. The workshop is free, but bookings are essential through Eventbrite at the Hills Shire Council web site.



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# LIBRARY NEWS

For a complete list of events go to  
[www.thehills.nsw.gov.au/Residents/Library](http://www.thehills.nsw.gov.au/Residents/Library) or [www.hawkesbury.nsw.gov.au/library/whats-on](http://www.hawkesbury.nsw.gov.au/library/whats-on)

## Hawkesbury Library Events

### RhymeTime

07 October 2024 | 10:00 AM - 10:45 AM

14 October 2024 | 10:00 AM - 10:45 AM

Hawkesbury Central Library, Windsor

This activity is aimed at babies and toddlers and their grown ups. It is a fun and lively session filled with songs, rhymes and craft that encourages the participation of both the children and adults attending.

Every Monday during school term. Free - no need to book

### Storytime @WindsorLibrary

08 October 2024 | 11:00 AM - 12:00 AM

Hawkesbury Central Library, Windsor

This is a session for preschoolers and involves reading and listening to stories, rhymes and doing craft that explores different themes and topics.

Every Tuesday 11am-noon during school term only. Free - no need to book.

### Digital Mentoring - Windsor

09 October 2024 | 10:00 AM - 12:00 PM

Hawkesbury Central Library, Windsor

The Digital Literacy Foundation is offering digital mentoring sessions and if eligible, iPads to seniors in the Hawkesbury community.

To book a session contact the Digital Literacy Foundation for bookings on (02) 9090 4141 or email [hello@dlf.org.au](mailto:hello@dlf.org.au). Cost - FREE

### Hawkesbury Family History Group

09 October 2024 | 10:00 AM - 11:30 AM

Hawkesbury Central Library, Windsor

Anyone interested in researching Hawkesbury families or family historians living in the Hawkesbury is welcome. Attend in person or online via Zoom.

Book now. Cost - FREE- Bookings essential

### Wesley Care Finder

09 October 2024 | 10:00 AM - 12:00 PM

Hawkesbury Central Library, Windsor

Wesley Care Finder service support older people who need intensive assistance to aged care services, and who have no family or friends who can help. Wesley Care Finders can help older people understand what aged care services are available to them, conduct assessments and identify needs, and help them to access appropriate services.

The Care Finder service is free and is available twice a month at Central Library Windsor on the first Tuesday and the second Wednesday of each month. Cost - FREE

### Storytime @RichmondLibrary

10 October 2024 | 11:00 AM - 12:00 PM

Richmond Branch Library

This is an activity for preschoolers- read and hear stories, rhymes and make craft whilst exploring different themes and topics. Held every Thursday at Richmond Library 11am-midday (except during school holidays). Cost - Free - no need to book



## Hills Shire Library Events

### Puppetry Workshop

(K-2) 09 October 2024 | 10:00 AM to 11:00 AM

(3-6) 09 October 2024 | 11:30 AM to 01:30 PM

Castle Hill Library, 14 Pennant Street, Castle Hill

Join us for a session filled with fun, hands-on activities where you'll learn the magical art of puppetry! Craft a paper puppet character and bring stories to life. Guided by an expert puppeteer from Monkey Baa theatre company.

Cost | \$17.00 PP | Bookings essential online

This event is for children only. Parents/carers are required to stay on library premises throughout the event. This event is fully supervised by library staff.

### Bricks in the Library - Dural Library

Sponsored by The Friends of the Hills Library

By The Hills Shire Library Service

10 October 2024 | 10:30 AM - 11:30 AM

Dural Library; Pellitt Lane Dural, NSW

Unleash your creativity and join us for Bricks in the Library. Let your imagination go wild

Free | Bookings essential online | Suitable for children in school years K-6. This event is for children only. Parents/carers are required to stay on library premises throughout the event.

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

Books you and your child might enjoy: Incredible LEGO creations from space - Sarah Dees; The bricktionary - Ryan McNaught; How to build LEGO dinosaurs - Hannah Dolan

### Urban Gardens - Do you know that Bird?

By The Hills Shire Library Service

11 October 2024 | 10:00 AM - 11:30 AM

Castle Hill Library, 14 Pennant St Castle Hill, NSW

Be amazed by the diversity of our local birdlife. Learn how to identify and photograph native birds that exist in our bushland and wetland areas.

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

Free | Bookings essential online | Suitable for Adults

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

Books you might enjoy: Encounters with Australian birds / Stephanie Jackson; Naturalist's guide to the birds of Australia / Dean Ingwersen; Australian bird guide / Peter Menkhurst



# Rouse Hill Brewery awarded 'Best NSW Beer'

BY SOPHIE POREDOS

In the 2024 Sydney Royal Beer and Cider Show, Esker Beer Co. stole the show with four champion trophies, including 'Best Beer in Show' and also two gold medals.

The Australian Brewery in Rouse Hill is the only brewery in the Hills Shire Council, with a Craft-beer company, Esker Beer Co. launched in 2022. The humble team of only six, including four brewers, is run by General Manager Dan Shaw, who has been with the brewery since its beginnings in 2010.

At the 2024 Sydney Royal Beer and Cider Show, Esker Beer Co. stole the show with winning both the Champion Fruit or Sour Beer, Best NSW Beer or Cider and the coveted Best Beer in Show with their Esker Citrus Gose.

Head Brewer, Charlie Claridge, who has been at the Brewery since 2016, previously studied an industrial chemistry degree at UNSW. However, he switched over to beer after studying a postgraduate Certificate of Brewing at Fed Uni. He spoke proudly of their Citrus Gose, which is described having a tart aftertaste:

"We had an idea that we wanted to change beer and create a signature beer with the new brand and that is the citrus Gose. We wanted to focus locally on the Hills Shire and we wanted to pay tribute to the fruit growing history of the area".

The local brewery's successes didn't stop there, they also took home Champion Indian Pale Ale with their Esker West Coast IPA, and won two gold medals for their Esker Old Dark Ale and Esker Hazy Pale out of the 206 exhibitors across Australia. While Charlie didn't attend the award ceremony, he spoke of how proud he and his team are of the achievement:

"We are really stoked to win the Best in Show. We like to put our beers into the awards to be judged for some feedback from the judges, but we certainly weren't expecting to win. It's a great reward for the care and effort the team puts in".

Esker Beer Co. has six beers in the core range, including the best selling beer, Esker Pacific Ale. They've previously won awards including the Best Modern Pale Ale for their Hazy Pale at last year's Australian International Beer Awards.

For those who aren't big beer drinkers, Charlie's advice was to start out simple:

"Of course my biased opinion is that Esker is the best place to start, but there's lots of complex flavours out there and you just need

Kantali James and James Howie  
of Esker Beer Co. at the 2024  
Sydney Royal Beer



to start with something simple. A Lager is the best to start with and then you work your way into it from there".

Sydney Royal Beer and Cider Show Chair of Judges, Ian Kingham, said he was very impressed with the quality of entries this year and congratulated all entrants on a fantastic show:

"I was particularly impressed with Esker Beer Co. Following a rebrand and redirection in 2022, the Hills Shire brewery has not only won four champions and a plethora of gold and silver medals, but they have taken home the top award with the Esker Citrus Gose really impressing our judges".

Baker Crescent Meats at Baulkham Hills also won a Gold medal for their Boned and Rolled Ham at the 2024 Sydney Royal Beer and Cider Show.

You can taste the magic of Esker Beer Co. at the Australian Hotel and Brewery, located at 350 Annangrove Rd, Rouse Hill NSW 2155.

## CALLING ALL CAFES, RESTAURANTS & CLUBS!

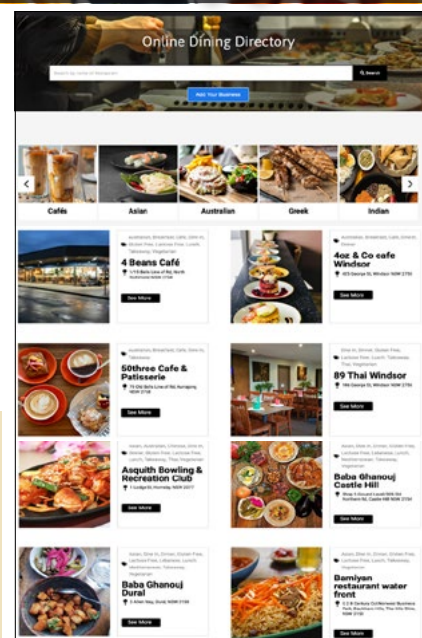
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# Retail Awards

The Australian Retailers Association has named a Hills couple and their local post office branch as Australia's franchisee of the Year.

Frank and Clara De Masi received the national award recently at a glittering ceremony at the Conference Hall, Crown Promenade Melbourne.

The couple opened the Stanhope Gardens Licensed Post Office 18 years ago at a brand new greenfield site.

Frank said: "We opened with only two terminals with myself and my Manager Janette Carlyon who is still working alongside me today.

"We expanded into new premises in August 2013 and also expanded our operations purchasing Kellyville Post Office (in 2013) which was very tired and run down.

"We now have a team of 20 people working for us and our high standards of customer service is one of the main reasons for our expansion and success."

Frank said Australia Post received 326 expressions of interest when they sought someone to operate the new site at Stanhope Gardens.

He had worked with Australia Post for 21 years and had operated three hairdressing franchisees with his wife. He had also worked at Dymocks as a Store Liaison Manager for NSW looking after 19 Franchised Stores and two Company owned stores.

Frank said receiving the National award in Melbourne was a huge honour.

"With around 94,000 mum-and-dad franchisees across Australia, including 2,900 Australia Post licensees, this award is a huge achievement.

"I'm incredibly proud of my team, who consistently go above and beyond to deliver exceptional customer service to both our retail and business customers."

He said Stanhope Gardens is one of the busiest Passport Processing outlets in Australia.

"We also have a large number of Business Customers we closely work with to provide them with the best possible solutions with the e-commerce needs.

"Outside that we continue to provide old fashion fast and good service to all our customers who attend both our outlets at Stanhope Gardens and Kellyville."

Australian Retailers Association (ARA) CEO, Paul Zahra said: "The inaugural ARA Australian



Frank and Clara de Masi Retail Award winners

Retail Awards were a glittering opportunity to honour some of the hardest working people in the retail sector.

"This is a sector that generates \$420 billion for the Australian economy, and it's essential that we continue to recognise those who are making a positive change in our industry."

American Express vice president and general manager of global merchant services, Robert Tedesco said the Awards highlighted the resilience of Australian retailers. "By supporting small retailers through initiatives like the annual American Express Shop Small campaign, we're able to back the business owners who dedicate their time to serving their communities."

## TELSTRA Award Winners

A local family-owned medical practice at West Pennant Hills has been named a winner in the NSW Telstra Best of Business Awards program.

The awards received more than 22,000 nominations nationwide. Rosedale Medical Practice was named winner of The Championing Health category.

The practice owned by Dr Jas Saini (principal GP) and Gurleen Saini (Practice manager) offers comprehensive, patient-centered care with a focus on holistic health.

Known for its "Care Outside the Box" philosophy, the practice combines innovative healthcare solutions with traditional care, serving the community with excellence and contributing to local health and wellbeing.

The practice, in Coonara Ave, West Pennant Hills, is one of six "Leader and Influencer" practices in Western Sydney.

Dr Jaspreet Saini, Principal GP and Director of Rosedale Medical Practice said. "The Telstra Best of Business Awards has been a very powerful way for us to demonstrate the value of general practice and to take general practice to the national stage.

"It's a profession that is absolutely about looking after the health of Australians, and one that has been undervalued for a long time. We are very fortunate that Telstra has given us this opportunity to showcase what's possible in

healthcare when General Practice is done right."

Amanda Hutton, Group Executive, Telstra Business said: "To be recognised as a state winner in the Telstra Best of Business Awards is an incredible accomplishment, and we hope this provides these businesses with the recognition they deserve, and a moment to shine the spotlight on their significant work for their communities."

All state winners were subject to a rigorous judging process to identify those businesses that have made an impact in the areas and industries that are fundamental to Australia's economic, societal and cultural growth. Judging criteria included: economic sustainability, operational effectiveness and technology adoption, progressive leadership and culture, and social and community contribution.

The practice will now represent NSW at national judging on Wednesday, 27th November in Melbourne, where they will pitch their business to an esteemed panel that comprises of Australia's most experienced leaders from across business and industry.



NSW winners Gurleen Saini and Dr Jas Saini at Rosedale Medical Practice

Following on from national judging, the national category winners and the Business of the Year will be announced at a gala dinner on Thursday, 28th November.



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Federal Member of Macquarie

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## Respect, Dignity and Comfort: Investing in Aged Care Support at Home.

When Labor came into Government our aged care system faced a crisis of neglect. Reforming the sector was our urgent priority, so older Australians could receive the quality of care and dignity they deserved.

In a short space of time we lifted wages in the sector, put nurses back into aged care homes, increased the amount of care minutes residents received, increased transparency and accountability, and made it easier for people to skill up to work in aged care by offering fee-free TAFE qualifications.

The next step is to secure a long term and sustainable future for our aged care system.

When I speak with older people about the support they need, most of them will tell me: I just want to stay in my own home. But they recognise they simply can not do it alone.

The Albanese Labor Government has listened to those wishes, and we're investing \$4.3 billion in a new system of home care that will help Australians remain independent, in their home and their community for longer.

Starting from 1 July 2025, Support at Home will allow quicker access to support from the time you're assessed, and provide more tailored support, with 8 levels of care.

There will also be support for home modifications, faster access to assistive technology, like walkers and wheelchairs, and additional help for participants to get back on their feet after illness or injury so they can get out of hospital, and back home safely.

And there's one other new support – palliative care. We're providing Support at Home participants up to \$25,000 in additional support to

help them spend their final 3 months at home so they can cherish that time with their family.

For people already on a MyAgedCare package there won't be any additional costs, and for new entrants, the government will pay 100 percent of clinical care services, with individuals making some contributions to the help they receive around independence and everyday living (e.g. help with getting dressed, cleaning, gardening, shopping or meal preparation).

How much someone contributes will be based on the Age Pension means test and highly dependent on their personal circumstances, from the level of support they are assessed to need, to their combination of income and assets, with a lifetime cap on contributions of \$130,000.

These reforms continue to implement the recommendations of the Royal Commission into aged care. The changes will mean Australians have respect and dignity as they age and be supported to stay in their own home for much longer.



## National Police Remembrance Day

On Sunday, 29th September, police officers across Australia, New Zealand, Papua New Guinea, Samoa, and the Solomon Islands gathered to honour their comrades who made the ultimate sacrifice in the line of duty. National Police Remembrance Day reminds us that behind every uniform is a person who has sworn to protect their community, often at great personal risk.

I would like to take this opportunity to acknowledge and honour the sacrifices made by police officers, both here in the Castle Hill electorate and across our nation. These men and

women place their lives on the line daily, dedicating themselves to keeping our communities safe. Their bravery deserves our deepest respect and gratitude - not just today, but every day.

National Police Remembrance Day is an opportunity to show our support for our police and thank them for their bravery and service every single day. On National Police Remembrance Day, we pay our respects to those police officers who have lost their lives to protect us all.

This day is also a moment to reflect on and pay tribute to officers who have lost their lives, whether in the line of duty or through illness, injury or other circumstances. To the families, friends, and colleagues left behind, we acknowledge your pain and stand with you. For those with a heavy heart on Police Remembrance Day, carrying the grief of losing someone close, know that you are not alone - we honour and stand with you.

As a former police officer, I know all too well the weight of loss that comes with this profession. Behind each name on the Wall of Remembrance is a family, a group of colleagues, and a community left grieving the loss of someone who was brave enough to step into danger so that others didn't have to. We owe these officers more than just our gratitude; we owe them our commitment to remember their sacrifices.

Our police officers spend their lives working to keep us safe, often running towards danger when the instinct would be to run the other way. To those who have served, those who continue to serve, and those we have lost, we honour your selfless dedication to the people of NSW and Australia.

As we remember those we've lost, let's also commit to supporting the police officers who continue to serve us with unwavering dedication. Whether through a word of thanks, attending a remembrance service, or simply acknowledging the sacrifices made, we can show our appreciation for those who work to keep us safe. To the officers of Castle Hill and beyond, thank you for your service and your sacrifice. We honour you today and always.

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:

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# High Achieving Winston Hills Athletic Centre Launches 50th Season

BY LAWRENCE MACHADO

Winston Hills Athletics Centre recently launched its 50th season with a grand ceremony, with founding member and former president David Bruce saying it is a huge achievement. Bruce, 80, said they never thought about reaching this 50th milestone, "because we didn't think that far."

"We tried to make it successful and the club has improved each year, with some of our initiatives like the Most Improved Athlete now popular in other clubs," Bruce said. Remarkably, he still coaches six days a week. "I got involved because of my three children and I still enjoy coaching at the club," he said.

Bruce, who cut the ribbon to launch the season, was presented with a Club Patron Award from current president Steven Pospischil.

From a humble start in 1975 where committee members met in what was called the "cow shed" (a tin shed in the middle of what is now the M2), the WHAC is now a thriving club with more than 500 athletes. The early members worked hard to establish a strong foundation, building much of the equipment by hand because money was scarce then.

The hurdles, the high jump uprights and even the tunnels for the tots obstacle course were all hand made. The club has a rich tradition of nurturing and supporting athletes over the past five decades, with Olympians Brandon Starc and Jana Pittman among their most successful members. Starc won the 2018 Commonwealth gold medal and the IAAF Diamond League final.

Pittman, now a practising doctor, is a two-time world champion in 400m hurdles and the

2002 and 2006 Commonwealth gold medallist. She also won the world youth and junior titles and competed at the 2014 Winter Olympics in bobsleigh.

"The 50th season launch day was a wonderful celebration for our club, our athletes and our community," a club spokesperson said. "Many athletes and their families attended. There was face painting, balloon twisting, hair braiding and a free BBQ for the athletes and their families."

Special guests included Castle Hill MP Mark Hodges, Winston Hills MP Mark Taylor, Alvin Umadhay from Little Athletics NSW, WHAC life members and coaches.

The club was formed as Winston Hills Little Athletics Club in 1975 at Max Ruddock Reserve, Winston Hills before moving to Gooden Drive Reserve, Baulkham Hills. The club changed its name in 2019 when it was affiliated with Athletics NSW and LANSW.

In addition to Pittman and Starc, WHAC has produced national and international representatives including Taylah Sengul (Commonwealth Youth Games), Josh Byron (Australian men's netball), Amber Luchtmeijer (U20 Matildas), and Tiana Fuller (Junior Matildas).



## Current Little Athletics NSW State Records

U8 Girls Long Jump - Danya Kerr; U8 Girls Discus - Taylah Sengul; U11 Boys Walk - Nate Appleyard; U13 Girls Discus - Taylah Sengul; U13 Boys 80m Hurdles - Ahmed Abou-Mahmoud; U13 Girls Throws Relay - Clare Grubba, Rachel Bardney, Vanessa Apel - 2019; U9 Boys Throws Relay - Aaron Chevalier, Noah Scerri, Thomas Jackson - 2018.

## National Reps for the 2023/24 Season

Last season nine athletes represented NSW at the Australian All Schools National Championships, Australian Athletics Nationals Champions and the Australian Little Athletics Championships (ALAC).

The athletes are: Patrick Waddington U13 3km walk Australian Nationals; Sanjana Iyer: U14 Gold medal for 4x100m relay & triple jump bronze at ALAC; Hurdles finalist at Australian Nationals; also competed in the long jump and discus; Franklin Gaitanidis: U14: 200m bronze medal at ALAC; Aaron Chevalier: U15 javelin finalist at Australian All Schools & Australian Nationals; Matilda Webb: U16 3000m walk champion at All Schools Nationals and Australian Nationals; Caitlyn Martin: High Jump champion at All Schools Nationals; also competed in heptathlon; Isaac Chevalier: U18 javelin finalist at Australian All Schools & Australian Nationals; Also competed in decathlon; Liam Grant: U17 high jump at Australian Nationals, and Holly Gersbach: U20 3000m steeplechase at Australian Nationals.





# Back From Surgery, Judo star Josh says his best is yet to come

BY LAWRENCE MACHADO

Leading Hills judo star and two-time Olympian, Josh Katz, is aiming to return to competition mid next year after undergoing urgent knee surgery.

The multiple Australian, Oceania champion is putting behind his disappointment of losing in the first round of the Paris Games in July, as he aims for one more shot at Olympic glory in 2028.

The 26-year-old told the Hills to Hawkesbury Community News that he believes his best is still to come, as he continues rehabilitation after the recent surgery. The 2022 Commonwealth bronze medallist and dual European Open medallist displayed immense courage to qualify for the Paris Games despite suffering a crippling knee injury in January.

"Aside from a disappointing result, my Olympic experience in Paris was really incredible," said Josh who lost to Italian Andrea Carlino of the men's 60kg event.

"Without a doubt the hardest part was how quickly and abruptly it was over," the William Clarke College alumnus said. "After such a long and emotional journey to arrive in Paris, for my competition to be over after match one on day one of the Games was really difficult to accept and process.

"It was a tough couple of weeks trying to adjust to the experience being over, and then turning my attention to having knee surgery that I had been putting on hold all year."

Josh and his elder brother Nathan are the first Australian judo brothers to compete in the same Olympics when they competed in the 2016 Rio Games.

The duo run their own speaking and mentoring company, in addition to helping out at their family-run Budokan Judo Club in Castle Hill. Dad Rob, a highly-reputed Australian coach and Mum Kerry, an Olympian herself, run the club.

"The injury was something that first occurred in January. We just had to do the best that we could with training and preparation so that I could still achieve the results I needed to qualify for Paris, and then arrive at the Games in the best shape possible to give myself the best chance," Josh explained.

"It's going to be a long recovery that will keep me away from competition until the second half of 2025, but I still have the same hunger as before," said Josh, who has a double degree

in exercise and sport science and sport management.

"I definitely think my best is still ahead of me, and I'm excited for when the time eventually comes to have one more run in 2028 (Los Angeles Olympics)."

On their speaking and mentoring programs, Josh said they are doing really well, and he plans to devote more time and energy to them so that he and Nathan can reach as many schools and corporate businesses as possible.



Josh Katz at the Paris Olympics

The Football4all Gala Day was a roaring success at Valentine Park, Glenwood. Pictures: Courtesy FNSW

## All Abilities Excel At Football4All Gala Day

BY LAWRENCE MACHADO

Enthusiastic players from local clubs, including Castle Hills United FC, West Pennant Hills Cherrybrook FC and Nepean Dragons FC, enjoyed the 14th NOVA Employment Football4all Gala Day at Valentine Sports Park, Glenwood. They were among the more than 200 participants who competed in the 'All Abilities' football event organised by Football NSW. The recent event - which is a celebration of footballers of all abilities - attracted 11 clubs which took part in small-sided games as well as off-field activities.

Off field activities proved equally popular with face painting, a jumping castle, inflatable dart boards, the Fire Department truck and Police squad car all attracting crowds throughout the day. Several state and local officials attended the gala day, along with

representatives from the sponsors, FNSW and Macarthur FC players Jake Hollman and Dean Bosnjak helped with the presentations.

FNSW Chief Executive Officer John Tsatsimas said it was great to see so many smiling faces on what was a memorable day for football.

"The Gala Day year upon year continues to showcase how strong our sport is as everybody that took part from the players, coaches, referees, volunteers and carers all played an important role in bringing this wonderful day to life," Tsatsimas said. "It's clear to see why the Football4all Gala Day is the showpiece event on our Football NSW calendar.

"NOVA Employment Football4all is a fantastic initiative which Football NSW will continue to grow and develop for many more years to come."



FNSW thanked all the clubs, associations, staff, volunteers, and carers who were involved in making the day such a success. "We would like to especially congratulate all the participants, coaches, and family members for their inspirational support for the 2024 NOVA Employment Football4all Gala Day," FNSW said. "Thank you also to NOVA Employment, in particular Martin Wren the CEO of NOVA Employment, who had his amazing staff run the barbeque for several



# Great Time to Learn Self-Defence Tactics

BY LAWRENCE MACHADO

Learning self-defence is one of the best things anyone can do, especially with violent incidents, random or otherwise on the rise. And now, you have the opportunity to pick up important self defence techniques from the experts at GKR Karate Region 22.

They will be holding self-defence seminars at Riverstone on Saturday, October 26 from 10am-12pm and at Rouse Hill and Richmond, on Sunday, October 27, from 10am – 12pm. The aim is to fundraise money for 'RIZEUP Australia' to help stop domestic and family violence. GKR Karate is a self defence based martial arts organisation.

"We strive to teach you not only the tools to keep yourself and others safe, but how to be confident and disciplined," instructor Stefie Witt said. "This cause is very important to us as it is one of the reasons why someone looks for martial arts and self-defence training.

"The world is not as safe as it used to be. Sometimes in life you may end up in a dangerous situation that you can't get out of or you're not equipped to deal with. The ultimate aim of martial arts is not having to use them."

According to the latest Australian Bureau of Statistics, sexual assault recorded by police rose 11 percent from 2022 to 36,318 victims in 2023, with 84 per cent of the victims being female. Two in five (41 per cent) were between 10 to 17 years.

The seminars will offer self-defence techniques, tools of awareness, danger avoidance and escape techniques in a fun and friendly environment.

Main instructor Sensei Ben and assistant instructor Sensei Stefie will be running the event at Rouse Hill while Sensei Charmaine will be conducting the seminars at Riverstone and Richmond.

Sensi Charmaine Agius, the GKR Karate Regional Manager and senior karate instructor, said her goal is to help kids, teenagers and adults learn life skills that will benefit them long term, "like it did with me. "Besides learning self-defence, karate has other benefits such as learning discipline, self-control, and being more fit and healthy," she explained.

"I've been training with GKR for just over 14 years, and I have won and lost in tournaments, and learnt to improve my skills further. I achieved my 3rd dan black belt in 2022.

"I have sustained many injuries outside of karate, with all this done before I started training in karate. Although I teach seven-days-a-week, I'm dealing with arthritis in both knees, three bulging discs in the L3,4 and 5 with each disc torn in four different places.

"I have epilepsy, (and) although I have these injuries, I still get up, dress up and teach my class."

Sensei Ben has experience in eight different styles of martial arts, including Brazilian jiu-jitsu, Maui Thai and boxing. Sensei Stefie is the head Yoji (3-4 year old class) Instructor for the region. GKR has seven locations in the Hills District and Hawkesbury.



Senior GKR instructors at a tournament.

**Booking details:** Cost: \$25 per person.

**Riverstone-Schofields RSL sub-Branch:** 18 Market Street Riverstone, Saturday, October 26: Contact Sonia Young 0402317628. Email: syoung@gkrkarate.com.

**Rouse Hill:** 322 Annangrove Road, Rouse Hill, Sunday, October 27. Contact Stefanie Witt on 0402 403 563. Email: switt@gkrkarate.com.

**Richmond:** 144-148 Windsor Street, Richmond, Sunday, October 27. Contact Sonia Young on 0402 317 628. Email: syoung@gkrkarate.com.



Senior karate instructor Charmaine showing students self defence moves with Sensei Ben.

## Celebrating 30 Years of Riverstone Dolphins!

Thursday 10 October 2024 marks a significant milestone in the long-term Riverstone Dolphins RSL Youth Swimming Club calendar. The date commemorates the 30th season for the mighty Riverstone Dolphins. Commencing originally in 1994 with learn to swim lessons on Saturday mornings, the Riverstone Dolphins Swimming Club has expanded over 30 years to become a stalwart in the local Riverstone sporting club calendar. Every week on Thursday nights, over the regular competition season from 6.30pm, the Dolphins are out en masse at the Riverstone Swimming Centre! The beautiful 50m outdoor pool is the home aquatic centre for the Dolphins.

Over three decades of operation, membership of the Riverstone Dolphins has expanded and contracted, but with considerable growth in the Riverstone and surrounding area, it is anticipated the 30th season will be the

biggest to-date. The Dolphins' committee have been hard at work to generate sponsorship for the Club to help support new initiatives. Thanks go to all the sponsors that have come on board to help keep costs down for club swimmers.

New initiatives include club training teas and squad coaching. The Club even hopes to be able to offer morning squad training with support from Blacktown City Council.

President of the Riverstone Dolphins, Mr Craig Miller encouraged new and old families to register soon to avoid disappointment, "Riverstone Dolphins really is Australia's friendliest swim club! Providing a safe and welcoming environment for developing swimmers to experience race nights, and improve their personal best is core to our values and our offering at the Dolphins," said Craig.

Mr Miller commented that the age-range for Club Swimmers had changed over time.

Toddlers, called 'bubble swimmers race 12.5m with adult assistance and floatation devices and increasingly, families of three generations of swimmers have become the norm!

"The committee encourages anyone from the local community that has wondered about their kids or even, themselves joining a swim club, to join us. Masters swimmers are increasing in numbers each year, with parents not wanting to miss out on the fun! On Thursday nights, we Swim!" At the opening of the Riverstone Swimming Centre on Saturday 28 September, the club celebrated the Riverstone Dolphins continuity and commitment to being a development swim club for 30 years with ongoing operation of the club by families and a dedicated committee.



# 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: JAYDEN  
BREED: American  
Staffordshire Terrier  
SEX: Male  
AGE: 8 yrs 7 mos  
PRICE: \$49



**JAYDEN** is a sweet older gent that is looking for a home to retire in. Staff at the Hawkesbury Companion Animal Shelter say at 8 years of age Jayden will need some extra love and senior care from his new owner. They say a daily stroll, a good diet and a soft place to sleep will make this handsome boy very happy. He has a fun, friendly personality and he is ready to share the rest of his years with you. His adoption price is just \$49 and includes the first vaccination, microchipping and lifetime registration. As Jayden is already desexed so he can leave the shelter with you.

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

**ATHENA** was very skinny and shy when she arrived according to staff at the Hawkesbury Companion Animal Shelter. They say that over time she has put on a healthy amount of weight and has come out of her shell and shown them what a sweet, loving girl she is. At four years old, they say she is past the puppy stage and would enjoy the simpler things in life. Athena walks nicely on lead, takes her treats gently and is a very sweet, kind hearted dog. A daily walk, a good diet and love is what Athena is looking for so if she is the dog for you please come and meet her. Her 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: ATHENA  
BREED: American  
Staffordshire Terrier  
SEX: Female  
AGE: 4 yrs 4 mos  
PRICE: \$49



**Sydney Animal Hospitals**  
*Caring for all your family*



## Don't Wait, Investigate: Free Lump Checks

**OCT-NOV 2024**

**5% of Proceeds will be Donated to  
Assistance Dogs Australia**

**Together, we can:**

- Ensure early detection for your pets
- Support Assistance Dogs Australia
- Make a lasting impact in our community



**FREE  
Lump Check  
and  
Pathology!**

*Your pet's  
health check  
could help  
save lives!*

**Norwest 8883 0411** | Unit 8/1-3 Celebration Dr (Pinnacle Estate), Bella Vista  
**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)



# Don't Ignore Lumps on Your Pet

## JOIN OUR LUMP AMNESTY AND SUPPORT A GREAT CAUSE

At Sydney Animal Hospitals, we understand how important it is to keep our furry friends healthy. That's why we're excited to announce our Lump Amnesty, running from October to November. This initiative not only promotes your pet's health but also supports a worthy cause – Assistance Dogs Australia.



### Why Should You Get Your Pet's Lumps Checked?

Lumps and bumps on pets are common, but not all lumps are harmless. Some may be benign, like fatty tumors, but others can be cancerous or develop into more serious health issues if left untreated. Early detection and treatment are key to giving your pet the best chance for a healthy outcome.

That's why we're encouraging all pet owners to take advantage of our **free lump checks and pathology** throughout October and November. Our veterinarians will thoroughly assess any lumps, ensuring peace of mind or providing you with early intervention if necessary.

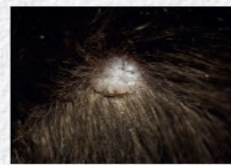
### Special Offer and Giving Back

During the Lump Amnesty Campaign, all pet owners can bring their pets in for a **free lump check and pathology** – a simple procedure where we take a small sample from the lump to determine if further treatment is needed. If surgery is required to remove the lump, **5% of the cost** will be donated directly to **Assistance Dogs Australia**, supporting their incredible work in training dogs to assist people living with disabilities.

### Join Us in Caring for Pets and the Community

We're passionate about keeping pets healthy, but we also believe in giving back. By

### Can you tell which lump is cancer?



It is nearly impossible without special tests. Biopsy allows your vet to choose the appropriate treatment plan for your pet

participating in our Lump Amnesty, you're not only looking after your pet's wellbeing but also helping a national charity change lives with the assistance of highly trained dogs.

Don't wait until it's too late. **Book a free lump check** at Sydney Animal Hospitals today and give your pet the care they deserve. For more information or to book an appointment, visit us at [www.sydneyanimalhospitals.com.au](http://www.sydneyanimalhospitals.com.au) or call your nearest Sydney Animal Hospital.

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



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KINTYE



# WHAT'S ON

IN THE HILLS TO HAWKESBURY



06  
OCT

## Wheelie Park Bushcare Group

by The Hills Shire Council

09:00 AM to 12:00 PM

Connelly Way, Kellyville

Everyone welcome. No experience necessary!

Wheelie Park was planted with over 5,000 plants on National Tree Day 2023. This group will be maintaining these plantings and infill planting with native groundcovers and shrubs of the Cumberland Plain to increase connectivity and provide habitat and food for native animals.

Come along and help us. Morning tea biscuits provided.

## Annangrove Park Bushcare

by The Hills Shire Council

09:00 AM to 12:00 PM

Annangrove Park Reserve, Currie Avenue, Annangrove

The Stevenson Creek Bushcare Group works in Annangrove Park Reserve.

Annangrove Park is unique in that it contains a number of different vegetation communities including the Critically Endangered Ecological Communities: Sydney Turpentine Ironbark Forest and Shale Sandstone Transition Forest.

There are also a number of threatened plant species found within this reserve, as well as an uncommon and very interesting hanging swamp.

## Stevenson Creek Bushcare

by The Hills Shire Council

09:00 AM to 12:00 PM

Stevenson Creek, Cook Street, Baulkham Hills

The Stevenson Creek Bushcare Group works in Excelsior Reserve in an area of Sandstone Gully Forest along the creek line in Baulkham Hills.

This area provides habitat for the Powerful Owl and Grey Headed Flying Fox which are both listed as Vulnerable under State legislation.

08  
OCT

## SCHOOL HOLIDAYS – Movie

by Hawkesbury Library Service

02:00 PM to 03:30 PM

Hawkesbury Central Library 300 George Street Windsor, NSW

Enjoy watching Ballerina (G) on DVD in a relaxed atmosphere. Bring your own snacks and drinks. Free event, all are welcome. Please book tickets for all attendees, including adults and younger children, to ensure enough seating is available. Children under 10 must be accompanied by an adult to all Library activities.

09  
OCT

## Storytelling Traditions in Literature

by Hawkesbury Family History Group,

Hawkesbury Library Service

10:00 AM to 11:15 AM

Hawkesbury Central Library, 300 George Street Windsor, NSW

Larissa Behrendt will talk about how family stories can inspire fiction and considers how putting family members into your published work can create challenges. She will also explore how English literature and First Nation's storytelling traditions are complementary. Presented by Hawkesbury Family History Group (HFHG).

## Touch, Sniff, Feel Make Tactile Art Workshop

by Hawkesbury Regional Gallery

10:30 AM to 12:30 PM

Hawkesbury Regional Gallery, 300 George St,  
1st floor Deerubbin Centre Windsor, NSW

Join us for a hands-on artmaking workshop that will activate your senses as you get creative. Inspired by the sensory artworks and spaces in our current exhibition, The View from Here by We Are Studios, we will create tactile artworks using slow-making processes. Students will use a variety of materials such as beads, paper, crayons, wool, plant materials and more to create a calming artwork on canvas. This is a great workshop for kids who like to use their imagination and experiment with materials.

All materials provided. Suitable for primary school students aged 5 – 12 years.

04  
OCT

## Seniors Information Morning @ AIR Hills Branch meeting

by Association of Independent Retirees

10:30 AM to 12:30 PM

Beecroft Presbyterian Church Hall 1A, Mary St, Beecroft

Our members will share their experiences on the theme of Finding a purpose in retirement. Visitors are very welcome to come and share or learn during the discussion.

**Topics to include:** Fulfilling a dream; What do you do with your spare time Volunteering; Finding friendships in retirement; Training your grandchildren; Cost of living tips and hacks; Unusual travel experiences/ great places to visit.

## Getting your "LS"

by Hawkesbury Library Service

(Session 1) October 04, 2024, 11:00 AM to 12:00 PM

(Session 2) October 10, 2024, 02:00 PM to 03:00 PM

Hawkesbury Central Library, 300 George Street Windsor, NSW

This workshop is presented by Youthsafe and offers FREE help to Pre-Learner Drivers to prepare for their Driver Knowledge Test.

For Ages 16+. FREE "For group bookings of more than 7 please contact the library on 02 4560 4460."

05  
OCT

## Pyrography Hat Etching Workshop

by Hawkesbury Remakery

08:30 AM to 11:30 PM

Hawkesbury Remakery, 160 George St, Windsor NSW

Learn the fun art of hat burning, also known as 'pyrography', with Kelly Evans.

Students will be able to design their own hat and apply the design to the outside, inside or the surface of the hat rim. Learn about the different effects and tools to create line, shading and detail. A fun and creative skill that can also be applied to other surfaces.

Cost: \$85. All materials and hat supplied. The workshop lasts 2 hours.

## Bromeliad Society of Australia Meeting

by Bromeliad Society of Australia

10:00 AM | Federation Pavilion, Castle Hill Showground, Castle Hill

Bromeliad Society of Australia will be held at the Federation Pavilion, Castle Hill Showground, Castle Hill on Saturday, 5th October with sales to the public from 10am and the meeting commencing at 12 noon.

06  
OCT

## Bella Vista Farm Open Day

09:00 AM to 02:00 PM

Bella Vista Farm Park, Elizabeth MacArthur Drive, Bella Vista

Interested in visiting Bella Vista Farm this Sunday? The historic homestead will be open for tours (\$2 donation), and there will be plenty to do including exploring the farm buildings, enjoying Devonshire Tea, and listening to music by chamber groups from the Hills Shire Symphony Orchestra. Trash and Treasure stall full of lovely gifts.

Friends of Bella Vista Farm Park Inc [friends.bellavistafarm@gmail.com](mailto:friends.bellavistafarm@gmail.com)

## Sound Healing with Meditation

by Solstice Healing | 05:30 PM to 06:30 PM

Vinegar Hill Memorial Community Centre, 29 Main Street, Rouse Hill

Join me for an evening of guided meditation and intuitive healing with soothing sounds and melodies. Led by experienced healing practitioner Shaleen from Solstice Healing, this event offers a unique opportunity to harmonize your mind, body, and spirit in a serene setting.



**09  
OCT****Multi-Sport Fun Day***by The Hills Shire Council*

10:00 AM to 03:00 PM

Balmoral Road Reserve, 54 Balmoral Road, Kellyville

Join us for some FREE multi-sport workshops this Spring 2024 school holidays to perfect your soccer and basketball skills.

**Friendly Friendship Bingo***by North West Community Services Inc*

10:30 AM to 12:30 PM | Community Hall, 9 Park Street Riverstone

Join us for a fun and social game of "Friendly Friendship Bingo" designed for individuals aged 65 and older. It's a great opportunity to have a good time, meet new friends, and win exciting prizes. The cost to join is just \$5, so come and join us for a delightful afternoon of bingo and camaraderie. Register by email to rkhan@nwcs.org.au or call 9627 3622

**FREE Shrink Art Workshop***by Grove Square - The Hills | 11:00 AM to 02:00 PM | near Red Dollar*

\*No bookings or payment required for shrink art event, however wait times may apply. The event is appropriate for children aged 4+ years. Parental/Carer Supervision required at all times. While stocks last.

**10  
OCT****Art Therapy – Spring School Holidays***by The Hills Shire Council*

10:00 AM to 03:00 PM | Thompson Hall, Balcombe Heights Estate, 90-92 Seven Hills Rd, Baulkham Hills

"Join us for FREE art therapy workshops this Spring 2024 school holidays. It's a space for young people (ages 12-17) to relax, express themselves, and focus on emotional and mental wellbeing through art and mindfulness."

**Paint & Plant a Poem (5-12 years)***by Hawkesbury Regional Museum*

10:30 AM to 12:00 PM

Hawkesbury Regional Museum, 8 Baker St Windsor, NSW

Connect with the garden and natural environment surrounding the Museum and create your own personal planter. In this workshop students will paint a small terracotta pot with symbols and stories that represent their identity, then plant inside a small succulent that they can watch grow over time.

This slow, calm workshop is great for children who like to work at their own pace and explore in nature. All materials provided.

**11  
OCT****Castle Hill Book Fair 2024***by Lifeline Harbour to Hawkesbury Sydney*

09:00 AM to 05:00 PM

Benildus Hall - Oakhill College, Old Northern Rd, Castle Hill

The Castle Hill Book Fair is back with more books and unique finds than ever before! Over 70,000 pre-loved books will be on offer in more than 50 categories, along with vinyl records and jigsaw puzzles at unbeatable prices. This event is a must-visit for families and collectors alike.

**Bollywood Dancing***by Hawkesbury Library Service*

10:00 AM to 11:00 AM

Hawkesbury Central Library, 300 George Street Windsor, NSW

Unleash your inner star- Bollywood Style! This dance session is designed to immerse children in the vibrant and energetic world of Bollywood. Come and enjoy this fun and fitness session.

Please wear comfortable outfits. Age group: 5-12 years. Children under 10 must be accompanied by an adult.

**12  
OCT****Savour the Flavour***by Savour the Flavour*

12-10-24 || 04:00 PM to 12-10-24 || 09:00 PM

Richmond Park and Richmond Oval. 180 Windsor St

Savour the Flavour is a celebration of the Hawkesbury's food, local produce, and beverages. Visitors can enjoy sampling and purchasing delicious items from local farmers and businesses, along with cooking demonstrations, family workshops, carnival rides, and live entertainment.

**12  
OCT****Exploring Random Weave***by Waste Not Fibre Designs, Hawkesbury Remakery*

09:45 AM to 12:45 PM

Hawkesbury Remakery, 160 George St, Windsor NSW

Create and tame a little chaos by weaving cane into a basket or sculptured vessel. Have fun learning the technique of random weave. Morning tea will be provided as well as great conversation with basketry hints and tips along the way. Notes and all weaving materials will be provided. Suitable for all skill levels.

The event is in partnership with Waste Not Fibre Designs. Cost: \$90.00

**13  
OCT****Dural Village Markets***by Skye & Brad Browne*

09:00 AM to 01:00 PM

Dural Country Club, 662 Old Northern Road, Dural, 2158

Community Markets – Growers, Produce, Artisans and food.

**Ellerman Park Bushcare***by The Hills Shire Council*

09:00 AM to 12:00 PM

Ellerman Park, 22Z Pellitt Lane, Dural

The Ellerman Park Bushcare Group works in Ellerman Park, Dural.

This reserve was targeted for restoration due to the vegetation community of Sydney Turpentine – Ironbark Forest being listed as a Critically Endangered Ecological Community.

There is very little Sydney Turpentine–Ironbark Forest reserved on public land that contains all stratum of vegetation (ground, mid and canopy).

Grants from the Department of Environment and Climate Change (DECC) and the Hawkesbury-Nepean Catchment Management Authority (HNCMA) have been utilised to restore Ellerman Park.

Everyone is welcome. No experience necessary.

**Currawong Bushcare***by The Hills Shire Council*

08:00 AM to || 12:00 PM

Currawong Reserve, 20Z Bellamy Farm Road, West Pennant Hills

The Currawong Bushcare Group works in Currawong Reserve, West Pennant Hills. The group is working in an area of Blue Gum High Forest which is listed as a Critically Endangered Ecological Community under both State and Federal legislation.

This reserve contains Powerful Owl habitat as well. The group has been removing the Privet, weedy vines and annual weeds, allowing for native regeneration to occur. Planting has occurred in areas of low resilience. This groups also stops for morning tea and a chat. Everyone is welcome. No experience necessary.

**14  
OCT****Coriander & Ginger Gardening Club***by North West Community Services Inc*

10:30 AM to 12:30 PM

9 Park Street Riverstone

Join the Coriander & Ginger Gardening Club, meeting every 2nd and 4th Monday of the month. For more details, contact Rizwana at 9627 3622.

**17  
OCT****Little Eco Warriors  
National Bird Week***by The Hills Shire Library Service*

03:30 PM to 04:30 PM

Castle Hill Library, 14 Pennant St Castle Hill, NSW

Come along to learn about local bird species in our backyards. Join a WIRES volunteer rescuer as they discuss how to look after and protect our feathered friends. Hear personal bird rescue stories and what to do if you find injured wildlife.

Children will create their own bird art to take home! Presented in collaboration with The Hills Shire Council's Environment Team. Free | Bookings essential online | Suitable for children in School Years 2-6



# THE MUSICAL DOCTOR

As we age, there is no doubt that we need more medical care. Having to attend a medical centre every two days during recent months my mind has turned to medical centres within the area.

When my wife and I moved to the Hills 40 years ago, there was a medical practice owned and operated by a well-known GP at the time. That GP went on to become a celebrity who amassed a great fortune. The medical practice was named, or known as a "Superclinic", and was one of a chain of such clinics around the eastern states. The GP that we mostly saw at that practice was Dr. Poulos who went on to start the Railway Street Medical Centre at Baulkham Hills. The owner and Principal at the "Superclinic" was one Dr. Geoffrey Edelsten, whom I only consulted once.

But going back to the 1960s, Geoffrey Edelsten's working life was altogether different. Before becoming a GP, his life revolved around the music and record industry. He owned a record company in Melbourne called Hit Productions and a record label "Scope" which in 1967 had an association with the largest Australian owned record company of Festival Records. In 1966 he also co-wrote songs for a few music groups and produced a record "Love Machine" for the studio group Pastoral Symphony, comprising Glenn Shorrock and his band the Twilights, Ronnie Charles of the Groop and various other musicians. His involvement with the recording industry may well have been influenced by his parents who owned "Edels" a nationwide chain of music stores.

Whilst his involvement in the music industry was brief, he is mostly remembered in the Hills district for his medical practice and flamboyant lifestyle. He did have a charitable side early in his medical career, as a GP he bought a medical practice at Walgett. He then obtained a private pilot's licence enabling him to provide medical services to remote communities – often at no cost to patients when they could not afford to pay.

Following the establishment of Medicare by the Hawke government in February 1984, Edelsten began to run innovative and multi-disciplinary 24-hour medical centres which were the forerunners of modern corporate medical practices.

Decorated with chandeliers, white grand pianos, pink carpets, and gold coloured metal walls, the clinics attracted considerable media attention. Edelsten's clinics were the first in Australia to bulk-bill patients to Medicare so that they incurred no direct cost. Within four months of opening, the first clinic was dealing with 2,000 patients every week. Edelsten eventually owned thirteen medical centres, in which approximately 20,000 patients consulted 200 doctors every week. The Baulkham Hills medical centre or Superclinic was such a clinic.

Another interest that Geoffrey Edelsten had was sport, particularly football. On 31 July 1985, Edelsten became the first private owner of a major Australian football team, the Sydney Swans. In July 1986, Edelsten



**GEOFFREY  
EDELSTEN**

tried to buy the Cronulla-Sutherland Sharks rugby league team, but his offer was refused by the game's administrators. Edelsten was a long-term benefactor of the Carlton Football Club and in March 2013 the club awarded him life membership.

Edelsten's flamboyant lifestyle certainly attracted media attention by his marriages which were three in total. He owned mansions, helicopters, and a fleet of Rolls-Royces and Lamborghinis with license plates such as Macho, Spunky and Sexy. In June 2012, thieves stole luxury cars belonging to Edelsten, worth more than \$1.4 million. Among them was a Lamborghini Aventador worth approximately \$800,000 – one of only a handful of Aventadors in Australia.

When Edelsten was living at Dural, he was involved in a spectacular single vehicle accident in which his car left the Windsor Road at Baulkham Hills at high speed and crashed into the front yard of a house and he was taken to hospital.

Geoffrey Edelsten was found dead at his Melbourne apartment on 11 June 2021, aged 78.

He was buried in a small service at Springvale Cemetery on 16 June 2021.

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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.



Geoffrey Edelsten  
with Car Collection



Dr Geoffrey and Leanne Edelsten  
with their transport fleet, Sydney,  
1986. Picture Rob Walls

All photos courtesy of  
News Ltd.



Edelsten with his "pink" helicopter  
(which was really blue and white)



Geoffrey Edelsten kissed  
by his wife Leanne in 1986



Dr Geoffrey and Leanne Edelsten  
with their transport fleet, Sydney,  
1986. Picture Rob Walls



## 2nd Castle Hill Rovers

www.gwsrovers.com.au

## Annangrove Environment Centre

☎ 02 9654 3571 (Thurs) | 02 9843 0533 (Wed-Fri)  
✉ gnanlan@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

## 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  
☎ 9899 3179 (ans. machine)  
www.castlehillartsociety.org.au

## Castle Hill Senior Citizens Club Inc.,

☛ Over 55's welcome to 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

## 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. Become proficient in the many facets of computing..  
☎ Colin Wright | 0479 137 131 ✉ cphills.org.au

## Cumberland Bird Observers Club

☛ Conducts 3 outings a month to observe birds in their natural environment. Meetings 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 – Castle Hill Branch

☛ Monthly meeting every 2nd Tues at the CWA Hall, 2 Annangrove Road, Kenthurst (off Angus Road) from 10am. Also Craft mornings for members on 1st and 3rd Tues of the month from 10 to 12.  
☎ Maureen | 0410 582 723  
✉ castlehillcwa@gmail.com

## CWA of NSW – Galston Branch

☛ Meets 2nd Wed each month at 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 – Toongabbie Branch.

☛ Monthly meetings held 1st Tues of the month at Toongabbie Girl Guide Hall in Junia Ave Toongabbie from 10am. Craft mornings for members 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, pencils or brushes to practice your drawing or painting with Ruth. 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.

## 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 3rd 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 Probuss Club

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

## Hawkesbury Woodcraft Cooperative Ltd

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

## Hills District Historical Society Inc.

☛ Meets at 7pm 4th Mon of each month. Museum located at Building 10, Balcombe Heights Estate, 92 Seven Hills Rd, Baulkham Hills and opens on the 1st and 3rd Sat of each month 12.00pm to 4pm. Volunteers welcome.  
☎ Secretary Pam Wilson | 0474 204 080  
✉ pam.wilson52@gmail.com

## Hills District Women's Bowling Club

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

## Hills Harmony Chorus

☛ Barbershop style 4 part harmony All Singers welcome 7:30pm @ Kellyville Anglican Church, 45 Presidents Rd. Kellyville.  
✉ info@hillsharmony.com.au

## Hills Older Men's Network Inc

☛ Meets fortnightly on the 1st 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. We have members 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 Probuss 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 West Pennant Hills - Cherrybrook

✉ westpennanthills\_secretary@lions.sydney  
☎ Raj | 0429 440 746

## 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

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

## Norwest Sunrise Rotary Club

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

## Pennant Hills VIEW Club

☛ Meets 10.30am at Baulkham Hills Sports Club on the 2nd Tues of each month. A guest speaker will be featured each month. 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

## Probuss Club of Baulkham Hills

☛ Meets 1st Thurs each month 1.30pm Baulkham Hills Sports Club, 11 Renown Rd Visitors welcome. Activities every Thurs.  
☎ Peter | 0407 013 411  
✉ probuss56830@gmail.com

## Probuss Club of 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

## Probuss Club of Cherrybrook Combined

☛ A mixed gender club of 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

## Probuss Club of Combined Castle Hill Club

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

## Probuss Club of Glenhaven

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

## Probuss Club of 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

## Probuss 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

## Probuss Club of 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

## Probuss Club of 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

## Probuss Club of Pennant Hills Mens

☎ John | 9487 1385

## Probuss Club of Pennant Hills Combined

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

## Probuss Club of Pitt Town

☛ 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

## Probuss Club of Round Corner (Dural)

☎ Julie; PO Box 822, Round Corner 2158

## 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

## Probus Club of Windsor

☛ 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

## RDA (NSW) Tall Timbers Centre

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

## Red Cross – Castle Hill Branch

☛ Meetings 2nd Friday of the month 10.15am to 11.45am at Wesley Uniting Church, 32-34 Showground Rd, Castle Hill.  
☎ 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@siseap.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 Rd, 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 | ✉ airsdneyhills@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.bushwalkingsw.org.au/wanderers

## West Pennant Hills Sports Club

☛ Ladies social tennis Tues 9.30 to 11.30 (no play school holidays) 103 new line Rd W. Pennant Hills

## 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

## 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

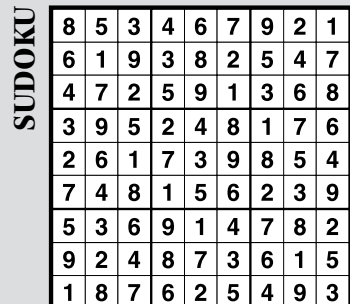
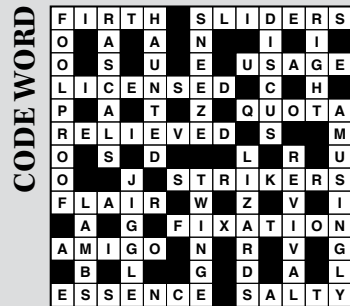
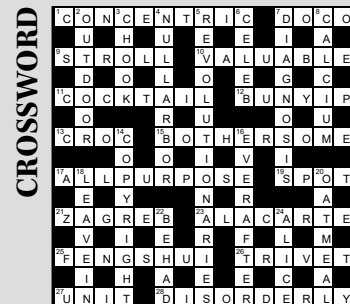
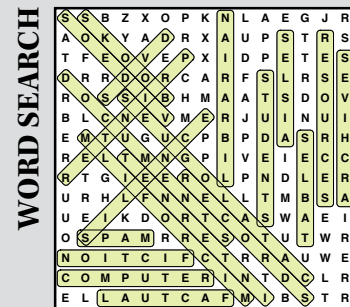
☎ 0414 641 408 | www.zontadistrict24.org

# WORD SEARCH LEGAL TERMS



AFFIRMATION	COMPLAINT	ESCROW	HARASSMENT
ALIMONY	CONFESSION	EVIDENCE	INJUNCTION
APPELLANT	DEFENDANT	EXECUTOR	LITIGATION
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COERCION	DUPLICITY	GOOD FAITH	REPEAL

Answers from last issue



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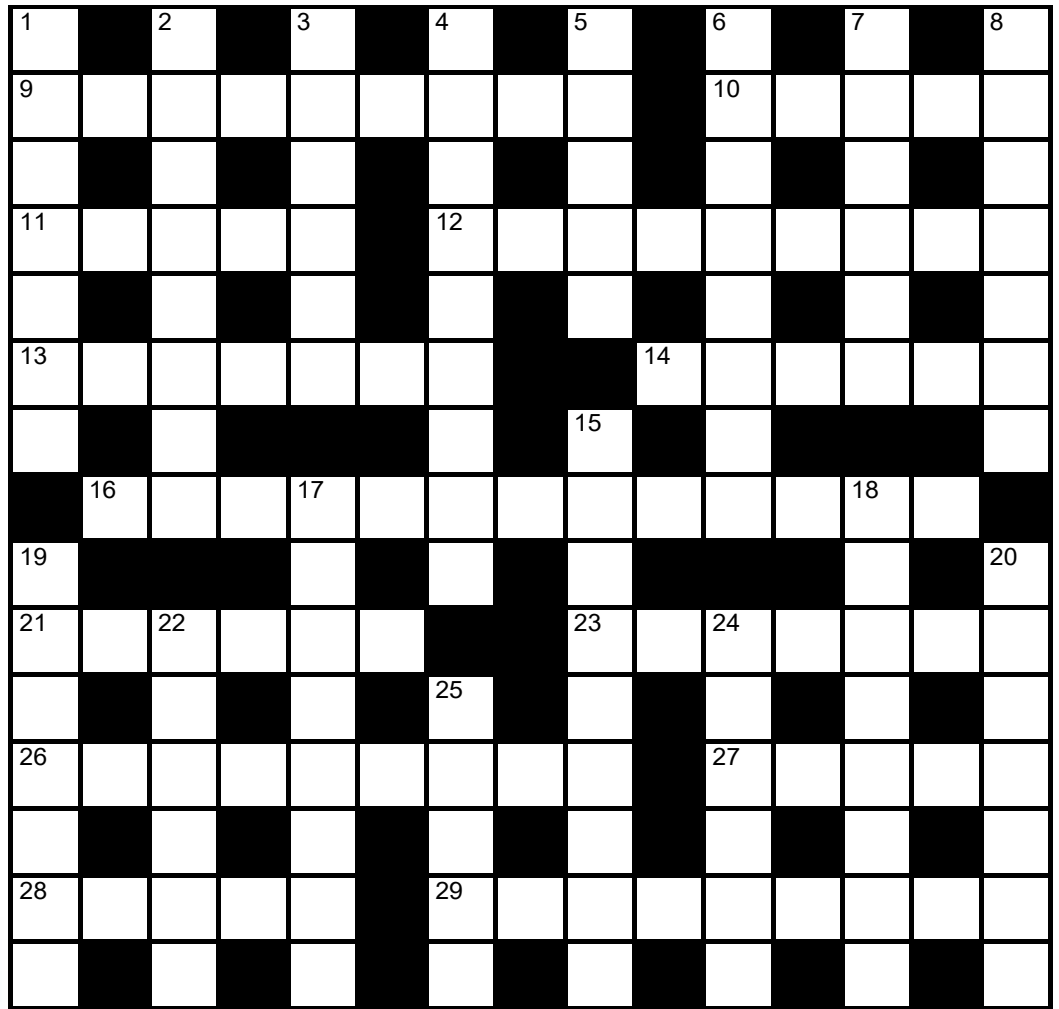
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### Across

9. The Wompoo ---
10. Musical drama
11. A highway and a desert are named after him
12. Awful role misrepresented an essential of civilized society
13. Up for grabs
14. Piles of stones in Queensland?
16. It once housed a leper colony off Queensland
21. Like many heroes
23. Calls briefly
26. Hive sweet spot
27. Finance
28. Fill up here
29. Stratagem

### Down

1. Away from the main place of business
2. Commuter country
3. Pain in the side
4. Fire-struck Paris landmark
5. Notorious bushranger
6. What 5 Down had to do, more than once
7. Trader
8. Service at 28 Across, sometimes
15. Oxbow lake
17. "Idylls of the King" author
18. Steep drop
19. Sideboard
20. Looked up to in NSW
22. Guard
24. Followed orders
25. Accepted standards

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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.

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

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
	Q	F		J								
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: ★ ★ ★ ★ ☆

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

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

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