

# Hills to Hawkesbury

## Community News

27th June – 11th July 2025 | Volume 42 – Issue 13  
Local Stories, Local Events, Local People and Local Businesses

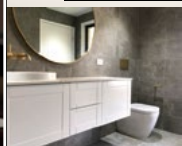
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LOCAL RESTAURANT WINS  
**ULTIMATE AUSSIE BURGER CHALLENGE**

FULL DETAILS ON PAGE 09

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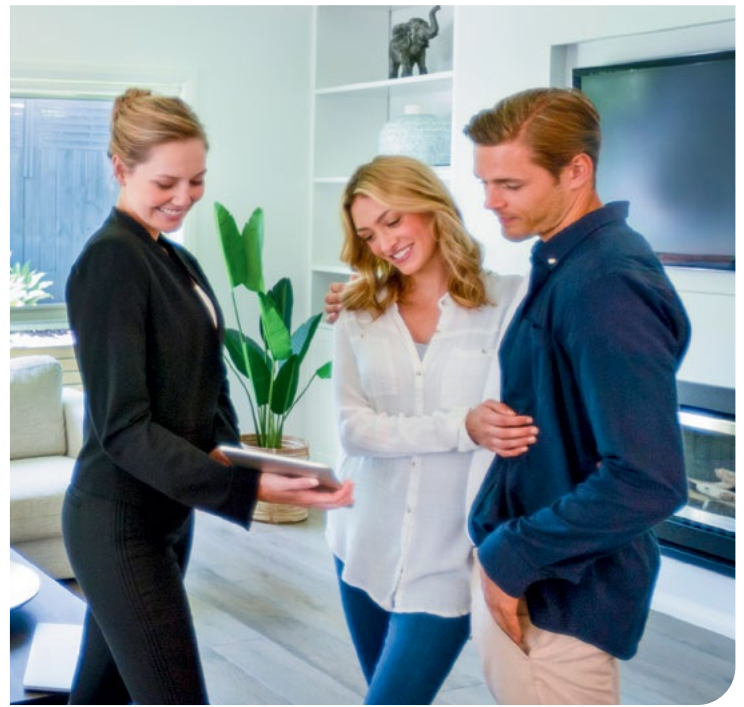


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# Men's Kitchen on THE MENU

By Bev Jordan

Plans are underway to set up a Men's Kitchen in Castle Hill to teach older men basic cooking skills. The new venture in the Hills will be the latest set up by the Men's Kitchen charity to meet a growing need.

President of the Men's Kitchen Association Peter Watson said good nutrition and strong social connections are critical to promote longevity and good health.

"It has been proven that people live longer when they feel more connected. We are what we eat, so learning to cook and making new mates along the way is a win-win."

He said after retirement some men lose their sense of purpose, in some cases they lose their partners or for health reasons of their partner taking on the cooking for the household.



Peter and Alison setting up a local Men's Kitchen

"In the Hills District, there are over 15,000 men aged 60 or more, many of whom have never ventured into the kitchen."

He helped start the first Men's kitchen in 2016 in Forestville to help his father who had never stepped into a kitchen before.

"My mother died when I was in my 20s and my father married again but his second wife died when he was in his 80s."

Peter started learning to cook at a carers class run by NSW Health but when that closed down five of the men and their instructor moved to Forestville.

The Men's Kitchen Peter realised the need for such classes when demand grew. And they were able to fill classes in just a couple of hours.

Each session runs from 11am to 2pm. Classes are up to 10 men who work together in pairs to prepare a two course meal under the guidance of three experienced volunteer instructors. Everyone chooses the recipe they would like to prepare and once cooking is completed, everyone sits down together to chat and enjoy the meal.

There are now 22 Men's Kitchen groups (including Canberra and the Gold Coast)

operating with 200 men learning to cook and 100 instructors. Everyone involved is a volunteer.

Annual membership is \$40 which includes a personal apron and a cook book.

Peter has been recruiting locally to find volunteers to help run the Castle Hill Men's Kitchen at Wesley Uniting Church in Showground Rd Castle Hill with the aim of starting classes in September. The leadership team needs to be in place soon. It needs a district manager, a treasurer and an admin person to start with, then it needs six instructors. All will receive training and be mentored through the process.

Alison Johnson from Castle Hill is keen to volunteer. "I was looking for a voluntary role and something to do. I wanted to be part of something that was meaningful."

To find out more and join the leadership team for Castle Hill call Peter Watson on 0411 476 532 or email [info@menskitchen.org.au](mailto:info@menskitchen.org.au) or there is the website [menskitchen.org.au](http://menskitchen.org.au).



## Riverside GARDENS

### RETIRE IN STYLE TO NORTH RICHMOND

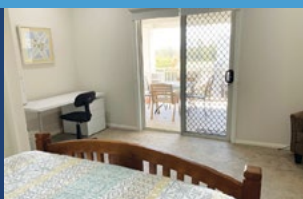
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## SHOTS FIRED

Investigations are underway after shots were fired at a home in Nangar Crescent, North Kellyville on Wednesday night (25th June), damaging the front door and windows. Two men and a woman in the home were uninjured.

Police from The Hills Police Area Command attended just after 11pm and established a crime scene. A short time later, emergency services were called to Watergum Close, Rouse Hill, to a suspicious car fire. Police believe the two incidents may be linked.

Anyone with information about the fire, or dashcam/mobile phone footage, to contact Castle Hill Police Station or Crime Stoppers on 1800 333 000 or <https://nsw.crimestoppers.com.au> Information is managed on a confidential basis.

## ARMED CYCLIST

A 28-year-old cyclist without a helmet is facing several charges after being stopped by police in Seven Hills Rd, Baulkham Hills at around 2.10am on 20th June. During a search, police allegedly found: a hammer attached to the bicycle, a replica pistol, a small bag containing what is believed to be methylamphetamine, a concealed knife, credit cards and documents not in his name, and an unregistered vehicle permit that did not belong to him. He was arrested and taken to Castle Hill Police Station, and was charged with several offences, including:

- Possession of suspected stolen goods
- Possession of a prohibited drug
- Possession of a firearm/imitation firearm
- Custody of a knife in a public place
- Failure to wear a bicycle helmet
- Multiple counts of goods in custody



**FREE EVENT**

[WWW.EMERGENCYEXPO.ORG](http://WWW.EMERGENCYEXPO.ORG)

## Emergency Expo

The Hills | 2025

**14 SEPTEMBER 2025 10:00AM - 05:00PM**

### CASTLE HILL SHOWGROUND

A fun family-friendly day of live demonstrations, interactive displays, hands on activities, information displays and a great way to learn more about all emergency services and how you can prepare for extreme weather events and disasters.

**Getting there:** Parking is available onsite however recommend coming in via Sydney Metro. Hills Showground Station is a 2 minute walk from the expo.



## UNIT FIRE

Emergency services responded to a unit fire at Gerbera Place, Kellyville at around 4.10 pm on Tuesday 17th June. A 29-year-old man, the sole occupant, sustained significant burns to his hands and legs. He was assisted by neighbours and treated at the scene by NSW Ambulance paramedics before being airlifted to hospital. Two neighbours, a 50-year-old woman and a 53-year-old woman, were also treated for smoke inhalation and taken to hospital. The building was temporarily evacuated as a precaution. No other injuries were reported.

## MULTI-CAR CRASH

An 18-year-old P-Plate driver was charged after crashing into two parked vehicles in Castle Hill on Saturday 21st June. Police responded to reports of a crash on Warwick Parade just after 1am, after a silver Mitsubishi ASX hit a Hyundai i30, before colliding with a Holden Colorado. Nearby residents, alerted by the noise, came outside to assist and contacted emergency services. The driver was subjected to a roadside breath test, which returned a positive result. His licence was suspended on the spot, and he was issued a Court Attendance Notice for mid-range drink driving.

## SPEEDING CHARGE

A man with a suspended licence is due in court after he was caught speeding in Glenorie on Thursday 19th June. Hills Highway Patrol officers were conducting speed enforcement duties along Cattai Ridge Road at approximately 9.20am when they detected a white Toyota Land Cruiser travelling at 83km/h in a 60 km/h zone. The vehicle was stopped on Smith Lane, where police spoke to the 31-year-old driver. His NSW licence had been suspended following a separate offence on 19th April, in which he was allegedly clocked at more than 45 km/h over the limit on Old Northern Road in Dural.

## DRINK DRIVING

A 46-year-old man was charged with mid-range drink driving after being stopped for a roadside breath test in Kellyville at around 9:25pm on Thursday 19th June. Hills Highway Patrol officers stopped a silver Mazda CX-5 on Windsor Road, Kellyville. He returned a positive result. At Castle Hill Police Station, a breath analysis recorded a reading of 0.081, over 3 times the legal limit. His driver licence was suspended immediately.

## LARGE BRAWL

A father and son have been charged as inquiries continue into a brawl at a Castle Hill construction site on Tuesday (24th July) involving up to 50 people. Officers from The Hills Police Area Command were called to the site on Sexton Avenue about 7am but most had dispersed as police arrived.

NSW Ambulance paramedics treated two men – aged 43 and 55 – at the scene before they were taken to Westmead Hospital with minor injuries and were later released.

Following inquiries, two men, aged 22 and 44, were arrested after handing themselves in at Castle Hill Police Station on Wednesday (25th June).

Allegedly, the contractors had been fired from the Meriton building site on Friday and had returned on Monday morning. They left the scene before police arrived, but allegedly returned just before 7am on Tuesday, joined by supporters.

The father was charged with affray and stalking or intimidating intending to cause fear or physical harm. His son was charged with the same offences, as well as one count of common assault.

Castle Hill Police Commander Supt Naomi Moore called the incident “absolutely appalling” saying: “It blew my mind, if I’m honest. It’s a residential street. There are families [who] live on that street, and to be awoken at 6.55am to that – it’s not OK.” Police are seeking to identify several other men who may be able to assist investigators and is urged to contact Castle Hill Police or Crime Stoppers: 1800 333 000 or [nsw.crimestoppers.com.au](https://nsw.crimestoppers.com.au) Information is managed on a confidential basis.



# Boomers Head for Heights

Downsizers who place a high value on wellness and lifestyle have snapped up 34 apartments, including two multi-million-dollar penthouses in just a few weeks following the launch of Aveo's flagship Sydney retirement community, Bella Vista Haven.

There are 83 apartments in the new 10-storey Corymbia Residences, part of the \$334 million master-planned 'vertical village' planned for Bella Vista.

On completion of the masterplan, Bella Vista Haven at 28 Norbrik Drive, Bella Vista, will deliver nine buildings providing 437 apartments with extensive lifestyle amenities, and a co-located, privately managed 135-bed aged care facility.

The \$52 million Corymbia building, under construction by Growthbuilt, is due for completion in the third quarter of 2025, with early sales ranging from \$590,000 to \$2.125 million for a luxury penthouse.

Aveo Chief Executive Officer Tony Randello said vertical retirement living has been transforming the sector, offering a modern housing solution that aligns with the lifestyle aspirations of Baby Boomers retirees who are driving demand for elevated living options.

"Baby Boomers aren't just retiring - they're redefining what retirement looks like. This generation has higher expectations when it comes to their retirement lifestyle, and we're seeing that translate into a real appetite for modern, apartment-style living in great

locations with the comforts they're used to - and then some," Mr Randello said.

"Aveo is building some of its new communities up, rather than out. Retirees are telling us they want convenient, secure, community living with everything at their fingertips. Whether it's the gym, the pool, or a café to catch up with friends and family, they love the idea of just hopping in a lift and having it all within easy walking distance.

"Modern retirees place a priority on staying healthy and connected. They're looking for beautifully designed and purpose-built spaces where they can stay active, unwind, and socialise."

The Retirement Living Council's latest Census reports that 80 percent of new builds across the sector in NSW are multi-level or high-rise developments.

Bella Vista Haven's first award-winning building, Waratah, opened in 2018, offering 64 apartments, with a lakeside restaurant and café, residents' bar and lounge, community centre, function room, gymnasium, consultation room, community garden, billiards and beauty salon.

Current construction works include further wellness and entertainment amenities, with a

multi-lane indoor pool complex with infra-red saunas, an alfresco BBQ area, a library and cinema.

Aveo's Head of Development, Geoff Robinson, said the focus of development at Bella Vista Haven was on sustainable design, innovative construction technology, and delivering a high standard of communal amenities to support a vibrant retirement lifestyle.

"As part of the current stage, and in response to resident and market feedback, Aveo fast-tracked the delivery of additional community facilities to further support wellness, healthy living and connection at the community," he said.

"Construction is progressing on schedule, and with scaffolding starting to come down now, apartments and community spaces are taking shape. It's an exciting phase where the vision is really coming to life."

For more information, or to visit a display apartment, call 13 28 36 or go to [aveo.com.au/bellavista](http://aveo.com.au/bellavista).



Artist's Impression

Price Range  
**\$601,000 to \$2,060,000\***

## Retire with more at Bella Vista Haven

### New display apartments now open!

Embrace an exceptional lifestyle at **Bella Vista Haven Retirement Living**. The brand-new Corymbia Residences are now selling, offering a selection of spacious one, two and three-bedroom apartments, a limited number of penthouses, and additional resort-style amenities including a new indoor heated pool, saunas, library, cinema and BBQ area coming soon.



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\*Price correct as at 11 June 2025. 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. #Terms and conditions apply. See Contracts page on our website for details. ^Pets welcome, subject to approval.



HIDDEN IN THE HILLS BY LACHLAN TURNER

# GROWING FOOD FOR WILDLIFE PROJECT

The Growing Food for Wildlife Project began when local wildlife carers approached The Hills Shire Council and asked if they may have some land where they could plant specific native species to grow for the special food needs of rescued wildlife whilst in the care of local wildlife rescue groups. The Community Environment Centre in Currie Avenue at Annangrove was already an ideal site with a well established native plants garden from which wildlife carers could collect suitable foods.

There was also some unutilised and available land nearby suitable for planting a range of additional suitable species that has now been developed for this purpose.

An enthusiastic, active volunteer community was already available which could help with advice, as well as help maintain the native plantings.

Some of the rescued wildlife, such as possums, can eat up to 2kgs of native foliage a day! However, they would probably only eat the fresh outer tips of any fresh green foliage provided. Nectarivorous birds also need to eat from flowering native plants whilst in care, so that they can easily recognise their natural food source when released. Collecting native foliage and greens for rescued wildlife is a huge job for busy wildlife carers! The planting plots at the Community Environment Centre contain specifically selected local native species that wildlife carers most need to help support them to feed and care for our rescued local wildlife.

A group of dedicated Volunteers tend to these planting plots at monthly working bees,



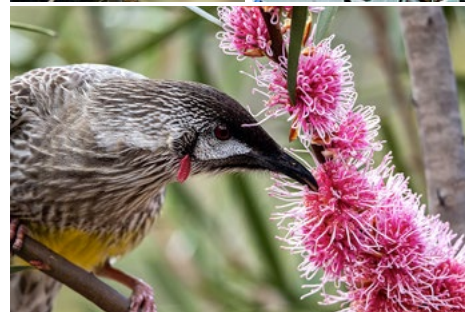
then regularly harvest and donate available native foliage to wildlife carers who need it.

They continue to provide supplies for injured wildlife whilst bringing like-minded communities together in a much needed support activity.

For further information go to this website : [growingfoodforwildlifeproject.org](http://growingfoodforwildlifeproject.org)

Persons interested in supporting this project are invited to enquire via the above web link.

This essential volunteer driven community project was recently featured in the ABC's Gardening Australia program.



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# Lakeview Private Hospital Opens New Cancer Centre

BY BEV JORDAN

**A new Cancer Care & Infusion Centre has been officially opened by Lakeview Private Hospital on its third floor.**

The unit was created so that patients can receive all their treatment in the one location, close to home.

Currently there are 40 chemotherapy patients on treatment. Lakeview treats breast and head and neck cancers. As well as chemotherapy, hormone and immunotherapy it also provides blood transfusions and infusions to treat bowel conditions such as Crohn's disease and ulcerative colitis and blood and iron infusions.

The new centre facilitates collaborative care to create a sense of familiarity and trust for patients. The Multidisciplinary Cancer Care Team includes a range of oncologists, oncology nurses and specialist surgeons, plus pharmacological services. In addition, the hospital provides cancer and post surgery rehabilitation services through inpatient and day programs, facilitated by an experienced allied health team including physios, occupational therapists, a dietician, social worker and more.

Breast cancer Surgeon Professor Elisabeth Elder said: "When the hospital started 10 years

ago we wanted this comprehensive service. It's important for women to see they have the whole package and that they will have support all the way through."

"This has been a vision at Lakeview to have everything under one roof to work together under the motto: Patients First."

Associate Professor James French said being able to get treatment all in one place was "the final piece of the puzzle." He said it is every breast surgeon's dream to be involved in a private and comprehensive breast cancer service. "This has been a huge collaborative effort and our patients are really going to benefit from this."

Jasene McAlister, General Manager – Lakeview Private Hospital said: "We are deeply grateful for the trust and faith patients have placed in us during some of the most challenging and vulnerable moments of their lives. That trust is never taken for granted—it inspires us every day to provide the highest standard of care with compassion, dignity, and respect."



Professor Elisabeth Elder, Serena Cameron, Bronwyn Williams, Kate Win, A/Professor Dhanusha Sabanathan, Jenny Gilchrist, A/Professor James French and Dr John Park.

"Utilising the excellent capabilities of Lakeview Private Hospital, and our experienced staff, we hope to grow the unit into a centre of excellence, providing integrative care to residents of the Hills district. This embodies our motto of "Patients First", providing exceptional care for patients and their families, when they are at their most vulnerable. It is a privilege to work with our patients at this time."

A breast cancer patient, Jodie, in a letter to NUM Kate Win said: "My dream team. Kate, you lead such a beautiful team of ladies .... you've made this journey for me so smooth and easy and full of love and care, laughs when it was needed and a real genuine connection with me that I have treasured in my time with you. Thankful to be at the end of my treatment regime but will miss your beautiful smiles and warm welcome."

## Everything you need to know about retirement living

After a lifetime of hard work, many of us look forward to a relaxing retirement, often in a retirement village or resort. But selling the family home and relocating is a major financial decision that should not be taken lightly.

It is vital that you research your options thoroughly to find the right situation for your circumstances. Doing your homework can lead to years of happiness enjoying the rewards of

a low-maintenance lifestyle in a like-minded community. The perfect place to start is the **Hills District Retirement Village & Resort Expo**, on **Sunday 27th & Monday 28th July, 2025** at Castle Hill RSL Club, 77 Castle Street, Castle Hill.

See everything from established villages and lifestyle resorts to brand new luxury developments, in Sydney and throughout Australia – all under one roof.

Visitors are encouraged to take their time and explore the Expo at their own pace. With many different retirement communities represented, you can discover everything you need to know about retirement living.

The Expo is open from 10am -3pm both days. The Club offers free parking to members and guests. Admission is free. For more details go to [www.retirementexpo.com.au](http://www.retirementexpo.com.au)



Wonderful opportunity to ask questions and gather information

## Hills District Retirement Village & Resort Expo

**Sun 27<sup>th</sup> & Mon 28<sup>th</sup> July 2025 | 10am-3pm**  
**Castle Hill RSL Club, 77 Castle St Castle Hill**

On display will be the latest resort style developments as well as established villages from many different organisations. All offering a wide range of services & facilities, sizes, prices and locations, all under one roof with free admission.

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



## Burger Room Takes Top Prize in the “Ultimate Aussie Burger Challenge”.



The search for Australia’s most mouth-watering burger has come to a sizzling close, with Baulkham Hills’ *Burger Room* crowned New South Wales’ winner in the Ultimate Aussie Burger Challenge, hosted by dairy specialists *Anchor Food Professionals*.

The nationwide competition invited chefs to create a unique burger using two slices of Anchor Hi-Melt burger cheese, and entrants certainly delivered—offering up everything from nostalgic milk-bar creations topped with pineapple fritters and fried eggs, to rich indulgences loaded with triple bacon and blue cheese sauce.

But it was the *Burger Room*’s owner Mark Bishara who stole the show with his winning creation: The Downunder—a gourmet tribute to the classic Aussie burger. Featuring a Wagyu beef patty topped with two slices of Anchor Hi-Melt cheese, house-made beetroot relish, a bold Vegemite aioli, pineapple, and a fried egg, all served on an Aussie potato bun sourced from Sydney’s *Urbun Bakery*—it’s a burger designed to celebrate Australian produce with a fresh twist.

“It’s what you’d expect on an Aussie burger, but with our own twist,” Bishara said. “Everything is Australian—from the potato bun to the Wagyu beef. We kept tweaking it until all the flavours worked in harmony.”

Inspired by a trip to the U.S., *Burger Room* began as an homage to American-style burgers. But Bishara quickly realised that local ingredients could elevate the concept.

“I was satisfied with Martin’s potato rolls which are used by Shake Shack in America, until I found these buns from *Urbun Bakery*” he explained. “The cheese also had to be just right—Anchor’s Hi-Melt slices gave us that perfect melt over a smash patty without bubbling or sliding off. It holds its shape, melts evenly, and brings the whole burger together.”



Now locals can go into the running to win a chance to try the winning burger. Anyone who orders from Burger Room during the month of July and mentions this competition will receive a raffle ticket to enter the draw to win a pass for a family of four to dine in and try any burger on the menu.



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



[burgerroom](https://www.facebook.com/burgerroom)





## CASTLE HILL ART SOCIETY

ART DEMONSTRATION  
2.00pm Saturday 5th July

# JOE CARTWRIGHT

## “Watercolour Seascapes”

Joe will demonstrate painting a watercolour seascape, covering how to paint the sea, waves, sands and rocks in a loose impressionistic style.

This demonstration will be held on Saturday at 2.00pm and visitors are welcome to join with the Castle Hill Art Society at Castle Glen Community Centre, 157 Ridgescrope Drive, Castle Hill.

Enquiries 9899 3179 [www.castlehillartsociety.org.au](http://www.castlehillartsociety.org.au)



## FREE HOLIDAY ACTIVITIES

### Yarn at The Farm

Thursday 10 July, 10am to 2pm @ Bella Vista Farm, Bella Vista

Celebrate First Nations culture this NAIDOC Week with FREE cultural workshops, traditional arts and crafts, sporting activities with AFL NSW, Parramatta Eels, and Western Sydney Wanderers. There will also be live music, storytelling, traditional dances, performances, and market stalls, alongside FREE servings of Indigenous fusion cuisine from Wilka Thalta food truck (500 servings).

### NAIDOC Workshops

Monday 7 July, 11:30am to 4pm [four sessions]

Patrick White Room, Vinegar Hill Memorial Community Centre, Rouse Hill

Children and young people can unleash their inner creativity and learn more about First Nations culture by painting their own boomerang.

### Technology Workshops

Wednesday 9 July, Wednesday & Tuesday 15 July

Skills Samurai Hub, Rouse Hill

Children and young people can perfect their technology skills with multiple workshops including Junior Coding, Roblox Coding, Introduction to YouTube Editing, and Minecraft Coding.

### Environment Workshops

Thursday 10 July, 10am to 12pm & Wednesday 16 July, 10am to 12pm

Community Environment Centre, Annangrove

Celebrate Plastic Free July with two exciting environment workshops. Learn how to make beeswax wraps and how to make simple swaps to reduce single plastic waste – these workshops are fantastic for adults, families, and children over 5.

### Games Afternoon with Headspace

Monday 14 July, 1pm to 4pm @ Headspace, Castle Hill

Young people can beat the winter holiday boredom with an afternoon of exciting boardgames, snacks, and friendly competition.

# FREE SCHOOL HOLIDAY FUN!

## Cartoon Workshops

Unleash your creativity in this fun, hands-on drawing session! Learn basic cartooning tips and create your own circus-themed characters.

Monday 7 & Tuesday 8 July

Session 1: 10am – 11.10am

Session 2: 12pm – 1.10pm

Located near Red Dollar



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### LIMITED SPOTS!

Scan QR or visit [grovesquare.com.au](http://grovesquare.com.au) to reserve your spot.

\*Bookings essential. Max 25 per session. Sessions are 70 minutes each. Suitable for school aged children 5-15 years.

## Circus Workshop

Learn beginner circus skills like juggling, hula-hooping and balancing in this energetic, drop-in session. No booking required – just come along and join the fun!

Monday 14 & Tuesday 15 July, 11am – 2pm daily

Located near Red Dollar



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# Youth Mental Health Forum

BY BEV JORDAN

Hundreds of Hills teenagers have had the benefit of attending the annual Young Healthy Minds Forum organised by the Positive Vibes Foundation.

This year's event was the 10th and was hosted by the Santa Sophia Catholic College at the Gables. The event brought together 140 high school students from 10 schools, fostering an open dialogue on mental health. So far 1500 students from 20 schools have been through the program.

Sara Ladomatos, a passionate youth leader in the Hills, shared her journey with depression and anxiety, offering students valuable insights into dealing with mental health.

Facilitated by Burn Bright, the forum empowered students to develop initiatives aimed at improving mental health within their

schools. Through engaging discussions, students learned how to support themselves, friends, and families in times of need.

Attendees participated in a Q&A session with a panel of counsellors (Queenie Tran and Karen Hanzal from Kellyville Private Hospital, and Jessica Valvason from Santa Sophia) and explored exhibits from organisations such as Western Sydney Youth Mental Health, headspace, and Castle Hill Rotary.

Hills Shire Mayor Dr Michelle Byrne emphasised the importance of mental health education, stating, "It's important to teach our young people about good mental health, what that looks like, as well as where to get help when they need it."

Chairman of the Positive Vibes Foundation Mario Rodrigues said: "Our Young Healthy Minds Forum encourages young people to speak openly about mental health, to ask questions and hear tips on how to have good mental health. Each school then shared initiatives that they would take back to their school community to improve student mental health. This creates

a ripple effect that impacts their families, friends and the community at large."

He also gave special thanks to Santa Sophia College and sponsors including Wayfinder Buyer's Agent, Castle Hill Rotary, Bankstown Sports Club, Kellyville Private Hospital, and Hills Shire Council, for their role in supporting the event's success.

Visit [www.positivevibes.org.au](http://www.positivevibes.org.au) to learn more about the Positive Vibes Foundation.

This year's forum attendees were:

- Australian International Academy
- Malek Fahd
- Mitchell High School
- Northmead Creative and Performing Arts
- Riverstone High
- Santa Sophia Catholic College
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## Ten Years of Friendship, Fellowship and Fun with Windsor Probus

The recent celebration of the 10th Anniversary of Windsor Probus was greatly enjoyed by members. The Cornerstone Café, a local business, provided the venue and were accommodating in helping us to plan the menu for the lunch.

An active planning committee, led by Elaine Davey, went into full swing to add the special touches of the Anniversary Cake, the decorations, certificates, a scroll (indicating what events were taking place in 2015, the year Windsor Probus began) and the table treats. There truly were many hands making the work lighter!

Local member, Robyn Preston attended and paid tribute to the role of Windsor Probus in aiding a full and active retirement.

Windsor Probus meet at the Windsor RSL on the 1st Wednesday of each month. We gather at 10.00 am with the meeting starting at 10.30am. New members are welcome to come and join in with the friendly group that is Windsor Probus.



# HARAN OAM FOR SERVICE

BY BEV JORDAN

Like most committed volunteers Haran Ramachandran is incredibly humble about his recent OAM in the King's Birthday Honours. The Castle Hill father of two was recognised for his service to the community through a range of organisations including the Hills-Kellyville Rotary Club.

He told the *Hills to Hawkesbury Community News*, "I was in disbelief—honoured that someone recognised what I do out of passion. This award isn't just for me; it's for everyone working to make life better. It's renewed my drive to keep serving—whether it's helping a girl stay in school or bringing clean water to families."

Haran is former Chair, International Service, and former President, Chair Rotary Foundation (Rotary Club and District 9685) and former Chair

Rotary Foundation Grants Sub-Committee. As well as being part of programs in Australia, including a project to provide a portable OCT camera to the Westmead Children's Hospital Eye Unit, he has been project manager for several overseas projects under Rotary Australia World Community Service to Vietnam, Sri Lanka and India and also been involved in The Rotary Foundation Global Grant programs in India, Pakistan, Sri Lanka, Bolivia, Nigeria and Cambodia. He is currently the District Governor Nominee for Rotary (D9685) and outside Rotary is a volunteer at the Sydney Sri Ayyappa Swami Temple and other diaspora organizations.

Haran joined Hills-Kellyville Rotary Club in 2001 and joined the E-Club of Greater Sydney in 2023 due to work travel commitments.

While a Rotarian for a long time he became really active after recovering from a near-fatal accident.

In May 2009 Haran suffered full thickness burns to 55% of his body after a lawnmower accident one weekend. He was initially on life-support and while asked about turning it off his wife refused. Haran ended up in Concord Hospital's burns unit for seven months. Years of surgical procedures followed. His wife Ahsha became the main breadwinner while Rotary members drove the couple's two daughters to school and back and then drove Haran to medical appointments for nearly three years.



Haran visiting a project in India

He said after the OAM was announced he and Ahsha "spent a quiet day reflecting on the gratitude we feel for the opportunity to give back a little of what we've received" followed by a family dinner with their daughters Shivaany and Theepiga and their partners.

In a Facebook post he said: "Sixteen years ago, the question facing my family wasn't about recovery — it was 'Will he live, or should we prepare to say goodbye?' In those darkest days, the Rotary family stood by me — not for days or weeks, but for nearly three years.

"They helped keep my family together, and they gave me the strength and hope I needed to heal. Rotary saved my life, and in return, it gave me a renewed purpose to serve others. This OAM recognition is not mine alone. It belongs to the extraordinary members of The Hills-Kellyville Rotary Club, and to the many Rotarians who wrapped their arms around me and my family when we needed it most."



Haran OAM with his wife Ahsha at the Children's Hospital

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# WINTERFEST IS ALMOST HERE!

Hills to Hawkesbury Community News is delighted to announce the 4 winners of our Winterfest competition with a Family Day Pass to this exciting and adventurous event. We asked entrants to tell us in 20 words or less why they wanted a family pass and why they wanted to visit this much-loved Festival.

## WINTERFEST WINNERS

Winterfest Sydney Medieval Fair thunders into life at Hawkesbury Showground this weekend. The event will run from 10 am to 5 pm each day and will feature jousting, archery, combat demonstrations.

From warriors on the battlefield to unicorns and mermaids, cooking demonstrations and trade displays from blacksmiths and more, there is something for everyone.

Attendees are encouraged to dress in medieval costumes, with a chance to win a prize in a costume competition.

Winterfest is easy to get to, with free parking on site but public transport is encouraged with Clarendon railway station only two minutes' walk away from the venue gates. Our winners are set for a great day at this much-loved Festival and have been informed. Our winners are: **The Ellis family, Sonya Kim, Yvonne Death and Krystal Rochford.** Many congratulations for a wizard weekend.

### KEY DETAILS:

July 5th - 6th, 2025,  
10am to 5pm.  
Hawkesbury Showground



## COMMUNITY NEWS

### DURAL CUB-SCOUTS



DURAL CUB SCOUTS have been busy doing several exciting activities these last two terms: Camping, Canoeing, Cycling, Bushcraft, and Bushwalking skills.

BRAVO to Dural Cubs for winning a fierce Hills District intra Cooking competition recently and qualifying for the GWS Regional Cook Out Competition, where they were winners once again!

In the coming Terms our Cubs will take part in several short and long-distance hikes challenging themselves over steep ascents and descents enjoying nature and hopefully finishing with a great sense of accomplishment.

Each week at Cub meetings there is lots of excitement and fun, learning and doing various activities at the same time building confidence and acquiring problem solving skills.

If these are the skills and opportunities you'd like to offer your child, then don't hesitate. Dural Scout Group welcomes visitors who would like to come and spend a couple of weeks trying out Scouting.

Please contact Phirooza: 0411 731 976 or [phirooza@bigpond.net.au](mailto:phirooza@bigpond.net.au) or Simon: [thewolf\\_1stdural@bigpond.com](mailto:thewolf_1stdural@bigpond.com)





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# Norwest Quarter

BY MULPHA



## New collection now selling.

Perfectly positioned in the heart of Norwest, these premium 1, 2 and 3 bedroom apartments offer effortless connectivity, just 800 metres from Norwest Metro and 275 metres from Castle Hill Country Club, with shops, restaurants, and daily conveniences at your doorstep.

Designed for a vibrant lifestyle, the community features 20+ amenities, including a residents-only pool, lush green spaces, wellness facilities, and a buzzing public plaza with dining and retail.

Each apartment is crafted for comfort and style, with designer cabinetry, Miele kitchen appliances, Parisi bathroom fixtures and double-glazed windows, providing a superior living experience. Delivered by Mulpha, a 4-star iCIRT-rated developer and parent developer of Norwest Business Park, these residences offer quality you can trust.

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36 Solent Circuit, Norwest





Les Everleigh from Neilrex in Western NSW and his kelpie. Photo by Natural Focus Photography.

A dog in action, 15 minutes to round up 3 sheep. Credit Natural Focus Photography

# SHEEPDOG TRIALS

BY BEV JORDAN

If you love watching working dogs in action then you won't have to travel far to see the best of the best in action when the Sydney Sheepdog Club holds the Annual Hypro Championship 3 Sheep Trial on the 10th-13th July at Hawkesbury Showgrounds.

For 4 days, up to 150 handlers with their sheepdogs will do their best to get three sheep around an obstacle course and into a pen with minimal loss of points.

Sheepdog trials have been held in Australia since the late 1800s with the first recorded around 1870. While trials have been held at the Hawkesbury Showgrounds before, the Sydney Sheepdog Club has been running trials in the Hawkesbury for 11 years.

Vickie Priestly, President of the Sydney Sheepdog Club said: "Our competitors and their dogs come from all over NSW and from varied backgrounds. You will see third generation farmers competing against office workers from the city. You will see Border Collies competing against Kelpies. You will see dogs under 12 months competing against dogs up to 12 years."

The Open Championship winner last year was Andrew Heath, a farmer from Molong, who is back again defending the title. Andrew travels each year with his son Robbie from Molong and they usually take home a few ribbons.

Also attending will be Jess Kimpton from the Hawkesbury who has been selected to represent NSW in the Supreme Australian Championships in Western Australia in August this year.

Jess says she learned a lot about sheepdog training from her mum Josie and will also be working ducks with her dogs on Saturday.

Fellow Hawkesbury local Daniel Camilleri who runs a boarding kennel and trains dogs in his business, Hooked on Hounds, is a successful competitor in both paddock and yard trials and will be demonstrating his dogs' skills.

The charity group Rufftrack, which teams up vulnerable youngsters with dogs as part of

their program to give young people life skills, will be holding a Dog High Jump Competition.

Visitors will have the opportunity to meet some sheep and pat some puppies.

There will be activities for children, food and drink and the Rufftrack Coffee Van.

The Chrissy in July Markets will also be on at Hawkesbury Showgrounds on Saturday, July 13th (9am to 1pm).

The Annual Hypro Championship 3 Sheep Trial on the 10th-13th July at Hawkesbury Showgrounds opens at 9am each day with Sunday reserved for Finals.

Entry is by Gold Coin Donation via Gate 4, Hawkesbury Showground.

Vickie Priestly said the event attracted hundreds of visitors and thanked three local major sponsors Hypro Pet Foods, Bendigo Bank and Hawkesbury City Council.

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# The Hills Shire Council News

## SIGN THE PETITION FOR **MORE SPORTS FIELDS** IN THE SHIRE

An additional 140,000 people are expected to move to The Hills by 2041. With more residents, we will need 40 new sports fields. Currently, 31 of these fields have partial funding, while nine are unfunded at the following locations:

- Cherrybrook • Castle Hill • Norwest • Bella Vista • Kellyville
- Rouse Hill • Baulkham Hills

Our children deserve the opportunity to play sports, especially as more families move into apartments or houses with smaller backyards.

Help us secure funding for more sports fields – it only takes 30 seconds!



**SIGN OUR PETITION TODAY AT**  
**[www.fairerhillsfuture.com.au](http://www.fairerhillsfuture.com.au)**  
and help us reach 20,000 signatures to  
bring this critical issue to the NSW Parliament.



**THE HILLS**  
Sydney's Garden Shire

### Yarn at The Farm

Come along and have a Yarn at The Farm and celebrate NAIDOC Week on Thursday, 10 July from 10am to 2pm at Bella Vista Farm.

Council has partnered with Muru Mittigar to honour First Nations culture during NAIDOC Week 2025. There will be something for everyone – you can kick a footy with AFL NSW and the Parramatta Eels, paint your own boomerang, enjoy traditional dancing and storytelling, and sample some incredible First Nations fusion food.

The day will begin with a Welcome to Country and Smoking Ceremony, followed by didgeridoo performances, storytelling, traditional dances, a performance by Jannawi Dance Clan, an interactive show with Cheeky Little Emus, and live music.



Browse through vibrant Indigenous market stalls and sample delicious food from Indigenous-owned Wilka Thalta food truck, alongside a sausage sizzle, coffee van, dessert truck, and ice cream truck.

There will be:

- FREE cultural workshops and traditional arts and crafts activities
- FREE sporting activities with AFL NSW, Western Sydney Wanderers, Parramatta Eels
- Live music, storytelling, traditional dances and performances
- FREE Indigenous fusion cuisine from Wilka Thalta food truck, including pies, pasties and sausage rolls
- Market stalls from Indigenous artists, designers, and small business owners

This National NAIDOC Week Activity is funded by the National Indigenous Australians Agency.

**WHEN:** Thursday, 10 July from  
10am to 2pm

**WHERE:** Bella Vista Farm

Scan the QR code for more details.



### Council Meetings

Tuesday, 8 July 2025 at 7pm

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

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



**THE HILLS**  
Sydney's Garden Shire



# CHRG and Heartbeat of Football Unite to Support Community Heart Health

The Heartbeat of Football Foundation is a not-for-profit organisation founded in early 2016 by Andy Paschalidis, following the tragic on-field death of his Forest Rangers FC teammate, Matt Richardson, who suffered a sudden cardiac arrest while playing over-35s football. Just two days later, Andy's close friend Peter Katholos witnessed a similar incident involving his own teammate. These heartbreaking events prompted the creation of the Foundation, with a mission to raise awareness of heart health and prevent further loss within the sporting community.

Heartbeat of Football is built on three core pillars:

- Awareness and Education
- Prevention
- Action

Through community engagement, testing clinics, and ongoing education, the Foundation is dedicated to promoting healthier hearts and saving lives, on and off the field.

One of the Foundation's main initiatives is its Heart Health Testing Days. These events give local sporting clubs the chance to offer free heart checks. Nurses from the Victor Chang Cardiac Research Institute test blood pressure,

cholesterol, and blood sugar levels, then provide advice on improving heart health and reducing risks.

The Foundation relies on community donations and government support to run these clinics. CHRG is a proud supporter of Heartbeat of Football through its ClubGRANTS program. In February 2024, CHRG hosted four free testing clinics across its venues. During these events, 120 heart health checks were completed, with 88 people advised to follow up with their doctor. A striking result was that 91% of participants didn't know their heart health numbers, showing how important these clinics are.

"On average around 62% of people we test for cholesterol, blood sugar and blood pressure have shown high numbers and been referred to go for further testing with their GP" says Andy Paschalidis, Founder of Heartbeat of Sport and Heartbeat of Football Founder. "These activations with the Castle Hill RSL Group are most timely given the dramatic rise in issues we are seeing in the broader Community in 2025"

CHRG will continue its support this July, hosting another four free clinics across its venues. Community members are encouraged to attend and take a simple step toward better heart health.

The participating dates and venues are:

- Lynwood Golf and Country Club - Wednesday 9th July, 11am to 2pm
- Club Parramatta - Wednesday 9th July, 11am to 3pm
- Castle Hill Bowling Club - Saturday 12th July, 10am – 2pm
- Castle Hill Fitness and Aquatic Centre - Wednesday 16th July, 10:30am to 2:30pm

"It's vital people know if they are at risk. We are blessed to have such a partnership with the CHRG in the fight against our biggest killer - cardiovascular disease. We look forward to our upcoming four activations," Paschalidis added.

The Foundation continues to grow year after year, with 2025 marking a major milestone as Heartbeat of Football expanded its reach nationwide, delivering heart health testing clinics in every state across Australia.

Together, through early detection and community support, we can help save lives and create a healthier, heart smart Australia.

PLAY • LEARN & GET ACTIVE

# SCHOOL HOLIDAY

## Activities

SCAN HERE FOR MORE INFORMATION





CASTLE HILL  
RSL CLUB



CASTLE HILL  
FITNESS & AQUATIC CENTRE



CASTLE HILL  
BOWLING CLUB









# Sudden Hearing Changes? Here's What to Do

Sometimes, your hearing can suddenly change. You might feel like your ear is blocked or underwater, or notice ringing or buzzing sounds. This can happen to anyone, even if you've never had hearing problems before. One possible cause is something called **sudden sensorineural hearing loss** — a type of inner ear issue that's considered a hearing emergency and needs quick attention.

## Why Does This Happen?

Sudden hearing loss can happen because tiny blood vessels in your ear get swollen or don't work properly. This can stop your ear from working the way it should. Sometimes the exact cause isn't clear, even to specialists, but getting the right treatment as early as possible gives you the best chance of protecting and restoring your hearing.

## What Should You Look For?

If your hearing changes quickly—in just a few hours or a day—it's important to see someone right away. Don't wait to see if it gets better on its own, because the sooner you get help, the better your chances of recovery.

For people who wear hearing aids, a sudden change in hearing is sometimes mistaken for a device fault. In reality, the hearing itself may have changed. This is why regular annual hearing assessments are so important—to monitor your hearing health, track any gradual changes, and ensure your devices are working as they should.

However, if you notice a sudden or unexpected shift in your hearing, it's important

not to wait. Sudden changes should be assessed promptly. If you're concerned, call our team at Ear Studio. We can arrange a thorough check of both your hearing and your hearing aids to determine what's going on and guide you on the next steps.

## Why See a Hearing Care Professional?

Whilst your GP plays a vital role in your overall health and can examine your ears and provide medical guidance — hearing care professionals have the specialised equipment and training to perform detailed hearing assessments that help pinpoint the cause of sudden changes.

At Ear Studio, we use state-of-the-art technology and follow best practice audiological principles to ensure a thorough evaluation. As proud members of the Hearing Up Network, we're committed to delivering hearing care that meets the highest international standards.

## What Happens Next?

If one of our clinicians at Ear Studio identifies sudden hearing loss, they will prepare a detailed report outlining their findings and advise you on

the next steps to take — acting swiftly to ensure you receive the appropriate care. While hearing care professionals cannot prescribe medication, your GP or ENT specialist can provide treatment or further investigations to determine the cause.

Sometimes, hearing changes are caused by factors like earwax buildup or an infection. In these cases, we can offer prompt treatment in our clinic, including safe and effective earwax removal using micro suction.

## How to Get Help

If your hearing changes suddenly, call Ear Studio on **02 9159 6122**. You don't need a referral—just book an appointment. We will take a detailed history, conduct a thorough hearing assessment, and work with your GP or ENT as needed.

You can also visit [www.earstudio.com.au](http://www.earstudio.com.au) to book online. Our clinic is open Monday to Thursday, 9am–5pm, and Fridays, 9am–4pm, at Lawton House, Castle Hill (Suites 9-10 / 60 Cecil Ave).

We're here to help you take good care of your hearing, every step of the way.

(Our clinical audiologist, Thuvaraka explains the anatomy of the ear during a client consultation).



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CASTLE HILL PLAYERS PRESENTS

# 'The Last Five Years'

A Modern Musical Exploring Both Sides of Love  
at the Pavilion Theatre from 25 Jul – 16 Aug 2025

BY JASON ROBERT BROWN AND DIRECTED BY JULIAN FLORIANO

Two young New Yorkers filled with ambition develop a powerful relationship full of love, laughter, and eventually heartache. This modern musical ingeniously chronicles the five-year life of a marriage, from meeting to break-up and from break-up to meeting.

Cathy, moving backwards in time, is a talented, yet struggling actress with a vibrant personality and deep passion for her craft whose perspective on love is deeply affected by her

career and desire for affirmation. Jamie, moving forward in time, is a charismatic and ambitious writer whose early success sometimes leads him to make choices that strain those around him.

The Last Five Years was named one of TIME Magazine's ten best shows of 2001 and a film adaptation was released in 2014, starring Anna Kendrick and Jeremy Jordan. This is sure to be a unique, intimate production that will demonstrate the power of storytelling through song.

"The Last Five Years is an emotionally powerful and intimate musical. Anyone who has ever loved, dreamed, or drifted apart will recognise pieces of themselves in Jamie and Cathy's story."



Levi Burrows



Levi Burrows, Cassidy Donovan

## Castle Hill Players presents THE LAST FIVE YEARS

By Jason Robert Brown and Directed by Julian Floriano on 25 Jul – 16 Aug 2025 Wed, Fri, Sat 8PM, Sun 4PM. Pavilion Theatre, Castle Hill  
Tickets \$30, Concession \$25

The Pavilion Theatre is located within the Castle Hill Showgrounds, Castle Hill. Bookings paviliontheatre.org.au/the-last-five-years or call 02 9634 2929. For enquiries call 02 9634 3846 or email admin@paviliontheatre.org.au  
Media enquiries email Abby marketing@paviliontheatre.org.au

# THE LAST 5 YEARS

the award winning musical  
by Jason Robert Brown  
directed by Julian Floriano  
25 Jul - 16 Aug 2025

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## THE BROMELIAD SOCIETY OF AUSTRALIA INC

The Bromeliad Society of Australia Inc will hold their next meeting at the Federation Pavilion, Castle Hill Showground on Saturday, 12th July with plant sales to the public from 10am and the meeting commencing at 12noon.

Our guest speaker is **MARK MASSEY**, Mother Earth Nurseries. His presentation will focus on Australian natives and his addiction to preserving as many native plants that may be at risk of extinction.

His passion for plants has seen his collection outgrow his home. Together with his obsession with collecting and propagating even more plants led to his first nursery.

Mark's discussion will include a whole range of Australian natives from the rare plants to the most popular type we are familiar with and possibly grow in our own gardens.

Eucalyptus, Waratah, Banksia, Melaleuca, Paper Barks, Tea Trees, Myrtles, Spider Flowers, Flannel Flowers, and Golden Wattles. He will also touch on soil preparation, the importance of good drainage, aspects for planting, watering and fertilisation specific to Australian Natives.

Mark will bring along many examples of Australian natives and there will be an opportunity to purchase plants following his presentation.

There will also be our regular meeting activities such as competitions, Raffle, Show & Tell, and a more recent activity called just "Show" for people who would just like to share a plant with others without it being critically judged or discussed.

There is also an opportunity to meet like minded people in a friendly and inviting environment. Ian Hook, mobile 0408 202 269, email: ianhook1@bigpond.com website: www.bromeliad.org.au



Mark Massey



As your Federal Member for Greenway,  
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ADVERTISEMENT

## Opinion Piece

**Education creates opportunity. It is fundamental to the jobs, productivity and prosperity of Australia's future.**

Every child has a right to a high-quality, accessible and affordable education regardless of their background or where they live.

The Albanese and Minns Labor Governments are working together to build a stronger education system, with a focus on North West Sydney.

For more than a decade, families and students in our fast-growing region were ignored by the former NSW Government. This is changing under Labor.

Labor is making record investments in public education, building new world-class schools across Australia – and locally, in places like Grantham Farm.

The new primary school and co-located preschool announced by the Minns Government will support local families for generations to come.

This latest educational investment adds to the new and upgraded schools already being delivered in Tallawong, Box Hill, Rouse Hill, The Ponds and surrounds.

From early childhood learning, through to higher education, vocational skills and training, Labor is giving people the strongest foundation for success.

The Albanese Government is building a universal early childhood education system where access to the Child Care Subsidy is

guaranteed, care is affordable, and workers are remunerated fairly.

Our Cheaper Child Care reforms have saved families around \$4,400 on average and are giving parents and carers more choice to work or study to earn more.

Fee-free TAFE places are skilling-up our future workforce and our HECS relief program will cut student debt by a further 20 per cent.

Delivering new schools and forward-looking meaningful educational policies happens when good Labor governments work together to build a better future for all.

**Only Labor will ensure families in North West Sydney get access to world-class education facilities – locally – that they want and deserve.**

## Discover the NORTHERN HAWKESBURY.....

Shop, eat, drink, chat, grab a selfie with CAROLINE CHISHOLM, play giant Jenga, then shop, eat, drink, and chat some more on a great day out in this special part of the Hawkesbury.

Remember to set your GPS to allow for the 4 min free car ferry on the WEBBS CREEK FERRY and then enjoy your 21km sealed and scenic drive alongside the picturesque Macdonald River to historic St Albans.

You'll find us directly opposite the iconic convict built Settlers Arms Inn (now under new management).

Dogs are always welcome - on a lead please.

Future Market dates are:

- Sunday July 13 (School Holidays)
- Sunday Sept 7 (Fathers Day)
- Sunday Oct 5 (Long Weekend)
- Sunday Nov 23 (Pre Christmas Market)
- Sunday Dec 21 (Christmas Market & School Holidays)

Check us out here for more on this great daytrip for friends and families..

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# SUNDAY July 13

## 10am to 2pm

### 2 Wharf St, St Albans

### in the Northern Hawkesbury

**St. Albans Village MARKET**



# ROTARY AWARDS

Castle Hill Rotary Club has just celebrated Excellence in Youth and Excellence in Teaching with two special awards nights.

The Excellence in Youth Awards recognises young people in the Hills community who show leadership, creativity, resilience, and drive.

As part of the award experience, each winner was paired with an expert mentor in their category, providing them with opportunities for growth, connection, and support beyond the event. Professional headshots were also taken to help launch their professional profiles as they continue building their careers.

Youth advocate and storyteller Tamisha Matara was guest speaker. At just 19, Tamisha brought warmth and wisdom as she shared her journey—born in Zimbabwe, now a passionate youth advocate in Australia. Her work with UNICEF Australia, Liverpool City Council, and other national networks is focused on empowering young voices and creating change through storytelling and civic



Castle hill Rotary Youth Awards

engagement. Her message resonated deeply and was a powerful reminder of what's possible when young people are truly seen and supported.

This year's award winners:

- Youth in STEM of the Year: Laura Croxson and Tanishkaa Ramesh
- Youth Future Educator of the Year: Aditi Gupta
- Youth Performing Artist of the Year: Hayley Mathie
- Youth Sportsperson of the Year: Daniel Carter, Kasper Cheung, and Sarah Hicks
- Youth Volunteer of the Year: Elyssa Tedesco, Mohammed Farhaj Ali, Harry McMahon, Megan Sutton, and Michael O'Brien

Ten amazing educators were honoured at Castle Hill Rotary Club's Excellence in Teaching Awards.

The theme 'Fostering a Passion to Learn and Grow' was reflected in every story shared on the night. The awardees were recognised not just for academic outcomes, but for the meaningful difference they are making in their students' lives and in their school communities.

"These awards celebrate teachers who help young people grow into capable, curious and confident individuals," said Rotary President Dr Juanita Ruiz. "It's about recognising the care, leadership and innovation that great teaching brings to our local Hills community."



Castle Hill Rotary - Teacher Awards (2025)

This year's recipients were:

- Rebecca Normoyle, Crestwood High School
- Marianne Castor, Oakhill College
- Lara Palma, Castle Hill High School
- Jessica Kite, Baulkham Hills High School
- Rebecca Mahon, Quakers Hill High School
- Sherree Wormald, Excelsior Public School
- Bethany Corish, William Clarke College
- Isobella Davenport, St Gabriel's School
- Suzette Lewis Driver, St Angela's Primary School
- Chalton Robinson, Gilroy Catholic College

SHERREE WORMALD, who led the creation of the Memorial Garden at Excelsior Public School was also recognised.. The garden stands as a permanent space for reflection and learning about remembrance and service, fostering values of empathy and respect in the school community.

## HERITAGE VALLEY CAFE

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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/>



## MEET SASSY

Sassy is a young, happy-go-lucky girl who's looking for a home where she can soak up all the love and attention she deserves. If you're seeking a fun, active companion, Sassy might just be your perfect match!

Staff at the Hawkesbury Animal Shelter say Sassy is a playful gal who is full of energy and would thrive in a home with a large backyard, plenty of toys, and an owner who can provide regular exercise and daily walks. They say Sassy absolutely LOVES her toys, she can entertain herself for hours with a couple of tough ones. She can be a bit overexcited when it comes to playing, so she'd do best in a home without small children. She's working hard on learning good manners around her toys.

At the office, Sassy is a model employee-calm and content to lounge around, even when people are constantly coming and going. She's got the perfect balance of energy and chill, which makes her a great companion in different settings.

Sassy would do best in a home as the only pet, as she can be reactive toward other dogs. But with the right person (ideally someone with experience who can continue her training) Sassy will be a loyal and loving companion for life. She'll need a secure yard with sturdy fencing, as she's proven she can jump wire fences up to 6 feet, though we're not sure how she'd do with more solid fencing like colorbond.

### AT A GLANCE

NAME: SASSY  
BREED: American  
Staffordshire Terrier  
SEX: Female  
AGE: 2 Yrs, 6 Mos  
and 2 Wks  
PRICE: \$49

If you're an active person who's ready for a sweet, energetic dog with a big heart, Sassy is waiting to meet you! She's smart, eager to please, and will bring so much joy to the right home.

Give Sassy the loving home she deserves and let the adventures begin!

Sassy is already desexed so she can leave the shelter with you.

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

80% OF  
DOGS  
AGED  
OVER 3

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# Keep Your Dog's Smile Bright and Healthy

Dogs can't brush their teeth, but just like people, they are at risk for dental problems that can cause pain and serious health issues.

## Causes of Periodontal Disease

Periodontal disease is caused by an accumulation of plaque, a colourless film that contains large amounts of potentially harmful bacteria. If left unchecked, built-up plaque can create infection, destroying your dog's gums and the tissue and bone that support the teeth. Preventive oral care can reduce plaque and help maintain proper oral health.

## Signs of Periodontal Disease

Schedule an appointment with your veterinarian if your dog shows any of these warning signs:

- Bad breath
- Yellow-brown crust on teeth
- Red or bleeding gums
- Change in chewing or eating habits
- Tooth loss
- Change in behaviour
- Abnormal drooling

## Contributing Factors

- **Poor Oral Hygiene:** Ignoring the condition of your dog's mouth can lead to periodontal disease, tooth loss, and other serious health problems.

- **Breed:** Periodontal disease is more common in smaller breeds of dogs.
- **Age:** Periodontal disease is more common as dogs grow older.

## Healthy Mouth, Healthy Body

Proper oral care isn't just good for the mouth – it's good for the whole body, too. Poor dental health can put your dog's systemic health at risk. Plaque builds up on a dog's teeth, and bacteria in the plaque irritate the gums. The irritated gums bleed, allowing bacteria from the plaque to enter the bloodstream and travel throughout the body, negatively impacting vital organs. Emerging science suggests a strong link between good oral health and heart health.

Dogs with poorly maintained teeth and gums also run the risk of experiencing several other serious health problems:

- Painful dental infections
- Tooth loss

A taxed immune system, which limits a pet's ability to fight disease and infection



## Your Veterinarian is Your Pet's Dentist

Just as people should have regular checkups by their dentists, your dog needs regular dental care by your veterinarian. Every regular exam at Sydney Animal Hospitals includes a thorough dental exam. We'll also recommend a home care plan to help you keep your pet healthy. If we find disease, we will recommend a treatment plan. Ask us about our free dental check with a qualified nurse today!

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# Hawkesbury Jets U12 Girls catch the Eye in Melbourne

BY LAWRENCE MACHADO

The Hawkesbury Jets U12 girls are celebrating their first silver medal at the prestigious Nunawading Basketball Tournament in Melbourne.



The Hawkesbury Jets U12 girls finished runners-up in Melbourne.

Coach Aroscha 'AJ' Jayasinghe said this is a huge achievement for the Hawkesbury & District Basketball Association because the Victorian event is one of the biggest in Australia.

"It was a huge milestone and a proud moment for the club, the players, and their families," said Jayasinghe.

"This group worked incredibly hard not just during the tournament, but in the weeks and months leading up to it. They played with heart, supported each other, and represented our club with real pride."

In the final, Border Sports Academy defeated Hawkesbury 30-42. In earlier rounds, Hawkesbury beat Kellor Thunder 28-21, Waverley Falcons 23-13, Chelsea Gulls 26-19, Darebin Phoenix 29-16, and Blackburn Vikings 23-14.

Last year, the Hawkesbury Jets boys U14 side also finished runners-up in the same championships. Both teams were coached by Jayasinghe, who also runs the Lions Basketball Academy in Western Sydney.

"It's been incredibly rewarding to see our local talent stepping up and making an impact on such a big stage," AJ said.

HDBA sent more than 10 teams for the Nunawading event which was also attended by the Hills Hornets and other local clubs.



The Hawkesbury Jets U14 who were runners-up in 2024.

AJ has been coaching at Hawkesbury for five years now, with his three children, LeBron, Savannah and Tyrone all playing for the Jets. He has built a solid coaching background which helped him to launch the Lions Basketball Academy three years ago.

"The academy has grown quite a lot since the early days when we had only couple of teams that my kids played in. Now there are about 230 kids and we have 17 active teams playing at Hills Hornets, eight at Hawkesbury Jets and two at Blacktown.

"(My) long term vision is to become one of the best junior basketball training academies in Sydney. I want to build it around great people and kids."

**The U12 girls squad:** Sienna O'Bryan, Jasmine Hietanen, Savannah Jayasinghe, Madeleine Davidson, Indi Scruse, Olivia Eldering, Medha Thota, Ruby Zohu and Indigo Grant. **Head Coach:** Aroscha Jayasinghe; **Assistant Coach:** Anthony Scruse. **Team Manager:** Michelle Hietanen




## THE PRATTENT CUP

**CHARITY DAY**

**SATURDAY JUNE 28<sup>th</sup>**

**BERNIE MULLANE**

**YBPL 13:00**

**MPL RESERVE GRADE 15:00**

**MPL FIRST GRADE 17:00**

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SCAN TO PURCHASE TICKETS

## GALSTON CWA

Galston CWA meets every second Wednesday at 10am at the Galston Health and Community Centre, corner of Arcadia Road and the Glade. We invite any ladies interested to come along to one of our meetings to see the different ways we interact to assist and support our community.

We also have a second get together on the fourth Wednesday of the month for our social and craft activities. On Wednesday, July 23rd we will be having a "CROCHET DAY" and invite anyone who would like to spend a morning learning to crochet, or perhaps just improve their skills, or even just to come along and share a morning tea with like minded ladies. We will have some teachers and some supplies available. Morning tea will be provided and bring some lunch if you would like to stay longer.

For more information, phone Anne on 0404 228 209 or Patricia on 0412 948 787.







## Spirit Of Nathan Gremmo Lights Up Memorial Shield

BY LAWRENCE MACHADO

The spirit of Nathan Gremmo was very much alive at last Sunday's memorial match to honour the memory of the young Hills District Bulls player. The annual fixture also promotes organ and tissue donations, which was Nathan's big passion.

The 11th Nathan Gremmo Memorial Shield match, played at Crestwood Oval, Baulkham Hills, were a fitting legacy to the 13-year-old who died from an accident in 2015.

However, the Bulls were unable to make it six-in-a-row, losing the exciting Ron Massey Cup contest to the Canterbury Bulldogs.

The Bulls made a stirring comeback after the interval, scoring four tries, but it was too late to prevent a 34-28 loss. The Bulldogs led 30-6 at half-time after five converted tries.

However, fired by the occasion, the Bulls had the crowd roaring as they came within two points of the Bulldogs, with four converted tries in a furious 16-minute span. The visitors sealed victory with a 74th minute try.

"We would like to thank the whole Hills Community, especially the Hills Bulls, for assisting with Nathan's Legacy in saving lives through Organ Donation and Jersey Day. What a wonderful gift, the gift of Life," said Michael Gremmo, the president of the Hills Bulls.

## JERSEY DAY ON SEPT 5

The Bulls will host Jersey Day on Friday, September 5, which raises awareness for organ and tissue donations in memory of Nathan Gremmo. The event has grown each year with more clubs and associations signing up. Jersey Day promotes The DonateLife Network. To know more, visit [jerseyday.com.au](http://jerseyday.com.au).

Thanks to Nathan's organ donations in 2015, six lives were saved. As he fatefully wrote in his last Instagram post: "You only live once, but if you do it right, once is enough."

## GRIFFO'S LEGEND'S LUNCH

The Bulls are holding Griffio's Long Legends Lunch on Friday, July 25, to remember their very popular committee member and coach Paul 'Griffo' Griffin, tragically killed last year. League icons Peter Sterling, Mark Laurie, John Muggleton and Eric Grothe are headlining the event, which includes a live auction.

Griffo, a great friend of the Gremmos, and Nathan also went on to save lives through organ donation.



## Dural Bowling Club

The Open Gender Drawn pairs event semi-finals took place on June 14. Both teams that made it to the final won by a narrow margin of one shot.

Meanwhile, the Dural Lawn Ladies bowlers had their first social lunch of 2025 at the Green Vibe Café. The lunch was well attended and it was a great opportunity to connect with everyone in a relaxed, friendly atmosphere. The occasion was to celebrate the various birthdays in the first half of the year, specially a milestone 70 for Cheryle Hobart. Our good wishes to Cheryle.

Dural Bowling Club welcomed three new bowlers at the luncheon and wishes them happy bowling for years to come.

## THE PRATTENT CUP: A Tradition of Football, Community and Charity

A much-anticipated annual football event, the Prattent Cup has grown from a friendly match into a significant community fundraiser. Originally a match between the Kellyville Kolts and Winston Hills Men's Premier League teams, the event now stands as a testament to community spirit and philanthropy, raising substantial funds for local causes.

### THE ROOTS OF THE PRATTENT CUP

The event, named after former club president, life member, and club sponsor Steve Prattent, was established to honor his contributions to the club. Since its inception in 2018, The Prattent Cup has successfully raised over \$150,000, aiding local families and charities in need.

### SUPPORTING THE O'BRIEN FAMILY

This year's proceeds will benefit The O'Brien's – the family of one of our Under 5 members Teddy, who recently lost his father Michael. Michael was a dedicated family man who was due to coach Teddy's team for this season.

Unfortunately, a sudden brain injury left him fighting for life, before he passed away tragically on 28th of May. The Kellyville Kolts' support for The O'Brien family aligns with the club's values of being a close family club that steps up when needed, to support every member.

### A DAY OF FOOTBALL AND FUN

This year's Prattent Cup promises to be bigger and better than ever; an absolute Festival of Fabulous, Fantastic Football. The schedule is packed with exciting matches:

- 13:00 – Kolts Youth Boys Premier League vs. Winston Hills Bears

- 15:00 – Kolts Men's Premier League Reserve Grade vs. Winston Hills Bears
- 17:00 – The Prattent Cup: Kolts Men's Premier League First Grade vs. Winston Hills Bears

The event will also feature inflatables, face painting, Emergency Service display and the ever-popular GIANT RAFFLE.

### THE GIANT RAFFLE

Tickets for the raffle are priced at \$5 each, 5 for \$20, 10 for \$35 or 100 for \$250. The first prize is a \$5000 family holiday to Fiji or Hamilton Island, with a total prize pool valued at over \$13,000. Raffle tickets can be purchased online ([www.kellyville.football/our-club/prattent-cup](http://www.kellyville.football/our-club/prattent-cup)).

### JOIN THE CELEBRATION

Join us on June 28 at Bernie Mullane to enjoy a fantastic day of football and make a tangible difference to the O'Brien family.



# HARRIS FARM FAMILY OF DURAL

Pam Trimmer, Research Officer for Hills District Historical Society, and also Editor of the Hills Heritage News, a position that I also held more than a few decades ago, provided me with the following.

"The first Harris Farm Market was opened in 1971 in Villawood, Western Sydney, by David and Cathy Harris. It has since grown to 26 stores open in NSW. Harris Farm Markets has had its fair share of ups and downs throughout its 50 years. Like many entrepreneurs, David and Cathy, having seen their first shop's success, were keen to expand their business. However, due to their limited business experience at the time, they ended up expanding too quickly and going broke. To save the company, the family had to bring in private equity investors, who, in another turn of bad luck for the family, also became broke. So, they turned to the banks, but with high interest rates through borrowing from the banks, could have never succeeded. In the end, they had to sell stores and scale back to three stores." (The Farmer Magazine Sept Oct 2023)

To supply their stores, they had land and accommodation next to the Round Corner Dural shopping centre on Stonelea Court, which was originally a Poultry venture by David's father. David's father installed their swimming pool as a means to have a constant supply of water, especially in the summer when the local water tanks proved unreliable. This site, originally an early grant of land to a convict, John Stone, was the beginnings of Harris Farm Market.

John Stone was an elusive character who, arriving in the colony on the "Glatton" in 1803, appears to have joined his ancestors while living in John Hillas' Jnr's hut near Taralga sometime

after the 1828 Census. He doesn't appear to have developed his grant, but a stone cottage was built on the site and obtained the name "Stonelea". It was incorporated into a later modern extension as part of the family home.

David Harris was quoted in the Farmer Magazine – "we were always very connected to the farming community. Right through the 70s we were living in Dural, and we market gardened the whole 25 acres—we had share farmers living on the farm with us so we really understood how it works" (Harris Farm Markets from The Farmer Magazine ..)

"When David Harris was 65-years-old, in 2013, the question of who would take over as CEO became an important question for the company; at the time, three out of David and Cathy's five sons were working for Harris Farm Markets. Luke had been there the longest and joining the business back in 1995. Angus joined the family business in 2003 as the chief information officer. Tristan was the last to join the company, starting as a grocery buyer in 2006. When David called all of them into a meeting to discuss the company's future, David shocked them by announcing that they would become co-CEOs, a move predicted to be the beginning of the end. The brothers maintain that all three together have made the company stronger." The Farmer Magazine.

Family has always been at the heart of Harris Farm Markets, right from its inception 52 years ago when David approached his entrepreneurial father for career advice after he, and his then fiancée Cathy, graduated with a Commerce degree from university. "He gave me some criteria to think about, and I identified two target

industries: we'd either be fruit shop owners, or funeral directors," David says.

"Neither of them had big players in them at the time, so the shop was a logical industry to go into."

"My father, who was Italian, was horrified!" Cathy interjects. "He was like, 'I sent my daughter to the best schools, and she's just graduated

university – hello?!' Life in retirement is on their 500-hectare farm in the Megalong Valley, although David still keeps an eye on buying while Cathy watches marketing. Here they still grow their vegetables; practice regenerative cattle farming with their 500 head herd; breed cattle; and have facilities for breaking and training their 120+ Icelandic horses (one of the oldest and purest horse breeds in the world); and wish to promote responsible more sustainable upmarket tourism in the valley while protecting the flora and fauna.

(Source. The Farmer Magazine Sept Oct 2023 pp. 45-48; The Harris family)



## LIVE EVENT BY ALIVE

BY LEONIE DIXON

After a very successful show at Riverside Theatre last Saturday which saw 5 local bands perform to a most appreciative audience, Chairman Andsley Dennis declared, "Alive's first attempt at helping young and upcoming bands in our area was recognised by many as achieving the goal." It means the message is getting out into the community of the need to keep the music industry alive so bands can feel motivated that their efforts are appreciated and that they need to continue practising and playing. Hopefully, there will be more concerts like this in the future.

If you are keen to be part of the whole scene the first step would be to visit [alive905.com.au](http://alive905.com.au) and become a member so that you will be informed through our Newsletter and emails. Membership is at an all-time high with lots of benefits involved for a \$36 yearly fee. Best of all there are free gifts including t-shirts, caps, beanies, mugs and mouse mats, and for a slightly extra amount, you can purchase puffer jackets and hoodies. Other benefits include a big discount on hiring our podcast studio and being trained to become a presenter or joining the Alive family as a volunteer. There are so many opportunities why not join up today?



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THE HILLS AND HAWKESBURY  
AREA DURING PAST DECADES.



Catherine Harris



David Harris



Round Corner 1980



Round Corner 1980



Johns Shop 1980

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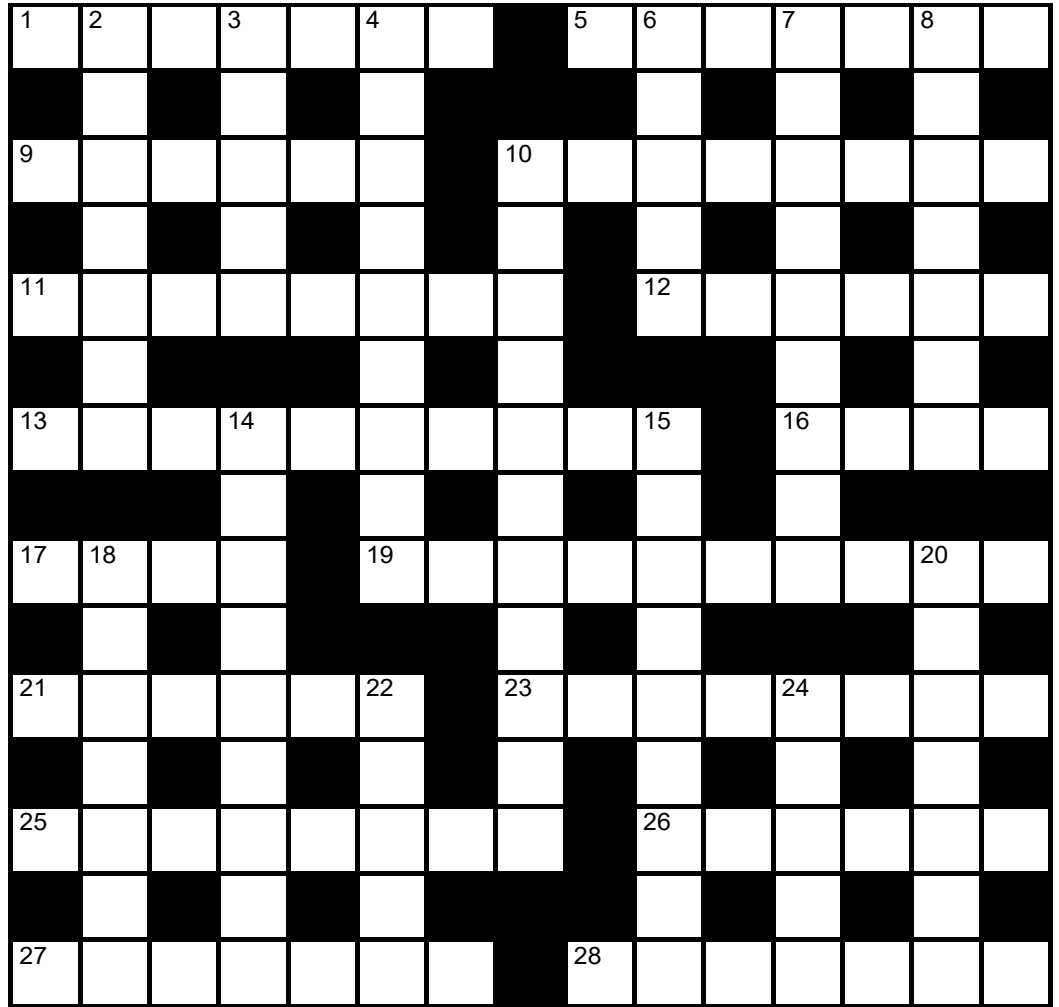
Answers from last issue

A	M	A	A	N	K	M	P
F	R	E	E	L	A	N	C
A	X	L	E	A	W	M	O
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N	S	S	O	E	S	Y	S

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## Across

1. Gulps of air
5. Assistance for the needy
9. Big commotion
10. Exploit
11. In an emergency, it doesn't come second
12. Small wave
13. Field hockey player with Olympic gold and bronze medals
16. Land of ayatollahs
17. It may be half-baked
19. Corresponding
21. Sunk
23. It goes, according to Cole Porter
25. A dishonest flyer, by the sound of it
26. Gum arabic
27. Simulated on a computer
28. Hang in there!

## Down

2. Knockoff
3. Tiny particles
4. White-flowered NE Queensland rainforest tree
6. Go in
7. Clue in the dirt
8. Parrot variety
10. Burnett River dry spot?
14. Directly
15. Bellarine Peninsula swamp
18. Genuine
20. Catholic welfare organisation
22. Subject of Professor Higgins' experiment
24. A lot

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# WORD SEARCH The Markets

# 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.

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

ANALYSIS  
ARBITRAGE  
BEAR MARKET  
BULLISH  
COMMODITY  
DAY TRADE  
DIVIDEND

EQUITY  
FUTURES  
HEDGING  
INVESTMENT  
LIMIT ORDER  
MANAGEMENT  
MARGIN

OFFSETTING  
OPTIONS  
SELL SHORT  
SHARES  
TRADING  
TREND

4	2	4	26		17	21	7	21	13	21	19	9
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1		18		4		7		19		13		4
1	7	4	23	26		4	10	4	7	4	20	26
4				9		21		22		23		17
19	16	21	23	18	21		11	4	26	20	4	19
21		20		4		16		23				9
20	19	8	14	23	17	4		26	17	19	14	24
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Answers from last issue

## WORD SEARCH

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

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

## SUDOKU

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

## SUDOKU

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

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

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