

Hills to Hawkesbury

Community News | 07th – 21st February 2025 | Volume 42 – Issue 03
Local Stories, Local Events, Local People and Local Businesses

FREE



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CHARLTON OAM

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Hills locals and organisers of The Hills Wellness Expo, Judy Howard, Eva-Lotta Baad and Alice Bullivant



HILLS WELLNESS EXPO

The Hills Wellness Expo is set to offer a whole range of information about staying healthy while raising money for the Melanoma Institute Australia.

The free expo will run from 9am to 4pm at Castle Hill RSL on Saturday March 2.

There are 50 businesses registered as exhibitors plus there will be more than 20 speakers and presenters during the day.

Bring the kids and start the day off with a family yoga class, learn about stress and relaxation for kids.

There will be keynote presentations on topics like perimenopause and menopause, mental health, joyful brain-training, nurturing a positive mindset, children's resilience, clinical hypnotherapy, pelvic organ prolapse, and more.

NRL player, Shaun Lane is speaking at 11.30am.

Shaun will speak on men's mental health and the importance of proactive support for mental wellbeing.

Holding a Masters in Positive Psychology, Shaun will reflect on the lessons he's learnt from his own life experiences within the professional sporting world and growing up with a father battling chronic depression.

Local industry professionals from Naturopathy, Nutrition, Kinesiology, Myotherapy, Massage, Psychology, Holistic integrative GPs,

EVENT DETAILS:

HILLS WELLNESS EXPO

SUNDAY, MARCH 2ND 2025

9:00 AM TO 4:00 PM

CASTLE HILL RSL,
77 CASTLE HILL ROAD,
CASTLE HILL

Yoga, Pilates, Acupuncture, Aromatherapy, Physiotherapy, Bowen therapy, First aid training, Counselling, Energy healers and more will be available for one-to-one chats during the day.

Hearing checks will also be available in the RSL car park, with Hearing Australia set to have their mobile health bus in attendance.

The inaugural Hills Wellness Expo was held in 2020 by Healthy In The Hills founder, Rachel Aldridge, an accredited naturopath who passed away last year due to melanoma.

Her passion project now thrives with the dedication of Hills residents Alice Bullivant, Judy Howard and Eva-Lotta Baad who have nurtured Healthy In The Hills, a business group of local health professionals, to over 300 members.

Alice Bullivant said: "In keeping with Rachel Aldridge's vision of uniting health practitioners with the vibrant Hills District community, we are also excited to announce the launch of our health directory website: www.healthyinthehills.com.au



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

Community News | Local Stories, Local Events, Local People and Local Businesses

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The Hills to Hawkesbury Community News has been serving this area for nearly 40 years. 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.



EXPLOSIVE FIND AT DURAL

The registered owner of a caravan packed with explosives discovered in Dural is in police custody on unrelated matters.

Police Commissioner Karen Webb said at a news conference on Thursday, January 30th, "It's important that the public understands that not only has the caravan been removed and the contents been removed from the public, but also the owner is out of play and in custody."

"The risk to the public has been mitigated very early on."

No detonator was located in the caravan which also contained a "hit list" targeting the Jewish community.

The caravan is believed to have been parked at the side of Derriwong Road in Dural in a dangerous spot from December 7th and was reported to police on January 19th by a local resident.

More than 100 officers are investigating the matter which became public only on Wednesday January 29th, when it was leaked to the media.

The Powergel explosives found inside, may have been taken from a mining site and had the potential to reach a 40m radius if detonated. NSW Premier, Chris Minns said it could have led to a "mass casualty event".

Investigations by Strike Force Pearl, set up to investigate recent antisemitic attacks, have arrested 10 people.

NSW Deputy Police Commissioner David Hudson has said the Dural incident may be linked to some people already charged for their alleged involvement in the spate of recent antisemitic attacks.

"We believe there is some connection between some of the targets we've charged under Strike Force Pearl, and this particular investigation," he said.

The response to the find includes 100 counter-terrorism officers plus officers from operations Pearl and Shelter. It also involves the Australian Federal Police, the Australian Security Intelligence Organisation and the NSW Crime Commission.

Police are angry the covert investigation was leaked with Deputy Commissioner Hudson saying: "It's important we get clean air to investigate these matters."

Speaking on ABC Radio, Sydney Berowra MP Julian Leaser said the explosive-packed

caravan found in Dural, his electorate, "confirms the Jewish community's fears.

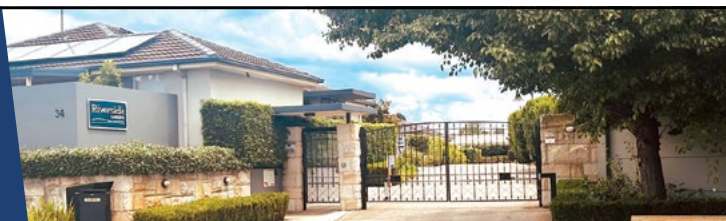
"People who have information about the caravan please come forward. It could have been a hugely serious event. This is not the Australia we know and love.

"There needs to be a zero tolerance approach to antisemitism."

A neighbour near where the caravan had been found said the first thing he knew anything was up was when they saw a lot of police vehicles in the area. It was not until media reports emerged about the caravan that they knew exactly what was happening. A man, who asked for his name not be used, said local neighbours had been inundated with members of the media knocking on their doors. He said "It is really frightening to know something like that was parked just down the road".



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VEHICLE ACCIDENT

On Wednesday, 29 January, at approximately 11:30 AM, Oakville Brigade was called to an MVA with persons trapped at Terry Rd in Box Hill.

Oakville Pumper arrived on the scene to find a 2-vehicle accident with a van rolled on its side.

Firefighters assisted in providing first aid and fire protection to the injured persons before clearing the road of the vehicles and debris. Fortunately, all passengers escaped with only minor injuries.

Vehicle accident in Box Hill.
Photo: Oakville Rural Fire Brigade



DRINK DRIVING

At 12:18 AM on Friday, 31 January, 2025, Hills Highway Patrol stopped a white Toyota Kona on Old Northern Rd, Castle Hill. The 54-year-old female driver failed a roadside breath test and was arrested. A breath analysis at Castle Hill Police Station returned a reading of 0.094. The driver has been issued a Court Attendance Notice for Mid-Range Drink Driving to appear in Parramatta Local Court month, and her license has been suspended.

FUELLED BY VODKA

At approximately 9:00 PM on Sunday, 26 Jan 2025, Hills Highway Patrol arrested a 24-year-old male driver on Lexington Drive, Bella Vista.

The driver was allegedly performing dangerous manoeuvres around a roundabout outside a hotel, hanging out of the window while holding a bottle of vodka. The vehicle allegedly nearly hit pedestrians before a security guard intervened and removed the keys.

Police arrived promptly and found the driver heavily intoxicated. He failed a breath test and was arrested. A breath analysis at Castle Hill Police Station revealed a high-range reading of 0.217. The driver has been issued a Court Attendance Notice, and his license has been suspended.

HIT-AND-RUN

Police are appealing for information following a serious crash in Pennant Hills that left a pedestrian injured.

On Sunday, 26 January 2025, at around 9:00 PM, a silver VW Golf hatchback was involved in a crash at the intersection of Laurence Street and Vaughan Avenue, Pennant Hills. Witnesses reported the vehicle speeding before crashing into a tree, sustaining notable front-end damage and deploying its airbags.

Several male occupants were seen fleeing the scene, running east along Laurence Street. The driver then reversed the car, causing injury to a 56-year-old man before driving away in a westerly direction.

STOLEN AUDI AND JEEP

Hills Police are investigating a break, enter, and steal incident.

At 2 AM, 29 January 2025, a break, enter and steal occurred at a location on Quarter St, Box Hill; a white 2011 Audi Q7 was stolen along with a White Jeep Cherokee.

Police are keen to speak with anyone who may have seen this vehicle or has any information that could assist with our enquiries. Please check your CCTV if you live in adjoining streets.

BUS ASSAULT

The Police Transport Command acknowledged the swift and effective action taken by the North West Police Transport Command in relation to an incident involving a 39-year-old male on 22 January, 2025.

Around 6:38 PM, a bus driver was assaulted while performing his duties at Norwest Train Station. The incident was captured on CCTV, and thanks to the diligent efforts of the Police, the accused was quickly identified and apprehended.

The accused was arrested at his residence and is now before the courts.

The Police Transport Command commended the dedicated transport officers for ensuring the community's safety.

Emergency services were called to the scene at around 9:15 PM, and NSW Ambulance paramedics treated the pedestrian before transporting him to Royal North Shore Hospital in a stable condition.

As investigations continue, police are looking to speak with the driver of a light-coloured hatchback seen in the area at the time, as they may be able to assist with inquiries. The vehicle may have front-end damage and could have made an unusual noise when driving.

Anyone who witnessed the incident or has information is urged to contact Crime Stoppers. All information is treated in strict confidence. The public is reminded not to report details via NSW Police social media pages.

POTTY PROBLEM

At about 12:45 AM on Saturday, 25 January 2025, officers from the Highway Patrol were performing stationary speed enforcement on the M2 Motorway at Baulkham Hills and detected a black Tesla model 3 travelling at 207km/hr in a sign posted 100 km/hr zone.

The male driver from Box Hill was a holder of a NSW C Class licence; when asked about the speed, the driver said, "I really have to go to the toilet." The driver returned negative results for alcohol and drugs.

His NSW driver's licence was immediately confiscated and suspended where he will appear before Parramatta Local Court in February 2025 for:

1. Drive recklessly/furiously or speed/manner dangerous-1st offence.
2. Class A motor vehicle exceeding speed > 45 km/h – Lidar.

The number plates of the vehicle were seized and confiscated for 3 months.

ARMED BREAK-IN

Police have commenced an investigation after an armed home invasion in Carlingford.

At about 11 PM, Thursday, 23 January 2025, Police were called to Tomah Street, Carlingford, following reports of a home invasion.

Officers attached to Ryde Police Area Command arrived and were told three masked men – armed with firearms and knives – entered the home and restrained four occupants.

The three men then left the scene after being confronted by an occupant who managed to free himself. All four occupants were treated at the scene by NSW Ambulance paramedics for minor injuries.

Police established a crime scene and commenced an investigation into the incident. Inquiries are continuing.

Anyone with information about this incident is urged to contact Crime Stoppers at 1800 333 000 or <https://nsw.crimestoppers.com.au>. Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.



BOOST FOR WISEMANS FERRY

Volunteers at Wisemans Ferry Rural Fire Service are set to receive a major tech boost to vastly increase their communication capabilities. The unit, which serves the valley covered by four Local Government areas, was affected by major communication outages during the floods in 2022 for several weeks.

A \$12,200 grant from Endeavour Energy will enable the Unit to purchase a satellite star link phone plus Smart TV for use for training, a laptop, mobile and iPads for the unit's trucks. Wisemans Ferry RFS president Kim Brownlie said "It's going to make a huge difference to our communications capabilities." She said it will also enable residents unable to access mobile

phone service to come to the RFS unit and use the link to let people know they are safe. The satellite technology will allow communications even when others in the community are isolated due to network outages.

During the 2022 floods the community lost power for three weeks when Telstra, the only service operator in the area, was down.

Kim said: "The satellite link will literally be a life saver." She said during the floods the major outage meant they could not let the community know what the RFS was doing, what roads were closed or what help was available and residents had no way of letting the RFS unit know where help was needed.

The grant was made through the 2025 Powering Communities grants awarded to community organisations located across the Endeavour Energy network area. Grants ranged from \$2,000 to \$15,000 to support vital community initiatives.

Leanne Pickering, Endeavour Energy's Chief Customer and Strategy Officer said, "We are thrilled to support these incredible organisations and the vital work they are doing in their communities."

"We were overwhelmed with the community's positive response to the program receiving more than 250 applications for so many well deserving projects. Our committee of advocates rigorously reviewed each application against the grants' criteria and had the very challenging task of selecting recipients to deliver very important outcomes to help our communities to thrive."



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JULIE CHARLTON OAM

IS A FORCE TO BE RECKONED WITH

BY LAWRENCE MACHADO

JULIE CHARLTON, the Founder & CEO of JC2 Athletics, said she was overcome with emotion after receiving the **Order of Australia Medal for service to sport, and to people with disability.**

The Dural local, who represented Australia in para-shot-put at the Commonwealth Games in Birmingham, said she literally screamed with excitement when she was first notified of the big honour.

"When I received the initial email that stated the nomination, I was honestly in shock," Julie told The Hills To Hawkesbury Community News. "I never expected someone to nominate me for such an honour. When it was reviewed and confirmed that I would receive the OAM, I rushed into my best friend Inkie's room and screamed with excitement as I showed her the email. I am so honoured to have such a privilege awarded to me."

"Receiving the Order of Australia Medal is such an incredible privilege. It's recognition of years of work that I have loved giving back to my communities and trying to make a difference in any way that I can.

"From being an advocate, to athlete, to coach and CEO, it's recognising that I'm doing what young always wanted older me to do: make a difference."

Julie was born with Spina Bifida where the spine and spinal cord don't form properly. Like a true champion, this never stopped her from doing the things she loves.

The former Youth Ambassador for The Hills Shire Council and Ambassador, Don't DIS My ABILITY campaign, NSW Government, said her biggest influences have been the communities she works with. She has been involved with the Disability Council NSW since 2021 and is the Ambassador for Wheelchair Sports NSW/ACT.

Julie a wheelchair athlete at Cherrybrook Athletics Club, has won a swag of medals at state, national and international level.

She won the Australian National Seated Discus Champion in 2021 and captured multiple medals at the IWAS World Junior Championships, International Wheelchair and Amputee Sports Federation Championships.

Awarded the Young Coach of the Year, Sport NSW in 2019, Julie also won gold, silver and bronze medals at the 2024 Oceania Athletics Championships.

"In sport, it has been the athletes and coaches who have come before me and alongside me who encourage me to keep going and working towards making para sport as inclusive and accessible as possible," Julie said. "In advocacy it's the young people who are standing up for what is important to them and holding systems accountable so they stop repeating the harm they have caused for generations."

Julie wants to develop her coaching skills further and look for professional international coaching opportunities, saying she would love to expand her athletics coaching business

JC2 Athletics so they can facilitate more opportunities for people to enjoy athletics.

"I'm also working towards competing again, hopefully for Australia at another international level competition whatever that may be," Julie said. "I am also dabbling in Para ice hockey which has been a great new experience."

Julie is conscious of her work-life balance, being involved in different roles, besides her professional coaching responsibilities.

"I don't answer phone calls after business hours but I do my emails at night," she said. "I have set days for specific work commitments (Mondays, Tuesdays and Saturdays are for JC2 Athletics coaching).

"If there is an opportunity to speak with a decision maker, I never pass up the opportunity to work towards making a difference with someone who can action it."



AM FOR KELLYVILLE'S BASKETBALL STATS GURU

LAURETTA CLAUS

BY LAWRENCE MACHADO

KELLYVILLE'S LAURETTA CLAUS' remarkable service to international and national basketball as a statistician and to education has been recognised with an Order of Australia (AM).

She is among Australia's foremost basketball statisticians, having spent decades in the sport. She played for Bankstown Bruins before taking on senior roles with Basketball Australia and the International Basketball Federation, working at the Olympics, World Cups and several international and Australian championships.

"I am extremely proud to receive the AM; it is the culmination of over 40 years working as a volunteer in my sport and 35 years as a proud public education teacher," Lauretta told *H2H Community News*.

"Education has always been my priority but I'm fortunate that many of my skills as a teacher have complemented leading the stats community. My organisational skills, particularly those developed as a teacher, has allowed me to juggle all of my teaching and basketball commitments.

"I'm very lucky to have my family fully invested in the sport of basketball. My husband

came over from the USA to play in the national league and that is how I met him. We lived for two years in the US but I was keen to return to Australia when my son was born.

"Both my children have been representative players and coaches, and my daughter is one of the best statisticians in Australia. Interestingly, they both said they would never be teachers like me because I was always working too hard. Now they are both teachers, Michael, a science teacher, and Emma, a PE teacher."

Lauretta said the highlight of her stats career was working at the 2000 Sydney Olympics and Paralympic Games. "What a fantastic sporting smorgasbord where we got to show off to the world how beautiful and magnificent our country is," Lauretta said.

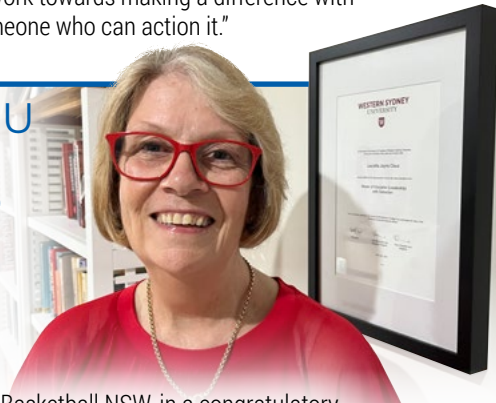
In addition to being the chairperson of the Statistics Committee for BA, NBL and WNBL, Lauretta holds several senior positions at Basketball NSW, which inducted her into its Hall of Fame in 2019. A life member of the Hills Hornets and the Spalding Waratah League, Lauretta was awarded the Australian Sports Medal in 2000.

Basketball NSW, in a congratulatory message, said: "Lauretta's influence in basketball extends far beyond the court, shaping the way the sport is understood and celebrated on a global stage while also inspiring through her leadership in education."

Lauretta started teaching in 1988, before her promotion as Deputy Principal AST Chifley College, Mt Druitt (2001-2006). She served as principal at Airds High School (2006-2009), Quakers Hill High School (2009-2018), and Arthur Phillip High School (2018-21).

Lauretta, currently Director, Educational Leadership, Canterbury Principals Network, has also received the Distinguished Service Award from the NSW Secondary Principals Council.

Asked how she unwinds due to her hectic schedule, Lauretta said: "My main form of relaxation is travelling internationally and reading - nothing better than reading *Pride & Prejudice* for the 20th time."



ROBERT KATZ

HONoured FOR HIS REMARKABLE SERVICES TO JUDO

BY LAWRENCE MACHADO

ROBERT ALLAN KATZ is honoured and humbled at receiving an OAM (Medal of the Order of Australia) for his service to judo, saying his job as a coach is a labour of love.

His wife and former Olympian, Kerrye received an OAM for her services to judo last year, giving them a rare family honour. Their sons, Nathan and Josh, are double Olympians who are continuing the family tradition of coaching the next generation of champions.

Robert is one of the most experienced judo exponents in Australia, being very active in the national and state associations for many years. As a coach, Robert is among the most respected in the country and runs the award-winning Budokan Judo Club in Baulkham Hills with his family.

"Kerrye and I do what we do as a labour of love which gives us great satisfaction, a sense of giving back to a sport which means so much to us," Robert said. "Actually, I was more excited about Kerrye gaining the honour last year! For us, making a difference is very important. We measure our success by the development and progress of our athletes, so we haven't really thought too much about personal awards. Having said that, this recognition is an honour and also very humbling."

Robert, who took to judo aged 13, said their club thrives on recommendations by their members to their friends. "This is a positive indication of how we are doing, and in a minor sport like judo, any exposure to the wider community is great," he said.

"Our club coaches, committee and volunteer parents know that we greatly appreciate their commitment - this award also belongs to my family and the club."

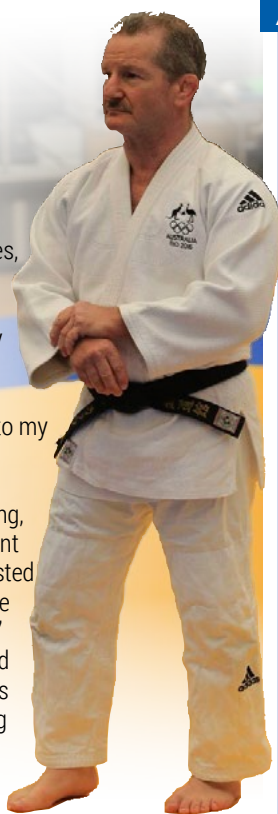
"I am also very grateful to Scott Young, our club Vice-President who I am aware invested a lot of time to put the nomination together."

Robert has ticked off all the main boxes in his sport, including excelling in local and international competitions, being the national coach at Olympic and World Championships, setting up a pioneering judo club in The Hills and now overseeing the family's expanding judo legacy. After a 21-year career at the RAAF, Robert and his wife took over as head coaches at the Budokan club in 1999 from founder Ivor Endicott Davies.

As a competitor, Robert won silver and bronze medals at the Senior Australian Championships,

Oceania Championships and the World Masters Games. He also represented the RAAF at the 1992 World Military Games.

In 2020, he received the NSW Community Service Award and NSW Community Coach of the Year Award.



MURRAY FORREST AM

BY BEV JORDAN

In a career that almost reads like a script, Motion Picture Benevolent Society chair Murray Forrest from Carlingford has been made a Member of the Order of Australia for significant services to the film and television industry.

Murray migrated to Australia from Scotland in 1964, the day after he married his wife Georgia, the couple arrived in Sydney on Australia Day.

While Murray was heading for a job in a bank he heard about a junior position at a company that sold motion picture cameras and editing equipment and applied for it.

After 6 months he applied for a vacancy at Colorfilm and the rest, as they say is history.

He stayed with the company for 44 years, the last 30 years as Managing Director. As well as steering the path forward for film processing labs Atlab and Colorfilm he has chaired the charitable organisation Motion Picture Benevolent Society since 1996.

He served as the founding chair of Ausfilm (1994), the director of Screen Producers Australia (1982-1996), chair of the US Society of Motion Picture and Television Engineers (1982-1985), president of The Society of Australian Cinema Pioneers (1991), and Federation of Producers of Asia director (1978-1984).

According to IF magazine the National Association of Cinema Operators established the Murray Forrest Award for Achievement in Film Craft in his honour in 2008, previous winners have included Oscar winners Gillian Armstrong, George Miller, and John Seale.

Forrest is also the inaugural recipient of the Society of Australian Cinema Pioneers' inaugural Humanitarian Award for his long commitment to the Motion Picture Industry Benevolent Society (MPIBS)

The industry veteran said being named a member of the order held special significance.

"It was a lovely surprise."

He said there had been many career highlights but said the relationships he had made in Australia and overseas in the film industry over many years were very special.

Widowed after 52 years of marriage, he celebrated with his two children and five grandchildren.

AUNTY EDNA WATSON OAM

BY BEV JORDAN

Congratulations have flowed thick and fast for Aunty Edna Watson from Oakville for her OAM.

The Dharug Elder, artist and story teller has made significant contributions to preserving the Dharug language. She is involved with local councils, NSW Department of Primary Industries, NSW Reconciliation, TAFE and universities. She developed a curriculum for NSW schools in Western Sydney to revitalise the Dharug language. Her OAM was for service to the Indigenous community of NSW through education including Macquarie University's Australian Research Institute for Environment and Sustainability, and through various projects through Western Sydney University including contributing to the wellbeing of Aboriginal and Torres Strait Islander peoples in the areas of nursing and midwifery.

Dharug Aboriginal Corporation said: "Congratulations to our beautiful Aunty Edna for receiving a Medal of the Order of Australia

(OAM) for her extraordinary service to the Indigenous Community of NSW. So very well deserved for all of her hard work in Community over so very many years, paving the way for the next generations to be able to stand strong and proud with their Culture and language. We walk in your footsteps."

Dharug Education said Aunty Edna is "a true inspiration to so many". It said the award was truly deserved saying she was: "acknowledged for her determination, resilience and mighty hard work for all she has done for Dharug people, Country and Culture."

Susan Templeman MP said it was "absolute joy" to see Aunty Edna Watson recognised with a Medal of the Order of Australia for her extraordinary service to the Indigenous community of NSW.



See Awardee Ron Lord OAM's story Page 21

Gifts in Wills can help sick Kids become Paralympians

Jasmine is a swimming champion although her story isn't just about medals and podiums. Every time she dives into the pool, she not only swims for her country but for sick kids too. Jasmine discovered her extraordinary talent for swimming during her rehabilitation from a medical emergency.

When six-year-old Jasmine presented to her local hospital with a very swollen stomach, doctors quickly removed her ruptured appendix in theatre and called the Newborn and paediatric Emergency Transport service (NETS) for an urgent transfer to Sydney Children's Hospital, Randwick (SCH). NETS and SCH are both part of the Sydney Children's Hospitals Network (SCHN)

Jasmine was treated for a life-threatening infection called sepsis in the Intensive Care Unit at SCH which was caused by her appendicitis. For three weeks her mum Chelsea never left her side. She says it was comforting to know her daughter was in the hands of the experts.

Chelsea says, "I felt confident and reassured that they were doing everything they possibly could for her."

Back at home on the South Coast from Sydney, Jasmine wasn't recovering well. An MRI confirmed Chelsea's worst fears. Jasmine had experienced two strokes caused by sepsis, damaging two separate parts of her brain.

Jasmine was officially diagnosed with an acquired brain injury. So, to help her regain some movement on the left-hand side of her body, she was referred to SCH for Rehabilitation Doctor Adrienne Epps' specialist care.

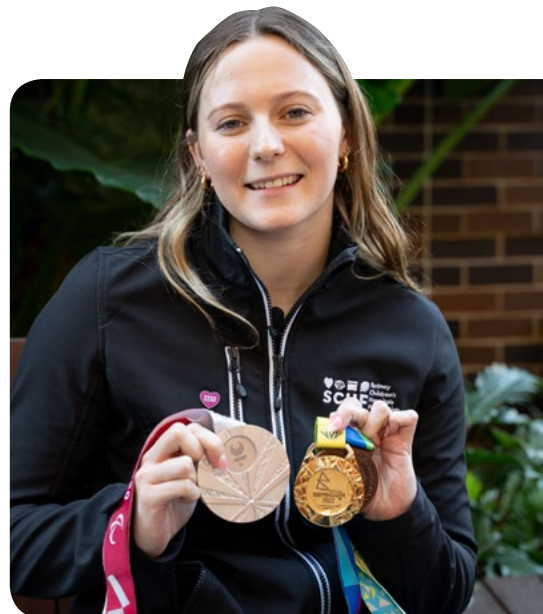
To help Jasmine regain her strength and movement, her family spent several months travelling back and forth from SCH. Swimming in a pool, known as hydrotherapy, was a part of her rehab program.

Jasmine recalls, "Before my stroke, I was really into athletics and dancing. I wasn't always a fish in water. But during rehab, walking was painful, and swimming was really relieving on my joints. Turns out I was pretty good at it too."

Swimming offered Jasmine a new light in the shadows and allowed her to lean into her competitive side, defying all expectations.

At just nine-years-old, Jasmine earned her classification for para-swimming with the help of Dr Epps. And now, over ten years later, she is one of Australia's most accomplished para-athletes, winning a silver medal at the Tokyo Paralympics and her first international gold at the 2022 Birmingham Commonwealth Games.

Jasmine and her family credit all her achievements to the extraordinary care of SCHN and Dr Epps.



Chelsea says, "She wouldn't be where she is today without them. They are an absolutely amazing group of people."

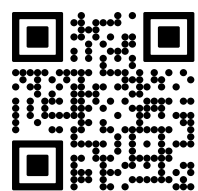
Leaving a gift in your Will to Sydney Children's Hospitals Foundation can help change the future for sick kids like Jasmine. As little as 5% of your estate can make all the difference to sick kids. Your generosity can support groundbreaking research, purchase life-saving equipment, and deliver the highest standards of care for sick kids across NSW and beyond.

To learn more about leaving a gift in your Will, call **1800 770 122** or email the Planned Giving Team, plannedgiving@schf.org.au.



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Foundation

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out and about
with **MICHELLE BYRNE**

SENSORY GARDEN

BALCOMBE HEIGHTS ESTATE, BAULKHAM HILLS

We are blessed to have an array of parks, bushland reserves and gardens across the Hills and Hawkesbury. Wonderful places to enjoy some time out as well as some peace and quiet away from the hustle and bustle of everyday living.

Recently we spent some time exploring the Hills newest garden, Sensory Garden in Balcombe Heights Estate, Baulkham Hills. With winding paths through the garden, places to sit and relax or to read a book, a grassed area for meditation and well-being, a grassed area for meditation and wellbeing as well as many various plants of different textures, sights and smells. The garden stimulates the four senses of sight, touch, hearing and smell and truly offers something for everyone.

The idea for the Sensory Garden came from Connie Keith, Chair of the Hills Shire Council's S355 Balcombe Heights Committee which assists Council with the preservation and enhancement of the historic Estate. Connie has had a long association with the Hills and a deep connection to Balcombe Heights Estate.

Originally from Sicily, Italy, Connie arrived as a 6-year-old with her family who established a market garden in the area growing vegetables. Francesco Crescent in Bella Vista runs through part of their old property in Baulkham Hills and leads to Francesco Crescent Reserve. Both being named after Connie's father.

In 2006, Connie was a committee and class member of a pottery group at Balcombe Heights Estate and learned they needed someone to represent the group at S355 Committee meetings. Connie volunteered for the position and has been Chair of the Balcombe Heights Estate Committee ever since.

Connie says the idea for the Sensory Garden came from a desire to reflect the environment, inclusivity and a place that would benefit the physical and mental wellbeing of everyone, especially people with intellectual, psychosocial or cognitive disability. She also saw the initiative as a means of recognising the Centenary of Balcombe Heights and the role it has played in our community as a Masonic orphanage and

school, a hospital during the War, a Masonic School again after the War and now as a home to many community organisations, such as Hills Community Aid, Alive90.5, Positive Vibes Foundation and many more.

With the assistance of Mici Beer, CEO of Hills Community Aid, Connie's vision for the Sensory Garden was realised, thanks to a successful Western Sydney Infrastructure Grants Program grant. The Sensory Garden was completed at the end of 2024 and is now enjoyed by the Estate's many user groups as well as visitors to the Estate.

Next time you are looking for a new place to walk or a quiet place to sit and reflex why not pay a visit to the Sensory Garden at Balcombe Heights Estate. You won't be disappointed.

For more information on Balcombe Heights Estate including history and things to do go to www.thehills.nsw.gov.au/Venues/Parks-Recreation/Parks-Recreation-Directory/Balcombe-Heights-Estate-Masonic-Oval



OPEN DAY

Sat 22 Feb | 10am - 1:30pm
6 Walker Street, South Windsor

- ▶ Free entry & refreshments
- ▶ Free workshop
The Biosecurity Act & Priority Weeds
- ▶ Q & A with plant professionals
- ▶ Invasive plant samples
+ Native plant giveaway!

For more information or to register:

(02) 4574 9600
inspections@hrcc.nsw.gov.au

Or scan the QR Code



welcome to all ages | registration required



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SPARKLING DUO

John and Maureen from Kenthurst were just teenagers when they met at Narrabeen Beach in 1959.



Maureen O'Neill was 15 and John Burford 16 but friendship grew over the years and they married four years later at St Joseph's Church Enfield on January 30, 1965. John was an accountant and Maureen a legal secretary and while the Burford's married life started in Canberra they soon moved back to Sydney and settled in

Kenthurst where they raised their four children – Krista, Greg, Leon and Jake. The happy couple now have 13 grandchildren and 3 great grandchildren (Archie 6, Koa, 2 and four-month-old Vahli) to add to their fold. The whole family gathered to celebrate the couple's 60th Wedding Anniversary with diamond celebrations at the weekend at Stockton Beach. The couple had a romantic night out at a restaurant on their anniversary before enjoying the family celebrations.

And the secret to a long and happy partnership? Their response was: "We believe our love, patience, understanding and adaptability to each others differences and foibles."

"Amongst the many cards were congratulations from King Charles and Queen Camilla plus

Prime Minister Anthony Albanese and other politicians. We are so appreciative to our children for organising this whole weekend," they said.



CASTLE HILL ROTARY CLUB CELEBRATES 60 YEARS OF SERVICE WITH A SPECTACULAR GALA



Mark your calendars! On Friday, 7 March 2025, the Castle Hill Rotary Club will host its 60th Anniversary Gala Celebration at Rydges Norwest.

This special evening will honour six decades of community impact, fellowship, and Rotary's motto of "Service Above Self."

The evening will feature the 10-piece jazz band, 'The Swing West Jazz Orchestra,' creating a vibrant atmosphere. Guests will enjoy reflections, inspiring stories of community impact, and the presentation of Community Service Awards.

This milestone event will celebrate past achievements while highlighting current and future projects making a difference locally and globally.

The Castle Hill Rotary Club invites the community to join this celebration. Past members and their families are warmly welcomed to reconnect and mark this significant occasion together.

Secure your place now at: castlehillrotary60th.rsvpify.com/

EVENT DETAILS:

Friday, 7 March 2025
7:00 p.m. to 11:00 p.m.

DRESS CODE: Formal

VENUE: Rydges Norwest

TICKETS: \$99 per person
(includes a three-course meal and entertainment)

HAPPY Valentines Weekend

Saturday February 15
9.30am - 1.30pm

2 Wharf St, St Albans in the Northern Hawkesbury

St. Albans Village MARKET



Andrew Browne and Len Marks



our entertainment is kindly funded by Hawkesbury City Council



www.stalbansvillagemarket.com.au

Now in its 4th year and with well over 1000 followers on Facebook and even more on Instagram, @stalbanvillagemarket has well and truly established itself on the Hawkesbury market trail for locals and visitors alike.



It's a great day trip for your family and friends.

If you are coming from Sydney, and after breath-taking, magnificent views of the valley, you descend into Wisemans Ferry, turn LEFT past the Police Station for 200m and alight the WEBBS CREEK FERRY. It's 24/7 and it's free.

So, first **set your GPS to include ferries**, and then once across the river, take a meandering drive beside the Macdonald River to the village of St Albans.

On your 21km drive to St Albans, you are surrounded by both farms and wilderness and it certainly gives you the feeling that nothing much has changed over the years; the sense of history and the natural beauty of the region makes St Albans an idyllic destination. There's an awesome kids park opposite the market, plus two fully licensed local institutions – the iconic convict-built Settlers Arms Inn and the Pickled Wombat Café.



TUNE IN TO BETTER HEARING:

Why Regular Check-Ups Are Essential

Imagine never servicing your car or only visiting the dentist infrequently. Unusual, isn't it? Just like your car and teeth need regular check-ups, so does your hearing. Whether you wear hearing aids or not, maintaining your hearing health is crucial. At Ear Studio, we follow best practice audiological principles to ensure you receive the highest standard of care. Our goal is to help you stay connected to the world of sound through personalised, evidence-based hearing care. Let's explore why regular reviews and assessments are vital for everyone.

Annual Reviews for Hearing Aid Users

For individuals using hearing aids, annual reviews are essential. Just as you periodically update your glasses prescription to maintain optimal vision, your hearing aids require adjustments to accommodate changes in your hearing.

At Ear Studio, we meticulously adjust your hearing aids to match your current hearing thresholds. Even if your devices seem to be functioning well, fine-tuning can lead to significant improvements in performance. Our expert clinicians highlight three primary benefits of annual check-ups:

1. **Monitoring Hearing Health:** We track the progression of your hearing loss and evaluate your overall ear health, including middle ear pressure and other critical factors.
2. **Hearing Aid Maintenance:** Like a vehicle that requires regular servicing to ensure optimal performance, hearing aids benefit from professional care. While some maintenance

can be performed at home, professional dehumidifying treatments and comprehensive cleaning extend the life and performance of your devices.

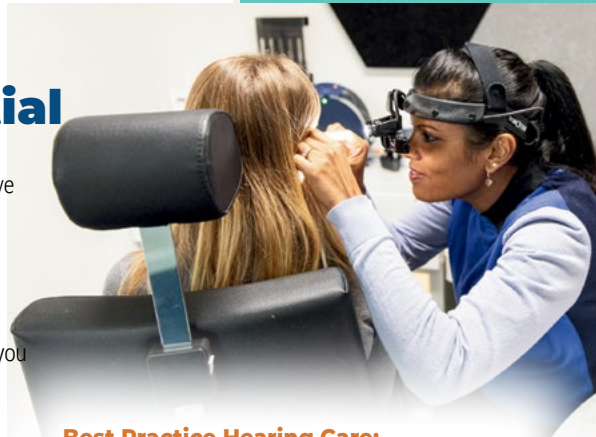
3. **Maximising Warranty Benefits:** Regular reviews allow us to utilise your hearing aid's warranty effectively, performing necessary services before it expires, potentially saving you significant costs.

Regular Assessments for People Without Hearing Aids

Regular hearing assessments are important even for those who do not currently use hearing aids or have very mild hearing loss. Hearing loss can affect anyone, not just older adults. Starting hearing tests in your 50s or 60s provides a baseline of your hearing levels, which can be valuable for future reference. Hearing loss isn't static; it often evolves gradually.

If an assessment reveals no hearing loss, you might not need another test for a few years. However, establishing that baseline is a good idea. Early detection allows for proactive management and ensures that any changes are addressed before they impact your daily life.

At Ear Studio, we believe in providing honest, best-practice assessments. We're not here to sell you hearing aids if you don't need them. Instead, we aim to educate and empower you with knowledge about your hearing health. Our expert team explains your results clearly, helping you understand what they mean for your everyday life.



Best Practice Hearing Care: What Sets Us Apart?

At Ear Studio, we follow internationally recognised best practice audiological principles to deliver the highest quality care. Unlike some providers, we are not driven by sales targets. Our focus is on delivering exceptional care that prioritises your well-being and long-term hearing health.

Conclusion: The Value of Regular Reviews

As you can see, regular hearing check-ups are beneficial whether you wear hearing aids or not. Assessments help detect changes early, enabling a proactive approach to maintaining your hearing health. Our friendly and skilled team is dedicated to guiding you through this journey, ensuring you receive the best care and advice tailored to your needs.

Contact us today at 02 9159 6122 or visit www.earstudio.com.au to book a hearing assessment online.

EAR STUDIO

Passion for Hearing™

By prioritising annual reviews and regular assessments, you can maintain optimal hearing health, adjust to changes without delay, and make the most of your hearing devices. We are here to help you hear your best.



We are located inside Lawton House
Suite 9-10 / 60 Cecil Ave, Castle Hill
(offering under cover, off-street parking)



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6 Key Benefits of Weight Loss Surgery

We asked Dr Michael Devadas, Surgeon of Excellence at Norwest Private Hospital's Centre of Excellence in Metabolic & Bariatric Surgery to explain the key benefits of weight loss surgery.

1. Significant Weight Loss

Many people with obesity struggle to lose substantial weight through diet and exercise alone. Weight loss surgery promotes hormonal and metabolic changes that can lead to significant weight loss. On average, people lose about 70% of excess weight within 12–18 months after sleeve gastrectomy or 80% after gastric bypass. Results vary, influenced by age, gender, initial BMI, genetics, and the type of surgery.

2. Sustained Weight Loss

Unlike dieting, which often leads to the yo-yo effect, weight loss surgery can offer long-term results. Studies show that most people maintain significant weight loss even 10 years after surgery. However, weight regain can occur, and healthy lifestyle changes are essential for long-term success.

3. Better Health

Weight loss surgery may improve various obesity-related health conditions, including type 2 diabetes, high blood pressure, heart disease,

high cholesterol, gallbladder disease, non-alcoholic fatty liver disease, obstructive sleep apnoea, and fertility. It can also reduce the risk of stroke and certain cancers.

4. Enhanced Fertility and Sexual Function

Obesity can affect fertility. Bariatric surgery can help restore healthy hormone function and ovulation in women, reducing pregnancy complications. It's advised to wait at least 18 months post-surgery before trying to conceive. In men, surgery can lead to improvements in erectile function, testosterone levels, and satisfaction with sex. Consult your doctor to discuss considerations or potential implications related to pregnancy following bariatric surgery.

5. Improved Mobility

Obesity puts strain on weight-bearing joints, which may lead to discomfort and conditions like arthritis. Weight loss after surgery may reduce joint stress, improving mobility and making daily tasks easier, such as climbing stairs and getting in and out of a car.



Dr Michael Devadas,
Surgeon of Excellence

6. More Energy

Excess weight can cause fatigue and after surgery you may feel more energetic. Weight loss may make it easier to exercise.

For more information visit norwestprivatehospital.com.au. This information is general in nature, and it should not be used as a substitute for obtaining your own professional or medical advice. Outcomes and results may vary.



We understand weight loss can be a challenge

Deciding to have weight loss surgery is a life changing decision. As a Centre of Excellence in Metabolic & Bariatric Surgery, we're here to provide the information and support you need to make an informed decision about weight loss surgery.

Dr Michael Devadas is accredited as a Surgeon of Excellence at Norwest Private Hospital.



Scan the QR code for more information or visit norwestprivatehospital.com.au

Norwest Private Hospital
11 Norbrik Drive, Bella Vista NSW 2153

 **Norwest**
PRIVATE HOSPITAL
by Healthscope



HILL SHIRE CLUB GRANTS 2025: Supporting Local Communities

The Hill Shire ClubGRANTS 2025 round is now open, offering funding for local community groups and projects that make a real difference. Applications opened February 1st, providing financial support for initiatives that enhance the social fabric of our region.

Why ClubGRANTS?

For decades, clubs have played a vital role in supporting their communities, from assisting veterans to funding sporting and health facilities. In 2001, this commitment was formalised with ClubGRANTS, ensuring larger clubs contribute to local frontline services.

In 2024, NSW clubs exceeded their required contributions, giving over \$120 million—\$45 million more than the minimum.

This shows the deep community commitment from local clubs.

Who Can Apply?

The Hill Shire ClubGRANTS 2025 round falls under Category 1, supporting projects focused on:

- Community welfare and social services
- Community development
- Community health services
- Employment assistance activities

These grants aim to improve the living standards of disadvantaged and low-income individuals, helping local organisations continue their vital work.

How to Apply

Since September 2022, all applications must be submitted through ClubGRANTS Online, ensuring a streamlined and compliant process.

- **New Applicants:** Create an account on ClubGRANTS Online, verify your email, and complete your organisation profile. (Check your spam/junk folder for verification emails.)
- **Returning Applicants:** Log in, access the ClubGRANTS page, and follow the link to apply.

A Collaborative Effort

A key element of ClubGRANTS is the local committee grant round, where clubs within a council area work together to review applications, ensuring funding reaches those who need it most.

Making a Real Impact

ClubGRANTS is more than just funding—it's about strengthening communities. Every grant supports projects that improve lives, provide essential services, and foster a stronger local network.

Applications opened on February 1, 2025.

Don't miss this opportunity to support your community!



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more information visit castlehillrsl.com.au

KENTHURST SINGER WINS FIRST PLACE

AT 2025 TAMWORTH'S GOLDEN GIG

BY LANCE ZAFE | Photos courtesy by Tamworth Country Music Festival

AVA BIZZANELLI dazzled country music lovers as she performed in front of the Tamworth crowd, securing top honours at the 2025 Macca's Golden Gig held during the Tamworth Country Music Festival.

The 17-year-old artist from Kenthurst won first place for ages 13-17, bringing home an electric guitar from Takamine Guitars, cash and trophy from Macca's, one pair of Circle G Boots from Corral Boots, and a Capitol Music voucher. She will also receive three separate mentoring opportunities from professionals.

Her win at the Golden Gig has given Ava more confidence in trying new things and putting herself out in public.

"The competition was heaps of fun and I got to watch plenty of talented performers who share a love for music and performing. I was also given advice to keep a sweet spirit, as the industry is filled with highs and lows," Ava said.

She mentioned having an incredible stay at Tamworth, meeting artists with similar passions and basking in the local community's welcoming, relaxed, and friendly demeanour as she busked along Peel Street.

In July 2024, *the Hills to Hawkesbury Community News* had a fun time knowing Ava's passion for country music as she was on track

to be part of the Country Music Association of Australia's Academy of Country Music intensive six-day course at Tamworth's Liberty College.

Since then, she met many artists in the Australian Country Music scene who mentored her and all the other junior artists at the CMAA Junior Academy.

"The CMAA Academy guided us in terms of performance, songwriting, interviews, and we each learnt something new along the way. I am excited to be going back to the Senior Academy on scholarship in January to learn even more about myself as an artist and the music industry."

Meeting Roger Corbett of the 'Bushwackers' during her stay at the Junior Academy was memorable as they recorded some of her original songs in Corbett's Maitland studio.

Co-writing her debut single 'Love Can Fool You' with Allan Caswell—who penned the *Prisoner* theme song "The Inside"—was one of her big moments last year. Ava shares how she explored her style in her new song.

"It's been a great experience for me to explore a new style of music," she said. "I love the storytelling style that can be found in Country music, but for my debut single, Allan and I wanted to use a more conversational tone to the lyrics, which I feel makes the song really personal and, of course, ties into my style."

As she's in Year 12, she wants to continue developing her skills in performing live and hone her skills as a songwriter, vocalist, performer, and guitarist: "I am very excited to see what happens next!"

Emotionally charged and mellow, Ava's latest single, 'Love Can Fool You', is now available on all streaming platforms such as iTunes, Spotify, and YouTube.



Ava Bizzanelli at the 2025 GOLDEN GIG



Artist's Impression

Price Range
\$585,000 to \$1,935,000*

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*Price correct as at 1 October 2024. Images are for illustrative purposes only. The entry payment and any other amounts payable depend on any available contract option you select. A regular service fee will be payable and you may have to pay a departure fee when you leave the village. Furnishings not included.



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Auction: 1st March 2025, on-site @ 11:00am (unless sold prior)
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SOLD \$1,100,500.00

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South Wentworthville
NSW 2145



SOLD \$1,800,00.00

16 Marjory Place
Baulkham Hills
NSW 2153

The Hills Shire Council News

LUNAR NEW YEAR TO DAZZLE WITH FIREWORKS, FOOD AND \$4000 IN PRIZES

Hills Lunar Festival this Saturday 8 February from 2pm to 9pm at Arthur Whitling Park, Castle Hill!

Get ready for an unforgettable experience at the Hills Lunar Festival in 2025.

This year's celebration is bigger and better with a dazzling fireworks display and an incredible \$4,000 in cash prizes, all thanks to the generous support of Castle Towers!

Immerse yourself in the excitement of captivating lion dances, vibrant cultural performances, and mouthwatering Asian cuisine that will tantalise your taste buds, including dumplings, dragon beard candy, steaming bowls of ramen, and crispy Hong Kong bubble waffles.



Families will delight in free face painting and engaging craft stations, ensuring fun for everyone!

As the night unfolds at the Lucky Envelope Wall, you'll have the chance to win fabulous prizes, including Castle Towers gift cards, Chatime vouchers, Event Cinemas movie tickets, and so much more. The prizes have been made possible thanks to Castle Towers.

Fireworks will then light up the night sky at 9pm. A gentle reminder for our pet owners living near Castle Hill, especially those within a kilometre of Castle Towers: please keep your furry friends safe and sound, as the mesmerising fireworks can be overwhelming for pets.



How to get to Hills Lunar Festival

With limited street parking, The Hills Shire Council encourages attendees to catch the Metro to Castle Hill Station, just a five-minute walk from the event.

Event Runsheet

2:00pm	Lion Dance, including the dotting of the eyes
2:30pm	Hills Chinese Association Performance
3:30pm	Kellyville Pets and Hills Wildlife Sanctuary Snake Demonstration
3:45pm	HCA Eagles Performance
4:00pm	Mayoral Official Welcome
4:15pm	Hills Chinese Association Performance
5:15pm	Korean Percussion and Drumming
5:30pm	K Dance School
5:45pm	Hills Chinese Association Performance
6:45pm	Movement Nation KPop
7:00pm	Chinese Garden Shire Association
7:45pm	Dance Finale
8:55pm	Fireworks

Scan the QR Code above to learn more about this event.

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



It's time to volunteer!

Want to garden but don't have the space? Don't fret! Now is the perfect time to volunteer as a gardener at one of our local beautiful parks.

You can volunteer at the Queen Elizabeth II Memorial Rose Garden and help maintain our beautiful roses every Wednesday from 9am to 12pm.

Or you can help support the thousands of trees we planted last National Tree Day at Wheelie Park, in Box Hill, every first Sunday of the month from 9am to 12pm.

For more information or to register for these Bushcare groups, scan the QR code.

Council Meetings

Tuesday, 11 February 2025 at 7pm

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

E-waste plus event

Mark your calendars! The next FREE E-Waste Plus event is happening on Saturday, 15 February, from 9am to 3:30pm at Castle Hill Showground.

This event is exclusively for Hills Shire residents—please bring proof of residence.

Drop off your electronics, as well as soft plastics, hard plastics, polystyrene, and textiles for recycling.

Scan the QR code for the list of acceptable items.



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



THE HILLS
Sydney's Garden Shire



HIDDEN IN THE HILLS BY LACHLAN TURNER HAZARD REDUCTION BURNS

From time to time it has been found necessary to conduct a "controlled burn" within certain areas of bushland in the Hills region, particularly areas of bushland located nearby to residential areas.

It was a privilege to observe a recent operation conducted by local Bush Fire Brigades in conjunction with the NSW Rural Fire Service. Extensive amounts of appliances, equipment and manpower were employed in what could be likened to a co-ordinated military style offensive.

Due to the amount of fuel build up on the forest floor, as a consequence of prolonged periods of drought and dry weather over a couple of years, it has been necessary to perform several of these hazard reduction burns around the Hills District.

Whilst it could be argued that such operations can be destructive to local wildlife, the perceived benefits from the danger of wild fire have to be given most thoughtful consideration.

Short term inconvenience on the day of the burn is acknowledged by fire authorities, but the long term property safety aspects give residents living near the bushland a sense of lessened danger from uncontrolled bushfire.

It is recognised that low impact fire is beneficial to many species of flora, as there are numerous plants that require the added heat from fire to germinate seeds for the next generation of that species. This style of burning operation can also be of assistance in controlling, if not destroying many of the invasive weeds and plants that colonise the fringes of the bushland and eventually choke our native plants.

The professionalism exhibited by these firemen was most evident as they systematically went about their assigned tasks.



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HILLS LIBRARY EVENTS

A Pictorial History of Baulkham Hills with Pam Wilson

By The Hills Shire Library Service
March 5 2025 10:30 AM - 11:30 AM AEDT
Baulkham Hills Library, 1 Railway Street
Baulkham Hills, NSW 2153

Join Pam Wilson from The Hills District Historical Society as she delves into the history and changes of Baulkham Hills as part of the NSW Seniors Festival. Pam will discuss the early days of Baulkham Hills and important local landmarks.

Books you might enjoy: Pictorial History Baulkham Hills Shire / John McClymont; Settlement of Baulkham Hills and Castle Hill townships; A walk through Baulkham Hills / Pam Wilson



Picture courtesy of Baulkham Hills Library

An Evening with Ali Lowe

By The Hills Shire Library Service
March 6, 2025 6:30 PM - 7:30 PM AEDT
Castle Hill Library, 14 Pennant St #level 2
Castle Hill, NSW 2154

Join bestselling author Ali Lowe in conversation with Vanessa McCausland as she discusses her new book *The Private Island*. A gripping thriller full of scandal and secrets from the bestselling author of *The Trivia Night*, *The Running Club* and *The School Run*.

A journalist by profession for over 20 years, Ali has written for magazines, newspapers and websites in London and Australia.

About the Author: ALI LOWE is the author of three bestselling novels: *The Trivia Night*, *The Running Club* and *The School Run*, which was a WHSmith Book of the Month. Her fourth book, *The Private Island*, is out in 2025.

Ali is a journalist by profession: she was Features Editor at OK! in London and has written for bridal magazines, parenting titles, websites and newspapers. She has dual Australian and British citizenship and lives on Sydney's northern beaches with her husband and three children.



About Vanessa McCausland: VANESSA

McCAUSLAND is an internationally published author of five contemporary fiction books. She writes literary mystery/book club fiction with a strong sense of place.

This event is general admission.

The evening will conclude with book sales and signing. Cash and card accepted.

Cost | \$10.00PP | Bookings essential online | Suitable for Adults

Please note your financial institution may charge you to use this service; Refunds will only be given if this event is cancelled.

Interested in reading the Ali Lowe's books before the event? Request a copy from the library catalog

New free library programs and services for the Hawkesbury community

Hawkesbury City Council's libraries at Windsor and Richmond are not just places to read and borrow exciting books. They are a magnet for the local community, offering programs and services for people of all ages.

This year, the library service is expanding both its Tech Help and JP services, and starting a new Book Chat program for readers to share their discoveries with others.

TECH HELP

Weekly Tech Help offers library members free assistance with general technical issues including settings, app installations and more. This service will run Mondays 11am–12pm at the Central Library, Windsor and 2–3pm Thursdays at Richmond Branch Library.

Starts Monday 3 February. Bookings are essential. To book, call 02 4560 4460.

JUSTICE OF THE PEACE SERVICES

Last year, more than 790 people used a Justice of the Peace at the library to witness signatures, certify copies of documents and much more. The JPs volunteered almost 200 hours of their time to the Hawkesbury community. This year, the invaluable free service is being expanded from two days a week to three – on Tuesday, Wednesday and Thursday, from 10am–12pm at the Central Library in Windsor.

Bookings not required.

BOOK CHAT

Book Chat is a less structured book club with no set book to read. Simply bring along a book that you would like to share with the group. Book Chat will meet 10:30am–12:30pm monthly on the last Wednesday of each month at Central Library in Windsor.

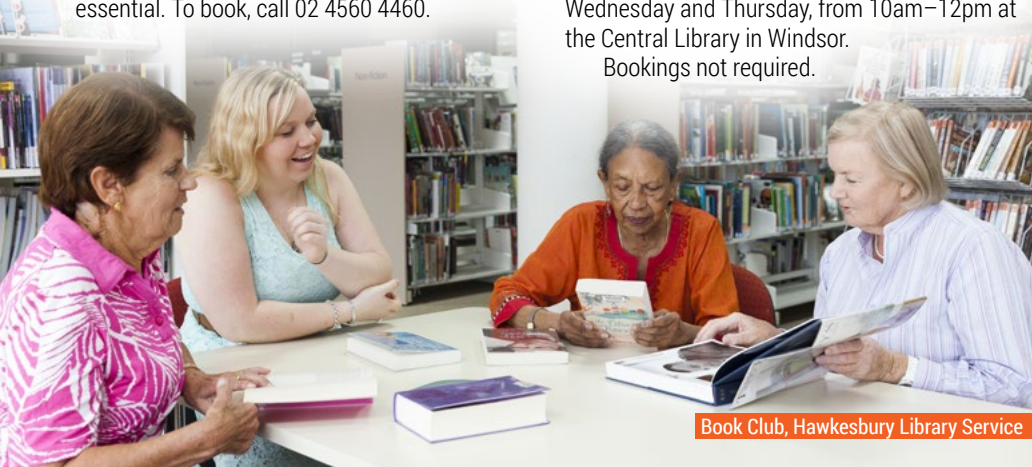
Starts Wednesday 29 January. Bookings not required.

These new offerings are in addition to the library's extensive regular programs including Digital Mentoring, Free Legal Clinic, Knit with Friends, Book Clubs, and children's programs Rhyme Time, Story Time and Puppy-dog Tales. Library programs cater to all audiences, including children, families, and seniors.

To learn more about what is happening at Hawkesbury Library Service, visit our website hawkesbury.nsw.gov.au/library, call 02 4560 4460 or pick up a What's On brochure at your nearest branch.



Technical help is a popular service at Hawkesbury's two libraries.



Book Club, Hawkesbury Library Service

'Netball A Fantastic Sport For Children'

BY LAWRENCE MACHADO

Neil Thomas, coach and sponsorship coordinator at Hills Saints Netball Club, says netball is an ideal sport for children to play as it requires them to engage with other team mates. He said it introduces them to a team environment.

"This allows the children to build friendship circles possibly outside of their school group, giving them more opportunities to form tangible friendships in contrast to their electronic friends network," Neil said.

Speaking ahead of the Come and Try Days promoted by Netball Australia, Neil said netball is a fantastic sport for young stars.

"Netball focuses on basic gross motor activities, like balancing, jumping, running, catching and later they can develop their skills to include changing directions, looking for players to pass to etc," he said. "Then you can build on these basic skills, through moving into gaps, catching on the run, pivoting on one foot, and shooting mechanics.

"From my perspective, the role of coach and support staff is to ensure that children return to the sport the following season. Coaches need to provide challenging drills at different skill levels to ensure the individual develops a skill set to move them into the next season or into the higher skill level of the sport.

"Without open and clear dialogue about next steps and possible opportunities, children will not feel motivated or compelled to return to the sport."

He is fully immersed in the sport, having played indoor netball several years ago and has family and friends who play and coach at representative levels. Neil has been involved with The Hills Saints for two years and stepped in as coach last year when it seemed like his daughter's team might fold up.



Neil Thomas with some of his Hills Saints Players

"I didn't want this to be the case for the team, who played together the previous season, so I volunteered to coach the team," said Neil, adding with a smile: "Of course there was a gentle twist of my arm from my wife and daughter."

His wife Jo Chong, who plays social netball, helps at training and game day organisation for the team. "Coaching a team can be quite overwhelming," Neil said. "However, I had great support from my wife, family, friends and of course the Hills Saints netball community."

Neil is a versatile sportsman having played cricket, basketball, indoor netball, volleyball and baseball. Presently, he is coaching his daughter's baseball team, using his vast experience as a junior coach.

The Hills Saints Netball Club will hold their Come and Try Day on Sunday, February 16, at Crestwood Reserve courts, Baulkham Hills from 10am to 12noon. Contact: registrarhillssaints@gmail.com



Neil Thomas coaches The Hills Saints Netball Club

Western Wildcats encourage girls and boys to try NETBALL

BY LAWRENCE MACHADO

The Western Wildcats Netball Club are encouraging both girls and boys to try out netball as the sport continues to grow around the state. The Wildcats is the youngest club in the Hawkesbury and has experienced a lot of growth since they started three years ago.

As the Wildcats coach, treasurer, umpire and player, Charlene Hardiman has been very active in netball for many years, starting the game as a child. She, her sister Natalie Coyte (now the club president) and a few other netballers started the Wildcats to add extra competition to the already-established clubs and are delighted with how far they have grown in a few years.

"We are always looking for new players and always promoting the sport as kids are our next generation," Charlene said. "We want them to enjoy this game just as much as we do. Boys are welcome and can play until they are 12 years.

"We try and promote netball in schools' newsletters and have Come and Try Days for new players before they register.

"Netball has been in the Hawkesbury for many years and I have been playing this game since I was eight. It has grown big now and we get new members from word of mouth."

The Windsor-based club's Come and Try Clinic is on Sunday, February 9, at their Hawkesbury Netball Courts, Windsor from 9am-11.30am. To find out more, please email: westernwildcats@hotmail.com.



Coach Charlene Hardiman with the Wildcats Players

Netball Australia is promoting their grassroots program across the state. A NA spokeswoman said that more than 50,000 boys and girls have participated over the past 17 years, this being their first taste of netball. This is a free opportunity for anyone interested in netball aged 5-10 to get a taste of the broader Woolworths NetSetGO program.

Taking place on Saturday, February 15, the free netball clinic gives children between 5-10 years the opportunity to get down and have some fun before committing to the sport for a season.

OAM HONOUR FOR LEGENDARY GOALKEEPER RON LORD

BY LAWRENCE MACHADO

Legendary Australian footballer Ron Lord has posthumously received the medal of the Order of Australia, for services to football (soccer).

Ron, who grew up in Rozelle, is one of the pioneering footballers who helped Australia gain international respect. He passed away on April 8, 2024, aged 94, his beloved wife Katherine predeceasing him in March 2017. Ron is survived by children Brian, Jenny and John and their families. Brian, who was fortunate to be coached by his Dad, commented although humble, Ron was proud of his achievements but never boasted. "He would have been very pleased (with his OAM)," Brian said.

"We are excited to learn that his services to soccer in Australia are being formally recognised. (He) achieved so much, (and was) one of soccer's greats in Australia, as arguably the best soccer goalkeeper last century, (the) highlight being the 1956 Melbourne Olympics."

"His story, from when he first started at 17, is quite remarkable," Brian said. "Dad was self-taught from the start, without any specialist trainers, and to play for Australia four years later, is unheard of. It is always interesting to analyse how someone becomes successful in sport. Dad was not an academic or intellectual man, yet he had a great analytical brain."

"Over his 17 years of playing soccer at a high level his technique started from something relatively crude and untrained, to something that

developed into something of mastery. Dad started with talent, but it was his dedication and discipline that got him to the pinnacle of his sport. Post retirement, his effort and satisfaction of passing on those skills to the young players across Sydney is noteworthy."

Ron, one of the finest goalkeepers in Australia, carried the Olympic torch at the 2000 Sydney Olympics. "He was a great goalkeeper with a distinguished career, with many honours, whilst as a player, manager, coach and mentor in retirement," Brian said.

Ron's career rose meteorically since he played his first grade football aged 17. Three years later, he was playing for NSW and by 21, he represented Australia. "He was agile, had great strength, and big hands, and was very intimidating towards attacking opposition forwards," Brian said.

"His soccer career was legendary, through playing for the great Prague club team, NSW and Australia, plus 16 years coaching goalkeepers at the highest level, (and) coaching clinics across Sydney. Ron carried through life the traits of humility, integrity and sincerity and sportsmanship, and for that he is fondly remembered in the football community."

Ron was inducted into the Australian Soccer Hall of Fame and Hall of Champions in 1999. He



played 399 NSW Senior First division games, including 339 first grade, 35 for NSW, and 15 for Australia.

In the late 80s, Brian got his Dad to do a coaching clinic at Winston Hills

for his grandson, bringing back many memories for Ron and the family. "Given he was a fitter and turner, he made his own portable full-size goalposts and transported them to the clinics on his home-built trailer," Brian said. "I fondly remember watching him play against Everton in May 1964, with a record crowd of 52,000 at the SCG."

Ron was also a fine golfer, playing off a handicap of nine at the age of 70.

Brian fondly recalled some quotes from his Dad: "Perfect practice makes perfect and is the reason that all goalkeepers should concentrate on and develop the correct movements at training. Beside fitness and co-ordination etc, I believe there are four very important elements that a goalkeeper must have. They are: **Concentration, Anticipation, Determination and Awareness.**"



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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: EVA
BREED: Domestic
Short Hair
SEX: Female
AGE: 5 Months
PRICE: \$49



MEET EVA, a sweet 5-month-old girl with a shy but affectionate nature. According to staff at the Hawkesbury Companion Animal Centre, Eva is just beginning to explore the world and would thrive in a calm, quiet home where she can come out of her shell at her own pace. As she grows and learns to trust, Eva will show her appreciation for her new family's love and support. Staff say while she may be shy at first, the companionship of a gentle and understanding owner will allow her to form a deep, lasting bond, making her a cherished addition to your home. If you're looking for a gentle and rewarding friendship, Eva could be the perfect addition to your home.

Hawkesbury Council's Rehoming Organisation Number is: R251000145

MEET GIZMO, a shy yet charming 5-month-old boy seeking a serene, loving home. According to staff at the Hawkesbury Companion Animal Centre, Gizmo thrives in a calm environment and, with time, will reward his family with trust and affection. Staff say his gentle presence makes him the perfect companion for those seeking a peaceful addition to their lives.

Hawkesbury Council's Rehoming Organisation Number is: R251000145



AT A GLANCE

NAME: GIZMO
BREED: Domestic
Short Hair
SEX: Male
AGE: 5 Months
PRICE: \$49

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(02) 8883 0533

Baulkham Hills

472 Windsor Rd,
Baulkham Hills,
NSW 2153
(02) 9157 5557

www.sydneyanimalhospitals.com.au

LOOKING AFTER YOUR NEW PUPPY OR KITTEN:

Essential Health & Parasite Protection

Bringing home a new puppy or kitten is an exciting and rewarding experience, but it also comes with important responsibilities. One of the most crucial aspects of early pet care is parasite control, as young animals are more vulnerable to worms, fleas, ticks, and heartworm. Proper prevention will help keep your pet healthy, happy, and protected for life.

Parasite Control: Why It's Essential

Puppies and kittens are highly susceptible to *gastrointestinal worms*, which can cause serious health issues such as weight loss, diarrhea, anemia, and poor growth.

To keep your pet safe:

An all-wormer tablet should be given:

- Every 2 weeks until 12 weeks of age
- Every month until 6 months of age
- Every 3 months for life

These treatments protect against common parasites like roundworms, hookworms, tapeworms, and whipworms, ensuring your pet grows strong and healthy.

Heartworm Prevention: A Must for Puppies

Heartworm is a life-threatening parasite that is spread by mosquitoes and affects the heart and lungs. Prevention is essential, as once a dog is infected, treatment is complicated and risky.

The best protection is a heartworm injection administered by your vet, which removes the risk of forgetting monthly treatments. The recommended schedule is:

- Start at 12 weeks of age
- Booster at 6 months of age
- Annual injections for life, given at the same time as vaccinations

By staying on top of heartworm prevention, you'll ensure your puppy remains *safe and protected* from this deadly disease.

Give Your Pet the Best Start in Life**

Regular vet check-ups, vaccinations, parasite prevention, and a healthy diet are all key to raising a *happy and healthy* puppy or kitten.

At Sydney Animal Hospitals, we offer comprehensive parasite control plans, heartworm prevention, and lifetime vaccination programs to make pet care simple and stress-free.

Book your new pet's **FREE first check-up today!** Call us at 02 8319 5555 or visit www.sydneyanimalhospitals.com.au to learn more.




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As your Federal Member, I am here to:

Assist with accessing Federal Government services

Attend your local community event

Arrange congratulatory messages

Please contact my office if I can be of assistance.



JULIAN LEESER MP
FEDERAL MEMBER FOR BEROWRA

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 02 9980 1822
julian.leeser.mp@aph.gov.au julianleeser.com.au julianleesermp

Authorised by Julian Leeser MP, Liberal Party of Australia, Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120.

One of the joys of representing the Berowra Electorate in the Federal Parliament is that we are a genuine multicultural community, where people of every faith and background live peacefully side by side.

It's a safe and welcoming community. That's the reason people choose to live here.

That is why, like thousands of others, I was shocked when a caravan packed with enough explosives to kill hundreds of people in what could have been the largest domestic terrorist incident in Australian history, was found in Dural.

It is an important reminder for us all, that if you see something suspicious, say something.

This caravan incident had nothing to do with our community or its values.

As one of the few Jewish Australians in the Federal Parliament, I have strongly called out the failure of the Labor Government, the Greens and the Teals, to deal with antisemitism in Australia today.

On the first day of Parliament this week, I was proud to speak on a motion condemning antisemitism and called on the government to do more to protect the Australian community.

Australians want to see this government leave no stone unturned when it comes to combating antisemitism and protecting our community.

Law abiding people, regardless of their faith or background, deserve the full protection of the law. Unfortunately, for Jewish Australians this has not been the case.

The Government has not taken these issues seriously. As I've gone around our community, I am reminded by many of you to keep fighting

against antisemitism and the lawlessness that we are seeing on our streets.

Fighting for tougher laws and stronger penalties is not only a matter of public safety, but it is about the Australia that we want to leave for our children and grandchildren.

I make no apology for standing for the safety of our community.

Do we want an Australia where all of us have a place, or only some of us? An Australia where all of us are afforded the same protections under the law, or only some of us?

This week the parliament passed laws to provide minimum mandatory sentences for those who commit hate crimes in this country. These laws were opposed by the Greens and Teals.

I will always stand up for a multicultural Australia, where all law abiding Australians are able to live under the protection of the law.

Hawkesbury needs a Medicare Urgent Care Clinic

Hawkesbury families have told me it's much harder and more expensive to get urgent medical care since the closure of the After-Hours GP Clinic at Hawkesbury Hospital a few years ago.

Around the country, the Albanese Government has been helping other communities get free and fast GP care for urgent, but not life-threatening, situations, through 87 new Medicare Urgent Care Clinics.

The nearest one to the Hawkesbury is Penrith, and that's too far. Hawkesbury needs its own Medicare Urgent Care Clinic.

They're open for extended hours, including weekends. You don't need an appointment.

The services, including x-rays or scans and blood tests, are fully bulk-billed, with no out of pocket costs.

The other positive is that they take pressure off emergency departments and the hard-working staff we have there. I've seen the benefits of the Penrith Urgent Care Clinic.

People have told me that it's been a quick and efficient visit, and one patient told me they were able to see an orthopaedic surgeon to see on the premises. And of course it was free.

That's why I'm calling on the Federal Government to open a Medicare Urgent Care Clinic here, in the Hawkesbury.

You can help me show it's needed by signing my petition and sharing with me your example of how it could help you and your family.

An Urgent Care Clinic would build on the improvements we've made to making Medicare stronger in the Hawkesbury, from increasing the level of bulk-billing to providing cheaper medicines, plus free mental health services at Medicare Mental Health Service in Richmond.

There's more to do, so help me get the Hawkesbury an Urgent Care Clinic by signing the petition at <https://susantempleman.com.au/hawkesbury-urgent-care-clinic/> or scan the QR code.



SUSAN TEMPLEMAN MP

Federal Member of Macquarie

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2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

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

Arcadian Quilters

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

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. Mthly workshops by well-known artists
9899 3179 (ans. machine)
www.castlehillartsociety.org.au

Castle Hill Senior Citizens Club Inc.,

Over 55's welcome Cnr McMullen Ave & Old Northern Road, Castle Hill (opp. new Metro station)
9680 3958 | castlehillseniors@gmail.com

Christian Over 50s Social Group

Carol | 0412201005

Computer Pals for Seniors – The Hills

Welcomes seniors for low-cost peer-to-peer courses, discussion groups, and one-on-one training on digital phones, tablets, and laptops. Make friends and learn to love technology – new discussion grp. on Artificial Intelligence.
Margaret Moxon | 0412 539 110 | cphills.org.au

Cumberland Bth Observers Club

3 outings/mth to observe birds in their nat. environ. Meetings Castle Hill 3rd Tues of mth. New members welcome.
Peter | 0412 770 757 or Cathy 9809 5668
www.cboc.org.au

CWA of NSW – Castle Hill Branch

2nd Tues/mth at the CWA Hall, 2 Annangrove Road, Kenthurst (off Angus Rd) 10am. Craft mornings 1st & 3rd Tues/mth 10-12.
Maureen | 0410 582 723
castlehillcwa@gmail.com

CWA of NSW – Galston Branch

Meet 2nd Wed/mth. Galston Community Health Centre, Cnr The Glade & 17 Arcadia Rd, Galston. 10am then bus. meeting and BYO lunch. Craft day 4th Wed/mth.
Jann | 0439 222 217 or Patricia | 0412 948 787

CWA of NSW – Toongabbie Branch.

Mthly meetings 1st Tues/mth. Toongabbie Girl Guide Hall, Junia Ave Toongabbie 10am. Craft mornings for members 1st and 3rd Tues of mth 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@vtown.com.au

Friends of Hills Library

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

Friends of the Hawkesbury art community & Regional Gallery Inc.(FOHacRG Inc)

Meets 1st Thursday of Feb, April, June, Aug, Oct, Dec.
Margaret | 4577 4440.

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 Thurs 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, Aug, Oct.
Pamela Hempel | 0407 660 579
www.fffhnc.com

Hawkesbury West Probud 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 Probud Club of Baulkham Hills

Baulkham Hills Sports Club on Renown Rd, Baulkham Hills meets on the 2nd Wed of the mo at 10am and welcomes enquiries about our club.

Suzanne Dennis | 96390324 (home)
0412424593 (mobile)

Learning in the Hills

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of West Pennant Hills - Cherrybrook

westpennanthills_secretary@lions.sydney
Raj | 0429 440 746

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

National Seniors Australia (Hills Branch)

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

North Rocks View Club

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

Norwest Sunrise Rotary Club

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

Pennant Hills VIEW Club

meets 10.30am at Baulkham Hills Sports Club on the 2nd Tues of each month. A guest speaker will be featured each month. 4th Tues of the month a social outing is organised.
Margaret | 9873 2402

Pennant Hills Garden Club

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

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
rossfitpatrick@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

Mts 2nd Mon/mth 10am-12pm, Glenhaven Community Centre, 76 Glenhaven Rd, Glenhaven
Veronica | 0408 025 577 or 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 Rouse Hill

Mts 4th Fri of mth 09.30am The Fiddler Commercial Road, Rouse Hill NSW 2155. Visitors welcome and membership is open.
Secretary | 0413336005
probusrousehill@gmail.com

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

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

Red Cross – Castle Hill Branch

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

Richmond /Windsor VIEW Club

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

Scouts Australia – Greater Western Sydney Region

9639 2488 | www.greaterwestscouts.com.au

Sleep Disorders Australia – NSW

02 9990 3514 | www.sleepoz.org.au

Soroptimist International of Hornsby Inc.

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

Soroptimist International The Hills

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

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

The Hills Shire Garden Club

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

The Hills District Pipe Band

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

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

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

The Sydney Hills Branch of the Association of Independent Retirees

Mal Steel | airsidedneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

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

West Pennant Hills Sports Club

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

Windsor RSL Fishing Club

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

Winston Hills Joey Scouts

9862 8482 | hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 | www.zontadistrict24.org

SOMEONE THAT MANY REMEMBER ...

(Well Frankly I certainly do)

This page deals with memories of people, places, products, and other reminiscences.

I spent many years on the peripheries of the music industry in operating teenage dances at Fairfield and Cabramatta in the mid-1960s, later in producing and hosting music programs on what was then Radio Station 2CCR, now called Alive 90.5, of which I was also the Chairman. My wife and I were also on the founding committee that established "Jazz at The Pines" at Dural. I can remember that Dave Westray, a Board Member at 2CCR, on one occasion, told me that he had spotted Frank Ifield at the station and had commented to him "I Remember You". Many readers may remember that one of Frank Ifield's biggest hits was the song "I Remember You".

Frank Ifield lived at Dural and my wife and I met up with him at The Pines back in 1998 or 99 where he was performing at a country music show. It was at Dural that I obtained a signed copy of what, was then, his latest album entitled "The Fire Still Burns" recorded in 1997.

During an interview in the 1990s he revealed that he was the first artist to have his own show on television other than the various news readers. Frank Ifield's show was titled "Campfire Favourites" on TCN 9. Another of Frank's big hits was "She Taught Me To Yodel". He went on, during the interview, to reveal that he discovered the ability to yodel whilst milking his cow "Betsy" whilst listening to the radio at Dural. He also tells a humorous story on recording yodelling onto

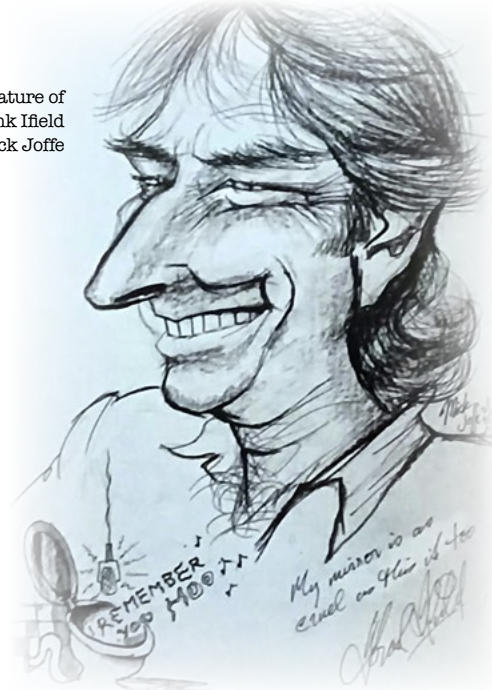
records in the early days of his recording career. At the EMI recording studio in the early 1950s, where the records were recorded direct to wax, two microphones were set up, one in the recording studio and a second in the toilet, the vocal singing was done in the studio and to get a more perfect sound of the yodelling together with the echo, he had to pause and rush out to the toilet to record the yodel. He said that he just had to hope that no one would rush in and flush the toilet.

Frank showed his sense of humour when he told a story from his childhood days (he started performing from a very young age). He was at the Auburn Town Hall where he was to perform in a show and talking to another performer, Buster Noble. The Mayor was on stage giving a speech and during the course of which, said "frankly I feel" and Frank Ifield misheard, and thinking it was his cue, rushed out onto the stage. He said that he felt a right pillock.

The enjoyment of singing had been with him for as long as he could remember. He went on to talk about where he felt the freedom of the bush, when his Australian parents returned the family to Australia following WW II. Frank Ifield was born in Coventry, England. Little did he think as a child that his voice would one day echo around the world or that he would make a living out of what seemed so natural to him.

Whilst music was his first love, his second love, he said, was meeting and interacting with people and this was fulfilled by performing all over

Caricature of
Frank Ifield
By Mick Joffe



the world and, thirdly, he had a love of travelling so he felt that he was custom-made for showbiz.

Whilst residing in England for a number of years, in 1986 he contracted pneumonia, which resulted in removal of part of a lung and damage to his vocal cords. He relocated to Sydney in 1988 and was unable to sing or yodel for years as he recovered.

Frank Ifield married Gillian Bowden, a dancer at the London Palladium, on 6 July 1965 at Marylebone Register Office, London. He starred as Dave Kelly, and Bowden appeared as a dancer in the comedy musical film "Up Jumped a Swagman" (December 1965). The couple had two children. He and Bowden divorced in 1988 and he returned to Sydney to live. In 1992, he married Carole Wood, an airline hostess. Frank Ifield died in Hornsby Hospital of pneumonia on 18 May 2024, at the age of 86.

ALIVE WITH JAZZ

Roger Brand has experienced and collected an array of music that has been selected from a variety of sources both in Australia and other parts of the world.

His tastes are very eclectic, which is a good approach when considering music for the listening audience of Alive 90.5. This is Jazz with an appreciation of the low-end frequencies. Today's singers define the new era of Jazz. It's innovative, exciting and incredibly modern music. Tune in to the warmth of ivory keys with free-form idealism and improvisation. Kick back and enjoy a unique twist merging jazz and piano on Keeping Jazz Alive Sun 12-2pm.

Every Saturday morning at 6am, Graham Johnson presents the "Early A.M. Attitude

program". The program has been on air continually since March 1996 and gets its name from a track by smooth jazz legends Dave Grusin and Lee Ritenour. Graham maintains a website for fans of smooth jazz music – the site has items of news, photos and a whole lot more. Graham also uploads the most recent "Early A.M. Attitude" program to this site so that you can replay it at any time. Reward your good taste and join the smooth jazz fans from Australia and around the world.



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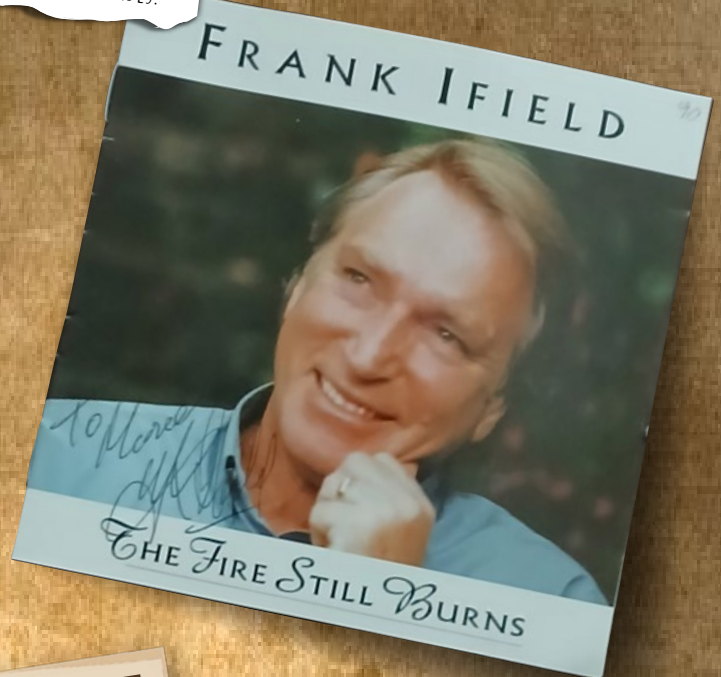
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with big DREAMS



AGE 14: Humble
Beginnings



AGE 16: It's a yodel what
did you think it was.



AGE 24: And all my
DREAMS came true



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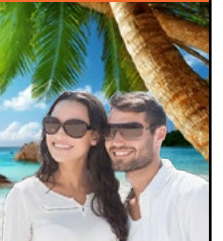
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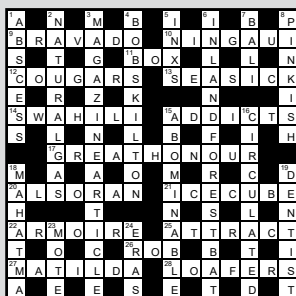
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PUZZLE

Answers from last issue

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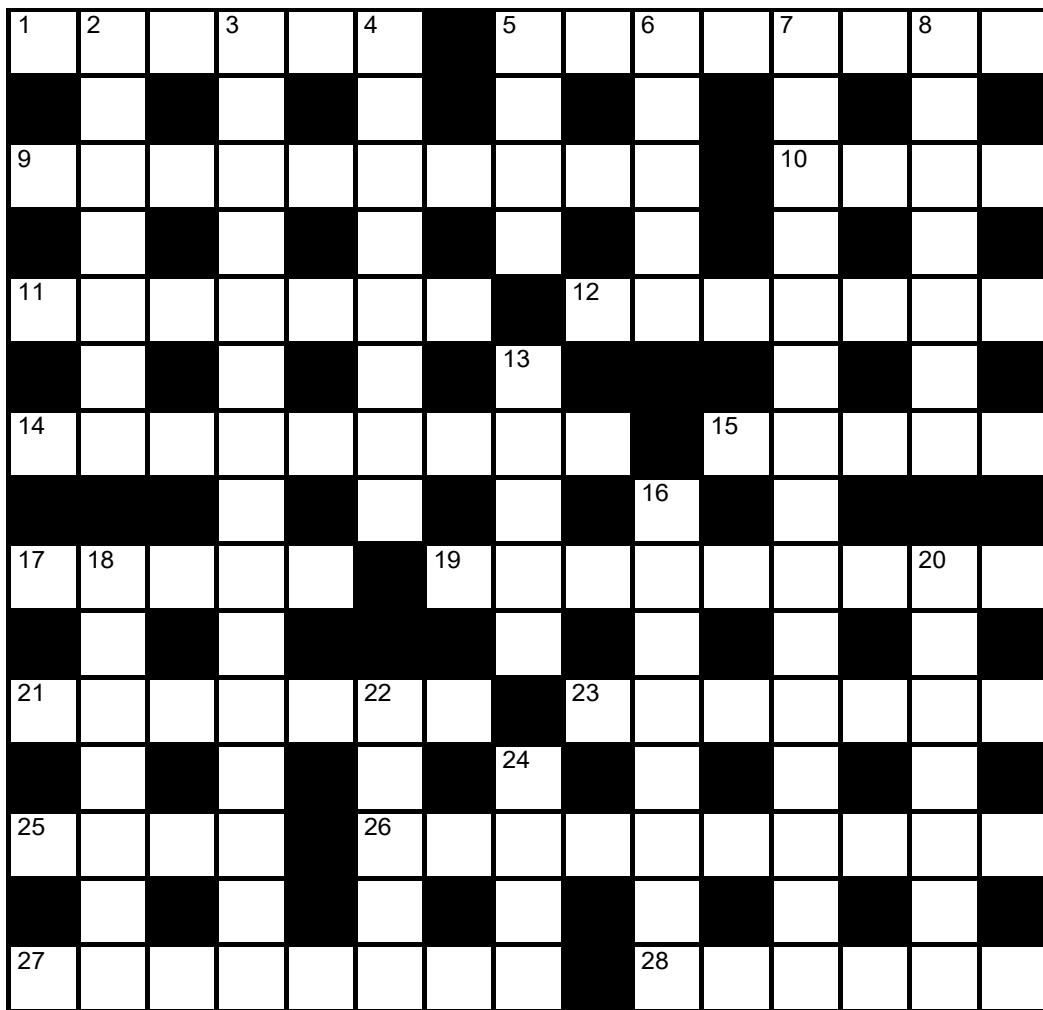
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Across

1. Some optical drives
5. Scotch rocks?
9. Supersonic disturbance causes bangs
10. Brown ---, a large seabird
11. Hopes
12. Lend a hand
14. Inordinately greedy
15. OK?
17. Fatty acid
19. Plug
21. Side by side
23. Priests' subordinates
25. E ---, which can be very bad for you
26. Type of music
27. Firmly inserted
28. The preceding generation

Down

2. Type of fishing, often well away from land
3. Rare
4. Like some weedkillers
5. Bin chicken
6. Actor --- Dingo
7. Psychotic Tito punishes cad - it's natural
8. Silver-leaved shrub with purple flowers
13. Delicious type of crab
16. "Not this story again ..."
18. Flowering
20. Lie on the beach
22. Kendo prop
24. Wind-driven clouds

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COMMUNITY NEWS

Dural Cubs Earn Peak Award

Last month, Dural Scout Group held their annual end of year celebration. It was wonderful to see so many youth members, parents and Leaders all come together to celebrate this special evening.

The highlight of the night was the presentation of the Grey Wolf Award to two of our cubs, Lucas Vriens (Unit Leader) and Jessica Edwards (Patrol Leader).

The Grey Wolf Award is the Peak Award you can earn in the Cub Scout Section. It is considered the highest award of Scouting at this stage and is the culmination of a lot of regular hard and great work. It brings together the core elements of the Achievement

Pathways, a Personal Development Course, an Adventurous Journey and Personal Reflection.

The Award was presented to Jess and Lucas by the Regional Commissioner for Cub Scouts, Gabie Thompson. After the presentation Jess and Lucas cut into and shared a giant chocolate cake that was decorated to mark the occasion.

Dural Scout Group has vacancies for Girls and Boys from 5 to 25 years. Joeys (5yo), Cubs (8yo), Scouts (12yo) and Venturers (16yo). Please contact Phirooza: 0411 731 976 or phirooza@bigpond.net.au or Simon: thewolf_1stdural@bigpond.com



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