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LOCAL GIRL STEPH'S VOICE SUCCESS

PHOTO CREDIT: Channel 7-The Voice

READ MORE ON PAGE 25

NEW CIVIC LEADERS

By Bev Jordan

Hawkesbury City Council has a new Mayor, Les Sheather (Ind) after he was voted in by a majority of Hawkesbury's councillors, including the four Liberal councillors, at a special meeting on Tuesday, 15th October 2024.

The position of Deputy Mayor went to Liberal councillor and former Mayor Sarah McMahon. They will serve in their respective roles until September 2026.

Unlike Hills Shire Council where the Mayor is elected by the electorate during the Local Government Elections, the Hawkesbury Mayor is voted on by the 12 elected Hawkesbury Councillors and it can be a long drawn out process.

Councillor Sheather re-claimed his seat on Hawkesbury City Council after the 59th count

of the vote after the Local Government Elections on September 14th. He gained the seat with 2,010 votes following the distributions of preferences.

The election saw the Labor Party reduced to just one councillor (Amanda Kotlash) losing its second seat to Independent Tom Aczel (2,056 votes) after the 59th count. The last seat was picked up by Liberal's Paul Veigel after the final distribution of preference with 1,871 votes.

In contrast, over 70,000 residents voted in Dr Michelle Byrne as Mayor of Hills Shire Council in the September 14th Local Government Elections. The Liberal Mayor's first preference vote was 71,520 which was boosted to 75,293 votes following the distribution of preferences (71.1% of residents).

Councillor Frank De Masi was elected Deputy Mayor by councillors at the first Hills Shire Council Meeting after the election on Tuesday, October 8th.

The West Ward Councillor who has already served two terms on Council and said he was "deeply honoured" to be elected as Deputy Mayor of The Hills Shire.



Hills Shire Mayor, Dr Michelle Byrne and Deputy Mayor Frank De Masi.

"I'm looking forward to working alongside Mayor Byrne and my Councillor colleagues for the betterment of our region.

"We have a lot we would like to achieve in this term of Council, and I would like to particularly focus on how we can reduce the cost and scale of waste in The Hills Shire and how we can advocate for the NSW Government to help."

Hills Shire Mayor Dr Michelle Byrne said: "Clr De Masi has earned the role of Deputy Mayor through his extraordinary passion and work for The Hills Shire. Frank is a proud Hills resident who has served as a Clr since 2017. His knowledge of and enthusiasm for The Hills will be an incredible asset in our advocacy efforts for our residents."



Hawkesbury City Mayor Councillor Les Sheather with Deputy Mayor Sarah McMahon.

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 or click on the QR code.



Call for Showground School

BY BEV JORDAN

An e-petition calling for a new primary school at Castle Hill Showground has now been signed by 3,710 people.

Launched by Castle Hill MP Mark Hodges it calls for a new school for the area, claiming 9,500 children will be without a school if one is not planned soon due to the planned growth area around the Showground Metro station.

The Petition states: "For over a decade, promises of a new primary school have not materialized. Castle Hill and nearby areas are experiencing rapid population growth, leading to overcrowding in existing schools. The lack of adequate educational facilities is stressing families, teachers, and local infrastructure.

"The CAP of 5,000 apartments placed on the Showground Precinct was due to the need for a school, with assurances that this cap would not be lifted until a school was provided. However, Minister Scully has recently increased this cap to 9,500 apartments, yet no school has been built or committed.

"According to ABS, the average household has one child, resulting in 9,500 additional children in the Showground Precinct.

We ask the Legislative Assembly to call on the Government to:

1. Immediately allocate funds for planning and constructing a new school in Castle Hill.
2. Provide a clear and binding timeline for the school's development and opening.

3. Engage in transparent communication with the community.
4. Ensure the new school is adequately staffed and resourced to meet our growing community's needs.

In September the Government announced the site for a new public high school on land it owned in Guntawong Road, Tallawong to cater for the growth area around Tallawong Metro Station, reducing pressure on nearby schools.

The new high school will initially cater for 1000 students, delivering more than 50 permanent classrooms, and is due for completion on day one, Term 1 2027.

A release from the Government at the time of the announcement said: "Delivering this new high school is part of the NSW Government's work to address the school infrastructure backlog in Sydney's north-west growth corridor, with new public schools being fast-tracked in Melonba, Box Hill, Tallawong, Gables and Nirimba Fields, and major upgrades underway at Rouse Hill High School and Schofields Public School.

In June The State Government announced that a temporary school was being fast tracked for the growing Box Hill area with enrolments set to open from 2025.



Artist's impression of what is planned for the area around Showground Castle Hill Metro

Its media statement said that the government will begin work on a new primary school and high school at Box Hill, in addition to the new primary school in Gables. Together the three schools will cater for 3000 local students with room to grow.

It said the state's most populous school campuses at Riverbank Public School and The Ponds High School will receive significant additional funding for further upgrades on top of those already underway, to cater for their large and growing student populations.

There was fury from local civic leaders when no funding was allocated for new schools at Castle Hill in the State Budget despite Castle Hill Public School catering for more than 1,000 students and Castle Hill High catering for over 2,000 students before the extra influx of residents.

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BRAVERY AWARDS

The Commissioner's Commendation for Courage has been awarded to three members of NSW SES The Hills Unit for their involvement in a life saving flood rescue.

Volunteers Matthew Stone, Mathew Knight and Christopher Ward received the award earlier this month for their involvement in a dangerous Flood Rescue in 2022.

On 8/9th March 2022, their team responded to an urgent, potentially life-threatening situation after a resident, who had a history of heart complaints including previous heart attacks, required urgent attention when he developed chest pains while cut off by flood waters in a remote area near the Hawkesbury River.

The conditions at the time, together with certain aspects of the job, combined to make it a very challenging job.

The crew had to navigate around 72 km of heavily flooded, turbulent river in a remote area, at night, during rain and generally with poor visibility, on top of a 100 km round trip road journey;

They located the patient in an isolated and remote area based on vague directions and at a time when communication was not available,



including NSW Ambulance losing contact with the patient when the call dropped out;

Persevering, even when told by other locals that the given address did not exist. Operating in the dark while raining, wading and carrying the patient through flood waters; and operating in an environment where assistance or backup was effectively unavailable.

The citation said: "The volunteers faced these challenges with resilience, courage and skill, delivering the patient five hours after it was tasked to them. The patient was safely retrieved and transferred to the Ambulance Service who transported him to hospital where he spent three days before returning home safely."

ARSON PLEA

Police are re-appealing for public assistance over an alleged arson in Marsden Park. At about 11pm on Friday, 23rd August, emergency services were called to Fermoy Road following reports of a suspicious fire. Officers attached to Riverstone Police Area Command located a shed well alight. Fire and Rescue NSW extinguished the fire a short time after their arrival. There were no reports of injuries. Initial inquiries alleged a man was at the premises a short time before the fire ignited. He is described as being of Caucasian appearance, of slim build, and has a beard, last seen wearing a blue shirt, light coloured pants, and a blue baseball cap. It is believed he was riding an e-scooter. Anyone with information about this incident is urged to contact Riverstone Police Area Command or Crime Stoppers on 1800 333 000.

CHOOK HEIST

A woman was arrested and charged on Monday 14th October following the theft of \$2000-worth of chicken from Rouse Hill last month. Police say that in the early hours of Monday, 2nd September a delivery of 65kg of chicken was left at the rear of a butcher's shop in Rouse Hill.

CCTV footage captured a black Kia Sorento, registered to a 36-year-old Whalan resident, pulling into a loading bay at 3:45am. She was accompanied by an unknown female accomplice. The duo proceeded to make off with several boxes of chicken.

The woman was spotted in the same vehicle on Monday and was stopped and spoken to by police. She is due before Parramatta Court next month.

DRIVERS' CHARGED

Officers from The Hills Highway Patrol were conducting routine patrols on Green Road, Kellyville on Friday, 11th October. At around 9.20pm they observed a silver Hyundai traveling southbound allegedly travelling at 113 km/hr in a 60 km/hr stretch of road. The 22-year-old male driver from Rouse Hill had two male passengers. A roadside breath test returned a positive result. The driver was arrested and taken to Castle Hill Police Station for a breath analysis. At the station, the breath analysis returned a reading of 0.094 grams of alcohol per 210 litres of breath. A notice of licence suspension was issued to the driver. As well as court attendance notices for Mid Range Drink Driving and exceed speed over 45kph.

- On Tuesday, October 8th a 29-year-old man was spotted by Hills Police at 1.43am driving a grey sedan with alleged stolen NSW plates at a storage complex. The individual, along with an unidentified accomplice, unloaded various items into a large white bin and took them to the unit. Later that day, police executed a

search warrant at the storage unit and seized numerous items: Stolen NSW registration plates, Stolen trailer vehicle identification plates, debit cards, a gel blaster, knuckle dusters and 0.3 grams of suspected crystal amphetamine. On October 10th, the individual presented himself to Castle Hill Police Station and was subsequently arrested. He was charged with multiple offences, including driving while disqualified, using a vehicle with altered number plates, and possession of stolen goods and prohibited items and will appear in Parramatta Local Court next month.

- At 9:48 PM on Thursday, 10th October, Hills Highway Patrol officers conducted a routine traffic stop on Showground Road, Castle Hill. The 37-year-old male driver could not produce a valid license and allegedly provided false identification details. During a search of the vehicle, officers allegedly discovered a small clear plastic bag containing 2.8 grams of Methamphetamine. An oral fluid drug test at Castle Hill police station allegedly returned

a positive result for Methamphetamine. A sample has been sent to the laboratory for further analysis. He has been charged with: Providing false name, Driving while disqualified (second subsequent offense), Possession of prohibited drugs (Methamphetamine and MDMA powder) and Driving with oral fluid (pending lab results).

- On Saturday, 5th October 2024, The Hills Highway Patrol were conducting stationary drug and alcohol testing on Caddies Boulevard, Rouse Hill. At 6:45 PM, they observed a red Ford Focus travelling in an easterly direction on Commercial Road. It suddenly changed lanes, appearing to avoid the testing site. Police followed the vehicle and stopped it a short distance away on Greensborough Avenue, Rouse Hill. The driver, 69, was drug and alcohol tested, returning negative results. Police enquiries revealed that the accused was the holder of a NSW C class driver's licence, which had expired and was endorsed as disqualified.



Waterski Tragedy

A celebration to remember the life of 25-year-old water-ski champion Jack Coaldrake will be held on Friday 25th October at Hawkesbury Race Club.

Jack died on Sunday 6th October while water skiing on the Hawkesbury River.

Emergency services were called to a boat ramp at Lower Portland at about 7.25am following the incident. He was brought ashore and treated by NSW Ambulance paramedics but died at the scene.

Police are preparing a report for the information of the coroner.

He was with close family friends and his girlfriend of over two years Samara Ross when he died.

Jack worked at the family business Coldys Towbars and Bullbars at McGraths Hill.

His dad Dave said on Facebook that the world was made a better place by Jack being in it.

"He packed so much into 25 years, more than most do in a lifetime."

Tributes have been flooding social media since the news of Jack's death reached the closeknit community.

Ian Macca McCorkell from the Vintage and Veteran Powerboat Club said the club had lost a very valued member.

He said Jack was: polite, happy go lucky, hard working, dedicated young man.

"Anything he put his mind to he did with 100 per cent effort."

"RIP Jack You will be missed by so many"

The young waterskier had won a number of titles including the prestigious Barry Carne Memorial Cup in 2023. He also placed third in the men's open world waterskiing titles last November.

Waterski Racing Europe said online: "Jack was a deeply valued member of the waterskiing community, a dedicated mentor, and a passionate ambassador for the sport."

'He will be greatly missed but his legacy will live on in the hearts of all that he knew.'

He leaves behind his parents, Dave and Nat and siblings Blake and Georgia.



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RETIREMENT AT WINDSOR COUNTRY VILLAGE IS ALL ABOUT LIVING

The WCV Annual Garden Competition: Fostering a Healthier and Happier Lifestyle

Each year, the residents of Windsor Country Village eagerly anticipate one of the community's most beloved events: the annual garden competition. This vibrant tradition showcases not only the residents' green thumbs but also the heart of retirement living in this picturesque retirement village.

Gardening has always played a pivotal role in promoting a healthier and happier lifestyle, especially among seniors. At Windsor Country Village, the competition encourages participants to nurture creativity, engage with nature, and foster a sense of accomplishment. Residents are invited to transform their private garden spaces into beautiful sanctuaries, creating stunning displays of flowers, vegetables, and even unique garden art. These efforts don't just beautify the village but also cultivate a strong sense of community and well-being.

The competition has become a highlight of the village's active social calendar, sparking friendly rivalry and encouraging more residents

to explore the joy of gardening. This annual event aligns perfectly with Windsor Country Village's commitment to enriching the life and lifestyle of its residents. Gardening provides gentle physical activity, which is essential for maintaining mobility and strength in the later years. Furthermore, the exposure to nature and outdoor activities supports emotional health, reducing stress and enhancing mental clarity.

Windsor Country Village takes pride in offering an environment that promotes a healthier and happier retirement experience. The annual garden competition is a testament to the village's philosophy of creating opportunities for its residents to remain engaged, active, and connected with both nature and their fellow residents. Each year, the gardens grow more beautiful, just like the life and lifestyle that flourishes in this retirement community.

To book an inspection to visit Windsor Country Village, reach out to the team to arrange a time and see for yourself how retirement at WCV is all about living life to the fullest.

Prize winning courtyard garden of resident Kris Luscombe



Prize winning garden bed



Horticulturalist resident Ann O'Brien

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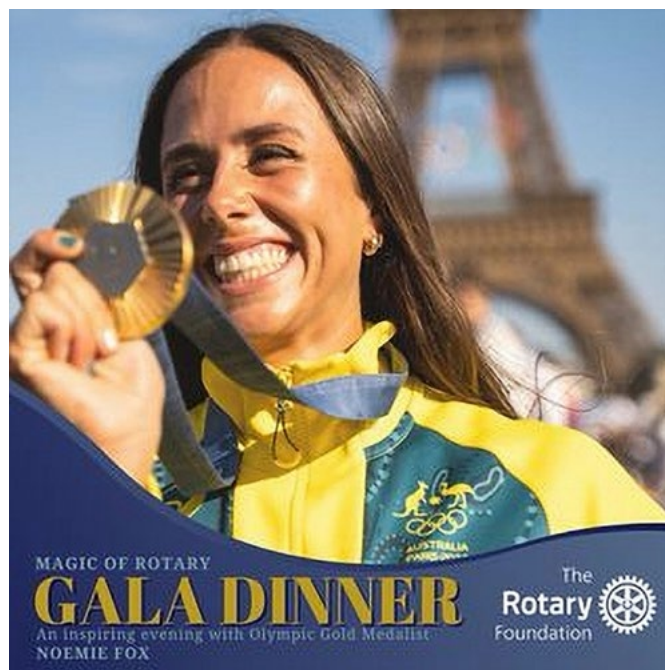


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FOUNDATION DINNER

The Magic of Rotary Gala Dinner

Will be held on Wednesday 20th November at Rydges, Norwest

The Gala will highlight the "Magic" that happens when Rotarians unite—turning dreams into reality for those in need.

The distinguished guest speaker on the night is Noémie Fox - 2024 Paris Olympic Gold Medalist. She will be interviewed by Sydney Morning Herald sports journalist Tom Decent.

The evening will have a magical atmosphere filled with inspiring stories, entertainment, gourmet dining, and camaraderie. Be a part of the magic. Together, we can continue to make lasting change in the world.

This is a joint initiative of the Rotary Clubs of Castle Hill, Norwest Sunrise and Kenthurst as well as Rotary District 9685. The Trybooking Link for bookings is www.trybooking.com/CVGYT or just use the QR Code.



Vaping Concerns

BY DR KIM LOO | Chair Hills Doctors Association
Member of Unpacking Vaping Advisory Committee –
focussed on School age children.

Australia has led the world with regulation of cigarettes. Our community understands the harms of smoking cigarettes.

Now there is regulation of e cigarettes. Single use vapes are now banned. Vapes can only be sold at pharmacies to people over 18 and can no longer be sold at tobacconists or other small businesses.

The number of children smoking e cigarettes at school has increased in the past 5 years. Vaping increases the risk of seizures, insomnia, anxiety and depression, and lung damage (from depositing aerosol and particulate matter in the airways).

It can accelerate dental cavities. There is 3 times the risk of progressing from combustible tobacco use.

It is very easy to be addicted to vapes.

The BEAT Program

Breathe Easy All Together (BEAT) is a program at the forefront of e cigarette prevention in Western Sydney. Working together are the Prevention Education and Research Unit (PERU) and the Eastern Creek Principles network.

BEAT utilises evidence-based program with a peer-lead education model to empower students to make informed decisions about vaping. The BEAT programme is currently recruiting schools.

Vaping Adolescents and children

The incidence of vaping in 14–17-year-olds is one ten. It is important not normalise this behaviour. The risk of harm is so significant that the prevention strategies are vital.

What is a vape?

Vaping devices heats a mixture and generate an aerosol together with particles. This is inhaled mixed with pure air.

The original mixture of vapes is glycerine, propylene glycol, nicotine and flavours that soaked into a sponge.

What you inhale?

- The original mixture
- Chemicals from the mixture reaction
- Thermal degradation from A and B depending on device characteristics
- Metals and other materials from heating the device
- Thermal degradation of the sponge.

Vapes are Waste disposal problem

This can be complex, expensive and confusing for the public. Vapes need to be pulled apart before they can be disposed of. There are various hazardous components to them – a lithium battery, toxic liquids, nicotine. Councils will need to deal with this as it is too dangerous for the public to deal with.

How can we discourage children and adolescents from starting vaping and using other products now on the market containing nicotine and flavourings that are now entering the market?



BY DR KIM LOO

INFO FORUM

If you want to find out more about vaping and children and the BEAT program. The Hills Doctors are holding an education meeting, and you can talk to the experts. This is an important meeting for doctors, teachers and anyone dealing with children. On Thursday 14th November at 6.30pm. Tribute Room at the Pioneer Theatre under Castle Hill Library.

ADOLESCENT VAPING PREVENTION FORUM

HOSTED BY THE HILLS DOCTORS ASSOCIATION +
PREVENTION EDUCATION & RESEARCH UNIT



DATE
14 November, 2024



TIME
6:30PM



LOCATION
Pioneer Theatre
14 Pennant Street, Castle Hill



Scan the QR code to register



Car Changing Lives

BY BEV JORDAN

This week, four sisters, Elizabeth, Mary, Kitty, and Frances from the Refalo family estate, were delighted to donate their parents' specially adapted disability vehicle to the Manning Foundation.

Seeing this car donated to Northwest Disability Services (NWDS) in Baulkham Hills was a deeply emotional moment for them, as they knew their parents, Charlie, and Jane Refalo, would have been proud to support those in need.

The wheelchair-accessible vehicle will now benefit the hundreds of participants at NWDS. While the service already operates mini buses for group transport, this is their first car, opening up new opportunities for one-on-one excursions.

NWDS CEO, Carmen Izurieta, said they were very grateful for the donation which was organised through the Manning Foundation. "Donations like this make all the difference to our organisation," she said. "It will allow our support workers to take participants out individually. This donation will make a lasting impact on many lives."

Lisa Beavan, Chair of the NWDS Board, highlighted the benefits of the donation, saying that it would allow participants, who may not usually be able to leave a building, to visit other NWDS sites. "It will help build social connections and opportunities," she said.

When Charlie and Jane Refalo passed away within nine months of each other, approximately six years ago, the seven siblings, Elizabeth, Mary, Kitty, Frances, Joe, Sonia, and Joyce wanted their parents' disability vehicle and household belongings to be put to good use. After numerous discussions with many people and organisations, their real estate agent, Martin Baldacchino from Century 21 The Hills, connected them with Bill Driver from the Manning Foundation, a volunteer organisation established 19 years ago to support people in need across the Dundas, Parramatta, and Hills areas.

With the assistance of Bill Driver, the Refalo family was pleased to donate many household items and furniture, which have already been distributed to disadvantaged individuals and families.

President of the Manning Foundation, Lorraine Bonisoli, expressed her gratitude for the donation. "We were delighted to pass on the car to NWDS, and we have been able to

distribute other items from the Refalo family to those in need," she said. "We are always eager to pick up furniture and pass it on to those who need it." She explained that the foundation provides furniture to people moving into public housing, including those who were previously homeless or fleeing domestic violence.

Lorraine said the Foundation was recently able to provide a recliner chair for a person undergoing home dialysis. The charity also helps with food donations. "We receive many calls for help from all over Sydney, but due to distance and a shortage of volunteers, we are unable to meet the needs of many," she said.

"We are always looking for volunteers with some spare time. It's incredibly rewarding to help others. If you can assist, please call Lorraine at 9683 7555."

Northwest Disability Services (NWDS), a non-profit organization established in 1984, is dedicated to enhancing the lives of people with disabilities, and contributions like this are vital to their mission.



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What sets Clearwater Pool Shop apart is its unwavering commitment to integrity and transparency. "We believe maintaining a healthy, clean pool shouldn't be an expensive ordeal," says Peter. "Our goal is to provide exactly what your pool needs, with no hidden costs or unnecessary upsells." This approach has earned them a loyal customer base who appreciate fair pricing, honest water testing, and expert advice tailored to their pool's specific needs.

From custom pool construction to routine maintenance, Peter and his team's hands-on approach ensures your pool remains crystal clear and safe for swimming all year round.

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Care and Connect Domestic Violence Program Expands to Support Sexual Assault

BY SOPHIE POREDOS

Wentworth Healthcare recently launched its expansion of the Care and Connect domestic and family violence program, which now includes supports for survivors of sexual violence and child sexual abuse.

Domestic, family and sexual violence are a complex issues that affect 1 in 5 women and 1 in 16 men over the age of 15. As the primary provider of the Nepean Blue Mountains Primary Health Network, Wentworth Healthcare has funded the Care and Connect Program alongside the Department of Health and Aged Care. The initiative aims to support primary healthcare professionals in the Blue Mountains, Hawkesbury, Lithgow and Penrith areas to identify, respond to and support victim-survivors.

A report by the Special Taskforce on Domestic Violence in Queensland has identified many of those impacted by domestic, family and sexual violence to seek support from a health professional as the first point of contact.

Wentworth Healthcare CEO, Lizz Reay, said despite statistics, sexual violence and child sexual abuse often goes unreported.

"It is important that primary healthcare professionals are supported to identify the signs and to respond appropriately to patients impacted by sexual violence and child sexual abuse as in some cases, they may be the first point of contact for victim-survivors".

"For many health professionals, when they undertook their training the issue of domestic, family and sexual violence was not covered in any depth. While times are changing in the health education sector, there is sometimes a gap of knowledge for clinicians in this area. This program plans to address this by giving health professionals the tools to ask patients the right questions and the confidence that they have the resources to support any patients impacted," she said.

The reformed Care and Connect Program has a two-pronged approach by firstly, providing training to primary healthcare professionals including GPs, practice nurses, practice staff and others. Secondly, the program provides Care and Connect Linkers through Relationships Australia NSW, who are primary healthcare professionals that can seek advice from or refer patients to.

There are six local general practices in the Hawkesbury region with Care and Connect Linkers, who are specially trained in domestic, family and sexual violence, including child sexual abuse and can bridge the gap for victim survivors obtaining appropriate health care and support.

Kate Tye, the Executive Manager Primary Care Development for Wentworth Healthcare wanted to reiterate the process of anonymity and safety for patients seeking support.



At the Care and Connect Program's launch featuring employees of Wentworth Healthcare and Relationships Australia.

"We believe that our Care and Connect Program helps to integrate the care response for some of our society's most vulnerable. When we are talking about family, domestic and sexual violence and drug and alcohol services, patient safety can be a concern and staff providing these services are well trained in this area. People in our community can feel confident that they are safe to seek help from these services and that their privacy and anonymity is assured."

For those affected by domestic, violence, family or sexual violence, Lizz Reay urged survivors to reach out to their GP as a safe place to start seeking help.

"Many people might not know that their GP can be a safe first point of contact for those facing domestic, family, or sexual violence or child sexual abuse. With support through the Care and Connect Program, we are increasing the knowledge and resources GPs and other primary healthcare professionals have access to in order to help address this important issue".

If this story has raised concerns for you, you can contact the National Domestic Family and Sexual Counselling Service on 1800RESPECT.

Hawkesbury Welcomes New Community Drug and Alcohol Support Service

BY SOPHIE POREDOS

We Help Ourselves (WHO) Hawkesbury has opened its free community-based alcohol and drug support service, providing day treatments for those suffering with substance addiction.

WHO's service will offer support to both individuals as well as family and friends with integrated recovery and care. The new centre targeting alcohol and drug (AOD) addiction is funded as part of Wentworth Healthcare and the Federal Government's Community Health and Hospitals Program. Wentworth Healthcare is a local not-for-profit organisation operating since 2012 in the Blue Mountains, Hawkesbury, Lithgow and Penrith regions, striving to improve the health and wellbeing of local people.

With 78,208 total alcohol and other drug-related hospital admissions across NSW in 2022-2023, WHOS Executive Director, Garth Popple, said the organisation is excited to partner with Wentworth Healthcare to operate the WHOS Hawkesbury:

"WHOS Hawkesbury is a place where people of the Hawkesbury area experiencing issues associated with their substance use, can access our range of best practice community-based WHO's service will be critical in targeting the growing concern of AOD addiction. Within the

Hawkesbury, over 2,000 people received treatment at an AOD treatment service funded by Wentworth Healthcare, and the most common drug of concern in the region was alcohol, accounting for over a quarter of those treated support services."

Services provided as part of the centre include comprehensive AOD support, structured group work, counselling, case management, GP liaison, relapse prevention and access to services including housing and welfare.

Wentworth Healthcare CEO, Lizz Reay is passionate about framing AOD support with a community-based model:

"When it comes to supporting people with AOD concerns, residential rehabilitation services are important but aren't always suitable in every situation. Some people have responsibilities that prevent them from being able to commit to a residential program and this can act as a barrier to seeking help. That is why community-

based support is so important. People need to be able to seek support and get well within their own community".

Executive Manager Primary Care Development, Kate Tye, also wanted to highlight the unfortunate reality of AOD addiction that can affect anyone in their life-time, and how to support loved ones to access this service:

"Alcohol and other drugs concerns can affect anyone, it doesn't discriminate. It's important to encourage them to seek help and not to judge those affected by these issues. Let them know about this new free service, where no referral is needed, or encourage them to talk to their GP who can also provide them with help."

You can access the service at 2 Forbes Street, Windsor, operates from 9.00am - 5.00pm, Monday to Friday. Patients can be referred by GPs, other specialists or self-refer, and can either walk-in or attend a pre-arranged appointment, by calling 4509 9110.



The wonderful team of WHO and Wentworth Healthcare at the centre's opening.

Hawkesbury headspace is Destigmatizing Mental Health with their Open Day

BY SOPHIE POREDOS

Hawkesbury headspace's free mental health service has been operating in Richmond for the past nine months, but they are hoping to reach even more people with their upcoming open day.

Between 2020 and 2022, the National Study of Mental Health and Wellbeing found that over 1 in 5 Australians aged 16 to 85 experienced a mental health disorder in the past year. Mental health can be an especially challenging journey for young people, particularly those without a strong support network. To address this, Hawkesbury headspace offers free counselling for those aged 12 to 25, in areas including mental health, work, school and study, physical and sexual health, and substance abuse.

Hawkesbury headspace also collaborates with local schools through outreach programs and facilitates social groups to help young people connect with their community. At their upcoming open day on October 18th, they are excited to offer art therapy, live music from local school students, youth art displays, as well as the essential slushies and fairy floss for all attendees.

Lauren Betts, a social worker with Hawkesbury headspace, is part of the Youth Access team and is passionate about ensuring young people have equitable access to care.

"Here at headspace, we meet young people where they're at and work towards goals led by our clients. We strive to continue to be a space that allows youth with the opportunity to seek mental health support in a confidential, safe, and supportive manner".

At Hawkesbury headspace, Youth Access Team Clinician Laura Vouden is a Registered Nurse who has noticed an increase in demand for services in Richmond over the past nine months. She emphasises the importance of providing free mental health support for young people, as financial stress often creates limits accessibility:

"We also know that poor mental health and challenging life circumstances may prohibit a young person from obtaining an income of their own, and that it is not always feasible for family members to pay for these services. We believe that increased accessibility for our service encourages more young people to attend headspace".



The wonderful team at Hawkesbury headspace, waiting to meet new young people!

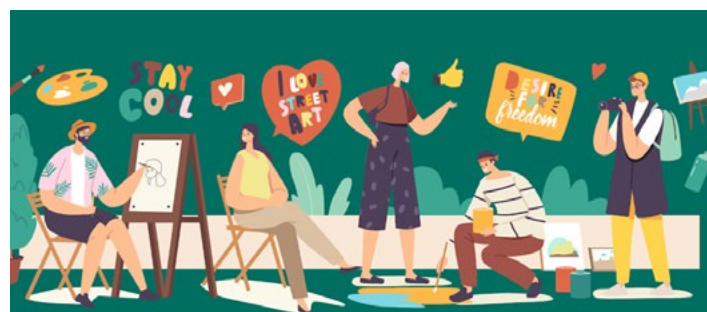
When asked about what advice she would give to those hesitant about seeking mental health support, Lauren said:

"I would first like to validate that it is completely normal to feel that way. For generations, and in many environments that people grow up in, there has been a stigma that reaching out for support is a sign of weakness. But reaching out for support is a sign of strength, not a weakness. Remember, you are not alone, and it is okay to

prioritise your well-being and take that step that can lead to positive changes".

Hawkesbury headspace's open day will be on the 18th of October from 2pm to 5pm at 120 Francis Street, Richmond. If you're aged 12 - 25, you can also book an appointment with Hawkesbury headspace by calling their number on 1800 517 171, or emailing headspacehawkesbury@uniting.org.

If this story has raised concerns for you, you can contact the National Suicide Hotline on 13 11 14.



headspace Hawkesbury Open Day

2pm - 5pm | 18th October
120 Francis Street Richmond

All welcome!

Music
Art
Food
Fun
Prizes

We invite young people 12-25 to submit artworks around themes of mindfulness and self-expression for display. Prizes for art entry. Submissions can be done in person or emailed to headspacehawkesbury@uniting.org

Wentworth Healthcare

Blue Mountains | Hawkesbury | Lithgow | Penrith

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RAAF SYDNEY OPEN DAY

Richmond RAAF Base Community Open Day

BY MACKENZIE HOLLAND

Thousands of people will be treated to some spectacular sights on Saturday, 26th October as RAAF Richmond opens its gates for a Community Open day _ the first since 2016.

It took just a few hours for enthusiasts to snap up the 13,000 free tickets initially released. A smaller batch of 3,000 tickets released on Tuesday (15th October) were snapped up within 30 minutes.

For those who are unable to get on the base on the day there will still be some spectacular movement in the skies over Richmond with flypasts by a C-130J Hercules, C-27J Spartan and a Hawk 127 Lead-in Fighter.

There will be a 9am-12pm session and a 12pm-3pm session.

A Defence media spokesman the flypasts would be during the morning session and the afternoon session subject to weather conditions.

"We are also hoping to have a handling display by an F-35A Lightning II fighter during each session," he said.

"The Hawkesbury community has been supporting operations at RAAF Base Richmond for nearly a century and the open day will be a great opportunity for Australian Defence Force personnel from the base to meet with the local community", he said.

Attendees will get to experience getting up close to ADF aircrafts such as air combat, air mobility and surveillance aircrafts as well as a whole range of military vehicles.

There is also the opportunity to meet and talk with people in all different areas of the

Defence Force. The RAAF base will also be home to a range of locally sourced food vendors for the day.

Live displays on the day, permitting good weather, will give patrons the opportunity to experience static displays, flypasts, and watching their Military Working Dogs in action. The ADF recommends that due to the low-level flypasts that are planned, attendees bring their own hearing protection, especially for children.



Air Force C-130J Hercules over the RAAF Base Richmond



The Kids in Need Fundraiser/Open House 2016

RAAF Base Richmond was activated as a RAAF station on the 30th of June 1925, when No. 3 (Composite) Squadron's first 3 aircraft arrived there as part of the relocation of the unit from Point Cook in Victoria.

RAAF Base Richmond is now home to Number 37 Squadron and is best known for being home to the C-130J Hercules medium transport aircraft.

The base has always been a big part of the Hawkesbury community.

The spokesman said: "We were expecting there would be some pent-up demand from Hawkesbury residents and Sydneysiders more broadly, given it's been a long time since an open day was held at the base."

The last time the RAAF base was open to the public in a similar capacity was a Charity Open Day in which they hosted the NSW Kids in Need Fundraiser/Open House in May of 2016.

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HIDDEN IN THE HILLS ROCK FORMATIONS

BY LACHLAN TURNER.

As you descend into bushland valleys along the many walking tracks in the Hills region, the presence of large rock formations becomes quite obvious.

Grey weathered sandstone bluffs are interspersed with wind eroded hollows resembling small caves.

Water too has a defining influence on the sculpturing of these rocky overhangs.

The continual breaking down of the sandstone provides much of the nutrients required by so many of the wildflowers and other plants growing in this special environment.

Sandstone ridges and slopes retain rainwater and slowly release moisture through the surrounding soils which in turn helps to nourish vegetation in the vicinity.

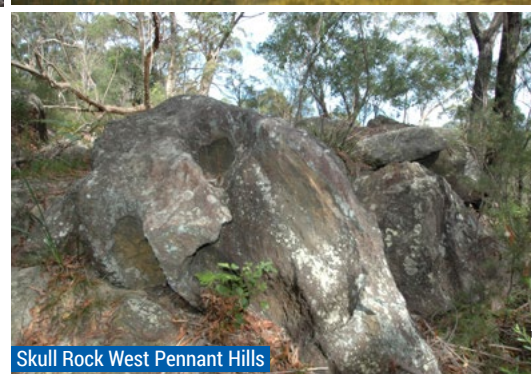
There are many plants, such as orchids, ferns and mosses, whose roots can actually grow on the surface of the rocks, taking advantage of small cracks in which to secure a foothold. Other plants depend on the close proximity of these rocky habitats taking advantage of the rock's protection in which to flourish.

The ability of large rocky formations to create a protected and cool environment enables

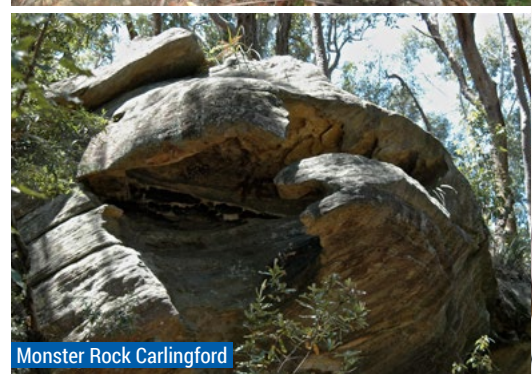
moisture loving plants such as fungi and ground covers the opportunity to flourish in leaf litter beyond the reaches of the sometimes hot sunshine.

On occasions when walking through such rocky places it is possible to be confronted with rock formations that can take on some form of recognisable shape, which could, without too much imagination, be likened to some living or imaginary creature. Several examples accompany this month's column.

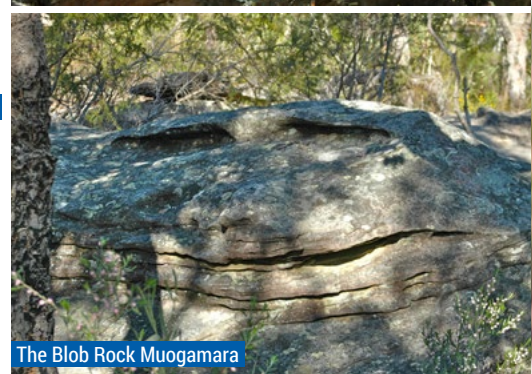
Next time if you are out walking along tracks bordered by large rocky outcrops, test your skill by trying to identify one of these rocky features. If you are not sure, move to another position and view your find from a different direction.



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Monster Rock Carlingford



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out and about
with MICHELLE BYRNE

Dural Club

For decades the Dural Country Club has served the Hills community and beyond as a hub for community and social gatherings as well as leisure and recreational activities such as bowls, Bocce and snooker.

Many of us who have grown up in the area have special memories of the Dural Country Club whether it be memories of a special family gathering, a social event or attending a concert.

However, in recent years, the Club has shown its age and has needed some serious love and investment to ensure that this well-loved club can meet the needs and desires of current and future generations of residents.

The beginning of change for the Club came in 2023, when the Dural Country Club amalgamated with Leagues club, bringing together a strategic partnership that would guarantee \$5 million in capital expenditure over three years which would include refurbishing the club house, bowling greens and Bocce courts.

On 29th September, the Parramatta Leagues Club unveiled the re-branded Dural Club much to the excitement of the sub club members and the general community.

The Dural Club has undergone a complete transformation with an open-plan layout, a new bar and cafe, spacious function rooms, a dedicated kids' play area, and lawn bowl facilities. The re-branded Club also has the capability to facilitate weddings as well as other milestone celebrations such as christenings, birthdays and anniversaries.

President Greg Monaghan was on hand to officially re-open the Dural Club and said the

rebrand and renovating the space was driven by community demand.

"We've seen tremendous growth in the area and heard the community's call for a refreshed space that reflects the vibrant, intergenerational families we serve," he said.

"With over 8,000 members in the Hills area across the Parra Leagues Club group, Dural Club will provide these members with amenities conveniently closer to home. Our goal with this rebrand and renovation is to create a welcoming environment where every member of the family can find joy, celebration and connection." He said.

There is a restaurant onsite, Lusso Kitchen which is part of the Lusso group who own restaurants in Lane Cove and Neutral Bay. Also on offer is Doorall Café whose name recognises the Indigenous history of the area with Dural having been derived from Doorall-Doorall, an Aboriginal name meaning smoking hollow tree.

Dural Club is also home to a number of Sub Clubs including Dural Lawn Bowls Club, Dural snooker club, Dural Indoor Bowls, Dural Fishing Club and Dural Bocce Club which is an Italian/European version of Lawn Bowls. All these clubs have benefited from the renovations of the facilities at the Dural Club which now boasts some of the best bowls and Bocce facilities in the region. The aim of these facilities is to connect to the local community and to create

opportunities for locals to participate in leisure and recreational activities close to home whilst making friends and having a good time. If you are looking for a new community group to join, why not consider joining one of these very friendly sub clubs who welcome newcomers with open arms.

The Dural Club also runs weekly events including \$5 barefoot bowls. Trivia night, meat raffles, poker, live music and the village markets every second Sunday of the month.

If you are looking for a family friendly venue for an upcoming gathering or social event or if you are looking for a new community group to join, then I encourage you to check out the transformed Dural Club. It is a great place to make those special memories.

For more information on the Dural Club go to www.duralclub.com.au



President of Parramatta Leagues Board, Greg Monaghan
CEO of Parramatta Leagues Club, Chris Dimou Mark Hodges,
MP for Castle Hill Councillors De Masi, Blue and Mayor Byrne
The rest are Directors of Parramatta Leagues Club

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Meet Miss Philippines Australia 2024

BY MACKENZIE HOLLAND

Karenza De Leon has recently been crowned Miss Philippines Australia 2024. At the Grand Philippine Fiesta Kultura, on October 6th, Karenza took home more than just the title with her also achieving Charity Princess Australia, Best in Filipiniana, Best in Swimsuit and Best in Evening Wear.

"I wanted to utilise this pageant as an opportunity to engage more with my Filipino- Australian community and its people, and to also learn more about the Filipino language, food and culture," Karenza says.

Through this pageant Karenza has had the opportunity to continue her passion of helping people through charity work. Karenza is a local from Quakers Hill who works and volunteers with many organisations throughout the Hills, Blacktown and Greater Western Sydney areas. "The pageant experience has been so amazing in a way where I have been able to really connect with so many different local businesses, communities and Filipino Associations," Karenza says she was sponsored throughout the pageant by the Ilocano Association of Australia Inc., and supported by the Bicol Community Leagues Inc.

In the course of the pageant Karenza was able to raise more than \$13,000 through her fundraising, which will be contributed towards the non- for- profit organisation, 'A Home for the Angels' in the Philippines. This organisation provides childcare and shelter for children aged 0-6 who have been displaced or neglected in the streets of the Philippines. Karenza is very passionate about the cause and was able to recently fly out to Metro Manila to connect with the volunteer staff to discuss ways to work collaboratively with them on providing much needed support.

Additionally, the Learning Glow Project is an initiative founded by Karenza herself, which aims to help improve the teaching resources and quality of education within schools of rural South East Asian countries. Through this project, Karenza has been able to continuously ship Balikbayan boxes full of stationery items, sporting equipment and reading books to primary schools in the Cagayan Valley, Philippines and provide teaching resources to schools in Cambodia. Through the help of the Miss Philippines Australia Pageant Karenza was also able to help send 'A Home for the Angels' 25 toiletry bags, learning and sensory resources, and toddler aged reading books.

Karenza has also won the title of Miss Charity Australia 2023, which was her first ever pageant. "The Miss Charity Australia pageant was not something that I thought I would ever do, but I felt like it was a good fit for me because I constantly do charity work in my community. After winning the title, I just felt the experience gave me a lot more confidence to do more, and that's why I decided to go for Miss Philippines Australia 2024", Karenza says.

When Karenza is not being a pageant winner, she is a flight attendant, model and radio host. Karenza has a background in Early Childhood Education and Primary teaching, which has fuelled her drive to support rural schools in South East Asia and has contributed to her advocacy for the Miss Philippines Australia Pageant. Karenza is also part of Alive 90.5 FM and is a presenter on 'The Positive Energy Show'. Through this she has had the opportunity to interview talents and artists within the local community. Karenza has done a lot of volunteer work with Alive 90.5 FM, who are based in Baulkham Hills. She recently attended the Hills Community Aid's Spring Family Fun Day with Alive 90.5 FM where she dressed up as Wonder Woman to bring smiles and joy to the local community.

After winning the Miss Philippines Australia title, Karenza now hopes to spend the next year learning more Tagalog, the official language of the Philippines, and visiting the local communities across the Philippines, to build stronger connections. She also wants to improve her pageant training in the hopes to compete for a higher pageant title in the years to come.



Miss Philippines Australia 2024
KARENZA DE LEON

Karenza at Hills Community Aid's Spring Family Fun Day

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OVERCOMING DINNER TABLE FRUSTRATION:

Combating Isolation Caused by Hearing Loss

Imagine this: you're gathered around the dinner table with your beloved family. The room is bustling with chatter, laughter, and the clinking of cutlery. It's chaotic, but it's filled with the warmth of your loved ones. However, amidst the noise and commotion, there's a silent struggle that often goes unnoticed – the isolating effect of hearing loss.

In such a lively setting, where multiple conversations intertwine and background noise competes for attention, individuals with hearing loss can feel isolated. Even with advancements in hearing aids, the battle to discern speech from noise can sometimes remain a challenge. The clatter of plates, the shuffle of chairs, and distant music create an environment that makes hearing more challenging in larger groups.

Seating arrangements play a crucial role, as those with hearing loss may rely on lip-reading and facial cues to follow conversations. Depending on where they sit, visibility of speakers may be limited, worsening their sense of disconnect from the conversations unfolding around them.

Trying to follow several conversations around you can be hard on your brain and can be quite tiring. Feeling unsure where to focus attention or struggling to keep pace with fast-paced

discussions adds another layer of complexity to the dining experience. In these circumstances, a conscious effort from family members to engage and accommodate those with hearing loss can make a significant difference.

Thankfully, technological innovations in hearing aids offer a glimmer of hope. Directional microphones and technologies capable of identifying and reducing ambient noise can enhance the listening experience in noisy environments like family gatherings. These devices adapt to various environments making it easier to listen even amidst bustling surroundings.

Supplementary accessories can further enhance communication for individuals with hearing loss. These would include items such as a table microphones for meetings for example or a lapel-mounted mic for an improved one on one coffee shop meal with your partner. These devices pick up sounds closer to its origin and send it directly into hearing aids, which makes it easier to follow the conversation.

Recognising the signs of hearing loss and seeking professional assistance is the first important action. Taking proactive steps to address hearing concerns is essential for maintaining meaningful connections with your loved ones. While it may be tempting to

lean on the thought that it is normal that our hearing reduces as we age, it does not improve or address challenges and frustrations you or a loved one experiences.

At Ear Studio, a locally owned and independent audiology clinic, we understand the impact of hearing loss on social interactions and relationships. Our friendly and dedicated team is committed to providing personalised solutions to help combat frustration and isolation. If you or a loved one are experiencing challenges at the dinner table, we encourage you to schedule a comprehensive hearing assessment with us.

Don't let hearing loss stop you from engaging fully in life's precious moments. Contact our friendly team at **Ear Studio** today on 029159 6122 or you can visit www.earstudio.com.au for more information or to book online. **Let's embark on this journey together towards a more vibrant and inclusive future.**

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**– Daniel Fechner (pictured)
Director, Founder & Audiometrist**

RISKING IT ALL TO FIND TRUE HAPPINESS

Castle Hill Players presents **Grand Horizons**
at the Pavilion Theatre from 15 November – 7 December
Written by Bess Wohl and Directed by Jason Darlington



Kate Mannix, Brett Joachim

50 years of married 'bliss'. Then one simple request for divorce sends a close-knit family into chaos.

Nancy and Bill have settled into their retired lifestyle at Grand Horizons. One evening, after dinner, Nancy asks for a divorce. Bill agrees, unfazed. Their decision sends shockwaves through the family, particularly for their two middle-aged sons, Ben and Brian. The "kids" descend on Grand Horizons to "fix" their parents' relationship, or at least talk them out of divorce. Ben grapples with his therapist wife, Jess, and her 'expert' suggestions for repairing Bill and Nancy's marriage. Meanwhile, younger brother Brian is dealing with his own identity crisis.

A hilarious exploration of family relationships, marriage, love, growing old and discovering one's true happiness. This Tony-nominated comedy bursts with all the joy and pathos of everyday life; theatre at its most enjoyable and familiar.

Jason Darlington, director says: "It's a family comedy with heart. It's about risking it all to find true happiness".

Grand Horizons cast includes Stephen Snars (Bill), Kate Mannix (Nancy), Ben Wheeler (Ben), and Brett Joachim (Brian). Others are Kimberlea Smith as Jess, Jennifer Leslie as Carla and Hamish Davie as Tommy. Director and Set Design by Jason Darlington, Leigh Scanlon Assistant Director, Sound Bernard Teuben and Lighting Heidi Brosnan.

The production runs from the 15th Nov until 7th Dec on Wednesdays, Fridays and Saturdays at 8pm and Sundays at 4pm.

This year, the Castle Hill Players are celebrating 70 years. They have been performing at the Pavilion Theatre in the Showground since 1966 but the company actually started in 1954 in the drawing room of a Mrs Eleanor Pegler in Castle Hill.

Four excellent productions have already been enjoyed this year – J.B. Priestley's *An Inspector Calls*; Donald McDonald's *Caravan*; John Cariani's *Almost, Maine*; George Bernard Shaw's *Mrs Warren's Profession* and now they are delighted to bring to audiences Arnold Ridley's *Ghost Train*, adapted by Jocelyn and Nicholas Ridley.

Ticket prices are \$30, concession tickets are \$25. Tickets are currently on sale and selling fast with some shows already having limited availability, so secure your tickets while you can! To book tickets to see *Grand Horizons* visit paviliontheatre.org.au/grandhorizons or call 02 9634 2929.

The Pavilion Theatre is located within the Castle Hill Showgrounds and has easy access by car or the Metro train line. Getting off at Hills Showground Station will bring you out just down the road from the theatre.



Ben Wheeler, Stephen Snars



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Bess Wohl's

Grand Horizons

Directed by Jason Darlington

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paviliontheatre.org.au/grandhorizons
The Pavilion Theatre
Hills Showground

15 Nov - 7 Dec 2024

THE PAVILION THEATRE
CELEBRATING 70 YEARS OF THE CASTLE HILL PLAYERS

Content Warning: Adult themes, coarse language

By arrangement with Music Theatre International Australia Pty Ltd, on behalf of Dramatists Play Service, Inc.

THE PLUCK OF THE IRISH! Milo's Wake brings love and laughter to Sydney's Northwest

Richmond Players present *Milo's Wake*, a Theatre Restaurant Play. It is running Saturdays twice daily from the 9th of November until the 30th at the Richmond School of Arts. And, as is traditional for the company's final show of the year, there's food and drink. Cheers!

Milo O'Connor considers himself a lucky man! He came to Australia from Ireland with nothing and worked hard until he made enough money to establish his own successful family business. Now he's decided to celebrate and, being a bit of a "funster" what better way to do that than with a wake! He's booked the local Irish pub and a little band called The Wrens for "a bit of craic and a few jars" ... and to give his family and friends "a chance to say a few kind words about me while I'm still around to hear 'em".

Meet Milo and his wife Maura – lead characters in the tragic-comedy *Milo's Wake* by Margery and Michael Forde – set in an Irish pub... somewhere in Australia! It's a tradition that the Players' final show for the year is a theatre restaurant experience. Audiences can book a table with high tea served at the afternoon shows, and a two-course meal in the

evenings. BYO Guinness or wine and find out what Milo is celebrating – and just what his family has to say about him!

"It's a play about family", says director Carol Wimmer, "but it's also about love and hope, interspersed with old Irish traditions, stories and folk songs. It's the perfect play for Richmond as the Hawkesbury owes so much to the tenacity and courage of early Irish settlers."

Milo will be played by Dublin-born local **Seán Duff**, a long-time member of the Players – most recently seen as KoKo in *The Mikado*. Seán has 'doubled' as a wonderful dramaturg and advisor about all the Irish songs sung by the cast... and played by "The Wrens" – Neil McKenzie, Christine Mitchell and Carole Pfeiffer.

Katrin-Ann Pritchard Stutz, principal of the Greater Western Sydney Academy of Classical

and Musical Theatre, will play Maura. After dancing and singing around the world before establishing her studios and cabarets, Katrina directed *The Boyfriend* in 2022 and is now making her acting debut in *Milo's Wake*.

Local Richmond actor **Jony Teperski** plays their son Ned and Hawkesbury nurse and mother of three **Brittany Tanti** will play his girlfriend Brooke. Brittany studied Drama at school and is now returning to the stage.

The barman, Mick will be played by **Michael Eadie**, last seen as Lord Brockhurst in *The Boyfriend*. Plus, Anne Duff and Rhonda Jones as guests at the wake... along with the audience!

Milo's Wake plays November 9, 16, 23, 30 - High Tea at 2pm, Dinner Show at 6pm. For more information and bookings, visit richmondplayers.com.au/milos-wake.html



Seán Duff and Katrin-Ann Pritchard Stutz who play Milo and Maura

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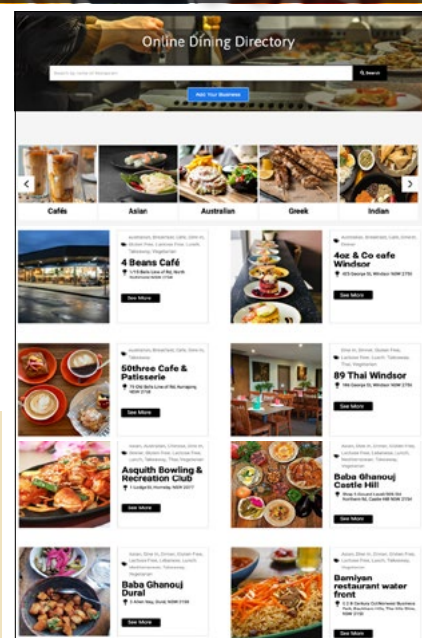
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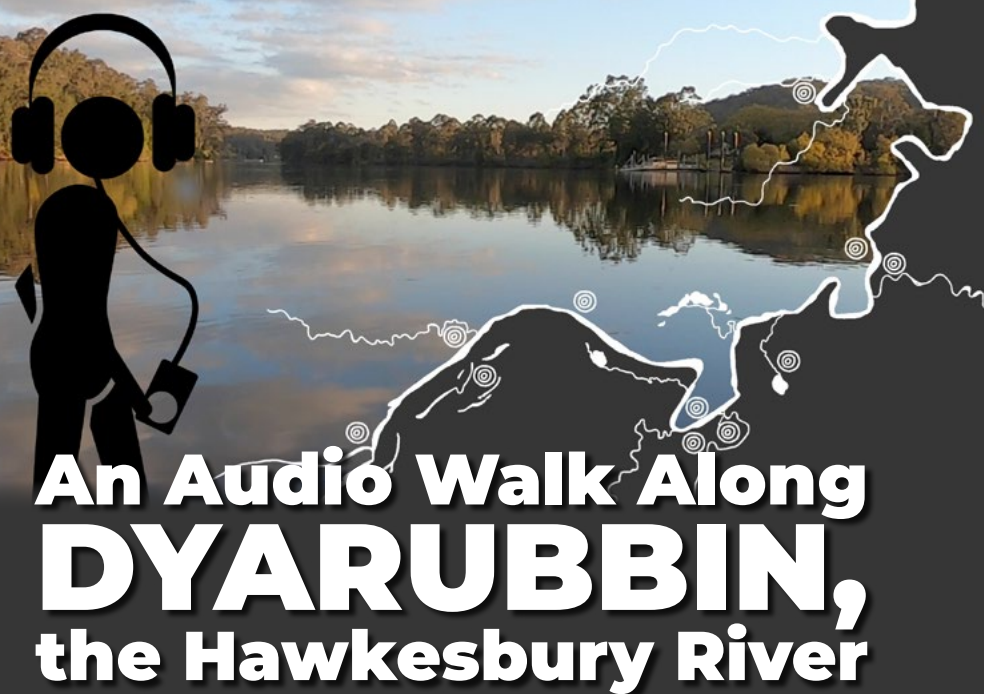
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An Audio Walk Along DYARUBBIN, the Hawkesbury River

Hawkesbury Regional Museum invites you to explore the stories behind the regions historic landmark Dyarubbin, the Hawkesbury River, in a unique event led by composer and producer Oonagh Sherrard.

On Sunday 27 October, audiences can gain a special, behind-the-scenes view of the audio walks in the 11 Stories from the River Dyarubbin exhibition with Oonagh Sherrard and hear how these remarkable sonic experiences were developed and realised through local knowledge, locations, inspiration, and community stories.

This event will feature an introduction to the project and how to use the audio walks, a self-

guided walk along the river, and a Q&A session with light refreshments.

Location: Hawkesbury Regional Museum, 8 Baker Street, Windsor.

Date: Sunday 27 October | 10:15AM – 12:30PM

Cost: \$5

For more information and to book, please visit Eventbrite: 11-stories-audio-walk.eventbrite.com

About the Exhibition:

11 Stories from the River Dyarubbin is a series of self-guided audio walks, sharing stories specific to 11 different locations along the banks of Dyarubbin (the Hawkesbury River). Underscored by original music, the audio walks are designed to inspire, inform and deepen the listener's experience of the river. They include stories of the Dharug people and their enduring relationship with Country; colonial settlement and frontier violence; farming, floods and famine; local ecology; use, development and sustainability; and more.

11 Stories from the River Dyarubbin is a collaborative work led by composer and producer Oonagh Sherrard in partnership with Hawkesbury Regional Museum, with input from more than 80 participants – including Dharug Knowledge Holders, locals, experts, students, creatives and organisations.

Listen to the 11 Stories Audio Walks online:

The 11 Stories from the River Dyarubbin audio walks are now available to listen to on Spotify and remain a permanent resource on the Hawkesbury Regional Museum website.

Listen on Spotify: <https://tinyurl.com/2p9cnhxm> or visit <https://www.hawkesbury.nsw.gov.au/museum>



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CWA CELEBRATES

Members of CWA Castle Hill Branch celebrated their 78th Birthday this month with a delicious cake.

The gathering on Tuesday 8th October was also the date of the club's AGM and the following members have been voted as office bearers. President- Michele Russell Secretary- Maureen De Brincat Treasurer - Kerrie Tomlins Vice President - Valma Patman and Trish Allen International Officer - Faye Brown Cultural Officer - Kerry Hill Handicraft Officer - Margaret Edwards Land Cookery Officer - Denise Wesker Agricultural and Environmental Officer - Barbara Chapman Publicity Officer - Pratibha Bhanushali Councillors To Group - Trish Allen and Kerrie Tomlins.

The Castle Hill branch was formed in 1946 just 24 years after the CWA of NSW

was formed. The CWA is the largest women's organisation in Australia and aims to improve conditions for women and children through lobbying for change, creating a support network and helping the local community.

Castle Hill is a member of the NEPEAN group. The vision of CWA is to support women and children especially in rural and remote regions of NSW. The Castle Hill Branch fundraises for State-wide projects as well as local projects including St Gabriel's School at Castle Hill as well as The Sanctuary_The HillsWomen's Refuge, local hospitals and nursing homes.

The Castle Hill branch meets on the second Tuesday of the month at "The Cottage" 2 Annangrove Road, Kenthurst, from 10am to 12pm. Social Craft days are held on the first and third Tuesday of the month. A Book Club is held on the 4th Tuesday of the month from 10am to 12pm.

New members are always welcome. For more information about the CWA Castle Hill branch email the group at castlehillcwa@gmail.com. Women in NSW can join a local branch and have a voice in the Nation's affairs.

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Colourful Minds Market

Castle Hill RSL Club is supporting the upcoming Colourful Minds Market to empower neurodiverse creators. The Colourful Minds Market (CMM) is being held on Saturday, 26th October between 10am and 4pm in the Club's Lyceum.

The one-of-a-kind event goes beyond being just another market—it's about building a strong, inclusive community and offering a safe, welcoming space for neurodiverse individuals and those with lived experiences of chronic illness, disability, and mental health conditions to share, connect, and create.

Through ClubGRANTS, Castle Hill RSL is backing CMM as

part of its ongoing efforts to support mental health and foster meaningful conversations.

The market aligns with the 2024 Mental Health Month theme "Let's Talk About It," providing a platform where attendees can participate in engaging activities designed to break the ice and make talking about mental health easier.

Created by 20-year-old Annelise, who founded "Emotional Support Buddies" after struggling to find traditional employment due to her anxiety, CMM reflects her Journey.

Annelise's passion for mental health advocacy is evident in every aspect of the market. "We wanted to offer this opportunity to others who may face similar challenges," said Annelise. "It's about creating a space where people can grow, build confidence, and have positive experiences that they can draw on when they need to talk about their mental health."

The market will feature over 30 vendors selling handmade products, as well as interactive activities like conversation starter games, a friendly vendor stamp rally to practice conversations, and small group sessions such as crochet, friendship bracelet making, and colouring. The aim is to help people practice talking and connecting in a low-pressure environment.

Since launching CMM, Annelise and co-organiser Nicole have been overwhelmed with interest and support. "This market isn't just about shopping; it's a



community of like-minded people who have a space to be themselves and feel accepted for who they are and what they have to offer," said Nicole.

The Colourful Minds Market is not just a venue; it's a movement of inclusivity and community support. Annelise and Nicole's vision of creating a market focused on positive mental health and community-building has already resonated with so many, and Castle Hill RSL is proud to help make it a reality.

With activities designed to practice open conversations and a focus on creating a safe and supportive environment, the Colourful Minds Market is set to be a landmark event in Castle Hill's community calendar this October.

Don't miss your chance to be part of this unique experience by purchasing your tickets here <https://www.trybooking.com/CVBMK>





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The Hills Shire Council News

Election Results: Dr Michelle Byrne Returns as Mayor

The 2024 Local Government Election results have been finalised, announcing the new Mayor and Councillors of The Hills Shire over the next four years.

The NSW Electoral Commission has officially confirmed and declared Dr Michelle Byrne as the popularly elected Mayor for the new term of Council. Councillor Frank De Masi was elected Deputy Mayor by his fellow Councillors during the October 8 Ordinary Meeting of Council.

The new Mayor and Councillors were publicly sworn in during a special ceremony held at The Hills Shire Council's Norwest Business Chambers on 3 October 2024.

To view the list of Councillors elected, search 'Mayor, Councillors and Elections' on Council's website.



Mayor, Dr Michelle Byrne and General Manager of The Hills Shire Council, Michael Edgar at the Swearing-In Ceremony on 3 October 2024.

Expert Digital Advisor Session

Sign up for a one-on-one session with an expert business advisor to guide you through maximising your digital potential, helping save time and money, and helping grow your business.



You will be guided by Liza Taylor, a marketing specialist and trusted advisor for small businesses with over 20 years of experience. Owning a small business herself, she has first-hand experience in the unique challenges that come with it.

Sessions are available for 1.5 hours face-to-face on Thursday, 24 October 2024 from 9am – 3:30pm. Search 'Expert Digital Advisor Session' on Council's website for more information and to book your spot.

Nominate a Hills Hero

The Australia Day Awards nominations for 2025 are now open for Hills residents to nominate a deserving individual or group to be honoured during Australia Day celebrations.

The awards are an opportunity to recognise and celebrate Hills heroes who have made outstanding contributions to our community.

The awards are presented in five categories:

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

Nominees must be residents of The Hills Shire Local Government Area (LGA) and must have made a positive impact on The Hills Shire community over the past year.

Finalists of the 2025 awards will be announced in the lead-up to Australia Day 2025.

To submit a nomination, visit Council's website and search for 'Australia Day Awards' to complete the simple online application form. Nominations close on Friday, 15 November 2024.

Borrow at the Waves Bookshelf

Are you thinking about visiting Waves Fitness and Aquatic Centre? You can now visit Waves AND borrow a book with our new Waves Bookshelf.

The Waves Bookshelf contains a collection of new releases and popular titles for children and adults available to members of The Hills Shire Library Service.



Council Meetings

Tuesday, 22 October 2024 at 7pm

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

Hills teen soars to new heights on the Voice Australia

BY BEV JORDANS AND SOPHIE POREDOS

Singing on National television as a contestant on The Voice has been a huge stage for local singer Stephanie Milostic.

The 19-year-old, who has been singing since she was a toddler, turned three chairs in her blind audition on the show, winning a legion of new fans including three of the star Judges on The Voice, Adam Lambert, LeAnn Rimes and Guy Sebastian who loved her version of Dua Lipa's New Rules.

A former William Clarke College student, Stephanie has been with the Hills-based Sister2Sister School of Singing since she was 6 years old and has performed at many major Shire events including Orange Blossom, Relay for Life and Australia Day.

Sisters Sharon & Christine Muscat at Sister 2 Sister School of Singing praises her musical talent: "We are so incredibly proud of Stephi! After seeing so many students come through our hallways over the last 20 years, it's always special when they decide to move into the professional space. Beyond the TV show we are sure she has all the skills, talent and

temperament, work ethos and perseverance required to move forward with a career in the arts, and we will always have her back no matter what".

Stephanie's music is inspired by her idol Aretha Franklin, as she characterizes her style of singing as 'Funk soul meets pop and dance pop':

"The main thing I want for my music to do is to make people happy and forget about their worries. Miss Aretha Franklin was the one person I could distract myself with and she was the reason I got into singing in the first place. I love combining the old and new through my music".

Singing as a backing vocalist on two of Delta Goodrem's albums and the 'Live for Fire Fight Australia' concert of 2020, Stephanie began booking more gigs until she was scouted for The Voice Australia:



PHOTO CREDIT to Channel 7-The Voice

"This year I felt I needed to challenge myself and go for something outside of my comfort zone. My journey so far has been so amazing and taught me so much about myself that I didn't know. Adam Lambert, my coach, taught me about the industry and how to stay true to yourself. He was the most supportive coach I've had on and off camera, and the experience taught me a lot of confidence".

As for her aspirations, Stephanie is set on performing and encourages other budding artists to follow their passions:

"There is no plan B - this is all I want to do quite literally. Try everything and never say no to opportunities. At the end of the day, no one will believe in yourself as much as you do. I've had so many doors closed in my face but if you want your dream just fight for it".

You'll have the chance to hear Stephanie's rising talent on November 1st when she releases her new double single on all streaming platforms called 'Through the Emotions' with two very different style of songs including the funk dance track called "MAKE SOME NOISE" and a heartfelt soul ballad called "Something New to Say". Her music can be found on all social media @sungbysteph.

PHOTO CREDIT to Channel 7-The Voice



Quality Handcraft Pop Up Open in October & November

Elouera Cottage Crafts' POP UP will open every FRIDAY AND SATURDAY 9AM - 1PM from Friday 25th October until Saturday 16th November 2024. It will be located in the Reid Room (at the rear of the main building and adjacent to the car park) at Cherrybrook Uniting Church, 134 New Line Road, Cherrybrook. Featuring a creative collection of handmade items including applied tea towels, crocheted top kitchen towels, cross stitched bath towels and hand towels, knitted baby jackets, cushions, patchwork quilts, bags and table runners, Christmas decorations and more - all items are locally made and at very affordable prices. Get your Christmas shopping done early - great gift ideas!! Full details www.cherrybrookuc.org.au or follow Elouera Cottage Crafts on Facebook/Instagram.

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Design to commence on Woodbury Reserve Skate Park!

A skate park is coming to Woodbury Reserve and we want the community to 'Have Your Say' on the design. CONVIC has been engaged by Council to undertake the design and construction of the skate park.

A community workshop will be held at Glossodia to understand what features the community want to see included in the design of the skate park.

Design Workshop

WHEN: Tuesday, 15 October

WHERE: Woodbury Reserve Amenities Building, Glossodia

TIME: 6pm – 8pm

Feedback on design features can also be submitted via Your Hawkesbury, Your Say by completing the online survey before Tuesday, 29 October 2024. The survey can be found by visiting www.yourhawkesbury-yoursay.com.au/woodbury-reserve-skatepark



The skate park is the next stage of the Woodbury Reserve upgrade to be delivered as part of the masterplan. The pump track and mountain bike trails at Woodbury Reserve were completed and opened to the public in August 2024.

Woodbury Reserve Skate Park is proudly funded by the Australian Governments Priority Community Infrastructure Program, NSW Government's Western Sydney Infrastructure Grants Program and Hawkesbury City Council.

For more information on Woodbury Reserve visit <https://www.hawkesbury.nsw.gov.au/for-residents/current-projects/westinvest-projects>

Have your say on our Draft Social Infrastructure Assessment and Strategy

After extensive engagement with stakeholders about Council's community facilities and services, we are now inviting public feedback on our Draft Social Infrastructure Assessment and Strategy by Monday 4 November.

Social infrastructure includes a wide range of services and facilities that meet the community's needs for education, health, recreation, cultural expression, support and community development. These include community centres, libraries, playgrounds, pools, sports fields and parks across the Hawkesbury.

The strategy aims to guide future decisions about planning, funding and management of existing open space and recreation facilities, as well as community and cultural facilities.

More than 300 members of local organisations and community groups across the Hawkesbury Local Government Area were consulted in preparing the draft Plan.

Once we've received community feedback, the Draft Hawkesbury Social Infrastructure Assessment and Strategy will be finalised and presented to Council for adoption.

You can view the Draft Hawkesbury Social Infrastructure Assessment and Strategy at Council's Administration Building, 366 George Street, Windsor, from Monday to Friday between 9am and 4pm, or at www.yourhawkesbury-yoursay.com.au

Submissions can be made online via the Survey Tab at www.yourhawkesbury-yoursay.com.au/draft-hawkesbury-social-infrastructure-assessment-and-strategy by email to council@hawkesbury.nsw.gov.au or by mail to the General Manager, Hawkesbury City Council, PO Box 146 Windsor NSW 2756.

Alive with Interviews

BY LEONIE DIXON

Over the next few issues I'll be bringing to you many of the wonderful interviews conducted at Alive by many experienced presenters.

It will probably make you wish you had listened in at the time, but all is not lost. If you missed the interview, you can always go to alive905.com.au/home/program-guide and choose the show you want. Scroll down and you'll find interviews dating back at least 6 months. If any of Dom's interviews pique your interest you would find them under Hit Mix Show Tuesdays. Dom has interviewed many artists on his show. An all-time favourite was Kamahl who has enjoyed global success selling over 20 million records worldwide. Dom found during the interview that the 88-year-old had been invited to sing at the 50th anniversary of the Opera

House so he's still got it. Others he has interviewed revealed personal details. There was Lonnie Gordon, a major singer/songwriter from New York who has scored many chart hits from 1990s to today. Next have you heard of Joe Avati? He's a world-renowned Italian/Australian comedian, known as the Italian Seinfeld and is currently on a world tour. There are really too many to mention in detail but others you might be interested to look up include Vince Sorrenti, Tim Webster, Charlie Chech and Steve Clisby. Dom advises devotees to surf his YouTube Channel



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An Evening of Connections and Celebrations

BY RAMALKA KASIGE

"New beginnings symbolize hope, offering the chance to explore new horizons brimming with endless opportunities and challenges to prove oneself."

Another new chapter of Hawkesbury Valley Toastmasters Club began with promise and grace as the gravity of leadership set the pace. It was the momentous celebration of installing the 41st club executive committee for the toastmasters year 2024-25. Skilled and talented leaders received new responsibilities with great enthusiasm, driven by immense passion to enrich the community as great speakers and leaders.

This club was chartered in March 1982, by a respected Toastmaster, Doug Spinks DTM. Even as a community club, Hawkesbury Toastmasters had set up within the first year: Speechcraft and Youth Leadership programs. Like every club from the 1980's it had lost and gained membership in the intervening years, yet, for a good many years the club was kept going by Charter President Norman Jones supported by his wife Marjorie Hood-Jones. During Covid shutdowns the club partnered with its sister club, Springwood Toastmasters Club and conducted online meetings.

By the end of 2020, members were glad to get back to the physical meetings at the Hawkesbury Central Library, Windsor. Since its inception the club has grown in many ways both quality and quantity, and last year the club was recognised as a 'Presidents' Distinguished Club'. The club has also been in the limelight

for the last 10 years giving long service members as well as district leaders to District 90, Toastmasters International. Club's 10-year member, past President (twice) Pat Bakarich has mentored several members in both leadership and public speaking aspects. The current Area 37 Director of Western Division, District 90; Ramalka Kasige also represents Hawkesbury Valley while being the 5th Area Director for the club for the past 7 years.

The installation meeting was adorned by the graceful presence of several distinguished leaders and mentors in the Toastmasters fraternity, invitees, guests, past members, friends, and well-wishers. The past District Director-District 90, Past Regional Adviser-Region 12, Micheal said DTM shared his energy and enthusiasm for a lasting change in participants' toastmasters' journey by reminding the amazing opportunities readied for Toastmasters to inspire and to be inspired.

This year's executive committee was installed by the Western Division Director, Bradley Silk DTM. Robert Peirce (past President) passed on the baton to Christopher Veitch DTM (President) whose team comprised of Leigh Burns (Vice President-Education), Pat Bakarich (Vice President-Membership), Ramalka

Kasige (Vice President-Public Relations), Leigh Cunningham (Secretary), Rowan Parker (Treasurer) and Brad Howard (Sergeant at Arms).

The evening took off by the dashing President elect, who highlighted the importance of supporting the members in reaching their fullest potential, fostering an environment where everyone can thrive. During his tenure, he intends to create a dynamic and enriching experience for members, ensuring the healthy and sustainable pace of club's activities.

The day ended dropping the anchor to yet another momentous evening of Hawkesbury Valley Toastmasters. They have raised the bar this far and they can make it through whatever comes next. There's a long way to go! The Hawkesbury Valley family will always find its ways to keep the bonds together, tender and tight, and share the warmth through all hurdles in their journey. As the meeting ended, members toasted for the new beginning saying cheers to many more productive toastmasters' years and beyond!

The club executive committee and the members invite you to embark on an exciting Toastmasters journey to boost your confidence and public speaking skills as Hawkesbury Valley Toastmasters Club, facilitate all potential enthusiastic speakers to break through their barriers and get on the right track. All are welcome to experience the bliss of sheer contentment in voice!

You can join the Hawkesbury Toastmasters Club on the 1st & 3rd Monday each month at 6:30 pm at The Deerubbin Centre, Hawkesbury Central Library, 300 George Street Windsor.

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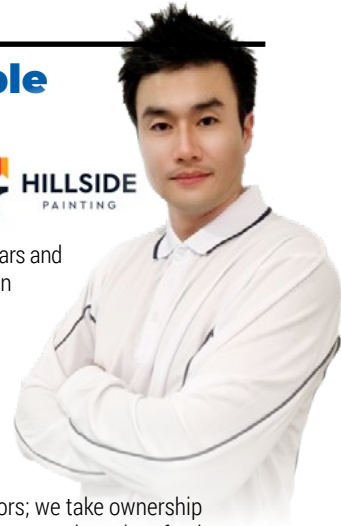
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LOCAL IN UK RESCUE CHALLENGE

Hawkesbury SES Vollie Part of UK Rescue Challenge

A multi-agency team has returned from the UK after representing NSW during the United Kingdom Rescue Organisation (UKRO) Challenge dominating in multiple training scenarios.

The team won 1st place in the Water Rescue Challenge and 1st place internationally in the trauma and vehicle extraction challenges.

NSW SES Hawkesbury volunteer Matt Thornton was part of the road crash rescue team while

Waverley-Woolahra volunteer Max Henderson competed in swift water challenges.

During one emergency scenario, the NSW road crash rescue team had a strict 20-minute timeframe to retrieve two individuals trapped under overturned cars. Remarkably, they completed the rescue in just 14 minutes.

NSW SES Hawkesbury Unit Volunteer, Matt Thornton highlighted the value of collaborating with diverse teams.

"Working alongside others reinforced that our training is world-class. I learned about

the EXIT study in the UK, which focuses on expediting extractions to minimise patient risk—a game-changer."

"These challenges not only benefit us personally but ultimately enhance the service we provide to our community. We respond to about 60 road crash rescues annually in the Hawkesbury Unit, and the techniques I learned will benefit my fellow members," he said.

Waverley-Woolahra volunteer Max Henderson, who was ranked in the 1st position for Helm on the water rescue challenge, said it was a valuable training in swift water rescue techniques.



NSW SES Max Henderson and Matt Thornton

"I was honoured to represent the NSW SES on an international stage. The training was intense but invaluable, highlighting differences in rescue practices between Australia and the UK. I appreciated the opportunity to learn new techniques."

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LIBRARY NEWS

For a complete list of events go to
www.thehills.nsw.gov.au/Residents/Library or www.hawkesbury.nsw.gov.au/library/whats-on

Hills Shire Library Events

Lunch with the Birds and Bushcare

Sunday, 20 October 2024 | 09:00 AM to 04:00 PM

Celebrate National Bird Week, and come along on a guided birdwatching walk with a local bird expert from the Cumberland Bird Observers Club. See how many birds you can find! The old scribbly gums and dense understorey plants in the surrounding environment provides a home for many birds which are seen in our local gardens.

We will have a celebratory Picnic for Nature lunch and then make a difference to key bird habitat with a guided Bushcare session with the local Fred Cat Weed Warriors Bushcare group.

Meeting Point: Meet at Field 4, Fred Caterson Drive, Fred Caterson Reserve Castle Hill.

What to Bring: Please bring a hat, sunscreen, drinking water and wear enclosed shoes.

Important Information: This guided walk is approximately 3km long and is on bush tracks and paved paths. We recommend people who take part in this event are of reasonable fitness. This event is not suitable for children under 5 years. Please note this event is only available to residents of The Hills Shire.

Learning For Life - Snake Awareness

Thu, 31 Oct 2024 6:00 PM - 7:30 PM AEDT

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

As the weather warms up snakes are more active, with snake sightings possible. Join us as we discuss the behaviour of these unique species and their important role in the environment. Learn what to do if you see a snake and how to treat a snake bite with basic first aid.

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

Free | Bookings essential online | Suitable for Adults

Books you might enjoy: *Naturalist's guide to the snakes of Australia* / Scott Eipper, *Book of snakes* / Mark O'Shea, *Outback survival* / Bob Cooper

Urban Gardens - Recycled Kitchen Gardens

Fri, 8 Nov 2024 10:00 AM - 12:00 PM AEDT

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

Turn your waste into a low cost, productive garden! Gain hands on experience with propagation techniques and discuss how to incorporate compost and reclaimed plants into your garden. Take home newly propagated plants to start your own recycled kitchen garden!

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.



Hawkesbury Library Events

REGULAR PROGRAMS

- **Rhymetime:** Weekly every Monday, 10-10.30am at the Central Library. For 18 months – 3 year olds- During school term only. No bookings required. Just turn up.
- **Storytime:** Weekly every Tuesday, 11-11.45am at the Central Library and Thursday at 11-11.45am at Richmond Branch Library. For 3-5 year olds – During school term only. No bookings required. Just turn up.
- **Third Tuesday Night Book Chat:** Monthly third Tuesday of the month 6.30pm - 8.30pm, the Central Library. No bookings required. Just turn up.
- **Third Thursday Book Club:** Monthly third Thursday of the month 10am -12pm, the Central Library. No bookings required. Just turn up.
- **Knit with Friends:** Monthly Last Friday of the month 10am - 12pm on the Central Library. No bookings required. Just turn up.
- **Hawkesbury Family History Group meeting:** Monthly second Wednesday of every month 10 -11.30am at Windsor or via zoom.
- **JP Services:** Weekly every Tuesday and Wednesday, 10am-12pm at Windsor. No bookings required. Drop in service.
- **Legal Clinic:** Monthly on the first and third Wednesday 10am-1pm. No bookings required. Drop in Service

Puppy-Dog Tales - Term 4

Thu, 24 and 31 Oct 2024 3:30 PM - 4:30 PM

Hawkesbury Central Library, 300 George Street Windsor

This fun reading program aims to improve early literacy skills by encouraging children to read to a specialised reading dog. Individual sessions are 10 mins in length.

Please ensure you arrive at the session on time. If you are unable to attend a booked session please notify the library as soon as possible.

Tech Savvy Seniors -October Workshops

Thursday October 24 - 10:00 AM

Hawkesbury Central Library, 300 George Street Windsor

(Last workshop of 4) - 24 October - Apps (Applications)

Participants must be library members and aged 60+ - BYO Devices

Terms and Conditions:

- **SMILE!** Your attendance at events supported by Hawkesbury City Council may be digitally recorded through photographs. Images may be used for promotional purposes on council's websites, publications, social media or by newspapers. By attending this session, you agree to these terms. If you do not wish your image (or the image of your child) to be published, please notify staff before the event.
- Children under the age of 10 must be accompanied by an adult to all Library activities.
- If you are unable to attend please cancel your tickets as soon as possible. This will enable others to participate in the programme.



Ray Williams MP

Member for Kellyville



As your State MP, I am here to:

- Help you with any State matters.
- Provide Justice of the Peace services.
- Arrange congratulatory messages.
- Assist in accessing NSW Government services, assistance or grants.

📍 Suite 202, 10-14 Market Lane, Rouse Hill NSW 2155
☎ 8882-9555 ✉ castlehill@parliament.nsw.gov.au
🌐 www.raywilliamsmp.com.au

Authorised by Ray Williams MP. Funded using Parliamentary Entitlements.

STOP THE SKYSCRAPERS!

SIGN THE PETITION BEFORE IT'S TOO LATE!

The Minns Government has a vision for Kellyville and Bella Vista, that is reminiscent of the New York ghetto. It includes 43,000 homes with most of them being apartments up to 30 storeys high. This will increase our population density up to 28,000 people per square kilometre which is more dense than some areas of Haymarket, Green Square and Rhodes.

With no proposed infrastructure to support this development, residents can expect traffic gridlock, transport bedlam, increased pollution and overcrowding.

SAY NO to this GROSS OVERDEVELOPMENT!!

Sign the e-petition – which can be accessed using this QR code. We need 10,000 signatures to get the voice of Hills residents heard!



THEIR PLAN FOR BELLA VISTA

Proposed Changes – Bella Vista



- Bella Vista will be The Hills' premier living and business district
- The current permissible floorspace for commercial development will be retained, ensuring Bella Vista retains its employment focus.
- Buildings will be up to 30 storeys in the immediate vicinity of the Metro station.
- Heights reduce to a maximum of 7-15 storeys in other locations.
- Existing plans to deliver a new primary school north of the Metro station and enhancing new open spaces (subject to further investigation)
- New walking and cycling paths
- It is anticipated the proposed rezoning will increase capacity by 1,556 dwellings



THEIR PLAN FOR KELLYVILLE

Proposed Changes – Kellyville



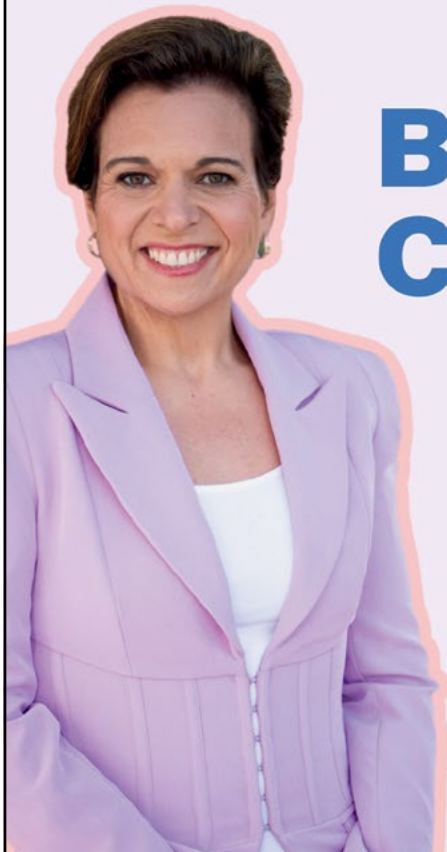
- Kellyville contains a range of uses including retail, commercial and home
- Buildings will be between 6 to 20 storeys
- Some buildings up to 30 storeys are considered appropriate in the immediate vicinity of the Metro station
- Opportunities for an additional park
- It is anticipated the proposed rezoning will increase capacity by 1,007 homes



ADVERTISEMENT

JOIN ME AT MY

BOX HILL COMMUNITY BBQ



🕒 12:00pm

📅 Saturday, 26 October

📍 Brindle Parkway Reserve, Box Hill

RSVP



Michelle

**MICHELLE ROWLAND MP
FEDERAL MEMBER FOR
GREENWAY**

Authorised by Michelle Rowland MP, Australian Labor Party,
Level 1, Suite 101C, 130 Main Street, Blacktown NSW 2148



ROBYN PRESTON MP
MEMBER FOR HAWKESBURY

How my office and I can help you

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

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

ADVERTISEMENT

Authorised by Robyn Preston MP.
Funded using Parliamentary entitlements.

Affordable Public Transport for Hawkesbury

Hawkesbury locals enjoy the serenity and the distance they have from metropolitan areas. Let's face it, why wouldn't you want to live here where there is room to move, raise a family, work on the land or retire in tranquillity?

It's the travel sometimes that can be a disadvantage. So when the Sydney Metro North West opened, I was interested to see how well it might be received by Hawkesbury residents. I mean it's not as if it's on our doorstep, but it's almost in our backyard, isn't it? So, I think we need to provide an efficient way for Hawkesbury commuters to access this rail link because I know they love travelling on the Metro.

Currently, you need to arrive at Tallawong or Rouse Hill Stations before 7:00 a.m. on weekdays, if you wish to park your car within close proximity to the station. I don't think that's good enough.

In my Inaugural Speech, I spoke about the opportunity for 'park and ride' access to the Metro. By that, I mean, commuters drive to a large carpark destination and a bus would be waiting to take them straight to and from Tallawong Station. The reason why I haven't pursued this is because we were inflicted with a drought, the Black Summer bushfires of 2019/2020, eight floods in four and a half years, and who could forget, the pandemic. So my focus has been on looking after Hawkesbury as we recovered from these devastating times.

Fast forward to 2024 and I think the opportunity is ripe to advocate for better access to public transport for Hawkesbury locals wanting to travel to the Metro Station.

I spoke with the Minister for Transport, Jo Haylen MP, about this matter and will put

forward several proposed solutions that will get cars off the road and people enjoying public transport. Buses on demand is another plausible option. Public transport is a much more affordable option when commuting to work, medical appointments, to school or for recreational purposes. I'm sure with the cost-of-living pressures we are experiencing right now, any savings in weekly travel expenses would be welcomed.

Identifying suitable 'park and ride' locations could be determined through a review of local council or state government parking facilities, already existing in Hawkesbury, that may adjoin sporting fields, community halls or even partnering with clubs and retail outlets that already have carparks established.

Let's find a way to do this, Hawkesbury!

RIVERSTONE PARKS

Riverstone is rapidly becoming the hub for youth in the state, a trend that shows no signs of slowing down. A recent audit by Schools Infrastructure underscores this, with the Schofields-East region within the Riverstone electorate seeing a significant surge in government school enrolments. In 2018, there were 1,535 students enrolled, but by 2023, that number had skyrocketed to 4,762—more than three times the projected figure. In fact, the current student population in Schofields exceeds the numbers originally predicted for 2041. This gross underestimation highlights the challenges posed by rapid growth and the urgency for action.

With more young people calling Riverstone home, it is imperative they have access to the same amenities and infrastructure that past generations enjoyed. One glance at Google Maps reveals the stark reality: the fast-growing areas of Schofields and other northern pockets of the electorate lack sufficient green spaces, parks,

and sporting fields. South of Schofields Road, the landscape is dotted with parks, reserves, and long-established sports clubs that cater to both junior and senior teams. These legacy clubs have long been the heart of the community, offering spaces where sports like soccer, cricket, and netball bring people together.

In contrast, the northern parts of Riverstone, where growth is most rapid, have been left out. No space has been allocated for new sporting parks, leading to overcrowding at existing clubs and facilities. While short-term solutions, such as upgrades to current facilities, are helpful, they are not enough. A long-term, multi-jurisdictional effort is required to address the shortfall and ensure that the northern parts of Riverstone are adequately serviced.

Older areas of the electorate, such as Stanhope Gardens and Quakers Hill, provide a glimpse of what a well-balanced community looks like. These suburbs benefit from a mix

of pocket parks, playgrounds, nature reserves, and sporting fields, creating active spaces that promote both physical and mental well-being. This is the kind of balance Riverstone's new communities desperately need. Unfortunately, the previous government sold land to developers without ensuring these new communities were adequately serviced. As a result, Riverstone suffers not only from a lack of parks and sporting fields but also from inadequate transport, roads, and health services.

Sport plays a critical role in building community, especially in rapidly growing areas like Riverstone. When young families move to the area, local sports clubs provide a gateway for integration, helping both children and parents form connections. For children, participating in sports is about more than just physical activity. It is about learning important life skills such as communication, teamwork, resilience, and patience. These lessons extend far beyond the playing field and contribute to personal development.

Riverstone is home to many talented young athletes, but they deserve equitable access to the same active spaces that children across the state enjoy. As the area continues to grow, the demand for parks, fields, and sporting amenities will only increase. Addressing this shortage requires collaboration at all levels of government. I am committed to working with my ministerial colleagues, federal counterparts, and local councils to ensure Riverstone's youth have the infrastructure they need to thrive.



WARREN KIRBY MP
STATE MEMBER FOR RIVERSTONE

Parks in Riverstone

8883 3499 riverstone@parliament.nsw.gov.au

ADVERTISEMENT

HAWKESBURY MARKETS

BILPIN MARKET

Bilpin Community Hall

*Every Saturday from 10.00am - 12.00noon
(02) 4567 1215*

Stalls selling community based food, craft, flowers and bric-a-brac.

WINDSOR MALL SUNDAY MARKET

George Street Windsor Mall, Windsor

*Every Sunday from 9.00am to 3.00pm
(except January)*

0418 869 685

Weekly market in the historic township of Windsor, NSW. Quality handmade homewares, arts, crafts, fashion and fresh produce. Local bands & buskers offer great entertainment. Wheelchair access.

NORTH ROCKS BRING & BUY MARKETS

*Royal Institute for Deaf & Blind Children,
North Rocks Road, North Rocks*

*Every Sunday from 7.00am to 1.00pm
0408 352 702*

Market for second hand goods such as tools, clothing, plants, bric-a-brac and books etc. Average 110 stalls. Also used as an alternative to a garage sale. Entry by donation to Rotary charities.

HAWKESBURY HARVEST FARMERS AND FINE FOOD MARKET (CASTLE HILL)

Castle Hill Showground,

via Showground Rd, Castle Hill

*2nd and 4th Saturdays of every month from
8.00am - 12.00noon (except January)*

(02) 4572 6260

The market offers the freshest of produce and tempting gourmet foods including fresh meats, assorted cheeses including goats cheese, fresh and smoked seafood, olives and olive oils, woodfire sourdough bread, pastries, cakes, fresh pasta and sauces, jams and preserves, gourmet sausages, pates and assorted deli products, fresh fruit and vegetables, coffee, confectionery, herbs, plants and fresh cut flowers, plus lots more specialty products.

RICHMOND GOOD FOOD MARKET

Richmond Park, 118 March Street, Richmond.

*Every Saturday from 7am to 1pm
0040 615 409*

Showcasing the best of the Hawkesbury's local produce, craft and food.

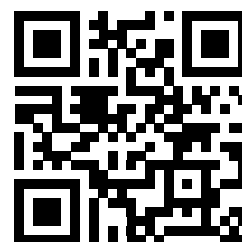


You're invited to Sunrise Open Day

Join us for the Sunrise Open Day in Port Stephens and explore our range of preloved homes for sale. Experience the ultimate over 55's lifestyle with exclusive access to a clubhouse, swimming pools, spa & wellness centre, bowling green, BBQ areas, and more. Homes available from \$700,000.

Saturday, 26th October, 10am - 2pm
4011 Nelson Bay Road, Bobs Farm 2316

Scan QR Code to RSVP
or call **(02) 9055 8650**



Player of the Year Portia bags Golden Boot

BY LAWRENCE MACHADO

Portia Berios capped a stunning season with Hills United FC, by winning the Under 20 Golden Boot Award and being named Player of the Year. The lethal striker also made her debut for the first grade this season, making it the best year so far in her blossoming football career.

Portia, born into a football mad family, has been playing since she was four years old. Her talent and genius at scoring goals is evident. She scored a remarkable 32 goals as the Hills United Under20s stormed to the 2024 minor premiership.

Portia said the coveted Golden Boot – awarded for the best striker in the competition – was thanks to her team-mates. Unnerving for the defence is her ability to score with her right and left feet.

"I was very proud of myself and was so excited to share the award with my teammates. I couldn't have done it without them," Portia said. "Our coach Paul Tasses gave me a lot of confidence and this year I took the pressure off myself and able to grow in confidence."

"I was most shocked when I won the FNSW Under20s Best Player of the Year Award as that was a complete surprise that I only found out on the awards night. It is voted by all of the coaches across the league so I was very surprised and honoured to be recognised with the award."

Like her grandparents, parents, relations and elder sister Ellen, Portia also started her football career at Parramatta City FC. She moved to Nepean FC before joining Hills United. Ellen is a regular for the Hills first grade women's side and both sisters could be playing together next season.

"Individually I had a great season but I could not have scored the goals with the help of my team mates," Portia said. "The team had a very good season, as our goal was to finish first in the competition."

"But unfortunately we lost in the semifinals after a penalty shootout to South Coast Flame. It was very disappointing as we would have loved



Portia Berios with the Golden Boot and Player of the Year awards. Picture FNSW

to win the grand final but finishing as the best team in the season meant that we were the team to beat. Well, you win some and you lose some."

Portia, who attended Cherrybrook Technology High School, is studying Occupational Therapy at the University of Sydney while coaching the 5-13 year teams at Hills Football. Add her training, another job and studies, and you wonder where she has the time to relax.

"There is a lot more focus on women's football after Australia hosted the World Cup last year, and the quality of football and footballers have really gone up," Portia said.

Asked about her chances of playing professional football, she said: "What will happen, will happen. A lot of women are able to study and play football and I also like my studies and football."

Women's football game is thriving in the Hills with the women's first grade and Under 20 sides challenging for top honours throughout the recent 2024 season.



The talented Berios Sisters Portia and Ellen.

Dural & Districts Pony Club

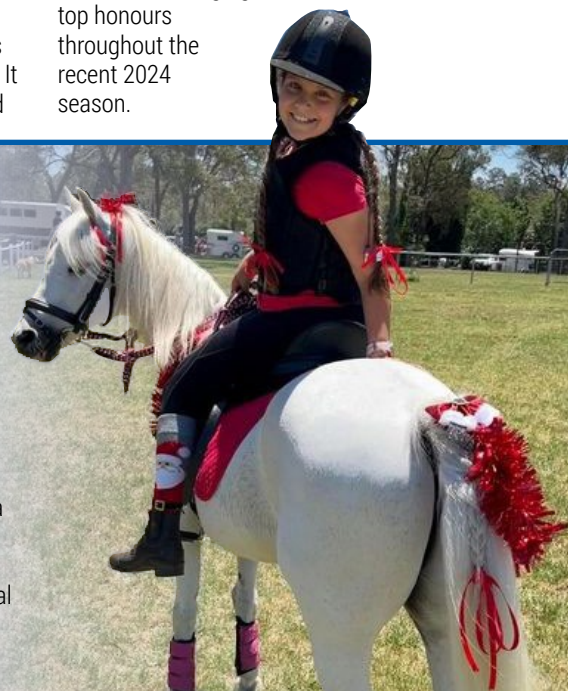
If you always wanted to start riding or are keen to find out more about this highly-enjoyable sport, now is the opportune moment to get started.

The Dural & Districts Pony Club is holding its Come & Try Day at its home grounds at Bannerman Rd, Kenthurst on Sunday, October 20.

The event is open to anyone wanting to check out riding and the many benefits of joining the local pony club which not only regularly holds tournaments but also competes

in state and national competitions. For non-members, all you have to do is to sign up for a Come and Try membership.

"If you're not a member yet and would like more information, please contact the Dural Pony Club or email duralponyclub@hotmail.com," the club said.





Karate Champ Jennifer Eyes More Titles

BY LAWRENCE MACHADO

Jennifer Milad's sporting career continues to reach new highs, with the Box Hill local this time taking out a surprise gold in the recent GRK Karate World Cup.

The 45-year-old mother of two decided to compete in the 3rd to 1st Kyu division in kata, six weeks after surgery, mainly for the experience. However, Jennifer surpassed her expectations getting through tough rounds to capture her first GRK Karate World Cup title, beating many rivals in the 45-54 year women category.

The World Cup attracted competitors from Britain, New Zealand and Australia and was held in Sydney.

"I decided to enter the World Cup for the experience, and was not expecting much as I was six weeks post op for fairly major surgery," Jennifer said. "Being a shift worker, I don't compete often, although I had previously won a silver in team kata at a local comp, alongside my husband Pete and fellow sensei Stefie."

A multi-talented sportswoman who attended Westfield Sports High School, Jennifer has represented Australia and NSW in futsal and also turned out for the Marconi women's under-21 team in regular football competitions.

Jennifer is also no stranger to the tough competitive fitness sport of CrossFit – she competed for the NSW Masters League CrossFit team at the 2016 competition in Perth.

"After I had my first daughter, I discovered CrossFit, where I trained six days a week at

RevX in Holroyd, and competed in a number of competitions placing on a number of occasions. As much as I loved soccer and CrossFit, I found it difficult to juggle with family and shift work.

"My two daughters began karate with GKR karate after getting a flyer sent home from school. When sport returned after the first Covid-19 lockdowns, my husband Peter and I decided to join our daughters and began training.

"After a while, we were hooked and training 4-5 days a week. We met so many great people and made some really good friends. GKR has dojos all across Australia, NZ, the UK and parts of the US. Our area, Region 22 has dojos in Rouse Hill, Riverstone and Richmond."

Jennifer said after training with their region manager Sensei Charmaine, she began her sensei training program. Now, she and her husband Peter run classes at Rouse Hill, along with other instructors.

"My goals these days is to keep myself moving and fit," Jennifer said. "I also want to pass on my passion for the sport to others, and help shape them in their karate journey."

She is now focussing on the GRK Karate State Titles in November, where she plans to compete in both kata and kumite.

NEW DURAL CLUB REOPENS

On Sunday, September 29, members, and visitors celebrated the reopening of the new Dural Club. Local dignitaries attended the event including The Hills Shire Mayor Dr Michelle Byrne, Castle Hill MP Mark Hodges, and councillors Mitchell Blue and Frank De Masi.

Delighted Dural locals enjoyed delicious food, live music, free children's activities, inflatables and more.

TRIPLES CARNIVAL

On Monday, September 30, Dural Lawn Bowls hosted a successful Triples Carnival sponsored by Living Choice. The 24 teams enjoyed a morning of three competitive games. The club thanked "the dedicated members who ensured that all bowlers were provided with coffee, tea and lunch as well as handling the duties of umpiring and the calculation of results for the carnival."

Anyone interested in playing bowls, please contact Robert on 0411375580.



Kellyville Kolts, Quakers Hill Tigers in Champion of Champions

BY LAWRENCE MACHADO

Kellyville Kolts and Quakers Hill Tigers junior football teams will be counting on home support to win their clashes in this weekend's 54th Champion of Champions at Valentine Sports Park, Glenwood.

The Kellyville Kolts, representing Hills Football, and Quakers Hill Tigers from the Blacktown District Soccer FA, are among the more than 300 teams who have been competing in Football NSW's knockout tournament over the past few weeks.

On Saturday, October 19, Kellyville Kolts SC will take on Eschol Park FC at 11:30am in their Boys 15 years final while Quakers Hill face Linfield FC at 1pm. Being local

teams, the Kolts and the Tigers can expect their fans to raise their tempo against their visiting opponents.

A Football NSW spokesman said this is one of their most popular events for grassroots football. In terms of representatives in the final, the Manly Warringah Football Association (MWFA) will field the most teams – 10 underlining the strength of grass roots football on the Northern Beaches.



Quakers Hill Tigers

Northern Suburbs FA (9), Football Canterbury (3), Eastern Suburbs FA (3), the Sutherland Shire FA, Blacktown District Soccer FA, Central Coast Football, Football South Coast, Hills Football, Macarthur FA, Nepean FA, North West Sydney FA and Albury Wodonga FA are competing with Manly Warringah for honours in the two-day tournament.

All 18 matches will also be streamed live and exclusive on Football NSW's Facebook and YouTube pages.



Whiddon, Davey Win Open Title

Rob Whiddon and Glen Davey defeated Barry Fisher and Pat Budgen 21-12 to win the final of the Open Gender Pairs final on Saturday, October 5.

"Our congratulations to Rob and Glen and commiserations to Barry and Pat," a Dural Bowling Club official said.

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: KARMA
BREED: American
Staffordshire
Terrier cross
SEX: Female
AGE: 1 yr 6 mos
PRICE: \$49



KARMA is a happy, friendly dog who has been great with other dogs out in the exercise run, say staff at the Hawkesbury Companion Animal Shelter. They say being young Karma will need a reminder of her basic manners and will also need to be taken for daily walks. Karma is an adventurous and inquisitive girl who loves to spend her time outside exploring and sniffing. Her adoption price is just \$49 and includes the first vaccination, microchipping and lifetime registration. As Karma is already desexed she can leave the shelter with you. If you think she is the dog for you please come and meet her with your family dog and children so staff can ensure that you will all get on together.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

LOLA is a lovely girl who has had a rough start in life. According to staff at the Hawkesbury Companion Animal Shelter Lola was very thin and had a skin issue when she arrived. They say she has since started to put on weight and her fur is growing back nicely. Lola is a very sweet girl, knows her basic commands and walks well on a lead. Staff say she loves people and is happy to just lay at your side. She will do well in a home where she can lounge around and soak up all the love and attention she deserves. Lola can be selective with her dog friends so please bring your dog along for a meet and greet if you are interested in adopting her. The 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: LOLA
BREED:
Bull Arab
SEX: Female
AGE: 5 yrs 3 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

*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



**FREE
Lump Check
and
Pathology!**



Arcadian Quilting

The pleasure of being part of a 'group' is that each member can share, in a small way, the success of another.

One of our newer members, Nicole Tate came away from the recent Sydney Quilt Show with a "Judges Commendation" Quilt NSW 2024! Nicole started at a quilting 'summer school' earlier this year choosing hand stitching and machine stitching to make and complete this glorious quilt. Her choice of fabrics is superb and the overall colour combinations make this an absolute "winner"!

Summertime approaching quickly gives everyone encouragement to start something new. The team at Arcadian Quilting is now making plans for "secret" Christmas Blocks which will be revealed at the Christmas lunch in early December.

Perhaps consider a 'new' project for yourself... If you are interested in quilting, sewing or just belonging to a group of women who share common interests, the Welcome Mat is always there for new members and friends.

Arcadian Quilters meet on the 1st, 3rd and 5th Wednesday of each month at the Community Hall, The Glade, Galston at 9.30am. For further information please call Carole on 9894 7749.



COMMUNITY NEWS

Bromeliad Society

Nina Woodcock will be the guest speaker at the next Bromeliad Society meeting*. She is a passionate gardener who has discovered the joy of cultivating bromeliads from seed.

Nina has been growing bromeliads since 2020 and commenced cross-pollination of bromeliads seeds in 2021 around the time she joined the Bromeliad Society of Australia. She will cover the many techniques about growing Bromeliads from seed and will bring lots of examples of her germination methods and some mature plants that she has grown from seed, including billbergia, aechmea, puya, dickya, neoregelia, alcantarea, canistrum, quesnelia, vriesea, hyleciym and Tillandsia.


Nina became interested in growing bromeliads after finding some at a local market where Steve and Edwina Wain (Illawarra Bromeliad Society) had a stall. She went back to buy more and then started looking online for places to buy them. That's when she discovered several bromeliad groups on Facebook with many wonderful growers selling plants from all along the east coast of Australia.

There will be the usual 'Show, Tell and Ask' session where members and guests can submit plants for discussion and the very popular plant raffle.

*The meeting of the Bromeliad Society of Australia will be held at the Federation Pavilion, Castle Hill Showground, Castle Hill on Saturday, 9th of November with sales to the public from 10am and the meeting commencing at 12 noon.

For further details please contact Ian Hook, President BSA on mobile 0408 202 269, email ianhook1@bigpond.com or refer to www.bromeliad.org.au for the latest updates.






An amazing exhibition
of works of art by OUR
talented artists!

ART EXHIBITION

**SATURDAY
26TH
OCT,
2024**
10.00am - 2.00pm

Sausage
Sizzle, Cake
stall and
raffle



NWDS
Turning Dreams into Reality

Aberdoon House
39-41 Clower Ave Rouse Hill
(Behind the Rouse Hill Community
Centre)
email- amartin@nwds.org.au

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THESE SEARCHES?**

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MESSAGE OR EMAIL US.**



We will meet with you, review your business
and design a campaign to take advantage
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Bing, LinkedIn and other online platforms.

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info@kintye.com.au www.kintye.com.au



WHAT'S ON

IN THE HILLS TO HAWKESBURY



19
OCT

Private Land Conservation Matters – Plant ID, Seed Collection & Germination

by Hawkesbury-Nepean Landcare Network

10:00 AM to 02:30 PM

Bells Line of Road, Bilpin

Join us at our event, Private Land Conservation Matters for the opportunity to learn from local experts about, plant identification, seed collection, germination, wildlife and native edibles. This event provides a space for you to ask questions and build connections with industry experts.

You will acquire practical knowledge and hands-on experience that can be directly applied to your own conservation efforts. This event is perfect for landholders who are registered for Land for Wildlife and Biodiversity Conservation Trust agreements, but it is also open to nature enthusiasts, people who would like to up-skill, and anyone interested in preserving our natural environment.

Scare Cancer Halloween Ball

by Kids with Cancer Foundation

06:30 PM to 11:30 PM

CASTLE HILL RSL - Lyceum Room 77 Castle Street, Castle Hill

Join us for a night of fun and support at our Halloween ball! Dress up in wild costumes for our cancer awareness fancy dress event. Let the spirits enthrall as we stand tall and celebrate for a great cause. We can't wait to see you there!

Tickets are \$200 each (includes 3 course meal, unlimited beer, wine, soft drinks, entertainment and prizes). Individual or Tables of 10

Book Now: Linda Nas Call 0410 966 910 email at linda@kidswithcancer.org.au

20
OCT

Windsor Mall Sunday Markets

09:00 AM to 03:00 PM

Windsor Mall, George Street, Windsor

One of the Hawkesbury's oldest running markets. Every Sunday, 9 am-3 pm. Stalls, local craft, clothing, food and entertainment

The Bush Track Bushcare Group

by The Hills Shire Council

09:00 AM to 12:00 PM

Timber Grove Reserve, Timber Grove, Glenhaven

The Bush Track Group works in Citadel Crescent Reserve within Sandstone Gully Forest along an unnamed tributary which flows into Cattai Creek in Glenhaven, removing weeds and rubbish from along the creekline. This reserve is also home to some threatened plant species. Everyone welcome! No experience necessary.

Inala Fair 2024

by Inala

09:00 AM to 03:00 PM

99 Franklin Road, Cherrybrook

The 2024 Inala Fair will take place on Sunday, 20 October from 9am to 3pm at Inala, 99 Franklin Rd, Cherrybrook. The event will feature pony rides, market stalls, white elephant and upcycled clothing boutique, showcasing the arts and crafts created at the Inala day services. All proceeds will support individuals with disabilities. New Patron Richard Wilkins will be attending. Limited parking is available, so consider public transport, with the Cherrybrook metro train station located opposite Inala.

20
OCT

Platypus Bushcare

by The Hills Shire Council

09:00 AM to 12:00 PM

Connelly Way, Kellyville

Everyone welcome. No experience necessary! Volunteers have cleared an area of Privet and other weeds from the Cattai Creek Conservation Area Reserve in Kellyville. The activities involve planting, mulching, and weeding to maintain the health and population of native vegetation, which provides stability to the creek banks, decreasing the risk of erosion. Platypuses have been recorded to be inhabiting the creek, and maintaining the creek bank is essential to creating a healthy platypus habitat.

Greenup Park Bushcare

by The Hills Shire Council

09:00 AM to 12:00 PM

Greenup Park, Cecil Avenue, Castle Hill

The Galston Garden Club is hosting an Open Gardens Weekend featuring eight outstanding acreage gardens. Tickets are available for \$25 per person, which grants entry to all gardens for three days, or \$5 for entry to a single garden. Children under 18 enter for free. EFTPOS is available at The Galston Club and Garden 4. All profits support medical research, charities, and community projects.

Fred Cat Weed Warriors Bushcare

by The Hills Shire Council

01:00 PM to 04:00 PM

Fred Caterson Reserve, Gilbert Road, Castle Hill, 2154

This group works in an area of Sandstone Gully Forest along Cattai Creek. They have been removing weeds and planting in areas of low resilience, whilst maintaining the Asset Protection Zone (APZ). Everyone Welcome! No experience necessary.

Crane Road Bushcare

by The Hills Shire Council

01:00 PM to 04:00 PM

Crane Road Reserve, 64Z Crane Road, Castle Hill

The Crane Road Bushcare Group works in Crane Road Reserve, Castle Hill, along Bidjigal Creek in a Critically Endangered Ecological Community. They clear weeds, replant in low resilience areas, and maintain the creekbanks. All are welcome to join, no experience necessary.

Twilight Jazz: Ebenezer Church

04:00 PM to 08:00 PM

Ebenezer Church, 95 Coromandel Rd, Ebenezer NSW 2756

Ebenezer Church is hosting 'Twilight Jazz' featuring the Harmonix Big Band on October 20th at 4pm. The event will raise funds for the West Papuan Development Company, supporting clean water wells in West Papua. Tickets are \$25, and school students have free admission.

21
OCT

Craft and Connect By Hawkesbury Remakery

by Hawkesbury Remakery

10:30 AM to 12:30 PM

Enniskillen Orchard Cafe, 753 Grose Vale Rd, Grose Vale

This craft group meet once a week to connect and share their love of craft. Bring your own project and enjoy the beautiful surroundings of the orchard. This group is led by Sally Blackwell. No need to register. Updates each week on the Facebook page: <https://www.facebook.com/groups/1148411895612112>

No cost. Bring your own morning tea. Coffee can be purchased (cafe is closed to everyone but us).

**23
OCT****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.

**24
OCT****Bead and Handcraft Workshop**

by North West Community Services Inc

10:30 AM to 12:30 PM

9 Park Street, Riverstone

Join us for a free bead and handcraft workshop. All ages are welcome to participate in art, craft, beading, paper mache, embroidery, and clay making. Call 9627 3622 or email hgale@nwcs.org.au to register.

**25
OCT****Exhibition Opening:
Hawkesbury Now 2024**

by Hawkesbury Regional Gallery

06:00 PM to 08:00 PM

Hawkesbury Regional Gallery, 300 George Street
First floor Deerubbin Centre Windsor

Hawkesbury Now is an annual exhibition program which celebrates the creativity of artists and makers working in the Hawkesbury and North-west regions of Sydney.

The exhibition will feature traditional and contemporary artists, designers, and crafters, from emerging to established, living, and working in Hawkesbury and beyond. All artworks in the exhibition are for sale.

Maker Space

Immerse yourself in the world of creative artmaking. Fun activities for all ages and creative abilities in our drop in maker space. This is a designated quiet space from 12-2 PM, Monday to Friday.

FREE – BOOKINGS ESSENTIAL. Light refreshments provided.

**26
OCT****Michelle Rowland's Box Hill
Community BBQ**

by Michelle Rowland MP

09:00 AM to 11:00 AM

You're invited to join me and our amazing community for a BBQ in Box Hill.

As Federal Member for Greenway, I want to hear directly from you about the issues that matter most to our community. Come along, have a chat, enjoy a meal, and share your thoughts.

Bring your family and friends along and enjoy the opportunity to connect with your neighbours and our community!

Together, we can make a positive difference for local residents.

Stay tuned for more details – I look forward to seeing you there!

*** Final location in Box Hill to be announced soon.*

Film Screening: Dancing with the Devil

by Hawkesbury Regional Gallery

12:30 PM to 04:00 PM

The Tebutt Room, Deerubbin Centre, 300 George Street Windsor

You are invited to a screening of the new film Dancing with the Devil. The film shares the stories of Hawkesbury communities affected by Australia's largest fire event, the 2019/2020 Black Summer Bushfires.

Light refreshments will be served from 12:30pm followed by a welcome and introduction, with the film screening from 1:15pm – 2:15pm. The screening will be followed by a short Q&A with the film producers, journalist Sarah Allely and film maker Bill Code, Wedgetail Pictures.

Please RSVP as spaces are limited due to venue capacity. A second screening will be scheduled from 3pm-4pm if there is demand.

For more information or to book over the phone please call Hawkesbury Regional Gallery on 02 4560 4586.

**26
OCT****The Sydney Hotshots Live at
Riverstone Memorial Club**

by Sydney Hotshots

08:00 PM to 10:00 PM

23 Market Street Riverstone

A brand-new Sydney Hotshots show is locked and loaded, and you are invited! Two hours of non-stop action-packed entertainment from some of the sexiest guys direct from Sydney! The ultimate lady's night out, complete with high-powered dance routines, spectacular lighting, and fabulous costumes. This show will have you blushing, laughing, and screaming all night long! Leave your worries at the door and have some fun with the Sydney Hotshots!

**29
OCT****Diwali Lights Competition**

October 29, 2024 | 08:00 PM to

November 01, 2024 | 11:00 PM

The Diwali Lights Competition is back in 2024! Residents of Blacktown City are invited to decorate their homes with lights and rangoli artworks to celebrate the victory of light over darkness. \$2500 in cash prizes are available, and the title of 'Best Street' will be awarded to neighbors who create a festive atmosphere. All residents are encouraged to participate.

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.

**31
OCT****Café & Barista Skills**

October 31, 2024 | 09:30 AM to

December 12, 2024 | 01:30 PM

9 Park Street, Riverstone NSW 2765

Looking to acquire new employment skills? TAFE NSW is offering a FREE Barista & Cafe Workshop every Thursday during the school term.

Health, Lifestyle and Dementia

by The Hills Shire Council

10:00 AM to 11:30 AM

Learning in The Hills, Turner Buildings, Balcombe Heights Estate,
92 Seven Hills Rd Baulkham Hills

Understanding dementia to provide proper support and care to affected individuals. This workshop about dementia 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.

***This event is offered FREE to interested individuals local to the Hills.*

***Limited spots and booking is essential.*

Spooky Season: Halloween

by Castle Hill RSL Club

05:00 PM | 77 Castle St, Castle Hill

Join us this spooky season for one crazy night of dancing, dining, lollies & more! Watch out for our larger than life witches who will be handing out one free lolly bag to each child.

Learning for Life – Snake Awareness

by The Hills Shire Library Service

06:00 PM to 07:30 PM

Castle Hill Library, 14 Pennant St Castle Hill

As the weather warms up snakes are more active, with snake sightings possible. Join us as we discuss the behaviour of these unique species and their important role in the environment. Learn what to do if you see a snake and how to treat a snake bite with basic first aid.

Presented in collaboration with The Hills Shire Council's Environment Centre. Free | Bookings essential online | Suitable for Adult

A MOMENT IN TIME

Remember in times past, when your mother would possibly take you to have your photo taken in a photographic studio. Perhaps you may have been photographed by a studio photographer as a baby.



Sam Hood outside his studio

Maybe during December you would have visited a Department store to have a photo taken with Santa. Then of course there were the group photos taken at school or at your workplace. Not forgetting the photos taken on special occasions such as the first day at school in your newly acquired school uniform or those of your twenty-first birthday. What memories those snaps would bring back.

Have you ever stopped to think that the photos from the past reveal much more than the subject. When photographing a person or a group of people you are also showing the clothing fashion of the time. If photographing a picnic scene or street scene you reveal the style of cars or other transport of the day. Have you also noticed that in those distant days many people did not smile at the camera. Perhaps the saying "Say Cheese" was not used so much if at all.

The introduction of the "Box Brownie" by Eastman Kodak in February 1900 brought photography to the masses. No longer did people have to rely on photographers with complicated cameras and images on

glass plates. Most early photographs were monochrome in black and white or sepia although a process was developed in 1850 by Levi Hill of the US whilst the basis of most methods of colour photos evolved from a system devised by Scottish physicist James Clerk Maxwell in 1855 however colour photography did not come into use by the general amateur photographers or general public until around the 1970s as evidenced by most family albums.

Photojournalism has been around since the 1840s or perhaps earlier although it was rarely used in most newspapers. The first photograph to appear in a newspaper was in June 1848 showing barricades in Paris during an uprising. This photograph appeared in a French newspaper at the time. The Crimean war in the 1840s appeared as a subject of illustrations later in the Illustrated London News. It was not until the 1930s when it became more widespread and newspapers began to show more and more photos accompanying articles.

Some great Australian photographers from the past were also able to capture the moods of

the time. Photographers such as Frank Hurley, Harold Cazneaux, Max Duplain and Sam Hood and his son Ted Hood were famous for their various photographic skills around Sydney and elsewhere. They not only captured people in various situations but the various moods. I can recall Sam Hood's photograph of Angel Place in Sydney showing a very west and dismal scene. Harold Cazneaux also produced many similar styled photos. Max Duplain's photo of the sunbather on Culburra Beach was also very popular and Frank Hurley's wartime and Antarctic photos as well as his many scenes of Sydney and country NSW are great to view.

During the 1940s and 50s street photographers would often stop pedestrians on the streets of Sydney and other major cities and take photos of young courting couples walking along holding hands.

Now that most people have a mobile phone with a camera included, the Street photographers and the studio photographers have disappeared or are diminishing in use and photography as an occupation is threatened by the digitalisation of technology.

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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.



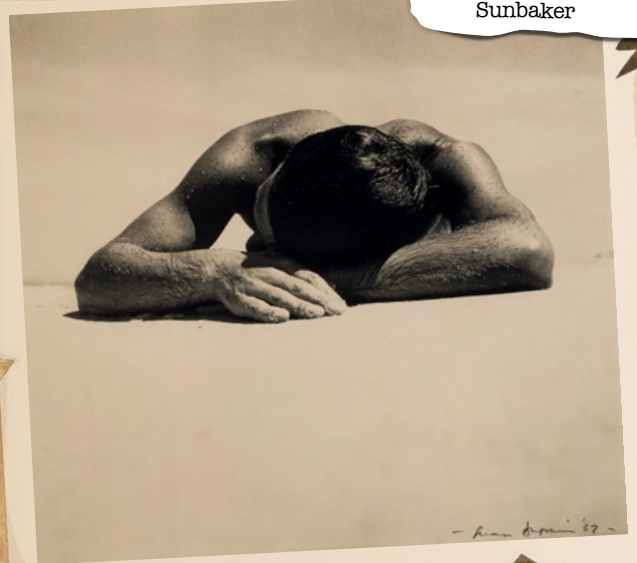
Frank Hurley -
Movie Camera



Harold Cazneaux



Angel Place



Max Duplain -
Sunbaker



Frank Hurley -
Sydney Harbour

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 McCullen 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 meetings 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, pencil's 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 first 3 Wed of the mo at the Richmond Club, Francis Street, Richmond. Facebook Hawkesbury Camera Club.
www.hawkesburycameraclub.com.au

Hawkesbury District Agricultural Assn

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

Hawkesbury Historical Society

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

Hawkesbury Nepean Chapter of the 1st Fleeters

☛ Meets on 2nd Saturday of Feb, April, June, August, October.
☎ Pamela Hempel | 0407 660 579
www.fffhnc.com

Hawkesbury West Probus Club

☛ Meets at 10:15am on the first Monday of each month at Panthers North Richmond.
☎ Membership Officer Fay | 0414 341 253
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 Bldg 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.
☎ 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 first and 3rd Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55
☎ Robert | 0425 233 783
HillsOMN1@gmail.com

Hills Shire Symphony Orchestra

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

Hills Toastmasters

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

Hills/Toongabbie Music Club

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

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

☛ A support group of 30+ yrs. 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 Probus Club of Baulkham Hills

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

Learning in the Hills

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

Lions Club of Richmond Inc.

☎ Geoff | 0412 969 651

Lions Club of West Pennant Hills - Cherrybrook

☎ westpennanthills_secretary@lions.sydnet
☎ 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

Probus 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
probus56830@gmail.com

Probus 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

Probus 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
rossfritzpatrick@icloud.com
www.probusouthpacific.org/microsites/cherrybrook/Welcome

Probus Club of Combined Castle Hill Club

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

Probus Club of Glenhaven

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

Probus Club of Glenorie

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

Probus Club of the Hills Inc

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

Probus Club 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

Probus 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

Probus Club of Pennant Hills Mens

☎ John | 9487 1385

Probus Club of Pennant Hills Combined

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

Probus 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

Probus 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

☛ Equine assisted programs, Speech Pathology, Occupational Therapy and Volunteering Opportunities. Located at Gables/Box Hill 9679 1246
✉ admin@rdanswtalltimbers.org.au
www.rdanswtalltimbers.org.au

Red Cross – Castle Hill Branch

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

Richmond/Windsor View Club

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

Scouts Australia – Greater Western Sydney Region

☎ 9639 2488 www.greaterwestscouts.com.au

Sleep Disorders Australia – NSW

☎ 02 9990 3514 www.sleepoz.org.au

Soroptimist International of Hornsby Inc.

☛ Meets on the first Wednesday evening of the month at Pennant Hills Bowling Club.
☎ Pam | 0425 229 615 ✉ sihornsbys@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/thehillslclearningcentre

The Hills Shire Garden Club

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

The Hills District Pipe Band

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

The Hills Trefoil Guild

☎ Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

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

The Sydney Hills Branch of the Association of Independent Retirees

☎ Mal Steel | ✉ 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

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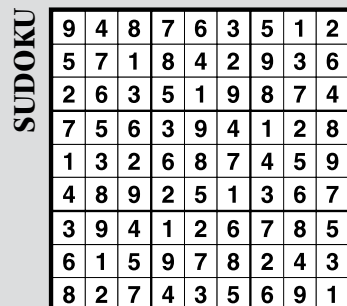
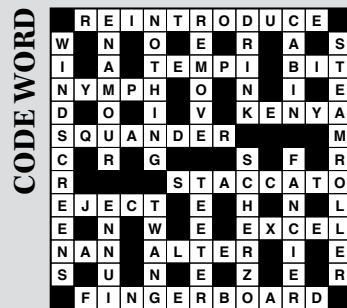
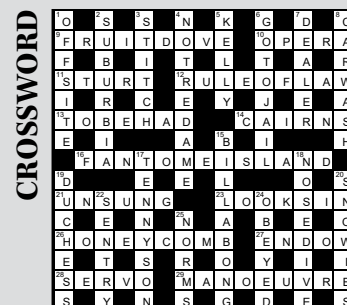
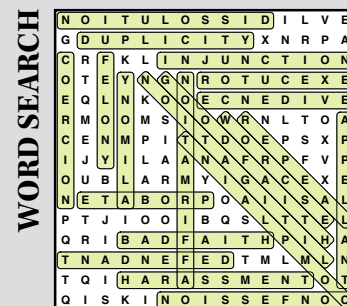
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Answers from last issue



NEPEAN / BLUE MOUNTAINS PROSTATE CANCER SUPPORT GROUP – OCTOBER GROUP MEETING

The next Group Meeting of the Nepean / Blue Mountains Prostate Cancer Support group will be held on Monday 21 st of October, 2024 at the Emu Sports Club, 1 Leonay Parade, Leonay, NSW 2750 commencing at 6.45pm for a 7.00pm start.

The meeting will be an open forum where men and their spouses, carers, partners, family can ask questions about any matter concerning them BUT please note we are not clinicians and CANNOT give medical advice. We can however, discuss our own experiences.

The meeting is open to all men who may be experiencing prostate problems or just wish to become more aware of this disease. New comers will be made most welcome.

As usual at all of our Group Meetings, partners are not only welcome but are encouraged to attend.

For further information www.prostatesupport.org.au or 'phone the Group's President David Wilkinson on 1300 13 38 78.

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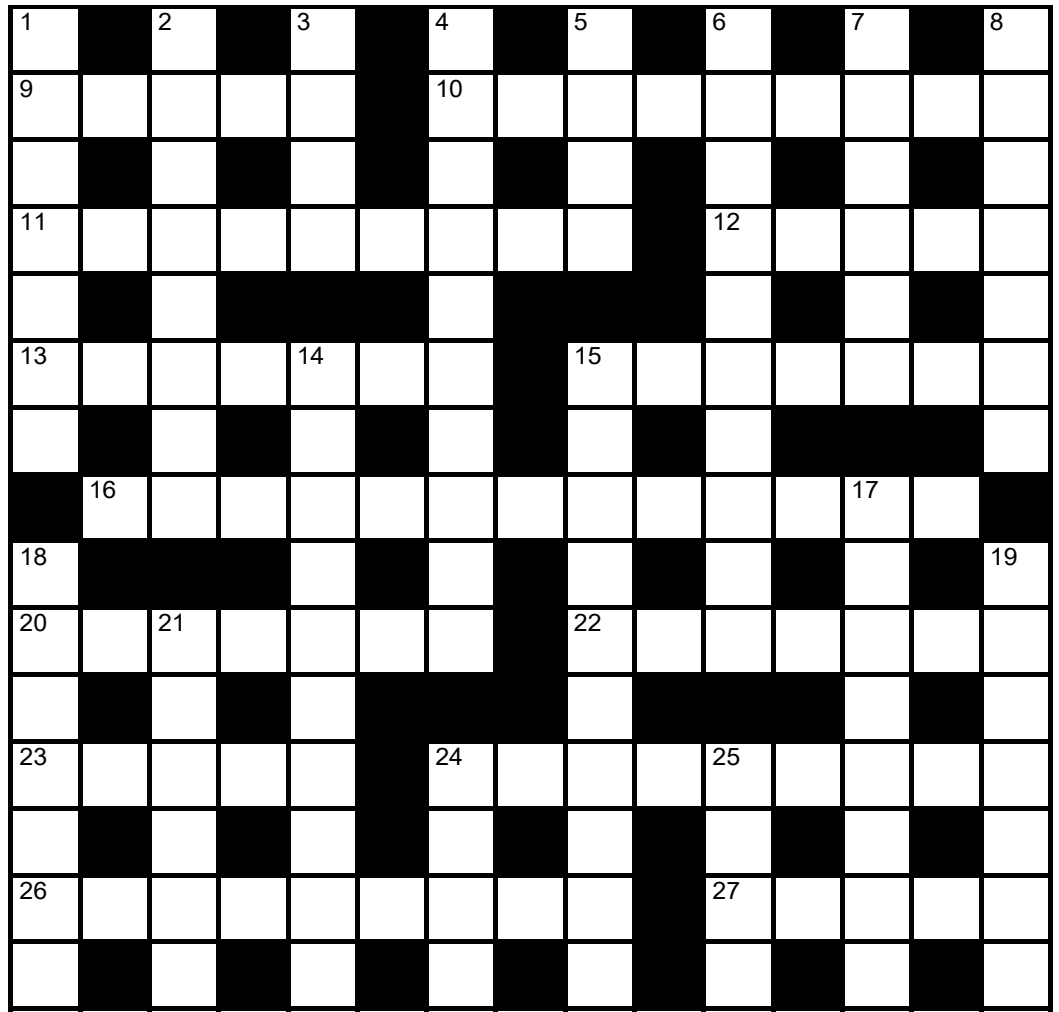
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Across

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

Down

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

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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.

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

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

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

SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

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

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