

Hills to Hawkesbury

Community News

30th May – 13th June 2025 | Volume 42 – Issue 11
Local Stories, Local Events, Local People and Local Businesses

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Kellyville Home to the World's Biggest RL Training Precinct

BY LAWRENCE MACHADO

Kellyville is officially home to the largest rugby league training facility in the world, making The Hills District a magnet for emerging talent across the NRL. And if the Eastwood Rugby planned move to Castle Hill's Fred Caterson Reserve takes off soon, it will mean massive growth potential for both rugby union and rugby league in The Hills and Hawkesbury regions.

Parramatta Eels unveiled its futuristic \$70 million Centre of Excellence and Kellyville Memorial Park Community Centre on May 22.

The COE houses a 1,500-seat grandstand at the international-standard venue. It has five full-sized rugby league fields and is the first gender-equal elite facility in Australia with training facilities replicated for men and women across NRL, NRLW and Elite Pathways programs.

Sports Minister Steve Kamper said the precinct will fire the dreams of boys and girls at the Wentworthville Magpies or Rouse Hill Rhinos of one day wearing the famous Eels jersey.

The Hills is home to some of the most inclusive and sporting popular clubs in Sydney, and constantly expanding facilities to cope with the increasing numbers. The Hills Shire Mayor Dr Michelle Byrne said it is a world class facility allowing young footballers to chase their dreams.

"The next (Eels star) Mitchell Moses could very well begin their journey right here," she said. "This project is a great example of all three levels of government working together with a leading sporting organisation to deliver outstanding outcomes for our growing community and the ever-popular and rapidly growing rugby league."

Federal Member for Parramatta Andrew Charlton said nothing brings people together like sport. "It's inclusive, it's local, it's Eels, and it's everything we're proud of in Parramatta," he said.



The COE is funded by the Australian and NSW Governments, The Hills Shire Council, and Parramatta Leagues Club.

According to Parramatta Eels CEO Jim Sarantinos, the venue provides a thriving environment for the Eels players. He said it will "increase participation across all forms of rugby league in one of the fastest-growing regions in Australia."

"Most importantly, it will be a home for the entire Parramatta Eels family, including past players, members, fans, partners and the wider Eels and Western Sydney community."

Parramatta Leagues Club chairman Greg Monaghan said: "Congratulations to the Eels on the incredible achievement of launching this world-class Centre of Excellence. As the cornerstone of our Parra Group, now proudly representing 100,000 members, our shared commitment to rugby league, sport, and community has never been stronger."



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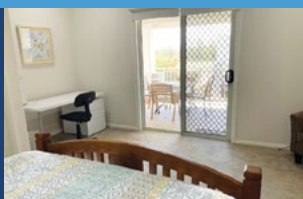
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DRUNK RAMPAGE

Hills Police arrested a 58-year-old male after a serious incident at a residence in Crane Road, Castle Hill.

At around 4:25 am, officers responded to reports of a drunk man who was reportedly driving erratically in a vehicle in someone's backyard. The vehicle caused considerable damage to the turf, retaining walls, and fencing.

When the police arrived, they saw the man behind the wheel. He was asked to stop and exit the car, but reportedly refused and became aggressive.

As a Chief Inspector tried to arrest him, the man allegedly punched the officer in the chin and put him in a chokehold.

More officers arrived, and after a physical struggle, they were able to subdue the man and arrest him. He was then transported to Castle Hill Station.

While in police custody, the man appeared to lose consciousness and was taken to hospital. After regaining consciousness, he allegedly attempted to flee but was quickly re-apprehended by officers.

The man was charged with Assault Police, Resist Arrest, and Malicious Damage.

He was refused bail and scheduled to appear at Parramatta Local Court on 24 May.

DRINK DRIVING

On 18 May, Hills Highway Patrol officers attended to multiple reports of a vehicle being driven dangerously along Old Northern Road, Maroota. The officers conducted checks and soon found the 38-year-old woman who refused a roadside breath test.

The woman was arrested and taken to Windsor Police Station. A breath analysis returned a 0.258 reading, more than five times the legal limit. Her licence was then immediately suspended. She will appear at the Windsor Local Court in June.

Police remind drivers that intoxicated driving endangers lives and urge the community to report similar incidents.

MULCH FIRE

On 21 May, multiple Hawkesbury Rural Fire Service brigades responded to calls of a 40m x 40m mulch fire at Ebenezer.

The Hawkesbury Headquarters RFB was activated due to the size and intensity of the fire, which brought a bulk water carrier and additional equipment from Oakville RFB.

Crews from Freemans Reach, Ebenezer, and Wilberforce attempted to extinguish the fire, which lasted for 6 hours.

ROBBERY ARREST

Hills Police arrested a teenage male after a robbery incident at Rouse Hill Town Centre on 23 May.

At around 9:30 pm, two teenage boys entered the shopping centre and were followed by a group of seven people. One victim was approached and assaulted by a male who punched and kicked him in the head. A second male allegedly showed a knife from his waistband, which led the victim to give up his jumper.

The group escaped with the stolen item.

Police responded quickly and collaborated with local security and transport network operators.

According to the police, they arrested five individuals in the area. One of the arrested teens was reportedly found in possession of the stolen property and has been charged with robbery in company.

Three more individuals were released, while the two others remain at large and unidentified.

NSW Police continue investigating and are working to identify the remaining persons involved.

REPLICA FIREARM

On 17 May, Officers from Riverstone Police Area Command attended an address in Riverstone to speak with a male about a stealing offence. During a search of the man's vehicle, Police located 6 grams of the drug ice and two replica firearms. The man was arrested.

Riverstone Police Area Command officers attended an address on 17 May to speak with a male regarding a stealing offence. Police discovered six grams of drug ice and two replica firearms during a search of his vehicle.

Police arrested the man and was taken to Riverstone Police Station, where he was charged with:

- Two counts of possessing an unauthorised pistol
- One count of possessing a prohibited drug

He has been granted strict conditional bail and is scheduled to appear before Blacktown Local Court.

VEHICLE COLLISION

On 24 May, Oakville Rural Fire Brigade attended a motor vehicle accident in Pitt Town.

When the crews arrived, they found a two-vehicle collision. One vehicle was on the drainage ditch on the side of the road.

All occupants were able to exit their vehicles and only sustained minor injuries. The crews, along with police, controlled the flow of traffic and the clearing of debris.

BREAK & ENTER

Police charged two men after an aggravated break-and-enter at a self-storage facility at Carrington Road, Castle Hill, on 16 May.

At around 2:24 am, the two men allegedly gained unauthorised access to the facility. They entered the area through a fire door and forced entry into a storage unit.

The site manager saw suspicious activity on the CCTV and alerted the police, who then found and arrested the men nearby after several boxes were taken away.

Two men, aged 24 and 26, were caught with a broken padlock and face masks that matched the CCTV images. One was released under strict bail conditions, while the other is still in custody after being denied bail.

Police are still looking into the seized items, which include a significant number of vapes and tobacco products.

ELECTRICAL SPARKS

On 26 May, crews from the Glossodia Rural Fire Brigade responded to a structure/electrical fire on Spinks Drive, near Golden Valley Drive, in Glossodia.

On arrival, the firefighters found sparks and smoke from the electrical Point of Attachment on the fascia bracket. According to the Glossodia RFS, nearby trees had damaged the cabling.

Crews remained on the scene to keep the area safe and trimmed the trees to make way for the energy company to make repairs.

HIGH-SPEED PURSUIT

Police charged a 22-year-old male after a dangerous vehicle pursuit through North Kellyville, Rouse Hill, and Kellyville on 15 May.

According to police, the man performed predatory driving, chasing another vehicle from residential streets to major intersections at high speed. He also ignored traffic signals and crossed onto the wrong side of the road.

The pursuit concluded in a severe collision at the Memorial Avenue and Windsor Road intersection, where he struck a Mazda.

A 30-year-old woman rideshare Mazda driver and a male passenger both sustained injuries, with the driver requiring immediate hospitalisation.

Police arrested the man the next day and charged him with multiple offences, including Predatory Driving and injuries by Furious Driving.

ZERO DFV NAVBOOK Launched in The Hills

BY BEV JORDAN

Minister for Prevention of Domestic Violence and Sexual Assault Jodie Harrison was at Castle Hill RSL last week to launch The Hills Zero DFV Navbook, a new tool to coordinate and accelerate community efforts to eliminate Domestic and Family Violence.

She told the audience: "What you are launching is a message of hope."

The Hills Zero DFV Navbook – developed by Click Collab – provides a framework for the next five years to achieve ZERO DVF.

Kirrily Dear and Kerrie Edwards, co-founders of Click Collab, spent six months on the whole-of-community initiative, bringing together local organisations, advocates, and frontline workers across the Hills along with survivors to piece the Navbook together.

Kirrily Dear said: "The key insight we uncovered during our early discovery phase, is that so much great prevention was already happening – but much of it is invisible or disconnected.

"The Navbook makes this work visible, measurable, and scalable. It's a rallying point for anyone who wants to contribute to real change in their community."

The Navbook contains local facts and stats, a shared vision, three priority goals, and a unified action framework to address the lack of coordination and facilitation that leads to fragmentation and demobilisation.

It aligns with the NSW Government's Pathways to Prevention strategy.

The Navbook looked at the extent of DVF in the community saying more than 23,000 children in the Hills are at risk of exposure to DVF, over 27,000 adults have suffered intimate partner abuse and more than 4,700 people over the age of 65 have experienced elder abuse in the past 12 months.

Kerrie Edwards said: "We all know that if we want a different outcome, we need to do things differently. This solution draws on decades of cross-sector knowledge. It's a pivot point for the prevention sector, and we believe it will significantly accelerate our path to Zero DFV."

CHRG has not only funded the development of Click Collab and the Navbook but is now embedding the strategy into its operations, partnerships, and future investments.

Andy Abey, CHRG's Group Chief Operating Officer said: "This is not a campaign. This is a commitment to community. We saw a problem with fragmentation and a lack of clarity around where best to invest resources. Now, with the Navbook in hand, we have a roadmap to help steer our support toward maximum impact."

"I grew up in a home shaped by fear, violence and control. The scars of that time still sit with me – as a partner, as a mother, as a person. That's why this work means so much.

"At CHRG, I've seen inspiring programs and people doing incredible things. But I could also see how fragmentation was holding us back.

Continues on page 9

Kerrie Edwards Co-founder, Click Collab, Andy Abey Group Chief Operating Officer, CHRG, Kirrily Dear Co-founder, Click Collab, Minister Jodie Harrison, MP and Supt Naomi Moore.

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Speaker Maria Wariz Nawaz

Maria Wariz Nawaz is a Registered Psychologist and founder of JAZE Health, specialising in supporting individuals and families through complex emotional transitions. With warmth and insight, she helps people navigate change, connection, and healing in everyday life.

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VENUE

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TIME

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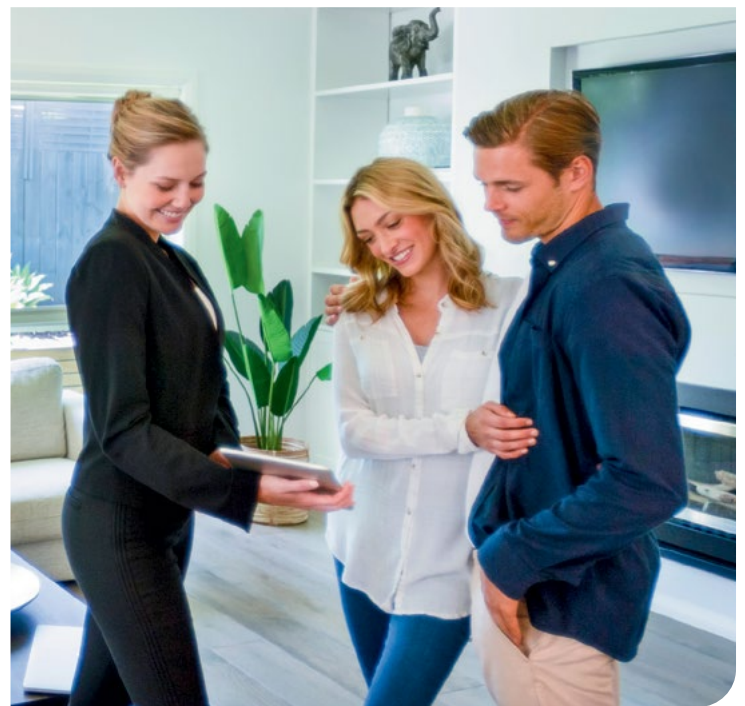
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Cultures of The Hills

Monique, raised in Baulkham Hills with a mixed Japanese and Australian heritage, struggled to find her identity during her school years. She often tried to fit in, neglecting her cultural background. However, studying Japanese in high school sparked a realization of her culture's importance.

This led her to move to Japan, an experience that defined her twenties. She reconnected with her culture and language, witnessed significant events like the Covid pandemic and the Olympics, spent time with her grandmother, and started a family.

Now back in the Hills, Monique balances parenthood, study, and her role as a Youth and Community Worker at Hills Community Aid. She's passionate about creating a welcoming space for young people, encouraging them to embrace their unique identities amidst social pressures.

Hills Community Aid offers diverse programs, including an Art Space, Crochet Club, Homework Help, Walking Social Group, and Board Games Club, all free. They also partner in community events like Cultures of The Hills.

Monique will proudly represent her Japanese heritage as an organizer and panellist at Cultures of The Hills #4, featuring Japanese, Italian, and Irish cultures. The event takes place on Wednesday, 4 June, 10am-1pm at Pioneer Theatre and Community Centre. Light refreshments and networking begin at 10am. Registration is required and can be done by scanning the QR code or visiting www.hca.org.au.



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ZERO DFV NAVBOOK

Launched in The Hills *from on page 5*

So, I took the idea to our Board – and I'm grateful they backed it with the largest single grant in our history. The launch of the Navbook is more than just a milestone. It's a turning point. A chance to do better for the next generation, and to help break the cycle, for good."

CHRG's contributions and commitments include funding Click Collab and development of the Navbook, along with future support for a community facilitator; ClubGRANTS investment in respectful relationships education and counselling/support services, in line with identified priority goals; implementation of the "Recognise.Respond. Refer." initiative, training all CHRG staff as first responders and expanding safe room access across venues; leading the way with strategic partnerships with police, councils, sporting clubs, business chambers and schools; and ongoing awareness and activation campaigns across CHRG venues and networks.

Superintendent Naomi Moore, The Hills PAC, said: "DFV is not only a crime but also a serious community issue that demands a collaborative and coordinated response, leveraging expertise and resources to foster positive change for individuals and the broader community.

"As the Commander, I am constantly seeking opportunities to harness our strong

community relationships to create a safer Hills district. I wholeheartedly support the Click Collab pilot as a valuable opportunity to collaborate with other passionate stakeholders, achieving tangible outcomes and significant improvements in addressing DFV within The Hills."

In the 12 months to March 2025 there were more than 2,140 DFV incidents reported to Hills police.

Anita Fisher, Convenor of the Hills Domestic Violence Prevention Network said:

"The Hills Domestic Violence Prevention Network represents a large network of local community organisations, service providers, institutions, the police and individuals to create a united front to address domestic violence in all its forms.

"For over 30 years, the Network has worked to raise awareness on domestic violence, abuse and coercive control through educational forums and community outreach campaigns across The Hills Shire.

"While our Network does some great work, it is still not able to achieve all that is required to bring about zero Domestic Family Violence so the HDVPN leadership team is very supportive

of the new Click Collab project, which will seek to further unite all

efforts across the region and eventually Australia.

"It will reduce duplication of efforts and offer avenues for greater collaboration which is driven by evidence-based practice. We look forward to seeing what can be achieved together."



Hills Mayor Dr Michelle Byrne with David O'Neil CEO CHRG



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Rotary In Action

BEV JORDAN

There's a busy but quiet warehouse in the Hills that's changing lives and outcomes around the world while saving valuable resources from becoming landfill here.

MediShare is a Rotary International initiative supported by volunteers from all over Sydney who come to the Hills facility to repurpose medical equipment to where it is needed.

While Rotary has been shipping donated items to countries in need for 50 years it became apparent that a need for a service totally focussed on medical equipment was also needed.

Rotarian Keith Roffey has run MediShare since it was founded in 2020 with Janis Harvey.

The medical surplus recovery service works with Government and Non Government Organisations to redirect in-date and useful items.

Since 2020 it has sent containers filled with equipment (including thousands of Covid testing kits) to: Sri Lanka, Sudan, South Sudan, Nepal, Vietnam, Cambodia, PNG and Ukraine.

The organisation is also the only group outside America to be accredited by MedSurplus Alliance to assemble Kits4Life to be sent where needed. It enables clinical trial sites to donate surplus lab kits and supplies (including unused syringes and collection tubes). Keith says MediShare is working with 14 international pharmaceutical company. "They send us unused kits to us, Volunteers de-link the product (removing all the bar codes) and

sort them out into bulk packs and ship them overseas."

MediShare has also shipped 115,000 blankets to Jordan for Gaza refugees, Philippines, Zimbabwe, Ethiopia, Somalia, Tanzania, Fiji and Bangladesh. The containers have also included humidity cribs, crutches, walkers and wheelchairs. "We strengthen the health system for these countries but also save a lot of good equipment from landfill. Whatever we do has to be sustainable and what we do send over is useable. It has to be managed properly. It has to be achieving something," says Keith.

It costs \$12,000 for each container and shipping costs are covered by Rotary clubs and charities for projects and partnerships they are involved in. But some communities need support. "If we had some regular (financial) donations we could help," said Keith. He says smaller Pacific Islands such as Kiribati would definitely benefit from help with shipping costs.

"TB in Kiribati and Leprosy is rife. They could use these products."

Medishare works with big organisations and pharmaceutical companies on corporate volunteer days and the day I visited Bayer staff were repacking Kits4Life. Tonnes have

been saved from landfill. MediShare also works with Rotary Club volunteers and community volunteers. Schools can also organise packing days and Rotarians from clubs across Sydney volunteer. Alan Grady from Norwest Rotary, Chris Johnson from Carlingford Rotary Club and Richard Bell are regular volunteers who I met on the day of my visit along with Rae-anne Medforth from the Rotary Club Sydney Darling Harbour.

To find out more visit: www.medishare.org. To make a donation or an inquiry email medishare.admin@rawcs.org.au or call Janis on 0415 439 022



Greater Blue Mountains Area World Heritage Advisory Committee

The NSW Government is inviting applications for the Greater Blue Mountains Area World Heritage Advisory Committee. Applications are now open for an independent chair, representatives of the Darkinjung, Dharawal, Dharug, Wiradjuri and Wonnarua language groups and three scientific representatives.

The Greater Blue Mountains Area World Heritage Advisory Committee gives advice to relevant agencies and ministers regarding the identification, protection, conservation, presentation and transmission to future generations, of the property's Outstanding Universal Value.

Members are appointed by the NSW Minister for the Environment, with the Chair jointly appointed by both NSW and Australian government ministers.

Separate nomination processes will identify representatives from the Gundungurra Indigenous Land Use Agreement Consultative Committee, Local Government and Blue Mountains World Heritage Institute.

Applications close on 16 June 2025.

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BY MULPHA



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Connie's Garden Blossoms

BY BEV JORDAN

A dream to turn a barely used grassed area into a beautiful garden for the community has taken five years to blossom and now the vision and passion of volunteer Connie Keith who drove the program has been recognised.

The sensory garden at Balcombe Heights Estate in Baulkham Hills was officially renamed The Connie Anne Keith Sensory Garden at a special ceremony by Hills Shire Mayor Dr Michelle Byrne this month.

"The renaming of the garden after Connie is a small way our community can recognise her incredible efforts over the past 19 years, which have included promoting the history of Balcombe Heights Estate, organising annual Remembrance Day ceremonies, opening the war memorial, planting trees as part of the Queen's Jubilee celebrations, and much more," she said.

"Connie has a long history of volunteering at Balcombe Heights Estate, stretching back to 2006 when she was part of a pottery group on-site and put her hand up to become Chair of the Balcombe Heights Estate Committee. She has held that position ever since.

"From coming up with the initial idea for the garden, to applying for the Western Sydney Infrastructure Grants Program and working alongside Council and the garden's designer, Connie cultivated the sensory garden and brought it to life.

"Sensory gardens stimulate the four senses of sight, touch, hearing and smell, and have been shown to improve mental and physical wellbeing, especially for people with dementia or neurodivergent needs," she said.

Connie said she was thinking of ways to mark the 100th anniversary of the old Masonic School site (now the Balcombe Heights Estate) during the COVID lockdown when she thought about a community garden.

"When I was with the Macquarie Hills Potters we would sit on the verandah for lunch and I would look at this grassy field that no one seemed to use."

After approaching the Hills Shire council's general manager who supported the idea she started to look for funding for the project.

"Because of the organisations on the Estate I saw that having a sensory garden would be really good and also good for the community's mental health."

It took two years for the grant application to be approved but working with landscape designer Tig Crowley and Hills Community Aid the plans were well in place by the time the funding did come through. The garden was opened in November 2024 and renamed following community consultation.

Connie said she always felt a connection to the site as she used to go to Northhead High School with boys who lived at the Masonic Schools at Balcombe Heights.

"It started as a place that was caring for people and I still see it as a place that's caring for people. I wanted to have something that's going to be useful for the community and



Mayor of The Hills Shire, Dr Michelle Byrne and Connie Keith

bring the community together. That was my main aim."

The Sensory Garden was funded by the NSW Government's Western Sydney Infrastructure Grants Program (formerly WestInvest).

Its features include an accessible ramp as well as Aboriginal art symbols and colourful park furniture, plus ceramics created and donated by Connie.

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Winterfest Sydney Medieval Fair is back on 5 - 6 July 2025
at the Hawkesbury Showground from 10am to 5pm.

Winterfest gives you an exciting adventure into a world of knights, vikings, jousting, archery and much more. There are crafts, cooking and games at this popular two-day event featuring an extensive program to delight all who attend.

We are giving readers a chance for a giveaway of one of 4 x Family Day Passes valued at \$95 each. Each pass is for 2 x Adults and 2 x Children. Tell us in 20 words or less why you want a Family Pass and email your response plus your name, suburb and contact details to contribute@hillstohawkesbury.com.au by Monday, 23rd June. All entries will go

in a draw and the lucky winner will be notified as well as an announcement published in the magazine on Friday, 27th June. Terms and conditions for all competitions are on the H2H website.

So look out for this amazing prize!

The two days will be filled with jousting tournaments, full contact fighting between the best fighters from NSW and Victoria battling it out in full medieval amour. Get up close with a majestic eagle and other feathered friends. A vibrant range of wares at 'Merchant's Row' with over 70 stalls including handcrafted

wares, clothing, accessories, toys and artwork won't disappoint. Traditional skills will be on show in the 'Artisan Alley' with displays of blacksmithing, woodworking and leatherwork.

There will be so much to see and do. Don't miss out on the opportunity to win the tickets by emailing the above email address. Your weekend will be filled with excitement and fun for the whole family.

Check out the website - www.winterfest.com.au. 40 Racecourse Road, Clarendon NSW 2756 (opposite the RAAF Base). Connect with us on Facebook, Instagram, Youtube



WINTERFEST

Sydney Medieval Fair

5 - 6 July 2025

Hawkesbury Showground

Escape to Winterfest for a weekend of history and fantasy!

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Birds of prey | Artisan market stalls | Archery
Costume & cosplay parade | Traditional crafts
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Find out more at winterfest.com.au    /WinterfestSydney



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to book a tour of **BaptistCare's The Gracewood Community.**

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The Hills Shire Council News

SIGN OUR PETITION FOR BETTER INFRASTRUCTURE

We need urgent investment:

ROADS

- 45 key intersections across the Hills require upgrades, along with improved bus, walking, and cycling connections to Metro stations.

PARKS AND SPORTS FIELDS

- By 2036, The Hills will need 40 sports fields to support our growing population.
- 31 fields are partially or fully funded by contributions plans, but nine across Cherrybrook, Castle Hill, Norwest, Bella Vista, Kellyville, Rouse Hill, and Baulkham Hills remain unfunded.

SCHOOLS

- The Hills needs at least 14 new schools to meet growing demand.

BOX HILL – A COMMUNITY LEFT BEHIND

- Box Hill alone faces a \$207 million shortfall for essential infrastructure.
- Projects at risk include upgrades to The Water Lane, Ross Place Bridge, Hereford Street Reserve, Killarney Chain of Ponds pedestrian bridge, and more.

We need 20,000 signatures to force a debate in the NSW Parliament and help secure the infrastructure the Hills deserves.

IT TAKES 30 SECONDS TO SIGN OUR PETITION

VISIT

fairerhillsfuture.com.au
or scan the QR code.



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HILLS FUTURE**



Win and Have Your Photos Seen by Thousands in Council's Calendar

Do you love photography? Submit your favourite photo of The Hills for a chance to be featured in the 2026 Waste and Recycling calendar and win a prize!

12 images will be chosen for each month and one for the front cover. A \$100 Coles/Myer gift card will be awarded to the front cover winner, and 12 x \$50 Coles/Myer gift cards will be awarded to the monthly feature photography winners – one for each month.

Applicants must reside within The Hills LGA and can only submit photographs taken in the Shire within the last two years.

The competition closes on Monday, 30 June. Scan the QR code for more information.



An Evening with Jane Caro

Join Walkey award-winning columnist, social commentator, and author Jane Caro as she talks about her thrilling new novel *Lyrebird* – it'll have you gripped with every page you turn!

See Jane on Thursday, 5 June from 6:30pm to 7:30pm at Pioneer Theatre. Tickets are \$13.30pp.



Council Meetings

Tuesday, 10 June 2025 at 7pm

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

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



THE HILLS
Sydney's Garden Shire

INDEPENDENT LIVING: How to Live Your Best Life at Windsor Country Village

At **Windsor Country Village**, we believe that retirement should be a time to thrive—not just relax. Our unique approach to **Independent Living** provides a vibrant support framework that allows residents to maintain their freedom while enjoying the benefits of a close-knit, welcoming community. Whether you're still working, semi-retired, or embracing your golden years, you'll find a home here that suits your lifestyle and supports your goals.

Our residents range from active professionals to energetic nonagenarians, all sharing the same high-quality village

resources. This diverse mix creates an inspiring atmosphere where independence is encouraged, and friendships flourish. "Retirement villages empower older Australians to live confidently, pursue their passions and embrace new opportunities. They create a sense of belonging and purpose, offering not just a home but a vibrant environment where people can truly flourish," says Tom.

Living at Windsor Country Village means you'll be part of a community that values wellness, safety, and connection. Residents report higher satisfaction levels compared to other housing options, particularly in areas like companionship, access to support, and peace of mind. The lifestyle-driven environment here enhances mental wellbeing, encourages social engagement, and helps foster a positive outlook on the future.

Financial stability is another key advantage. Our model ensures predictable costs, low maintenance responsibilities, and the security of a professionally managed village, giving you more time and energy to focus on living your best life.



Whether you're seeking an active lifestyle, meaningful connections, or simply the peace of a well-designed community, Windsor Country Village offers the perfect blend of freedom and support.

Call us today to arrange an inspection and see how Windsor Country Village can help you live your best life through independent living in a truly supportive and secure environment.



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CLEAR EARS, NO RISKS — Trust the Experts at Ear Studio

BY THE TEAM AT EAR STUDIO

Ear wax might seem like a problem, but it is a natural function of the ear that actually helps to protect them. It traps dust, dirt and germs, keeping your ears clean and healthy. But sometimes, too much wax can build up. This can make your ears feel blocked, itchy, or even affect your hearing.

When that happens, many people try to fix it themselves at home. But home remedies can be risky—and in some cases, even dangerous. You may have heard the old adage, 'Never put anything smaller than your elbow in your ear.' We'll dive into why that saying exists and why it's actually pretty good advice—stick around!

Some people use drops, oils or peroxide to soften wax. But these can irritate the skin inside your ear. Others try ear candles, which are not only messy but can also burn you or push the wax deeper and are not recommended by medical professionals.

Using cotton buds (often called Q-tips) is very common. Many people believe they are cleaning their ears when they use them. But the truth is, cotton buds often do the opposite of what people expect.

Instead of pulling wax out, they usually push the wax deeper into the ear canal. This can make the blockage worse and harder to remove. Cotton buds can also scratch the delicate skin

inside the ear, which can cause pain, swelling, and even infection.

From time to time at Ear Studio, we see clients with a foreign object in their ear due to at-home ear cleaning—sometimes it's the cotton tip that has become dislodged from the stick. These objects can get stuck inside the ear canal and may cause pain, discomfort, or even infection, often requiring safe removal at our clinic, Ear Studio, by one of our expert clinicians.

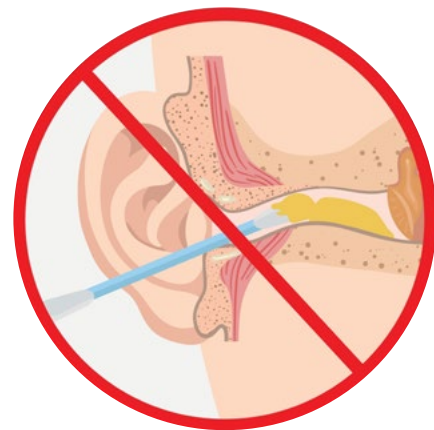
The ear canal is very sensitive and has soft skin that can easily be damaged. Using anything sharp or rough—like a bobby pin, key, or even your finger—can harm the ear and increase the risk of infection or other more serious problems.

Even those tiny camera tools sold online can be dangerous. While they let you look into the ear, the tools that come with them are often sharp or poorly made. Without the right training, it's easy to hurt yourself or others.

So, what's the safest way to clear ear wax?

Micro suction. This is the method we trust and use every day at Ear Studio.

Micro suction uses gentle suction to remove wax while we look directly into your ear using a bright light and magnifying tools. This means our clinicians can see exactly what they're doing, and remove the wax carefully and safely.



There's no water and no mess. The whole process is quick, comfortable, and effective.

At Ear Studio, you'll be looked after by our experienced hearing care team. We are trained professionals who know ears inside and out. We take our time, explain everything clearly, and make sure you feel comfortable from start to finish. If you need a different method, we'll only use it if it's safe and right for your ears.

Don't take chances with your hearing. If your ears feel blocked or you're having trouble hearing, come see the experts at Ear Studio. You'll be in safe hands—and you'll leave with clear ears and peace of mind.

Call us on 02 9159 6122 or visit www.earstudio.com.au to book your appointment today. We are located inside Lawton House, Suite 9-10, 60 Cecil Avenue, Castle Hill NSW. We conveniently offer free, off-street undercover parking, and our clinic is wheelchair accessible. Our opening hours are Monday to Thursday 8:30am to 5:00pm and Friday 8:30am to 4:00pm.

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- ✖ A delicious morning tea

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Mail: PO Box 855, Windsor NSW 2756 **OPEN:** Mon - Fri 9am-5pm

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Authorised by Susan Templeman, ALP (NSW Branch), 299 George Street, Windsor NSW 2756



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Supporting Veterans and their Families

The historic Richmond Courthouse and Police Station is about to have a new phase of life as the permanent home for the new Hawkesbury Veterans' and Families' Hub.

The Hub will support the more than 20,000 veterans living in and around the Hawkesbury district, their families, and the families of serving personnel whose loved ones work at Richmond RAAF Base, which was my 2022 election commitment.

It's been great to work with RSL Lifecare who have been selected to operate the Hub,

It will start at a temporary site at Windsor RSL, with a separate entrance to the Club, where veterans and their families can access things like health and wellbeing services, Department

of Veteran Affairs claims help and housing and employment support and will operate until work on the permanent site is completed.

The repurposing of the Court House, a joint project with the NSW Government, will create a warm and welcoming environment for veterans of all ages and their families, while still respecting the important heritage of the building. It is very conveniently located, in the heart of the town, and will have dedicated parking.

Labor's commitment to improving the support for veterans and their families is multifaceted.

Along with the Veteran's Hub, we have also funded Taskforce Veteran, who received

\$5 million towards their restoration of the historic Scheyville Officer Training Unit at Scheyville National Park.

Our government has continued to index Veteran Pensions so that the more than 150,000 Australians receiving support through the Department of Veterans' Affairs regularly receive increases.

Compared to 2022, as of March 2025, a veteran receiving the Disability Compensation Payment (Special Rate), known as the Totally and Permanently Incapacitated (TPI) Payment, has seen their payment increase by more than \$7,630 per year and single people on the veteran payment are more than \$4,300 per year better off.

Dreams of Home Ownership turning to NIGHTMARES

Residents of Greater Sydney are all too familiar with our current housing crisis, with no clear end or viable solution in sight. Affordability and availability continue to impede the dream of so many individuals of one day owning their own home.

This is one of the biggest challenges facing any government. The Australian dream of owning your own home is a distant dot for the younger generation. It's all about supply and demand, and when the population exceeds housing availability, it puts pressure on the cost of housing, so more people rent and less people become homeowners.

The offer proposed by the Rosehill Gardens Racecourse to sell the precinct for \$5 billion to the NSW Government, has failed. The Australian Turf Club members did not support this move which now leaves the Minns Labor Government scouring the landscape to find alternative sites that can provide the 25,000 new homes deficit. Does that mean that locations like the Sydney


Cricket Ground, Bondi Beach or a spacious metropolitan golf course could be in their sights?

Whilst I'm not privy to those Cabinet conversations, the reality is that NSW is already 37% behind our national housing accord target, with new home commencements and building approvals slumping.

Rental prices remain at an all-time high, with properties close to transport services and major infrastructure, capitalising on the high level of competition and demand from tenants. Governments need to make home ownership and property investment more affordable and attractive.

So what is your 'Plan B' Premier Minns?





ROBYN PRESTON MP

MEMBER FOR HAWKESBURY

How my office and I can help you

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

The office is located at Western Sydney University, Hawkesbury Campus Building R4, College Drive, Richmond. M: PO Box 505 Richmond NSW 2753

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Authorised by Robyn Preston MP.
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RETIRING INTO A TINY HOME IN AUSTRALIA

Downsizing with flair!

As Australians approach retirement, many are looking for practical solutions to downsize their living spaces while maintaining a fulfilling and active lifestyle.

One increasingly popular option is moving into a tiny home, a trend that offers both financial freedom and a chance to simplify life. Retirees can benefit immensely from the tiny home movement. These compact dwellings maximize space and energy efficiency, allowing for a more manageable lifestyle. With housing affordability becoming a pressing issue, tiny homes provide an opportunity to unlock equity from larger properties, enabling retirees to invest in travel, hobbies, or community experiences that enrich their golden years. The Sydney Tiny Home Expo at the Hawkesbury Showgrounds next week, is an excellent starting point for those considering this lifestyle change. The expo showcases a variety of tiny homes that incorporate innovative designs, sustainable building materials, and space-saving solutions tailored to retirees' needs.

"I think most people who have not physically stood inside a few Tiny houses are really shocked to be honest", says expo organiser, Phae Barrett. "They have

nothing in common with a caravan (other than being on wheels) - they really do feel like a spacious and cozy home. Moreover, they are luxurious and modern, with all the amenities you would find in a big house - just less housework".

If a Tiny House on wheels is not quite right for you, a small modular 'granny flat' style abode may well suit, and these are also at the expo - or the tiny house builders can build a little wider and off the wheels if you prefer.

Overall, as retirees explore new living arrangements, tiny homes present a compelling case for those wishing to embrace simplicity, sustainability, and community without sacrificing comfort.

The journey starts with visiting the expo to discover all the possibilities. Hawkesbury Showgrounds, Clarendon, NSW. Friday 6th June to Sunday 8th June.

There is a staggered entry to avoid over-crowding at these events; check the website to understand more: www.tinyhomesexpo.com.au



TINY HOME EXPO

HAWKESBURY SHOWGROUNDS - 6th, 7th & 8th June



Meet Experts on all things Tiny.
Including
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Tickets and Information - www.tinyhomesexpo.com.au

PET 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: KIARA
BREED: American
Staffordshire Terrier
SEX: Female
AGE: 2 Yrs, 2 Mos
PRICE: \$99



KIARA is a delightful dog with a perpetually sunny disposition. Staff at the Hawkesbury Animal Shelter say Kiara is the epitome of a happy-go-lucky spirit and thrives in the company of her loved ones. She will eagerly follow you wherever you go, making every family outing that much more enjoyable. Kiara is a devoted companion who loves going for long walks, and her enthusiasm is contagious. In times of leisure, Kiara can be found nestled comfortably beside her family members, reveling in the camaraderie and affection that she cherishes dearly. Her joyful presence and boundless love for her family make her an ideal fit for those seeking a dog who is more like a family member than a pet. The adoption price of \$99 includes the first vaccination, microchipping and lifetime registration. Kiara is already desexed so she can leave the Shelter with you.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

OPRAH is an elegant senior cat with a heart full of love and a story waiting to unfold in her golden years. She is searching for a caring new family that can provide her with a peaceful sanctuary where she can enjoy the comforts she deserves. Staff at the Hawkesbury Animal Shelter say while they don't know much about Oprah, her appreciation for the simple pleasures in life, like a windowsill view or leisurely naps, makes her an ideal companion for those who value tranquility and companionship. Offering Oprah a loving home for her senior years means inviting a gracious presence into your life, one that will enrich your days and provide you with the joy of knowing you're making her retirement years truly special. She longs for a quiet, loving environment where she can bask in the warmth of a cozy sunbeam or settle into a soft lap for some quiet companionship. Her adoption price is \$99 and includes the first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: OPRAH
BREED: Domestic
short hair cat
SEX: Female
AGE: 10 Yrs, 2 Mos
PRICE: \$99



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- 472 Windsor Rd,
Baulkham Hills, NSW 2153

Discover the NORTHERN HAWKESBURY

Treat yourself, family & friends with a country drive to a true farmers market, great coffee, an awesome kids park, plus our two nearby fully licensed local institutions – the iconic convict-built Settlers Arms Inn and the Pickled Wombat Café.

This month the Dharug & Lower Hawkesbury Historical Society will be on hand to assist with local history research.

It's a thoroughly enjoyable day visiting historic St Albans – just 90 mins from Sydney, the Central Coast, & the Blue Mountains, with a step back in time to a quieter, more gentle era.

If you are coming from Sydney, 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.

To get there firstly **set your GPS to include Ferries** - 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.

10am – 2pm



Below are the future Market dates.

- Sunday 8th June
- Sunday 13th July
- Sunday 7th Sept (Father's Day)
- Sunday 5th Oct
- Sunday 23rd Nov
- Sunday 21st Dec



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St. Albans Village
MARKET

CHAMPION ATHLETE ALEX HULLEY RETIRES

BY LAWRENCE MACHADO

Alex Hully, Australia's outstanding hammer thrower for more than 14 years, has retired due to spinal injuries. giving up her dream of competing in the 2028 LA Games.

The powerful Rouse Hill athlete dominated junior, state and Australian hammer throwing with stunning performances in Australia, Commonwealth, Youth Olympics, Pacific Games, and other international events. Her greatest achievement was winning silver at the 2018 Gold Coast Commonwealth Games.

For many years, I have followed Alex's astounding career, which included 11 consecutive NSW state crowns, three All Australia All School championships and the U16, U18 and U20 national records.

"At first, and still, it (retirement) is a very emotional and hard decision to make because of all the success I have had and hammer is a massive part of my life, and always will be," said Alex, fourth on the all-time Australian hammer throwing list.

"I have had time to reflect on my amazing achievements throughout my career and the decision is sitting a little easier with me, however, still difficult.

"I am looking forward to some new challenges and experiences that come my way in the next few years.

"I made the decision as I had been struggling to get my body right after injuring my back in 2022. Since then, I have had three spinal surgeries. (It was) after the 3rd surgery, (that) I decided to retire to look after my physical health.

"It was not an easy decision and took about a year for me to properly decide I was not going to continue throwing. I had not been able to train for one year due to my back injury.

"I think winning the silver medal at the 2018 Commonwealth Games in the Gold Coast was my best achievement.

"It was my highest placing at an open international event and my first senior championships! It was also made even more special by having my family and friends there with me."

Alex praised her close-knit family and coaches Bre Clement and Karyne 'Kaz' Di Marco for their support. Team Hulley organised regular fundraisers to pay for her training and overseas competitions in addition to following her around the world.

"My Mum Louise, Dad Matt, sister Georgia and extended family backed me since day one and provided emotional, physical and financial support," Alex said.

"My coaches, Bre and Kaz, have been my rocks for the last 14-15 years of my life. They have supported me each day through good times and bad times," she said.

Alex, a qualified occupational therapist, wants to focus on her career while spending more time with friends and family. "I may plan to take up some coaching in the future but for now I am enjoying a nice break from athletics," she said.

She is an Australian representative on the Oceania Athletes Commission and will help develop athletics in Australia and other Oceania countries.

Alex Hulley won silver at the 2018 Commonwealth Games.

ALEX HULLEY'S ROLL OF HONOUR

- 2014 Youth Olympics: Silver Medal
- 2016 World U20 Championships: Silver Medal
- 2018 Commonwealth Games: Silver Medal
- 2022 World Championships: 17th Place
- 2022 Commonwealth games: Sixth place
- Australian Open Champion: Five Years
- Australian record holder of U16, U18, and U20 national records.



Alex Hulley with her family



Alex Hulley with Coaches Bre Clement and Karyne 'Kaz' Di Marco

STAR HILLS BOWLER HAROLD HONoured

Bowling ace Harold Mills, or H as he is popularly known, now has an outdoor viewing stand named after him at The Hills Club.

This rare honour is much deserved, as Harold has been a member of The Hills Club for nearly 50 years and has the record for most championship wins at club, zone and state levels: 54 wins.

A club official said it was a remarkable achievement by Harold, who was also employed at the club for 27 years. He was made a life member in 2019.

Harold was a keen spectator on Sunday, May 18 to see the club's Grade 7 side win the Metro North West Pennant competition. The side will now play in the state finals in late June.

According to the official, "bowls at The Hills Club is flourishing and we are always on the lookout for new bowlers." The club boasts of three exceptional quality greens, with one synthetic allowing play in all weather conditions.

"If you are interested in bowling at the club, just call us on 9639 2733 and we will set you up with a coach for free," the official said.



Young Gun TOMMY RIZK on Track for F4 debut

BY LAWRENCE MACHADO

Even as a child, Tommy Rizk loved to speed. The son of Egyptian master coach and former sprinter, Emil Rizk, Tommy loved bikes, cars and karts from a very early age.

When he was just 14 months, he rode a cycle; at two years, he drove an electric car; at six years, Emil bought him a second hand kart for \$200, which sparked his love for motor sports.

At 10 years, the Rouse Hill Anglican College student trialled at the Indy 800 kart track in Wilberforce. Tommy set the track alight with skilful driving, finishing third in his first competitive race, just three months after his start. He was later undefeated at the Indy facility for two years, with track records under his belt.

"I love go karting because I really like the speed and adrenaline and how all the competitors are really close with each other," the Pitt Town teenager said. "It gets me away from school and calms me down and I can really live life the way I like it."

Emil said go karting came naturally to him, because he had a keen understanding of the sport. Tommy won against older rivals, before getting a new go-kart the next year. He went on to win a staggering 27 races that year, smashing a track record in a 50-lap race, after starting in 15th place.

Since then, Tommy, 14, has raced in different tracks and tougher competitions like the Dubbo Gold Cup, Todd Road championships and Port Macquarie, across NSW and Victoria, showing his undoubted class with eye-catching performances.

Tommy is now ready to race in Formula Four, the starting block for Formula One, his ultimate goal. He is confident, dedicated and focused on his goals.

He is coming off a phenomenal 2024 season where he won 37 races, two club championships, smashed two track records, while taking out his third Dubbo Gold Cup.

"The biggest challenge when going to F4 would be learn everything and driving the car for the first time. Also, there are challenges like getting the money, training every day and just doing everything for the first time," he said.

"I feel I'm capable for the challenge because I've been waiting a long time to drive the car and I've been training and working hard to prepare."



Tommy has been training for months on the Formula One stimulator installed at his home. Formula 4 races involves a lot of travelling here and overseas which means Team Tommy needs sponsors and financial backing to make his dreams come true.

"We're doing our best to fund Tommy's career," Emil said. "But we need as many sponsors as possible to cover the prohibitive costs involved in motorsports."

Want to be part of Tommy's journey to Formula One? Email emilrizk68@gmail.com. GoFundMe link: <https://gofund.me/0509c046>

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SIR JAMES BURNS & BURNSIDE

At what was once the southern part of the Hills Shire stood "Gowan Brae" the home of Sir James Burns. The home still stands. Sir James migrated from Scotland to Queensland together with one of his brothers in 1862 and worked as a Jackaroo in the outback of that state for three years until he and his brother established a General store in Brisbane called "Burns & Scott", and soon after, also had stores at Gympie, One Mile Creek and Kilkivan.

After returning to Scotland in 1870 after the death of his father he then returned to Queensland in 1871 to establish a trading and shipping company based in Townsville - "Queensland Steam Shipping Company Ltd." After loaning Robert Philp enough money to become a partner in his enterprise the company then became Burns Philp, best known as island traders throughout the Pacific and the East Indies.

James Burns moved to New South Wales in the 1880s and resided at his home "Gowan Brae" at North Parramatta until his death in 1923. Sometime during 1909 he wrote the following to the Presbyterian Church.

"Understanding that your Church is desirous of forming a Presbyterian Boys' Home, where orphan and abandoned lads may be trained to become useful citizens, I am prepared to purchase and have transferred, free of all cost, the piece of land which has been shown to you, comprising forty-five acres of good agricultural land, in an elevated and suitable position near my own residence.

And should you accept this land, then it will be understood that a substantial building will be erected worthy of the district and position

occupied, and I agree to make a donation of 500 [pounds] towards such a building and will otherwise assist as far as I possibly can."

This was the start of what was to become the Burnside Homes at North Parramatta. What prompted Burns to this idea was that whilst travelling from Katoomba to Sydney by train, he had been inspired by the buildings of orphanages, convents and homes that had been erected by the Catholic Church that he had seen from the railway. Whilst Burns had proposed a Boys home the Church thought that a home for boys and girls would be more appropriate.

The first of the Burnside Homes was "Blairgowrie" which opened on Saturday 17 June 1911. Over the years, more homes were erected and given Scottish names, and the site became like a little village with its own vegetable farm, dairy, gymnasium, swimming pool, and sports grounds. Eventually there were 13 homes.

Sir James Burns own home of "Gowan Brae" was situated across from the Burnside Homes. Sir James Burns did not want his name reflected in the property. However, the board, given the task of selecting a name for the property, decided on Burnside as a burn (Scottish for creek) ran through the grounds.

Burns continued to live at Gowan Brae until his death and was buried there in a family cemetery, which now lies within The King's Schools grounds. He left the property to his son, James, but suggested that, should James not need the property, it should be given to the (then) Burnside Presbyterian Orphans Homes. James honoured this request, and the property was donated.

Much of the land has since been sold or leased to other organisations, or as residential developments. The property immediately around Gowan Brae is now owned by The King's School, while sections of the property are now owned by the Redeemer Baptist School and Tara Anglican School for Girls, with some still owned by the Synod of New South Wales and the ACT of the Uniting Church in Australia for Burnside's own operations and the synod's activities such as the archives, Camden Library and the Uniting Theological College.

Kings School, the Tara Girls High School, Burnside Public School and the Redeemer Baptist School were either purchasers, or became occupiers, of a number of the Burnside properties particularly on the northern side of Pennant Hills Road.



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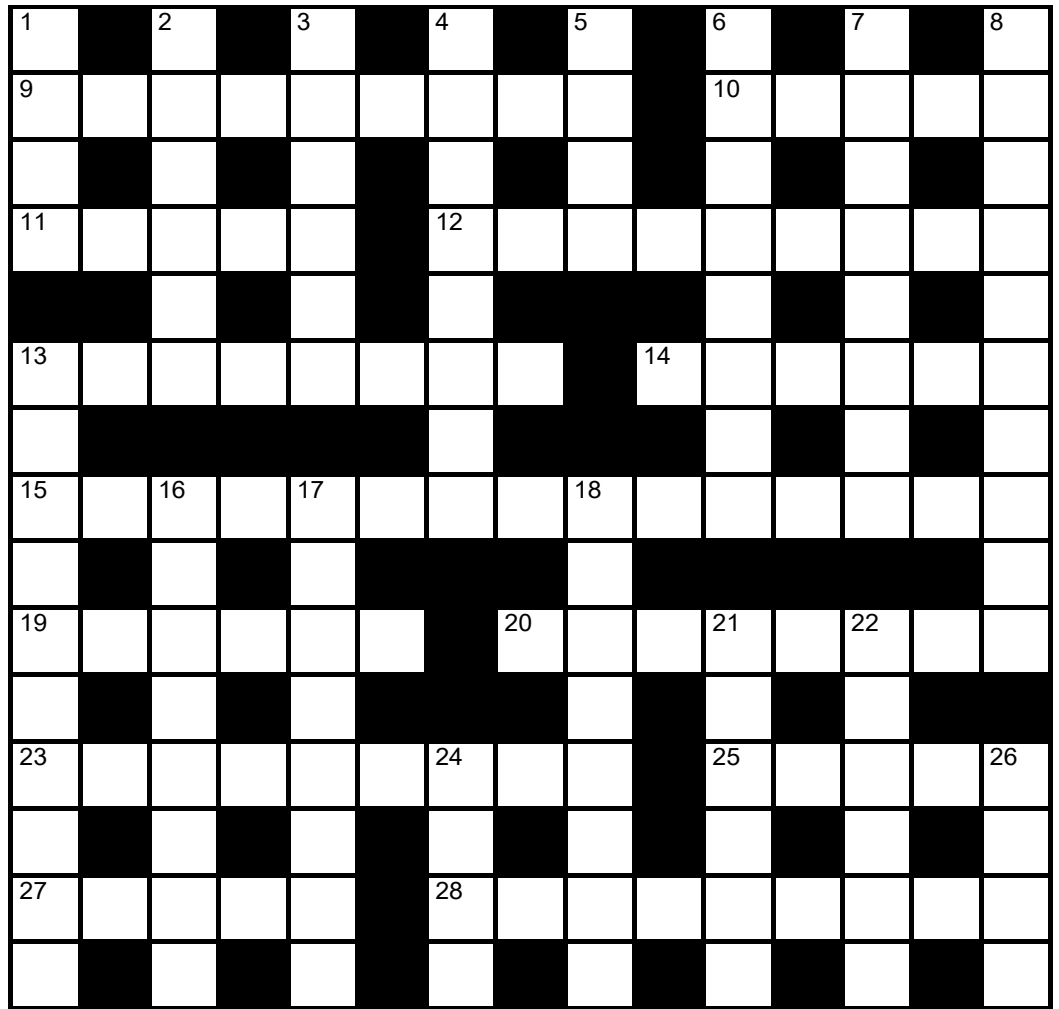
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Across

9. Independent kind of writer
10. Broadcasting
11. Hold sway
12. Immigrant-processing island
13. Somewhere unimportant
14. Geniality
15. Flinders Island climbing challenge
19. Teach bit by bit
20. Egg-laying mammal
23. Widespread shrub with petal-less flowers
25. Gesture of indifference
27. Frequently
28. Clover bush

Down

1. At a distance
2. South North American republic
3. Completely redone
4. Short true story
5. Mean
6. Mallee archaeological site
7. Meryl Streep musical
8. Product of an arms factory?
13. President saw nothing wrong
16. Honours
17. Variants
18. Pro golfer known as "The Pymble Crusher"
21. Prepares a salad
22. Equivalence
24. Corporate image
26. Plot holes

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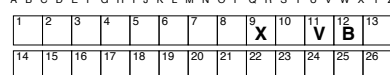
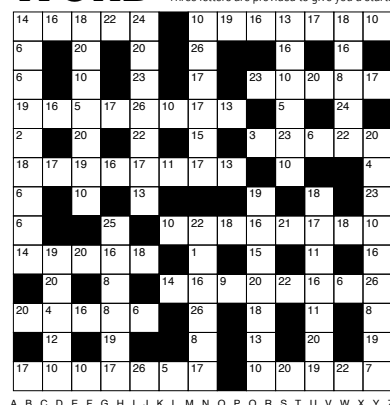
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| COERCION | EVIDENCE | PROBATE |
| COMPLAINT | EXECUTOR | REPEAL |
| CONFESSION | FELONY | |

CODE WORD

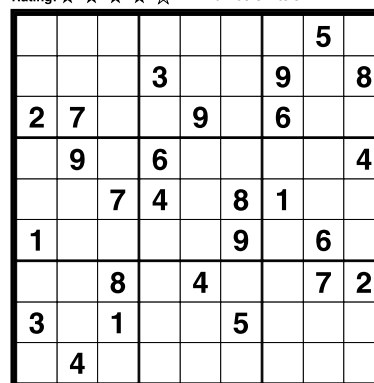
Numbers in the grid (1-26) correspond to each of the letters of the alphabet from A-Z in some order. Solve the puzzle and fill in the letters in the key provided as you find them. Three letters are provided to give you a start.



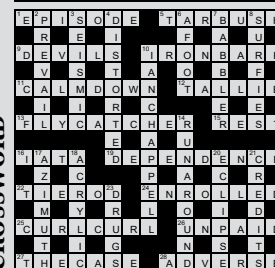
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Rating: ★ ★ ★ ★ ☆

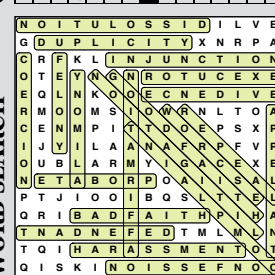
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.



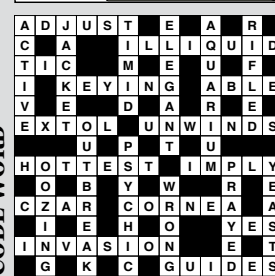
Answers from last issue



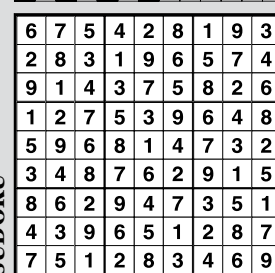
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