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Community News

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From left: Bryan Mullan, Don Tait (Ex-Castle Hill RSL sub-Branch president), Oscar Henderson, Olivia Siloch, Castle Hill RSL sub-Branch president David Hand, Ellarose Halakas, Bethany Wade, Elizabeth Rodd (2019 Anzac Day Youth Ambassador) and Castle Hill RSL sub-Branch Vice-President Jim Wilson. Picture: Lawrence Machado

ANZAC SPIRIT WILL LIVE FOREVER

by **ELLAROSE HALAKAS**

As a secondary school Anzac Ambassador for 2021, it is an honour and privilege to reassure the community and past veterans, that the legacy of the Anzacs will remain eternal.

I am a Year 11 student attending Marian Catholic College at Kenthurst. I was chosen to represent the youth of the Hills, alongside Bethany Wade from Castle Hill High, Olivia Silcock from William Clarke College and Oscar Henderson from Northholm Grammar School.

We understand the significant responsibility we have as ANZAC Ambassadors and are aware we must strive to uphold the ANZAC spirit and acknowledge the sacrifices made by previous generations, in our grateful community.

This opportunity was provided to one student from every school in the Hills' district. However, only four were chosen to represent the community as ANZAC Ambassadors.

"I really wanted the role of ANZAC Ambassador for the Hills District, as I have a love for Australia's involvement in wars throughout the years and I want to ensure the efforts of the past veterans are never forgotten," Olivia said.

Following the selection process of our school, we were informed of the preparation which was necessary for the interview and key battles of the Vietnam War which we would be assessed on.

We were interviewed by a panel, including Mayor Dr. Michelle Byrne, Vice-President of the Castle Hill RSL sub-Branch Jim Wilson, School's Coordinator for the Castle Hill sub-Branch Bryan Mullan and 2019 Anzac Ambassador Elizabeth Rodd.

The selection committee consisted of a friendly group of people and we are extremely grateful for their commitment throughout the entire process.

Our role as ambassadors will focus on the Vietnam veterans and the acknowledgment of all ANZAC soldiers. We are looking forward to receiving training in public speaking by radio broadcaster Gareth McCray.

Bethany has a very meaningful connection with the role of Anzac Ambassador, as her grandfather has served throughout the Vietnam War. "My pa was a veteran, and I have been acutely aware my whole life of how his service



ANZAC Day Ambassadors, from left: Oscar Henderson, Olivia Siloch, Ellarose Halakas and Bethany Wade.

in Vietnam has affected him," Bethany said. "It makes me so proud to have a grandfather who has fought for Australia, and who is so open about sharing his story."

"It is extremely important that younger generations continue to honour and revere the sacrifices made, by service men and women," Oscar said. "I believe that attending ANZAC and Remembrance Day commemorations are a great way in honouring all veterans, who sacrificed their lives for our country."

As ANZAC Ambassadors, we will participate in the Dawn Service on Sunday, April 25, in addition to Remembrance Day ceremonies on Sunday, November 7, and Thursday, November 11.

We are thankful to have the opportunity to speak on behalf of the youth in the Hills district, and reassure past and present veterans that they will always be remembered.

Hills to Hawkesbury

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

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B KINDER CARDS HEAD TO UK

by BEV JORDAN



Students from Arndell Anglican College in Oakville have written cards to 425 students at Woodville School in Essex in the United Kingdom as part of a program to “Spread a Smile of Australian Sunshine”.

The “b kinder” initiative was carried out last Friday (March 5) and involved all students in K-6 in the junior school.

The special cards were supplied by the flyhighbillie charity, founded in memory of former Arndell Anglican student Billie Kinder who died in a tragic accident at Pitt Town in 2016.

Billie’s mum, Danny Mason-Kinder, who set up the charity and the annual “b kinder day” said the idea of donating the cards was that every student at the Woodville School in Chelmsford, Essex would receive a hand-written welcome back to school card.

“The concept was to send a ray of sunshine, one kindness card at a time,” she said.

“Due to COVID 19, the children in the UK only went back to school on March 8, after a very long lock down.

“Unlike us here in Australia, they are in the middle of winter and lock down means very cold, dark days with no school or friends to play with.

“Arndell wanted their students to participate in this initiative and a lot of ‘empathetic learning’ was done by the children. The children addressed what empathy meant and what it would be like to actually be a child in lockdown in the UK and how they wouldn’t be as lucky as they were in Australia.

“So, each card was written with their own message of ‘sunshine/ kindness/ greeting of friendship and encouragement.

“It is hoped that once the children from England are settled back at school,

they might reply and possibly start an ongoing circle of friendship.”

Another 35 cards will be going to Barons Court Primary School in Southend on Sea.

Both Woodville and Barons Court take part in the annual “b kinder” day which is now held in several countries around the world, teaching children about kindness, compassion and empathy.

To find out more about the flyhighbillie charity and its programs and workbooks visit flyhighbillie.org

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MAN SHOT IN DURAL

The Hills Police Area Command is investigating the shooting of a man during a home invasion in Dural on Wednesday, March 10. Around 4.20am, police said emergency services were called to a home on Kenthurst Road, Dural, following reports a man had been injured.

Police said entry was forced to the home, before the occupant, a 21-year-old man, was shot in the hand. He fled to a neighbouring property to seek assistance. The injured man was treated at the scene before being taken to Westmead Hospital. Police are investigating the incident.

FOCUS ON TRAFFIC OFFENCES

A total of 133 infringements were issued during a large-scale traffic enforcement operation targeting poor driver behaviour in Sydney's north west.

Operation Fume was conducted by officers from the Traffic and Highway Patrol Command North West Sector, with assistance from The Hills, Parramatta and Ryde Police Area Commands between Friday and Saturday March 5 and 6.,

During the operation, six vehicles were issued with defect notices, six criminal charges and four traffic charges were laid. Police conducted 678 breath tests, with two people charged with drink-driving offences, including one for mid-range PCA and one for high range PCA.

About 9:35pm on Saturday, The Hills Highway Patrol were conducting patrols at Freeman Avenue, Castle Hill, when they stopped a white Holden Commodore and spoke to the 37-year old male driver. Officers conducted a search of the car when they allegedly found several stolen identification documents and other items, including a mobile phone. The man was arrested and taken to Castle Hill Police Station where he was charged with goods in personal custody suspected being stolen (not motor vehicle).

Operation Fume is a road policing operation targeting criminal and alcohol related, anti-social behaviour and road-related trauma. Similar operations are expected to continue in the future.

OFFICER ALLEGEDLY ATTACKED

A man allegedly punched and spat on an officer during an arrest in Kellyville. About 12.10am on Wednesday, March 10, The Hills Police Area Command officers rushed to a home on Greenwood Drive, Kellyville, following reports of a domestic violence-related incident. Police were told an 18-year-old man had broken a glass panel door after an argument with a woman, who is known to him.

When officers attempted to arrest the man, he allegedly punched a probationary constable in the head on multiple occasions. After being arrested, he then allegedly spat in the eye of the same officer. The man was taken to Castle Hill Police Station and charged with destroy or damage property (DV), and two counts of assault police officer in execution of duty without actual bodily harm. He was refused bail to appear at Parramatta Local Court. The male probationary constable was taken to Westmead Hospital for treatment of minor facial injuries. He has since been released.

TRUCK CRASHES INTO POOL

A dump truck made a huge splash when it crashed into a swimming pool in Cherrybrook on Monday, March 8.

Emergency services were informed around 7.50am that a truck, believed to be unmanned, had rolled into the pool at a home in Melissa Place.

According to the police, the truck had been at a nearby building site when it began to roll, crashing through two fences before coming to a stop in the pool.

No injuries have been reported.



ROUSE HILL STABBING

Police are investigating the stabbing of a man in Rouse Hill on Saturday, March 6. The Hills police said emergency services were called to a home on Cornell Place at Rouse Hill, following reports a man had been injured around 9.30pm. When police attended the scene, they found a 22-year-old man with a single stab wound to his back.

He was treated by NSW Ambulance paramedics and taken to Westmead Hospital where he is undergoing surgery. He remains in a serious but stable condition.

Police said the man was injured following an altercation in the driveway of the home with three uninvited guests who had been requested to leave. A crime scene has been established as inquiries continue.

WANTED MAN COULD BE IN THE HILLS

Police are seeking public assistance to find Jamie McNee, 41, who is wanted on an outstanding arrest warrant for domestic violence offences. McNee is described as being of Caucasian appearance, about 175cm to 180cm tall, of solid build with short dark hair and brown eyes. Nepean Police Area Command believe that McNee frequents the Baulkham Hills, Seven Hills, Blacktown, Penrith and Cambridge Park areas. Anyone who has information about his whereabouts is urged not to approach him and to contact 000 or Crime Stoppers.

RIVERSTONE SHOOTING

An investigation is under way after two men were wounded in a public place shooting at Riverstone. Just after 9.30am on Wednesday, March 3, a taxi driver, 40, and his passenger, 30, attended Hawkesbury Hospital in Windsor with gunshot wounds. Police were told the taxi driver had earlier picked up the man from a home in Sydney's west. While the investigation is in its infancy, it's believed the pair were injured after stopping at an address in Riverstone.

The 30-year-old male passenger suffered multiple wounds. The taxi driver drove to Hawkesbury Hospital where both men were treated for gunshot wounds. They remain in a serious condition. The matter has been referred to the State Crime Command's Criminal Group Squad.

DASHBOARD FOR EMERGENCIES

The Hawkesbury Disaster and Emergency Management Dashboard provides current information during an emergency and it is also a useful tool to help you prepare and plan.

It is available for residents and can be bookmarked on a smart device. It is designed to be adaptable to different devices and

readily available without the need for a subscription, a log-in or an app download.

The dashboard also provides updates on road conditions, weather warnings, power outages and school closures. It includes a link to the Rural Fire Service website for bushfire updates and fire danger ratings, and also a link

to the State Emergency Service website for storm and flood updates.

It is funded by the NSW Government in association with Local Government NSW.

Details: www.hawkesbury.nsw.gov.au, click on the emergencies tab or bookmark the direct link disaster.hawkesbury.nsw.gov.au

WHERE ANYTHING IS POSSIBLE

by LAWRENCE MACHADO

For something which could be life-transforming, it is surprising that the I'MPossible program is hardly known beyond its local borders.

Yet, what Carl Jennings, Eddie Palaci and their dedicated team at Super 6 High Performance are achieving are positive experiences for people with disabilities.

Beaumont Hills local Eddie Palaci got his brainchild program under way in 2019 but had to shelve it last year due to COVID-19. The intense 10-week term based program is run at Blacktown International Sports Park on Wednesdays and Fridays between 6-7pm.

He said S6HP I'MPossible delivers physical and emotional development for athletes with a disability, with participants ranging from 12-29 years. "Why? Because we are passionate about ensuring every young athlete has an opportunity to be part of an environment that is safe and nurturing," Mr Palaci told *Hills to Hawkesbury Community News*. "That gives them the opportunity to become the best versions of themselves."

He said the program is transforming youth with disabilities into confident and fitter individuals, thanks to a high performance program designed and run by world-renown coach Jennings, who has worked with the All Blacks and other professional sports teams.

"We need to get more people with disabilities on board because there are thousands more in The Hills, Blacktown and surrounding area who are unaware of these programs," Mr Palaci said. "We don't care if the person has one leg, in a wheelchair, blind or on the autism spectrum, let them join.. we are an inclusive environment. The challenge we have is getting the message out there; our facilities and structured program are tailored to cater for the individual needs."



Mr Palaci coined the word I'MPossible to turn impossible to something that children and adults with disabilities can achieve given the proper guidance and right environment.

The goal is very close to Mr Palaci, whose daughter, Eliana, 17, played football before turning to netball where she now joins her mum and younger sister.

"Unfortunately, society pigeonholes people and it is very hard to break out of this, why not give a person with disabilities a high performance environment?," Mr Palaci said.

Mr Palaci said he cannot find anything like this anywhere in Australia or in the world for that matter.

"It's unique in the sense it gives youth learning only available to elite and champion athletes," he said. "We want these kids to be the best versions of themselves. When we first got a batch together, it was a bit

chaotic but at the end, the children were so disciplined in this high performance environment. They learnt about several things, including learning how to breathe, mindfulness, meditation skills, physical elements and nutrition and we were amazed also how well behaved they were due to the zero tolerance policies.

"These are life skills for them and even if they can take home one life skill like how to make a nutritional smoothie, that alone is very satisfying for us."

Mr Palaci said they included nutrition as this is neglected by families that have children with disabilities, because it is almost the last thing on the minds of the overburdened parents.

Details: Email: im-possible@s6hp.com.au or www.s6hp.com.au



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An artist's impression of the proposed redevelopment at The Hills Club Baulkham Hills.

\$300M HILLS CLUB PROPOSAL

by BEV JORDAN

Hills District Bowling Club has just submitted a planning proposal to The Hills Shire Council for a \$300 million development of its 1.5-hectare site at Baulkham Hills.

The Planning Proposal seeks to amend The Hills Local Environmental Plan 2019 to permit the development of residential units on The Hills Club site, above a new bowling club featuring an outdoor bowling green and an indoor green capable of hosting international competitions plus other sporting and community events.

The Hills Club Chairman Ken Carroll said there was an urgent need to revitalise the club. The board has been working with developer, Arden Group, on plans for a future mixed-use development on the site, which would include a three-level bowling club plus up to 300 residential units. There will be one proposed 21-storey tower and three other unit blocks ranging from four to six storeys in height.

Mr Carroll told the *Hills to Hawkesbury Community News* the redeveloped club building would be twice the size of the existing club with underground car parking offering double the amount of parking space for club members. "One of the blocks behind the club on Jenner St would be for Over 55s," Mr Carroll

said. "All the units would be two or three bedrooms."

In a letter to Hills Shire Council, Mr Carrol said: "There is an urgent need to reposition the club from an ageing facility to become more relevant with the evolving demographics and changing needs of the community. This proposal provides a significant opportunity for the Baulkham Hills area to gain a true community facility hub of great benefit."

"The vision for the site is a revitalised modern club with state-of-the-art bowling and community facilities, civic and communal spaces and a greater diversity of activities available to its members and the broader community.

"The club will continue to function as the heart of the site and will be supported by a diversified set of uses including commercial, residential and senior's accommodation, ensuring its long-term viability."

Mr Carroll told the Hills to Hawkesbury Community News the indoor air-conditioned bowling green would feature grandstand seating. He said The Planning Proposal has been developed through a collaborative process undertaken jointly by The Hills Club Board and Arden.

"It has been the club's intention to engage with the best consultants through the design process to ensure that the proposal addresses, in the best way possible urban design elements, through an in-depth consideration of the surrounding environment," he said.

"In turn, we believe the design will be complementary to the enhancement and revitalisation of the Baulkham Hills Town Centre. Altis Architects, who were engaged for the design concept, have a proven track record in delivering exceptional club projects and mixed-use developments that incorporate club facilities."



Mr Carroll said benefits of the proposal include new jobs, improved traffic flow and increased activation to Baulkham Hills Town Centre.

A spokesperson from The Hills Shire Council said: "The proponent is currently completing the lodgement process. Once this has been completed, council will then commence assessment of the application following the process set out in Council's Planning Proposal Policy."

Have your say: email contribute@hillstohawkesbury.com.au

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NSW WOMEN OF THE YEAR AWARDS

It was a busy week for Amanda Rose, Founder and Managing Director of Western Sydney Women who hosted the inaugural Western Sydney Executive Women International Women's Day event at Sarino's Norwest on Monday (March 8).

The fundraising event raised \$6000 for Hills Community Aid to use in helping people in financial hardship.

On Wednesday, Amanda was the finalist in the NSW Woman of Excellence Award presented by the Premier, Gladys Berejiklian and won by NSW Chief Health Officer Dr Kerry Chant.

Baulkham Hills resident Chris Cleary, Founder of StreetMed and StreetPets was a finalist in the NSW Community Hero Award.

Local State MPs also nominated their Local Woman of the Year. Baulkham Hills MP David Elliott nominated Sonja Palic, form President of Sydney Hills Business Chamber; Castle Hill MP Ray Williams nominated Denise Daynes from Hills Relay For Life; Hawkesbury MP Robyn Preston nominated Dennise Williams and Riverstone MP Kevin Conolly nominated Julianne France.



Chris Cleary



Amanda Rose

More details in the next issue.

CAMPING CLOSE TO HOME

The Hawkesbury River has some amazing camping and caravanning options on offer - it's hard to believe it is only an hour and a half from the heart of Sydney.

The Hawkesbury is surrounded by five giant national parks while the Hawkesbury River runs for 120km from Yarramundi to Broken Bay.

The camping and caravan options all have different personalities: from basic free bush camping in the Wollemi or Blue Mountains National Parks to camping on the Hawkesbury River where you can launch your boat or go fishing. There are also plenty of caravan parks with full facilities for seasoned travellers.

One of the favourite spots to camp is the Colo River because this stunning wilderness river offers great opportunities for liloing, bushwalking, kayaking and relaxing.

The great news is that many caravan parks (and camping grounds) accept pets so the whole family can go on holidays together. Remember bookings are essential at most locations including national parks.

Let's go camping can bring up mixed emotions but once you do it, you will probably be hooked on it. Waking up to the singing of birds, sitting by a campfire (fire regulations permitting) and just spending time away from life in general are huge selling points.



With the weather cooling down it's the perfect time to get out and explore the Hawkesbury's best bushwalking tracks.

This best-selling guide is suitable for beginners, intermediate and experienced bushwalkers.

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Areas covered include the Colo River, Grose River, Wisemans Ferry, Bowen Mountain and Mt Wilson.



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Here are five good reasons to be camping close to home during the holidays.

1. You don't need to go far away to get away

Weekends and holidays are short enough without having to spend hours travelling. The Hawkesbury region has some amazing camping and caravan locations. A camping trip can easily fit into a weekend and still give you enough time to enjoy your surrounds and get home to prepare for the week ahead. The Hawkesbury is surrounded by national parks and the stunning Hawkesbury River runs through it offering some spectacular scenery and an unlimited array of experiences.

2. Heaps of camping choice

Options range from basic free wilderness bush camping in the national parks to camping on the Hawkesbury River where you can launch your boat or go fishing. There are even caravan parks with full facilities for seasoned travelers or cabins in some for those that aren't quite ready to sleep under canvas. Check the caravan and camping guide to find your best fit.

Try out some of these great spots for your initial trips out:

Del Rio Resort at Wisemans Ferry: Ideal if you want river access, lots of facilities, cabin options and things to keep the kids entertained. Powered and non-powered sites.

Mill Creek at Wisemans Ferry: This is in the Dharug National Park so sites must be booked on the website before arrival. It's great for bushwalking, wildlife, serenity with sites spread out. Basic toilet facilities and don't forget to bring your own drinking water.



Camping in the Upper Colo Reserve. Picture: Janelle Keys

Upper Colo Reserve: This is run by Hawkesbury City Council and must be booked on the website before arrival. It's great for swimming, wildlife and getting away from it all. Basic facilities and bring your own drinking water. Dogs allowed with conditions.

3. Close enough for a late start or early finish

An added bonus is that a quick return home for a child's forgotten toy or leaving for your camping trip after Saturday morning sport isn't so unreasonable. And of course if the weather gets nasty or that cheapo waterproof tent leaks like a sieve, then a quick retreat home is easy as. No point having a family mutiny.

4. Test out that new gear before a longer holiday

During 2020, there was a marked increase in sales of campers, caravans and camping gear. People are spending big money on gear thinking they will do more trips in the future. Before embarking on your bucket list journey around our wonderful country, use a few weekends in the Hawkesbury

to test out those inflatable camp mattresses. Make sure you know how to put the tent up and to get your groove in your outdoor kitchen. Should something need repair or adjustment, home (or BCF!) is not far away.

5. Discover all that is the Hawkesbury

Hawkesbury is such a great location and after a few days at your campsite you may want to explore a little further afield. From relaxing country drives, bush walks, getting immersed in the local history, fruit picking and farm experiences, exploring local markets and events, excellent local food and wine to art scenes or doing something adventurous, you are bound to have a grand time.

For a comprehensive list of campsites and caravan options: visit: www.discoverthehawkesbury.com.au. Or why not visit the fully accredited Hawkesbury Visitor Information Centre at 328, Hawkesbury Valley Way, Richmond. It's open seven days a week and the local staff can help with planning your next camping trip.

HAWKESBURY REGIONAL MUSEUM



UNCOVERED

The Archaeology of Thompson Square

This important new exhibition explores the history of the river at Thompson Square and its surrounds. Over 30,000 artefacts were uncovered during archaeological excavations carried out in 2016-2020. The remarkable objects on display range from Aboriginal stone artefacts, to maritime objects, as well as everyday items of colonial life.



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FAITH AND CLIMATE CHANGE

by BEV JORDAN

Members of Northmead Uniting Church “sounded the alarm” for climate change outside the office of Federal Liberal MP for Mitchell Alex Hawke on Thursday (March 11) and sang words from Bob Dylan’s famous song The Times they are changin’.

The event was part of a global multi-faith Day of Action involving over 100 faith communities across Australia calling for more ambitious action on climate change organised by Green Faith International and the Australian Religious Response to Climate Change (ARRCC).

Members of the Northmead group presented a letter to Mr Hawke saying: “Our action today was to alert you to the seriousness of climate change and the need for bolder action.

“We did so as members of the Northmead Uniting Church who feel that our government leaders are not doing or planning enough in regard to rising temperatures caused by human activity.” The negative effects of rising temperatures are obvious: more severe bush fires, stronger and more frequent cyclones, rising ocean levels impacting our Pacific Island neighbours in particular.”

Spokesperson for the group Rev Dr Chris Walker said: “Our political leaders have done well in relation to the COVID-19 pandemic. We need similar decisive action in relation to climate change”



Alex Hawke MP, Anna Breust; Heather Purnell; Rev Dr. Chris Walker, Rev Geoff Stevenson and Dell Walker.

Northmead Uniting Church member Anna Breust expressed her concern for future generations and near neighbours.

“I worry about the kind of world our grandchildren will face when they’re adults, with more intense bushfires, longer and deeper droughts and fiercer storms,” she said.

Church member Jon O’Brien added: “It’s misleading to say Australia can’t do anything as we are only a small player. We’re the largest exporter of coal and


gas and, per person, we have one of the highest carbon footprints.”

ARRCC is calling for higher emissions reduction targets to be submitted under the Paris Accord, in line with a net zero target by 2030.

The organisation wants post-COVID recovery spending to be centred on low carbon jobs rather than fossil fuels such as gas, and for finance to be provided to the Green Climate Fund for developing countries.

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CHRG ARE FINALISTS

CHRG (Castle Hill RSL Group) is delighted to be finalists in the 2021 ClubsNSW Clubs and Community Awards in both the Covid-19 Community Assistance and the Health & Wellbeing categories. CHRG's Covid-19 Community Assistance submission, *'Achieving Better Outcomes – One Bite at a Time'*, caught the eye of the judges.

"Sadly, COVID-19 resulted in more incidents of domestic violence in the Hills, Hawkesbury and Parramatta local government areas," their submission read.

"CHRG, having worked with local domestic violence support and prevention partners for several years, recognised the importance of providing immediate financial support to nominated charities for vulnerable victims of domestic violence. In addition to immediate financial support, we also identified that education is the key to change and long-term solutions – particularly the education of children and youth to empower them to break the cycle of abuse.

"Our prime objective is to prevent and reduce the incidence of domestic violence in our local communities, influence better outcomes for victims/survivors and effect long-lasting change."

For the Health & Wellbeing category, CHRG's submission was *'Our Community Hearts Support Yellow Wiggle's Heart of the Nation.'*

"One year on from Greg Page's sudden cardiac arrest in January 2020 at The Wiggles Bushfire Relief Concert held at Castle Hill RSL Club, Heart of the Nation – a registered Australian charity founded by Page – is gaining traction with promoting the importance of publicly-available automated external defibrillators (AED's), their role in the chain of survival, and those who play their part in it," the club said.

"Heart of the Nation's ultimate objective is to see more AED's in more community places. Having this accessibility, together with increased awareness and signage to identify the location of AEDs, will be the significant link in the chain of survival at the time of an emergency.

Andy Abey, Head of Corporate Affairs at CHRG, said they are proud of their work in the community. "Local clubs are always in a unique position to help the local community," Abey said. "Over the past year, CHRG, through Castle Hill RSL, Club Parramatta and Lynwood Country Club, is proud of the work we have done with our local domestic violence prevention charities Lisa Harnum Foundation, The Sanctuary and Youth Resolutions, with the support of the Hills Police Area Command.

"(They) are all working tirelessly to bring an end to domestic violence through



education and awareness programs and initiatives such as LOVEBiTES training.

"We are also honoured to be working with Greg Page and Heart of the Nation on AED awareness and deployment in people places.

"CHRG is committed to supporting programs and initiatives that make a difference in the communities where we operate. Being recognised by industry helps educate and inform others, and that is where the power of change truly lies."

The winners will be announced at the Clubs & Community Awards night on May 20.

AUSSIE PUMPS RECRUITING NOT JUST A JOB ... A REAL CAREER

One of the great success stories in the Hills District is the rise of Australian Pump Industries, known to the market by the colloquial name, Aussie Pumps. Located on a 2 ½ acre factory warehouse complex in Norwest's Victoria Park, the company has developed products to fight bushfires, droughts and even Corona.

Aussie Pumps is looking for a new Sales Secretary to assist its Industrial Division sales team.

"We support customers in market segments including mining, drilling and marine, as well as building and construction. It's about helping customers to find solutions and supplying products they can rely on", said Aussie Pumps Recruitment Manager, Linda-Sue Karkowski.

Aussie Pumps encourages local Hills residents to apply. They are looking for someone with excellent customer service and strong admin skills, who enjoys a busy role working in a great team.

Australian Pump Industries started from a simple beginning and now exports products all over the world. Their winning philosophy to provide gear that works better, is safer, faster and smarter is a winning formula.

"Our products are acknowledged worldwide as exceptional and when you believe in your products it's amazing how customers respond. This is opening up opportunities for locals who want to work in a stimulating, innovative environment!" said Linda-Sue.

The company gives comprehensive product training, providing long term career opportunities.

Want to know more about this great opportunity? Send your resume to careers@aussiepumps.com.au or call 8865 3500. Want to learn more about Aussie Pumps? Check out Aussie's YouTube channel and see the movies on "What's on at Aussie"



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MILD BUT NOT INSIGNIFICANT HEARING LOSS

Did you know that the mild hearing losses are the most prevalent type of hearing loss in the world?

While some people report no problems when they have a mild or minimal hearing loss, for others, it can cause many difficulties when listening in many day-to-day situations. These people often experience greater perceived limitations, reduced emotional well-being and decreased sense of independence.

Minimal hearing losses include a hearing loss that is just outside of the normal range of hearing, a hearing loss in one ear or a hearing loss that is only at the high frequencies or pitches.

The terms 'minimal' and 'mild' can lead to a lot of confusion because it can imply that they do not have large/negative impacts or consequences. Research has identified that any degree of hearing loss, including mild losses, can adversely affect people's lives; by impacting on social, cognitive, and educational factors.

For children, a mild hearing loss puts the child at an increased risk for speech and language delays as well as poor academic performance and social difficulties. Children with this hearing loss may hear well in quiet situations, but when they are in a noisy room with high levels of vibration and they are trying to listen over a distance, like a classroom for example, then their ability to hear will become a lot more difficult. This can cause problems for the child in developing skills such as reading.

For both adults and children, the most noticeable impact of a minimal hearing loss is the increase in listening effort needed to hear conversation. That means that people notice they must purposefully use more attention to understand speech.

Studies have shown that children with a minimal hearing loss can show higher levels of fatigue than children with cancer, diabetes, and obesity.

When someone is recognised to have a mild or minimal hearing loss, it is likely they will receive little or no intervention. This individual variability in the impact of a minimal hearing loss has led to a lot of clinicians not providing aural rehabilitation for people with this hearing loss.

It is important if any type or degree of hearing loss is having an emotional or social effect on an individual, then the hearing loss needs to be managed and improved. It is our job as professionals to understand the impact of this hearing loss on the individual and ensure we are providing the best care regardless of how small the problem may seem on paper.

Adults and children with minimal hearing losses may benefit from using hearing aids, or they may not. This outcome will not be known without trialling devices. Additionally, other management options such as assistive listening devices, auditory training and communication strategies could reduce listening fatigue and increase hearing enjoyment for the individual.

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Have Your Say on the Anthony Skarratt Reserve Draft Master Plan

The Draft Master Plan for Anthony Skarratt Reserve in Box Hill is now on exhibition.

Located on Nelson Road, the future reserve is proposed to include the following features:

- Four soccer fields
- Two baseball fields
- Six multi-purpose courts
- Children's playground with BBQ, picnic shelter and drinking fountain
- Community centre incorporating a fenced toddlers playground area
- Cricket practice nets
- Car park
- Amenities buildings for baseball and soccer
- Pedestrian footpaths

To view the Draft Master Plan for Anthony Skarratt Reserve and to have your say, visit Council's website and search for 'Anthony Skarratt Reserve.'



Draft Master Plan for Anthony Skarratt Reserve.

Policy reform proposes increasing the size of secondary dwellings in Hills rural areas

Council has moved to initiate a planning proposal to amend The Hills LEP to include a provision to increase the size of secondary dwellings in rural areas from a maximum of 60m² to 110m² or 20 per cent of the total floor area of the principal dwelling – whichever is greater.

The proposed amendments would improve the outcomes of secondary dwellings in rural zones, as well as provide the community with a greater mix of housing choices in the Shire.

These amendments have been made possible after the NSW Department of Planning, Industry and Environment amended the Standard Instrument – Principal Local Environmental Plan to give Councils greater discretion to determine the size of secondary dwellings in rural areas.

The proposed amendment applies to those located in rural zoned land where secondary dwellings are already permitted with consent, including in the RU1 Primary Production, RU2 Rural Landscape and RU6 Transition zones.

Once a planning proposal has been prepared, it will be reported to the Local Planning Panel. Following their advice, the proposal will then be forwarded to the Department of Planning, Industry and Environment for Gateway Determination.

2021-2022 Youth Ambassador Applications are closing soon

Applications to become the 2021-2022 Hills Shire Council Youth Ambassadors will close on Monday 22 March 2021.

The Hills Shire Council's Youth Ambassador Program encourages young people to represent their peers by getting involved in local activities such as attending and speaking at appropriate Council functions, volunteering at Council events and being part of and providing direction to the Hills Youth Army. Youth ambassadors hold the position for a period of 12 months and will receive an allowance of \$1,500.

To be eligible for the program, the applicant must be between the ages of 15 to 24 years of age and live within The Hills Shire local government area.

To apply to become a Hills Shire Youth Ambassador or for more information about the program, visit www.thehills.nsw.gov.au and search for 'Sydney Hills Youth Ambassador Program.'



Artist impression of the arbour for AH Whaling Memorial Reserve Rose Garden.

Brand new shelter to be constructed for Alfred Henry Whaling Memorial Reserve Rose Garden

Alfred Henry Whaling Memorial Reserve Rose Garden, located at the corner of Roxborough Park Road and Mileham Avenue, Baulkham Hills, will soon be home to a brand new arbour.

Council has budgeted \$300,000 for upgrades to the much loved community space this financial year, which will also include improvements to the walking paths and stairs as well as the arbour. Construction on the modern shelter will commence in the coming weeks, with weather permitting.

Established in 1972, the rose garden is considered one of the largest of its kind in Sydney and is home to more than 4000 roses and 80 different species.

The garden is located next to Waves Fitness and Aquatic Centre which is currently undergoing a multi-million dollar redevelopment.

For more information about the upgrades to the AH Whaling Memorial Reserve Rose Garden, visit www.thehills.nsw.gov.au and search for 'Council Works & Projects.'



Save the date

2021 NSW Local Government elections

Saturday
4 September

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Visit www.thehills.nsw.gov.au to find out which ward you're in.

To register to vote, check your enrolment or to update your enrolment details, visit <https://www.elections.nsw.gov.au>

Council Meetings

Ordinary Meeting: Tuesday, 23 March 2021 – 7:00pm, Council Chambers

Due to the latest Public Health Order, limited seating is available at Council meetings.

Making a Submission to Council?

Any person may make a submission to Council. Submissions which obtain objections must be specific in their content. Council's preferred method of receiving submissions is via Council's website through each exhibition's online submission form. To view current exhibitions, search for 'Have Your Say.'



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THE HILLS
Sydney's Garden Shire



Mayor Dr Michelle Byrne, councillor Robyn Preston, Rocco Polistina and councillor Dr Peter Gangemi.

BOOST FOR HOMEOWNERS IN RURAL AREAS

Homeowners in rural areas in the Hills district will have more clarity and fairness surrounding the size of secondary dwellings.

The Hills Shire Council said it has moved to initiate a planning proposal to amend The Hills LEP to include a provision to increase the size of secondary dwellings in rural areas from a maximum of 60 sq m to 110 sq m or 20 per cent of the total floor

area of the principal dwelling, whichever is greater.

The proposed amendment applies to those located in rural zoned land where secondary dwellings are already permitted with consent, including in the RU1 Primary Production, RU2 Rural Landscape and RU6 Transition zones.

Annangrove resident and long-time campaigner to increase the size of

secondary dwellings in rural zones, Rocco Polistina, is delighted.

"It's going to help families and their kids and, down the track, give people a second income," Mr Polistina said. "It's great to think that the council is looking long-term at how we can continue to live on rural land and support it."

Mayor Dr Michelle Byrne said the proposed amendments would improve the outcomes of secondary dwellings in rural zones and provide the community with a greater mix of housing choices.

"Currently, the ruling for secondary dwellings in our rural areas means someone with a very large primary dwelling can build a large secondary dwelling, while those who have a smaller primary dwelling end up being limited to 60 sq m, which is not entirely fair," Mayor Byrne said.

"This new clause will mean a more reasonable and equitable outcome that responds to the demand for a greater diversity of housing choices in our rural areas.

"This gives our residents the peace of mind and confidence that they can keep their family, such as their children, close."

Councillor Robyn Preston said she has long advocated for this change, pointing out rural land owners will have more choices to remain on their land, especially in their senior years.

"Increasing the secondary dwelling size to 110m² of liveable area will permit a two-bedroom home to be built in a rural setting," she said.

"Empty nesters can downsize, remain on their property and receive a passive income if they rent out the original home or they can provide an affordable smaller dwelling for their children or a young family.

"I anticipate this new change will be formalised by the end of this year."

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GESTATIONAL DIABETES: WHAT TO EXPECT

Swetha Purba was in shock after learning she had gestational diabetes mellitus (GDM) in her first pregnancy.

"It was a bit of a blow," the mother of four said. "I've always had a very fast metabolism, and didn't really have to work very hard to be slim...and probably didn't eat very well prior to that.

"The most stressful thing was I really didn't want to become insulin dependent so I became very rigorous about managing it with diet and exercise."

Western Sydney has a large multicultural population with a high proportion of people with a South East Asian or Indian background of which gestational diabetes is highly prevalent in women of a child-bearing age.

Recent years have seen a dramatic growth of GDM in western Sydney, with the rate approaching 18 per cent of all pregnancies, predominantly in at-risk ethnic groups.

About 30 per cent of the children of gestational diabetes are likely to develop type 2 diabetes.

In collaboration with Western Sydney Diabetes, Healthy Living Toongabbie (HLT) is holding an online community forum on Thursday, March 25, called *Gestational Diabetes: What to Expect When You're Expecting*.

HLT is a group of passionate Toongabbie health practitioners, business people and residents concerned



Swetha Purba with her parents, Ram and Maya Ramamurthy, her husband, Ross Hickman and their three children Mia, Ari and Aanya.

at the high number of residents in their community with Type 2 diabetes and pre-diabetes.

Ms Purba, who has an Indian background, will join guest speakers Dr Mani Manoharan, endocrinologist at Liverpool and Fairfield hospitals, and Professor Vicki Flood, from Western Sydney Local Health District and University of Sydney, to discuss her journey with GDM.

HLT President Monica Boules said the statistics of GDM are "alarming".

"Half of these mothers will develop type 2 diabetes within 10 years," Ms Boules said.

Dr Manoharan will discuss 'A Sweet Pregnancy: Myths, Dos and Don'ts', such as "you're eating for two", while Professor Flood will present a live healthy food demonstration on how to practically incorporate key nutrients into your diet.

"It's not like eating for two; it is not more food, it's the same amount," Dr Manoharan said. "It's how you change your eating pattern."

ART SOCIETY A BOON TO THE HILLS

by BEV JORDAN

Castle Hill Art Society (CHAS) was established in 1967, with the idea of promoting, encouraging and facilitating the practice of the visual arts in the Hills District.

The club holds weekly classes for both adults and children as well as regular workshops. The club is based at Castle Glen Community Centre at 157, Ridgeway Drive, Castle Hill next to the Knightsbridge Shopping Centre.

Monthly demonstrations are held at the club on the first Wednesdays of the month at 7.30pm.

The next is on April 7 and features artist Richard Chao, a world-renowned watercolourist. He has been the winner or finalist in over 40 prizes and his art works have been exhibited in five continents. His paintings are collected by museums, galleries and private collectors. Richard travels around the world to international art exhibitions and art festivals.

CHAS held its AGM recently and re-elected Jill Bluzman as president with Alan Cadman and Andrew Lishmund confirmed as Life Patrons.

The newly-elected committee also includes: Judy Adam, Birgitta Horst, Julie Bhatia, Betina Martin, Françoise Munus, Luce Lopez and Cyrene Whiteley.

For Judy Adam, it will be her 32nd year on the CHAS committee. She joined the art society in 1978.

The Friday Friends, who meet to paint at the CHAS premises, threw Judy Adam a surprise morning tea to mark her 80th birthday.

Rebecca Byrnes said it was a fitting occasion to "celebrate our wonderful teacher" and said they were joined by many former students and past president Julie Partridge.

Judy Adam said: "It was absolutely wonderful, I couldn't believe what happened."



Judy Adam with her surprise guests to celebrate her birthday.

SISTER ACT ENCORE

The recent final of the Women's Pairs Championship at Dural Country Club Bowling Club saw Margaret Yeend and Robyn Scoble playing sisters Marelle Saunders and Leone Lesslie.

It was a battle royal...a real nail biter – with the scores 16-all on the last end.

However, the experience of the sisters prevailed, the pair winning by one point in a tie breaker.

Australia Day was celebrated at the club on a very hot day with a fun mixed bowls day with an Aussie Day flavour multi dress code.



ANOTHER JACK ATTACK!

Jack Attack saw eight teams competing for the honours this time during February.

It's a short, sharp, snappy style of bowls that can be enjoyed by both new and experienced players, and all ages. Perhaps you would like to join them for round three in May?

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The Kindalin child care centre at Glenhaven is opposed to the proposed mobile tower.



TELSTRA MOBILE TOWER OPPOSED

by LAWRENCE MACHADO

A large childcare centre, worried about the health hazards for their children and staff, are opposing Telstra's proposed mobile tower at Glenhaven.

According to the DA lodged with The Hills Shire Council last December, Telstra wants to build a near 22m tall mobile phone base station at 2, Glenhaven Road, on the property of the Glenhaven Veterinary Hospital.

Telstra insists there are no health issues with the tower and has the backing of the Federal Liberal MP for Berowra, Julian Lesser, who says many residents have been asking for better mobile coverage.

However, the owners of the Kindalin child care centre at Glenhaven, Mark and Alison Warton, said the tower will be a mere 25m from their playground and the electromagnetic energy (EME) will endanger the children and staff.

The Kindalin centre, staffed by 30, caters to around 100 children daily.

"We were informed in early December by our landlord that a DA has been submitted to build the mobile tower," Mr Wharton told the Hills To Hawkesbury Community News.

"The DA was lodged just before Christmas, which coincided with the long break. We are not against mobile towers but even the Department of Education prefers a mobile tower should not be located closer than 500m away."

"Our federal MP Mr Leeser says he does not care where the tower goes and he needs to rethink this because children will be more affected than adults from the EME."

Dr Gordon Heslop, who owns the veterinary centre, said he is aware of these concerns and had advised Telstra about the childcare centre.

"I share the concerns of the parents and staff of Kindalin centre," Dr Heslop said. "I was assured the tower would be safe for all concerned; my wife and I both work at the site each day, and I would not do anything to endanger our health or anyone else's."

Dr Heslop said despite Telstra's assurances, he said "other well qualified groups are amassing data that contradict Telstra's....a

well qualified telcom tower campaigner indicated these towers can be modified to shield local buildings and their occupants from electromagnetic radiation."

Mr Leeser told the Hills to Hawkesbury Community News he supports "towers being built to address the enormous mobile blackspot issues in the electorate, including in Glenhaven and Dural".

"Telecommunications issues are raised with me daily and I am concerned that a lack of coverage is a danger for the community in emergency situations," he said.

"I'm not involved in deciding the location of this tower though. It's a Telstra decision. Regarding their concerns, I would share them if health risks associated with EMR were backed up by science, but they are not. I am not an expert on this, but the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) is full of experts in this field and their job is to set the standards that ensure Australians are safe from radiation."

State Liberal MP for Castle Hill Ray Williams believes the tower should not be built at this site. "I'm certainly not opposed to better telecommunications, however I believe the Telstra tower proposed next to Kindalin at Glenhaven is in the wrong place," Mr Williams said.

"While Telstra will obviously dispute any harm to children from these towers, parents who have children attending the preschool will feel quite differently and perhaps remove their children from the facility, thereby impacting heavily on Kindalin.

I'm not saying no to the tower, just not in this location."

A Hills Shire Council spokesperson said they are aware the telecommunications tower proposal, "is concerning for some residents".

"So far, council has received more than 400 submissions on this application," the spokesperson said.

"As part of the assessment process, council is looking at what is permissible under the SEPP, as well as the Department of Education's

guidelines for telecommunications towers being located in close proximity to education facilities. This information will be given to the Local Planning Panel who will make a decision on this application.

"Residents will have an opportunity to voice their concerns at this meeting."

For local resident, Margaret, the mobile tower is very welcome. "In my own house, I can only use my mobile in one place where I have a small patch of reception, or I have to go to the middle of my driveway," she said. "I cannot really take calls, and while I can receive texts, sending responses is difficult. I have been disappointed by the opposition to this tower, as the arguments against it are wrong.

"Real people are influenced by bad telecommunications, when my late husband was unwell, having poor reception deeply impacted my ability to receive assistance; I support this proposed tower."

Telstra's Regional General Manager in NSW, Mike Marom said "current research indicates there are no established health effects from the low exposure to the RF EME from mobile phone base station antennas".

"For this site, within 50 metres of the tower, the highest level of EME that will be emitted is 9.7 per cent of 100 per cent of the recommended public exposure limit," said Mr Marom, adding that Telstra has been seeking a site here for a number of years. "At a distance of 100m, this figure has fallen to 2.1 per cent."

Mr Marom said Telstra is committed to addressing people's genuine concerns about the levels of EME that the station will emit.

Mr Lesser said he is organising a forum at which people can put their questions directly to ARPANSA.

Telstra held a community consultation session, headed by their CEO Andy Penn, on February 25, with Kindalin saying that this should have held before submitting the DA in the first place.

"We understand there are many opinions when it comes to new mobile infrastructure and we will consider all feedback," Mr Marom said.

PETS OF THE WEEK

The Hawkesbury Companion Animal Shelter is at 10 Mulgrave Rd, Mulgrave.
Call 4560 4644 or visit Hawkesbury Council's Facebook page
www.facebook.com/hawkesburycitycouncil



AT A GLANCE

NAME: MERLIN
BREED: Staffordshire
AGE: 1 year-old
SEX: Male
PRICE: \$99



MERLIN is a 1-year-old male staffordshire. Staff says Merlin is a very enthusiastic, happy boy who just loves being around people. They say he is very active so he will need daily exercise and a little training. Staff said if you feel you can give Merlin a forever home, to come to the shelter with your dog and the children, to meet him just so they can make sure they are all going to get on well together. His adoption price has been reduced to \$99. The adoption price includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

MIKA is a 2-year-old female domestic short hair. Staff say Mika is a gentle, soft natured girl who will enjoy your company. She would love to find a family of her own who will allow her to cuddle up on the lounge with them. If your family can give Mika the home she is looking for, come down to the shelter to meet her. The adoption price includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is:R251000145.

AT A GLANCE

NAME: MIKA
BREED: Domestic Short Hair
AGE: 2-year-old
SEX: Female
PRICE: \$30



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THE LEGEND OF BARON WILL LIVE ON

by LAWRENCE MACHADO

AUSTRALIA'S biggest and one of the most gentlest dogs, Baron, is no more but his legend will live on. The very popular Old English mastiff, who weighed a mind-blowing 127kg in his prime, touched the lives of thousands, including those in aged care homes and schools, during his six short years.

When *Hills To Hawkesbury Community News* broke the story of Baron's illness in our August 5, 2020, edition, there was an outpouring of support for him. The much-loved local suffered from a very aggressive form of cancer, osteosarcoma, which could not be treated.

Distraught owner Mark York said they were forced to put Baron down on December 6 after his health deteriorated, around six months since he was diagnosed with osteosarcoma. Two days later, Mark's mother, who also lived in the Hills, died suddenly aged 89.

Mr York said the family grieved in private and are still struggling to come to grips with his Mum's and Baron's deaths.

"It has been very tough for us, first losing Baron and then my mother," said Mr York, whose two close friends also died recently.

The Yorks now have an English bulldog puppy, Dolly, to keep their other gorgeous dog, Chelsea, company.

"Having Dolly around gives us something else to think about

because she is a lovely little dog," Mr York said. "She won't grow as big as Baron for sure."

The Yorks found out Baron had one of the most aggressive forms of cancer last July, when an X-Ray diagnosed he had osteosarcoma.

"We were told he may have just a few weeks to live and I cried for weeks," Mr York said at that time. "It was particularly hard on my wife Dorothy because she had cancer herself."

The Yorks started a GoFundMe page for Baron's treatment after his diagnosis, raising more than \$13,000. Many people were touched by his story, with one donating \$1000. Baron was the fifth English mastiff in the York household, with the previous one, Zac (110kg), living for 11 years. Baron became a legend of newspapers, television and magazines and worked for nearly five years as a therapy dog, visiting the elderly at SummitCare in Baulkham Hills and students at Pennant Hills High, Guildford Public School and Lalor Park Public School.

Though his size was intimidating, the award-winning Baron was a gentle soul. I got to know Baron and his family well after the affectionate canine made an appearance at a Castle Hill dog show in 2016. It did not take me long to love the beautiful dog, who, if he was standing on his rear legs, would have towered over me at a staggering 201cm (6 foot 6 inches) or 9.5 hands in horse terms. The heaviest Ole English mastiff in the world was reported to be an American-owned dog, who topped the scales at 127.5kg.



VOLUNTEERS NEEDED FOR GRAFFITI REMOVAL DAY

Hawkesbury City Council is encouraging the community to volunteer their time on Graffiti Removal Day on Sunday, March 28, saying graffiti vandalism has cost them \$220,000 for the past five years.

The council said graffiti vandalism costs the NSW Government and residents more than \$300 million annually. Since Graffiti Removal Day was established in 2012, volunteers have removed 141,000 sq m of graffiti, saving about \$10.4 million in cleaning costs.

The council said one of the best ways to prevent graffiti is to create murals over regularly vandalised sites. The Rotary Club of Windsor is raising funds for a mural on

the water tank on The Terrace in Windsor, with Sydney Water's permission.

Rotary will use some funding provided through Graffiti Removal Day to assist with the mural costs.

Graffiti Removal Day organisers are running a competition to find the best mural in NSW with a \$1,000 first prize. Entry is open to any community group, individual or council.

To find out more, contact Barry Antees from the Graffiti Removal Day support team on 1300 665 310 or email info@graffitiremovalday.org.au

Hawkesbury Council has a regular inspection schedule for graffiti and has



contractors on call to remove graffiti. Community reports can call 4560 4444 or report it at www.hawkesbury.nsw.gov.au/online-services

Graffiti Removal Day is sponsored by the NSW Government, Rotary, Dulux and Southern Cleaning Supplies, with material and equipment supplied free. graffitiremovalday.org.au or call 1300 665 310.



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ROBYN PRESTON MP

MEMBER FOR HAWKESBURY

How my office and I can help you

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

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

MORE LOCAL SHOWGROUND STIMULUS UPGRADES

The NSW Government has announced a further \$682k in funding allocated for upgrades to the Hawkesbury showground. This funding is under phase 2 of its COVID-19 showground stimulus program and takes the total to \$2.66 million that the NSW Government has provided to this iconic destination. The latest upgrades include stable refurbishment, an upgraded amenities block, roadway resurfacing, replacement of ground announcer boxes, installation of safety fencing in arenas, supply and installation of post and rail fencing to equestrian activities, upgrade of electrical control boards, seating in the canine training and competition arena and replacement of guttering and drainage to the administration building.

I am also looking forward to attending this year's Hawkesbury Show which will be scheduled for 23, 24 and 25 April 2021, with COVID-19 rules in place to ensure the safety of visitors and exhibitors of the show.

\$3.5 MILLION BOOST FOR THE REGIONAL NSW VISITOR ECONOMY

Hawkesbury will benefit from the NSW Government's \$3.5 million boost to the regional business economy. The funding programs will support the development of new attractions and visitor infrastructure, refresh existing tourism products and secure or create new business event opportunities.

More visitors mean greater benefits for our local visitor economy and local community, so I encourage all business owners to consider how these Destination NSW programs could enhance their offering.

The funding will be allocated through the 'Tourism Product Development Fund' and 'Regional Business Event Development'. Applications for the \$3 million *Tourism Product Development Fund* are open and will close on 31 March 2021, whilst applications for the \$500,000 *NSW Regional Business Event Development Fund* are also open and will close on 30 April 2021. To find out more please visit www.destinationnsw.com.au.

AUSTRALIA'S COVID-19 VACCINATION ROLLOUT

Scientists over the last 9 months have engaged in a global race to find a vaccine for COVID-19. 2021 brings with it good news with numerous vaccines now being rolled out across the world.

Australia has now approved both the Pfizer and AstraZeneca vaccines, and both are now in Australia with the rollout having begun. Australia is making the AstraZeneca vaccine too.

National Cabinet has adopted a vaccination roadmap for the roll out of the vaccination, which is ensuring the Australians who need it most get access to the vaccine first.

High priority groups including quarantine and border workers, front line health care workers, and residential disability and aged care residents and staff. You can have confidence in the vaccinations because they have gone through Australia's approval processes without skipping a step, and they have met Australia's strict quality standards.

The AstraZeneca vaccine is the vaccination most Australians will receive. Once the first dose has been administered, the second dose will be administered 12 weeks later. The World Health Organisation has confirmed this regimen to be safe and effective in preventing symptomatic COVID-19.

These vaccines and the public take-up will be critical to Australia's fight against the virus.

Vaccination is not a silver bullet. Once the vaccination starts COVIDSafe practises do not end. They continue. Physical distancing, hand hygiene, using the COVIDSafe app, and getting tested and self-isolating if sick must continue. However, the vaccines will make the challenge easier and will protect people from the worst effects of the illness.

To keep up to date with the vaccine rollout and for more information on the Vaccine Roadmap visit health.gov.au

JULIAN LEESER MP

Federal Member for Berowra

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120
 9980 1822 @ julian.leeser.mp@aph.gov.au
julianleeser.com.au [julianleesermp](https://www.facebook.com/julianleesermp)



As your MP, I am here to:

- ➔ Assist with accessing federal government services
- ➔ Attend your local community event
- ➔ Arrange congratulatory messages

Please contact my office if I can be of assistance.

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

BULLS READY FOR CUP OPENER

by LAWRENCE MACHADO

Fiji will add extra firepower and skills to this year's Ron Massey Cup, a fact not lost on Hills District Bulls coach Mick Withers, who admires the Pacific Islanders.

The Bulls, who open their rugby league season this Saturday with an away fixture against Windsor Wolves, will encounter the Fiji Kaiviti Silktails later in the competition. The Fijians thumped the Wolves 40-16 on their debut last year before the Ron Massey Cup was stopped due to COVID-19.

"It is a great thing to have the Fijians in the competition because Queensland's rugby league have the PNG side," Withers said.

"The Fijians are the national side and will strongly challenge all teams because they want to prove themselves. As for us, we are ready for the season and I am happy where we are. However, for some players, it has been a long pre-season because last year's competition was halted due to COVID-19 back in March. Many of the players are also playing their first

competitive game since September but this is a settled team. The Wolves always field a strong side and it will be a tough opener."

Making the Bulls' challenger even harder will be the presence of former Australian, Tongan and NRL star, Tony Williams - also known as T-Rex - in the Wolves clothing.

The Bulls edged out St Mary's 34-32 in their last trial game, which provided Withers the opportunity of giving many of his players a good hit out. They had beaten the Windsor Wolves in their first trial before being edged out by reigning champions Wenty Magpies in their second friendly.

"St Mary's are always hard to beat so it was good to come away with a win," the former Irish international said.

The Bulls have proven rugby league stars in Tom Robinson, Daniel Harrison, Josh Lewis, Levai Li and newcomer David Gower while their junior ranks always produce quality players. Gower, 35, said he



Hills Bulls coach Mick Withers, centre, eyes Luke Hodge and Joel Bradfield at training. Picture: Scott Chalcraft

relishes the lack of intense pressure, unlike in the NRL and Super League.

"I am very excited at being able to play for the Bulls because though there is less pressure than in NRL, it is still a very good competition," Gower said.

Gower has the invaluable experience of playing for four NRL teams and the Super League in Britain before his switch to the Ron Massey Cup, providing an extra edge to the Bulls attack.

* The Hills Bulls take on Windsor Wolves in the Sydney Shield game at 4pm, followed by the Ron Massey Cup clash at 6pm, at the Windsor Sports Complex.

SLAM DUNK TIME AT BERNIE MULLANE

by LAWRENCE MACHADO

The complex is under the new management of The Hills Basketball Association which is upgrading the indoor courts to make it suitable for wheelchair sports and improve facilities for the gym and netball courts.

The renovation, which features a new timber sports floor and top-quality glass backboards, is expected to take up to six weeks.

The Hills Mayor Dr Michelle Byrne said the HBA has a proven track record and excellent experience in managing similar sporting facilities here in The Hills.

"I am confident that the complex will significantly add to the quality of our sporting facilities for use by residents," said. "I would like to thank Belgravia and their staff for their commitment to running the centre for the past six years," Mayor Byrne said.

HBA boss Steve Burke said "the Hills Basketball is bursting at the seams and we have over 20 teams (almost 200 individuals) on our waiting list for competition slots".

"The headline benefit to Hills Basketball is it will go some way to addressing the massive under resourcing problem for

indoor facilities, specifically basketball courts, in the Hills area," Burke said.

"The facility comes with certain expectations regarding servicing other sports and activities outside basketball. We believe our track record shows we are capable of meeting this challenge and we do so willingly as while we are a basketball association first and foremost, we are also a community organisation."

The Hornets Academy Skills Program, which caters for over 1,200 kids each week, has a waiting list of more than 200.

Burke said they prefer the contract to be extended beyond five years, saying they are investing significant capital into the complex. While basketball continues to grow in the Hills - they have more than 7000 players - they are still second to soccer.

"With all due respect to the Hills Football Association, which has done a great job in its short history, we would argue it's only a lack of available facilities which is keeping us from pushing towards their numbers," Burke said.

Asked why basketball is able to attract so many players in the Hills which

competes with several sports, he said: "The first thing is that all those sports remain strong in an area with a great tradition in community sport and a growing population.

"We provide various levels at Hills Basketball, right through to those who want to pursue the sport to the highest level. We have done the heavy lifting in this area and while we will continue down this track, we will also continue to lobby government at all levels to recognise the need to provide additional indoor facilities," Burke said.

"We'll continue to bring major competitions to the Hills," Burke said Hills Basketball invested around \$100,000 in a joint venture with the council to totally refurbish the Dural Recreation Centre, which "was literally a house for pigeons when we moved in in mid-2018".

"The DRC has become the training centre for the Blue Hornets, joint venture teams in the National Wheelchair Basketball Leagues between HBA and the Sydney Blues Wheelchair Basketball Club."

The HBA runs regular wheelchair basketball skills sessions out of this venue.



HBA CEO Steve Burke

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WERE YOUR GRANDPARENTS OR GREAT GRANDPARENTS DELTIOLOGISTS?



When people went on holiday during times past what did they do? Today, many people display holiday snaps on internet sites such as Facebook, Instagram or messenger with words telling the reader what a great time was being enjoyed. Back in the 1870s up to recent times postcards were a popular method of sending short messages and photos of holiday spots.

Post cards were first issued by Government Postal Services throughout Europe and the US in the 1870s but within twenty years, private printers had started producing pre-printed postcards displaying illustrations on one side with space on the other side for a short message and the writing of a name and address to whom the card was to be delivered to.

Between 1901 and 1907 postcard production doubled every six months. People called this "postal carditis" or "postcard mania". This was caused by at least three factors - Technological change meant that postcards could be mass-produced cheaply with high-quality colour images, a more efficient postal service meant that they were cheap to send, and, better public transport with the evolution of more transport services such as rail and the introduction of motor buses meant that people were able to travel more widely and regularly. A trip to the "seaside" became much more common for the common folk of yesteryear.

In Australia there were some notable postcard companies which included Kerry & Co in Sydney started by Charles Kerry which ran from 1890 to 1917, although Charles Kerry left the company in 1913. Another major postcard company was the Rose Stereograph Company situated in Victoria which was created by George Rose from Clunes in 1880 which produced firstly photographic stereographs which need to be viewed through a hand-held Stereograph Viewer which were very popular at the time. After WW1 stereographs became less popular and George Rose changed to producing postcards instead, mainly featuring views of Victorian towns and cities. These two companies were the leading

postcard companies in Australia during the early Twentieth Century. Many other local companies were also established by photographers in other states. John Sands Ltd was also a large postcard printer during the same time.

World fairs, expos and exhibitions were a common feature of the early 1900s and adventure amusement arcades and parks were also being established around industrialised countries. This also gave reasons for the general public to attend and send postcards to family or friends back home. Advertisers such as hotels, department stores, shipping companies and other commercial operators also saw the potential of reaching potential customers by way of issuing post cards for their guests, passengers or customers to send to their friends and family thus becoming perhaps an early form of "spam". On one day in 1906 according to the US Post Office 200,000 postcards were sent from Coney Island in New York alone.

Post card collecting (or **deltiology** – from the Greek **deltion**, 'little writing tablet' became the number one hobby or pastime during the early 1900s.

Like email and the Internet, postcards also had their critics. US satirist, John Walker Harrington wrote in the "American Magazine" during March 1906 in regard to the increasing use of postcards "Unless such manifestations are checked, millions of persons will become victims of the faddy degeneration of the brain".

The popularity of postcards started to decline when the telephone started to make its way into households more and more. The advent of the internet, mobile telephones, email and messaging services have all added to the decline. of deltiology or Postcard collecting. It has also led to the reduction of post boxes and postal services generally and the use of facsimile machines and services.

ROAD FUNDING FOR HAWKESBURY

by **BEV JORDAN**

Three unsafe stretches of road in Hawkesbury will receive upgrades as part of a more than \$200,000 funding package being rolled out across NSW.

The Hawkesbury projects funded under one of the Road Safety Program are:

- Bells Line of Road, North Richmond shoulder widening, curve alignment markers and wide centreline treatment;
- Bells Line of Road, Kurrajong Heights, at approximately 400- 500m west of Stone Terrace, installation of Vehicle Activated Signs; and
- Macquarie Street, Ross Street and Kable Street intersection, Windsor, proposed upgrade to signalised pedestrian crossing and traffic control signals

State Member for Hawkesbury, Robyn Preston said both governments were doing everything possible to get Hawkesbury residents home sooner and safer.

"Upgrading sections of Bells Line of Road and improving the intersection of Macquarie Street, Ross Street and Kable Street will help our local community travel home safely. I am particularly excited that the intersection of Macquarie, Ross and Kable Streets, Windsor. will have signalised pedestrian crossing upgrades.

"It's a busy intersection and pedestrians often struggle to cross Macquarie Street in time. Changes to these traffic signals will especially benefit our senior citizens and those with mobility issues who will be given more time to cross the street, ensuring a safer experience," she said.



AS WE WERE

PHOTOS FROM THE PAST

COLLECTION COMPILED BY
IVOR JONES SHOWING LIFE IN
THE HILLS AND HAWKESBURY
AREA DURING PAST DECADES.

All images are by Kerry & Co and are
courtesy of the Powerhouse Museum.



SHARE YOUR OLD PHOTOS AND MEMORIES

WE LOVE HEARING PEOPLE'S MEMORIES OF LIFE IN THE HILLS AND HAWKESBURY AREAS AND WE WOULD LOVE TO SEE YOUR OLD PHOTOS. IF YOU HAVE SOME WONDERFUL FAMILY PHOTOS YOU WOULD LIKE TO SHARE, OR IF YOU ARE A LOCAL COMMUNITY GROUP THAT WOULD LIKE TO SHARE YOUR HISTORY PLEASE FEEL FREE TO CONTACT US. EITHER EMAIL IVOR JONES AT IVOR.JONES47@OPTUSNET.COM.AU OR WRITE 17 ROSE ST BAULKHAM HILLS NSW 2153. ANYTHING THAT SHOWS HOW LIFE USED TO BE IS ALWAYS GREAT TO SEE. PHOTOGRAPHS AND STORIES WILL BE ACKNOWLEDGED.



COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

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

Arcadian Quilters

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

Australian Sikh Association

0433 580 539
www.asainc.org.au

Bushrangers Hash House Harriers

04 0828 9562

Castle Hill Art Society

Castle Hill Art Society offers a place of art practice for artists of all ages, either in groups of various art media or classes for adults and children. Demonstrations and workshops by well-know artists are held monthly and members can participate in several exhibitions during the year. New members always welcome.
www.castlehillartsociety.org.au | 9899 3179 (ans. machine)

Castle Hill Senior Citizens Club Inc.,

Club members invite anyone over 55 to come and meet a very active and friendly group of Seniors who play Carpet Bowls, Cards and Rummikub. Our Club building is on the corner of McMullen Ave. and Old Northern Rd., Castle Hill (opposite the new Metro station) with parking at the rear.
9680 3958
castlehillseniors@gmail.com

Christ Church

An Anglican church located at 26 Pitt Town Road, Kenthurst, has a service at 9.30am every Sunday morning. You are most welcome to join us.
New Minister, Rev. Chris Baxter
0423 119 131

Cumberland Bird Observers Club

The Club conducts three outings a month to observe birds in their natural environment. General meetings are held at Castle Hill on the 3rd Tuesday of the month. New members are always welcome.
Peter 0412 770 757 or Cathy 9809 5668
www.cboc.org.au

CWA of NSW – Galston Branch

Our next meeting is Wednesday from 10am. Please join us for morning tea and/or a yummy lunch prepared by the CWA ladies
9653 1056

CWA of NSW – Castle Hill Branch

Holds its monthly meeting every second Tuesday at the CWA Hall, 2 Annangrove Road, Kenthurst (off Angus Road) from 10am. We also hold our Craft mornings for members on 1st and 3rd Tuesday's of the month from 10 to 12. Bring along your lunch if you wish to stay longer.
Maureen | 0411 724 925

Dural Country Club Bowls

04 2131 5074

Dural Galston Probus Club

We are a mixed club for retired and semi-retired people who enjoy friendship, interesting speakers, outings and holidays. Visitors are very welcome.
Tiina Kase | 0428 888 411

Dural Men's Shed

04 0247 8498
www.duralmensshed.org

East Kurrajong School of Arts

First Tuesday each month 10am to 1pm. Bring along any sort of craft activity you're interested in, bring pencil's or brushes to practice your drawing or painting with Ruth, browse the library for a book to read or simply just relax, have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.
Ann | 02 4576 5031

Galston VIEW Club

The Club always welcomes new members and holds monthly meetings. The Club raises money to support The Smith Family Learning For Life Program.
Helen | 9614 1512

Girl Guides Australia

There are great programs for girls aged from 6 to 18. They meet once a week in groups relevant to their age groups which are run by trained Leaders and Unit helpers.

There are Girl Guide groups established at Castle Hill, Kellyville, North Rocks, Baulkham Hills, Crestwood and Galston. To find out more about the best day, time and group for your daughter call:
Margo | 0417 657 433

Glenhaven Probus Club Inc

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

Glenwood Men's Shed

James | 04 0333 8450

Hawkesbury Artists & Artisans Trail

02 4567 7400
Leanne@mellowcrest.com
www.haat.com.au

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the First Fleeters

Meets on 2nd Saturday of each month.
Pamela Hempel | 0407 660 579
www.fffnc.com

Hawkesbury Woodcraft Cooperative Ltd

4721 8709

Hills District Women's Bowling Club

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

Hills/Toongabbie Music Club

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

Learning in the Hills

9639 7918
www.hca.org.au/learning-in-the-hills/

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

Jill | 4575 3858
www.macquarietownsgardenclub.wordpress.com/

North Rocks Evening VIEW Club

Muirfield Golf Club, 58 Barclay Rd, North Rocks.
Toni | 9871 1926 or 0411 693 076, or Margaret on 9872 1405
view.org.au

North Richmond Probus Club

Our meetings are on the second Wednesday of the month at 10.30am at Panthers, North Richmond, Beaumont Rd, N. Richmond. Meetings will recommence on 12th August 2020.
Joan Fewings | 0401813152
northrichmondprobus@gmail.com

Norwest Sunrise Rotary Club

We are a breakfast club and meet every Thursday morning at 7.20am. At the moment it is online but there are COVID-Safe Face to Face Meetings once a month. The Rotary Motto is Service Above Self. If you want to meet like-minded people please join us.
norwestrotary.org.au

Pennant Hills Mens Probus Club

John | 9487 1385

Pennant Hills Combined Probus Club

Meets at Hotel Pennant Hills every third Monday of the month at 10am. New members and visitors welcome.
Lorene | 0429 396594

Pitt Town Probus Club

Meets at 10:00am on the 2nd Tuesday of the month at the Pitt Town and District Sports Club, 139 Old Pitt Town Rd Pitt Town. New members welcome.
Denise Fairfax | 0435 447 414

Probus Club of Round Corner (Dural)

Secretary, Julie
PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

Ken | 02 96296459

Probus Combined Kellyville Club

Meets at 10am on 2nd Monday of the month at Moran Aged Care Kellyville, 35 Goodison Street, North Kellyville. New members welcome.
Glenys | 0419 616 431;
Joy | 0416 239 696

Probus Club – Winston Hills Northmead Combined

Meets at 10am at Toongabbie Sports Club, 12 Station St., Toongabbie, 2nd Thursday of the month. New members welcome.
secretary@winstonhillsnorthmeadprobusclub.com.au
Membership Officer | 0421 410 305

Red Cross, Castle Hill Branch

New meeting venue is Wesley Uniting Church, 32-34 Showground Rd. Castle Hill from 10.15AM. To 11.45AM. the second Friday in the month. New members always welcome.
8850 7056

RDA(NSW) Tall Timbers Centre

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

Richmond/Windsor VIEW Club

Richmond/Windsor VIEW Club Which Supports The Smith Family Learning for Life meet on 2nd Wednesday of the month starting at 11.30 at Panthers North Richmond
Christine Walshaw | 0416073483

Scouts Australia - Greater Western Sydney Region

9639 2488
www.greaterwestscouts.com.au

Sleep Disorders Australia - NSW

02 9990 3514
www.sleepoz.org.au

Soroptmist of The Hills

S.I. of The Hills.
Cathy Tracey | 0435 837 11?

StAr Association

8850 1269 | www.star.org.au

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

02 8850 0555
RSVP | info@thehillslc.com.au
facebook.com/thehillslclearningcentre

The Hills Shire Garden Club

9624 5034

The Inner Wheel Club of Baulkham Hills

You are invited to meet each month with a group of friendly ladies who are involved in fundraising for charity and enjoy social activities. Due to Covid, our meeting dates and venue are varied.
Robyn | 9639 2742

The Sydney Hills Branch of the Association of Independent Retirees

Meeting on Friday, at Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting commences at 10.45am. The future topics will be Health, Centrelink, Retirement, Technology Safety and others.
Lauris Rennie | 9634 1186
Pam | 0412 737 234
airsydneyhills@gmail.com

The National Seniors Australia Are you over 50?

9639 1814
www.hillnsa.com

The Hills District Pipe Band

Practices in the Harvey Lowe Pavilion at Castle Hill Showground every Tuesday night from 7.30pm-9pm. The band warmly welcomes new members and gig enquiries. Facebook and Instagram: @hillsdistrictpipeband
Suzie Whitaker
suz801@live.com.au
www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

Meet every second Tuesday in the month at Crestwood Community Centre, Drive, Baulkham Hills at 8 pm
0452 465 906
www.bushwalkingnsw.org.au/wanderers

Windsor Probus Club

Meets at 10am on the 1st Wednesday of each month at Windsor Golf Club, McQuade Ave, South Windsor. New members always welcome.
Membership Officer Alan | 0407721461 or Secretary Ann 0414298945

Winston Hills Joey Scouts

9862 8482
hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408
www.zontadistrict24.org

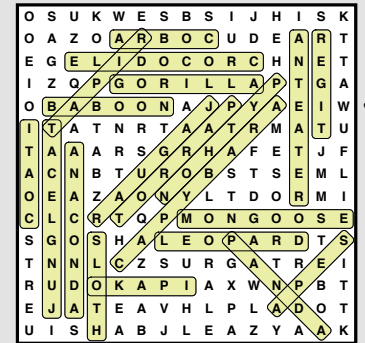
PUZZLE

WORD SEARCH

- AISLES
- ARCHIVES
- BOOKS
- CATALOGUES
- COMPUTER
- DOCUMENTS
- DVDS
- FACTUAL
- FICTION
- INTERNET
- LIBRARIAN
- MAPS
- MICROFILM
- PRINTER
- RECORDS
- RESOURCES
- SILENCE
- STUDENTS
- TABLES
- VIDEOS

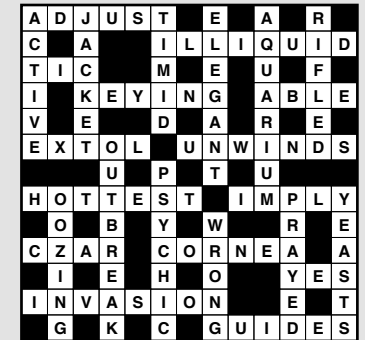


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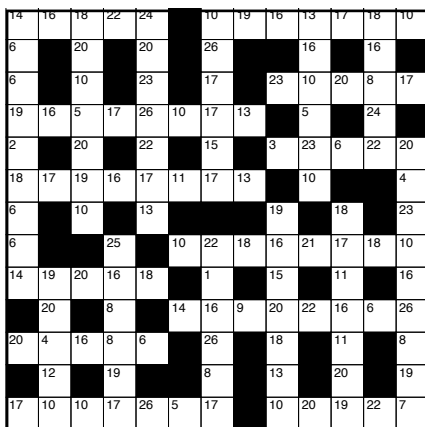
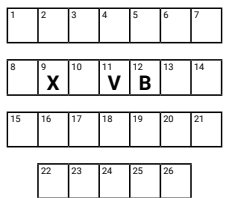
Answers from last issue

CODE WORD



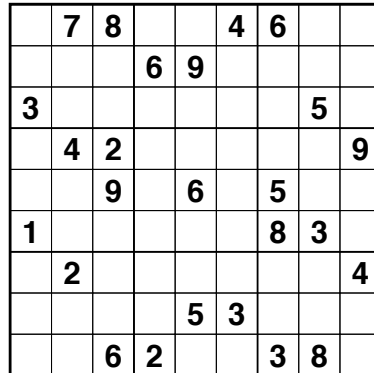
CODE WORD

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.

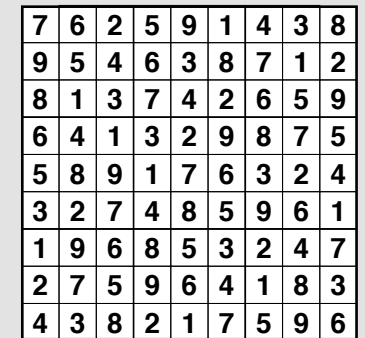


SUDOKU

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



SUDOKU



SECURE YOUR MEMORIAL BY PREPAYING TODAY

A memorial is a place to commemorate a life, a place for coming generations to pay their respects. By planning and preparing you can reserve a special place just for you and your family, so you can always be together.

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1		2			3	4		5		6		7
			8									
9								10				
11								12				
13		14						15				
17												
20								21				
22										23		

ACROSS

- 1. Platform
- 3. Frailty
- 9. Road or roofing material
- 10. In a slow tempo (of music)
- 11. Consumed (of food)
- 12. Three-pronged weapon
- 13. Element discovered by Marie and Pierre Curie
- 15. Capital of Massachusetts
- 17. Soften the effect of
- 18. Stringed instrument
- 20. Permeate gradually; drain away from soil
- 21. Weigh down
- 22. Giving way under pressure
- 23. Catch sight of

DOWN

- 1. Completely (opposed)
- 2. Data entered into a system
- 4. Distinct being
- 5. Children's toy
- 6. Sincere
- 7. Impulsively
- 8. Poorly fed
- 14. Illness
- 16. Urge to do something
- 19. Vegetables related to onions

SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

Answers from last issue

CROSSWORD

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

SUDOKU

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

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