

# Hills to Hawkesbury

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## Community News

09th - 23rd April 2021 | Volume 38 - Issue 07  
Local Stories, Local Events, Local People and Local Businesses

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# THE GIRL FROM MUMBAI

By **BEV JORDAN**

Melissa Monteiro has sought a life of service since she was a young child, and at the age of 12 was volunteering with the Missionaries of Charity set up by Mother Teresa of Calcutta close to her home in Mumbai.

"They had a large warehouse which was home to about 300 people and I would go in and I would help feed them after school. They had nothing. That was a turning point for me," she told the Hills to Hawkesbury Community News.

Now the CEO of the Community Migrant Resource Centre (CMRC), she is launching her book *The Girl from Mumbai*, this month with all proceeds going to CMRC which helps migrants and refugees settle into a new life in Australia.

*The Girl from Mumbai* covers Melissa's journey from India to Australia and the lessons she has learned in over 30 years of service in the community sector.

She credits her father and grandfather for instilling the value of service to others in her as a very young child, which shaped her life.

After 30 years in the Navy her father left and was program Manager at a Catholic food relief agency for many years.

It was when a very young Melissa told him that she wanted to help the poor

overseas that her dad told her to look at the poverty around her in India.

She took a Bachelor in Social Work and worked in slum districts on water sanitation, immunisation, women's groups and working on finding solutions.

"My book is about the impact of all these stages in my life," she said.

"It's about working at the grass roots to bring about change and how to influence people at the top."

Melissa moved to Australia with her husband Prakash 21 years ago, when their first child was just a baby.

She started working at the Blacktown City Community Services Network before joining Parramatta Community Migrant resource Centre in 2000, at the time it employed seven people.

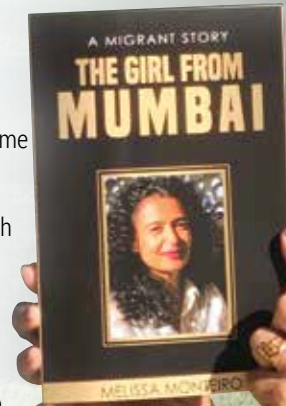
It now has 150 staff, contractors and partnerships with over 200 organisations. Between them, staff speak 47 languages. CMRC provides settlement services, training and business support to name a few of the programs it runs. The CMRC also runs a number of social support groups in the Hills from its office in the Hills Community Hub at Castle Towers.

The 53-year-old mother of two said she was always going to write a book. "I was going to write a book when I retired but when COVID started I thought I should write it now."

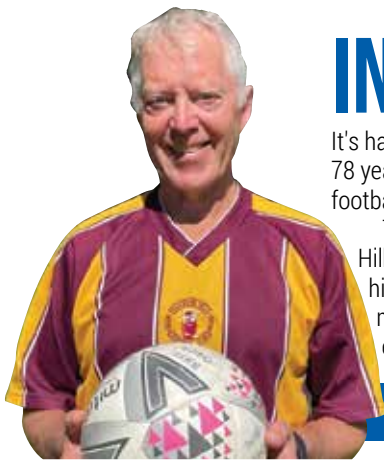
The time seemed right as CMRC celebrates 25 years of operation and all proceeds will go to that.

The book will be launched on April 22 at Norwest by Alex Hawke, Minister for Immigration and Citizenship and Hills Mayor Michelle Byrne.

To find out more about the book, including Melissa's time in prison after getting lost during an aid trip, visit [www.melissamonteiro.com](http://www.melissamonteiro.com)



The Girl From Mumbai Melissa Monteiro



## INSPIRATIONAL SENIORS

It's hard not to be inspired by Terence Minton who at 78 years of age is officially Australia's oldest registered footballer (the round ball game called soccer in Australia).

The grandfather's exploits for his beloved Baulkham Hills FC are the stuff of legend. It is a massive credit to his remarkable fitness and commitment, which sees him mow and mark all five fields at Ted Sherwood Reserve each week, with fellow club stalwart Peter McLoughlin.

"I love the game and I will continue to play as long as they accommodate me and I can run on the field"

He has also won the Senior Player of the Year Award. One of his team-mates, Keith Pierce is the second oldest player in Australia in the club at 67.

Terence is now planning an over 60s tournament for later in the year. You can read Lawrence Machado's great story on this Hills super grandpa on page 35 of this issue.

We also have a Seniors' Week feature from pages 10 to 22 inside.

# Hills to Hawkesbury

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

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## NEW SITE FOR ROUSE HILL HOSPITAL By BEV JORDAN

A final site has been announced for the long-awaited \$300 million Rouse Hill Public Hospital and it's on Windsor Rd near the junction with Commercial Rd, Rouse Hill.

The NSW Government made the announcement just over a week ago, on March 30, ending a huge pause since the hospital's likely site was first announced in February 2019.

The old site, at 768 Windsor Rd, was in Blacktown City Council's area near Castlebrook Memorial Park. The new site, on the opposite side of the road, is in Hills Shire Council's area and is close to Rouse Hill Town Centre.

The site acquisition process for the new land is under way and construction will start in this term of Government, prior to March 2023.

In his announcement, Health Minister Brad Hazzard said: "I want to thank the local community for their patience as the experts have worked through a number of challenging obstacles to select a site which will offer the

best outcome for the people of Rouse Hill and Western Sydney.

"I am thrilled to see us move to the next stage in delivering this vital health infrastructure project. The final site has better access and allows for more land use opportunities compared with the previously announced site, and allows us to better meet the future health needs of Western Sydney."

Member for Castle Hill Ray Williams said it would be a huge advantage for patients, staff and carers to have good connectivity to the Rouse Hill Town Centre and a Sydney Metro station so close.

"Good public transport and road access is essential. Not just for patients and their families but also for the thousands of staff who will get jobs at this new hospital," Mr Williams said.

"The Rouse Hill Hospital will future-proof health services in North Western Sydney for decades to come. It will be a gamechanger for

the area by providing new world-class health facilities and creating thousands of local jobs."

Hills Shire Mayor Michelle Byrne called it "fantastic news for our community" and said it provided certainty that a public hospital for the region was on its way.

"With a rapidly growing population we need this new hospital sooner rather than later to alleviate the pressure on surrounding hospitals and to provide further access to medical facilities and services closer to home.

"We are looking forward to working with the NSW Government to deliver a premier health precinct in Rouse Hill," she said.

Member for Riverstone Kevin Conolly said the new hospital will be a tremendous asset for generations. "I am excited that we are still on track to get construction under way before the next election. To have a new hospital built in the right location is what our communities deserve," Mr Conolly said.

## WHERE TO GET HELP

The NSW Government has opened dedicated recovery centres in the Hawkesbury region to assist those affected by the recent storm and flood.

**The Centres are at North Richmond, South Windsor and Wiseman's Ferry.**

The Recovery centres are equipped to provide information and access to:

- Clean-up services
- Financial assistance
- Insurance and legal support
- Support for businesses
- Mental health and wellbeing services.

North Richmond Recovery Centre is at Panthers Club, 33 Beaumont Avenue, North Richmond, and is open 9am to 5pm weekdays and 10am to 2pm weekends.

Windsor Recovery Centre, 6 Greenhills Way (off Ham Street), South Windsor is open 9am to 5pm weekdays.

Wisemans Ferry Recovery Centre, The Retreat at Wisemans, 5564 Old Northern Rd, Wisemans Ferry opened on Friday, April 9.

For those wanting to be assisted remotely, and for more information on all available disaster assistance, contact the Disaster Customer Care Service at Service NSW on 13 77 88 or online via Service NSW.





## HOUSE FIRE

Six people including two children were treated after escaping a house fire in Quakers Hill on Easter Sunday.

Fire and Rescue NSW (FRNSW) received multiple Triple Zero (000) calls to a terrace alight on Lalor Road, Quakers Hill just before 11am on Sunday.

Firefighters from Schofields Fire Station experienced extremely hazardous conditions trying to gain access to the fire, with thick smoke and extreme heat coming from the upstairs rooms where the fire originated.

Six people, including two children, were treated on scene and later transferred to hospital by NSW Ambulance. Injuries ranged from smoke inhalation to superficial burns.

More than 24 firefighters worked to bring the fire under control. Neighbours from adjoining properties were evacuated during the blaze, however firefighters managed to contain the fire to the property.

## FIREARM ARRESTS

A couple were among three people arrested on Thursday, April 8, as part of an ongoing investigation into the supply of illegal firearms.

The State Crime Command's Drug and Firearms Squad established Strike Force Digil. Strike force detectives assisted by North West Metropolitan Region Operations Support Group (OSG) and the Public Order Riot Squad (PORS), executed three search warrants.

About 6am, investigators attended a home at Cherrybrook and arrested a 77-year-old man and a 41-year-old woman who were taken to Ryde Police Station.

Simultaneously, police attended a home in Guildford West and arrested a 43-year-old man who was taken to Fairfield Police Station.

Search warrants were executed at both properties where detectives seized several items relevant to the investigation.

About 8am, a third search warrant was executed at a business in Double Bay. Detectives were assisted by Western Australia Police (WAPOL) during the investigation into the sale of illegal firearms across Sydney.

## MISSING MAN

Police are re-appealing for public assistance to help locate a man missing from Bligh Park.

Erick Christiansen, aged 59, was reported missing to officers from Hawkesbury Police Area Command on Friday March 26, after he failed to arrive at a family member's home in Bligh Park, near Windsor.

Mr Christiansen left his home on Waters Road, Ballandean – about 80km south of Warwick near the Queensland/ NSW border – on Friday March 19.

He was driving a silver Mitsubishi Magna – with QLD registration 070SUS – bound for Bligh

Park, but he failed to arrive and has not been heard from since.

Erick is described as being of Caucasian appearance, about 180cm tall, of medium build, with short, light brown hair and blue eyes. He has tattoos on his upper arms.

Police are urging anyone with information about his whereabouts to contact Hawkesbury Police or Crime Stoppers on 1800 333 000.

## EASTER ROAD TOLL

Police have charged 310 people with drink driving on NSW roads during a high-visibility operation over the Easter long weekend.

Easter Operation 2021 began at 12.01am on Thursday last week (April 1) and ended at 11:59pm on Monday April 5.

Double-demerit points were in force throughout the period for speeding, seatbelt, mobile phone and motorcycle helmet offences.

Officers were also targeting other high-risk driver behaviour, including the Four Ds: drink, drug, dangerous and distracted driving.

Traffic and Highway Patrol Commander, Assistant Commissioner Karen Webb, said the despite the warning officers charged 310 people across the state with drink driving.

"Our message to road users is that police can be anywhere, anytime throughout the year; and we'll be targeting high-risk behaviour, including drink, drug, dangerous and distracted driving."

Five people died in crashes on NSW roads during the Easter Operation, two more than last year. A total of 78 people have lost their lives on NSW roads to date this year, compared to 84 the same time last year.

- Speed infringements: 5,411
- Breath tests: 129,589
- PCA: 310
- Major crashes: 387
- Fatalities: 5

## SMOKE ALARM WARNING

Residents are being urged to ensure that they use their garage for the purpose it was intended and have working smoke alarms following a blaze in Quakers Hill.

Fire and Rescue NSW (FRNSW) crews were called to initial reports of a person trapped in a garage that was on fire on Narcissus Ace, Quakers Hill just before midnight on March 26.

Under the protection of hose lines, firefighters safely removed five 9kg LPG cylinders. Shortly after, the fire was contained to the garage and eventually extinguished.

A search confirmed that no one was inside the destroyed garage, and all occupants were accounted for.

Station Officer Scott Haywood of Blacktown Fire Station said it appeared residents had been cooking in the garage.

He said residents were alerted to the fire when they heard a loud bang and when outside to find the garage on fire.

"This is a timely reminder, coming into winter, to have a working smoke detector in your house...make sure that what you do in your garage is fit for purpose."



# A HUGE THANK YOU

By **LIEUTENANT EDWARD PYM**

For elderly Lower MacDonald residents, Alan Hunt, 86, and Janice Hunt, 79, seeing members of the Australian Defence Force assist with removing flood debris was not only a great relief but a point of personal pride with their son, a current serving Army reservist.

Among many residents in the area evacuated by boat by the NSW State Emergency Service during extensive flooding after losing power and water, the Hunts said they were thankful for the depth of community support and assistance provided during the flooding.

Having lived in Lower MacDonald for more than 21 years, they recalled that while flooding had previously affected the area, this was by far worse than anything they had experienced before.

Mr Hunt, a co-founder at the local 'Men's Shed' community group assisting correctional rehabilitation



Alan Hunt, 86, and Janice Hunt, 79, in front their flood damaged possessions. PHOTO: DEFENCE MEDIA

groups and other elderly members of the community said it was a team effort.

"People that you'd never normally meet from the area before were all banding together, helping one and other after the flood offering anything they could to help," Mr Hunt said.

Speaking to the support received by State emergency agencies, Mrs Hunt said it was a relief to see them around.

"You felt reassured seeing the SES going past with their boats and helicopters knowing they were there if you needed them," she said.

In the weeks following the flooding, personnel from Operation NSW Flood

Assist were able to assist the Hunts by removing heavy and water-logged flood debris from flooded garages and sheds, moving it to be able to be removed by local council contractors.

"It's been a great relief especially with the heavy lifting, knowing there is light at the end of the tunnel. It has given us hope to say maybe we can do this and get through it," Mr Hunt said.

Particularly proud to have the ADF assist them, Mr and Mrs Hunt's son Corporal Chris Hunt is a serving Army reservist with the 1st / 15th Royal New South Wales Lancers.



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# 134<sup>th</sup> ANNUAL HAWKESBURY SHOW

23-25 APRIL 2021

*"It's almost Showtime"  
Where the Country meets the City*



The 134<sup>th</sup> Hawkesbury Show, to held over 3 days will celebrate the return, after COVID lockdown, of the largest regional show in NSW, offering a big, bright and exciting event with a blend of carnival atmosphere and traditional agricultural and rural displays. From exhilarating rides, games of skill and chance down sideshow alley to amazing displays of agriculture and livestock, exciting woodchop, stunning fireworks, local trade and business displays, art and craft, animal nursery, show bags and so much more.

Come join us for an action filled fun day out.

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# THE HAWKESBURY SHOW

All the fun of the fair and so much more will be on display when the Hawkesbury Show returns this month.

The three-day show at the Hawkesbury Showground at Clarendon promises to be the biggest, brightest and most exciting event yet with a full program of agricultural competitions and displays, entertainment and attractions that the whole family will enjoy.

Now in its 134th year, the largest regional Show in NSW runs from April 23 to April 25 with a blend of exciting attractions and traditional family favourites.

After a period of drought, bushfires, COVID 19 and more recently floods it's just what is needed as it brings together the best components of a traditional agricultural show with a modern-day carnival twist.

Hawkesbury District Agricultural Association (HDAA) President Ross Matheson said: "This is a really special event that brings the whole community together to celebrate and experience all that Hawkesbury has to offer.

"Partner that with the excitement of a traditional modern-day carnival and here you have a truly fun day out for the whole family."

## SHOW FAVOURITES

They say the Hawkesbury Show is "where country meets city" as it provides the opportunity to see the best cattle, horses, alpacas, donkeys, sheep, poultry, dogs, cats, goats and aviary birds that the state has to offer.

There will also be stunning displays of art, craft, photography, needlework, Lego, preserves, horticulture, fruit, vegetables, honey, lapidary and so much more.

Over 200 local businesses will showcase their products and services, there will be exhilarating

and thrilling carnival rides, showbags, crazy carnival foods and games of skill and chance down sideshow alley continuously throughout the days.

Every evening the Show will culminate with a stunning fireworks display.

## FUN FOR ALL AGES

The Show caters for all age groups and interests, for young children the Animal Nursery is always a popular destination and for adults the Taste of the Hawkesbury Marquee will return and provide the opportunity to sample the best beverages and produce from the local Hawkesbury region.

Free family entertainment is in abundance including the Grand Parade on Saturday, Woodchop Spectacular, Showtime FMX Motor Cross Team, Mower Mania, Hawkesbury Working Kelpies, Racing Pigs and show jumping.

The Performance Stage will be filled with local performers and dancers.

## SANDMAN SENSATION

New to the Show this year is the Dennis Massoud Sand Sculpture demonstrations and workshops.

The Sandman, as he is known, is a world champion sand sculptor. His expertise, experience and popularity has taken him 9 times around the world during the last seven years.

His full-time profession started as a hobby when he was only 7 years old. He was commissioned to sand sculpt in the only 8-star hotel in the world, the Emirates Palace Hotel in Abu Dhabi and he won the world championship in Denmark in 2003.



## SAVE THE DATES

**WHEN:** Friday April 23 to Sunday April 25.

**WHERE:** Hawkesbury Showground, 40 Racecourse Road, Clarendon, NSW 2756.

**ACCESS:** Free vehicle parking on the Showground or travel by train and alight at Clarendon train station.

**TICKETS:** \$25 for adults; \$15 for children (5-17 years; under 5 years free); and \$15 for concessions, seniors and companion card holders (card must be presented; carers free). Families: \$40 for one adult and two children; \$65 for two adults and two children (additional children after the second child, \$5 each). Purchase online at [www.hawkesburyshowground.com.au](http://www.hawkesburyshowground.com.au).

For more information please contact the Show Office at [hdaa@hawkesburyshow.com.au](mailto:hdaa@hawkesburyshow.com.au) or on (02) 4577 3591.



## Win a Family Pass to the Hawkesbury Show.

To enter the draw email "Why you want to go to the Show" in less than 25 words and include your name and contact details to [advertise@hillstohawkesbury.com.au](mailto:advertise@hillstohawkesbury.com.au)  
 Entries close 5pm on April 21. See our website [www.hillstohawkesbury.com.au](http://www.hillstohawkesbury.com.au) for terms and conditions

# LIGHT UP THE DAWN

**Families are being urged to Light Up the Dawn again this ANZAC day, Sunday, April 25, to remember veterans and those who gave lives.**

Paul Garai from Castle Hill RSL Sub-branch said: "As we continue to navigate through COVID-19 health and safety restrictions, Light up the Dawn is the most reliable way to mark ANZAC Day this year. Invite your family, friends and neighbours to gather on your driveway, front yard or balcony at dawn. You can light candles (or use garden/fairy lights), fly the Australian flag, or make a display to remember those who served or are still serving in our Armed Forces."

"Light up the Dawn was a huge success in 2020. Small neighbourhood groups gathered across the Hills and Hawkesbury with candles and lights, some also included buglers and bagpipers to add to the occasion. We hope to again see our local communities quietly gather in the pre-dawn hush across the Hills and Hawkesbury, to honour our servicemen and women. No matter how small or humble the gathering, the focal point is gathering together, to remember."

The ABC live stream broadcast starts at 4.30am at [www.youtube.com/watch?v=v96z4vHXoH4](http://www.youtube.com/watch?v=v96z4vHXoH4).

Castle Hill RSL Club is generously supporting ANZAC Day once again and has produced a range of information, resources and packs for children which are available to club members at the club or can be downloaded from the website: [www.castlehillrsl.com.au/entertainment/community/anzac-day-2021/](http://www.castlehillrsl.com.au/entertainment/community/anzac-day-2021/)

The sub-branch would also like people to send in Light up the Dawn photos for publication to: [media@chrslsubbranch.org.au](mailto:media@chrslsubbranch.org.au)

More information is at the following links:

- [www.facebook.com/ch.subbranch](https://www.facebook.com/ch.subbranch)
- [www.facebook.com/RSLNewSouthWales](https://www.facebook.com/RSLNewSouthWales)
- [www.rslnsw.org.au/commemoration/anzac-day-2021/](http://www.rslnsw.org.au/commemoration/anzac-day-2021/)



## GALSTON ANZAC SERVICES

**The ANZAC Commemoration Service will be held on Sunday April 18, at 3PM, in the Galston Memorial Club, Arcadia Road.**

COVID-19 requirements have moved the Sunday service away from the Galston Cenotaph and indoors to enable everyone to be seated and COVID safe. Following the Service there will be a recital by the Hills District Pipe Band, and afternoon tea. Numbers are limited to 140, subject to any change in the COVID-19 requirements. Please be seated by 2.50pm.

There will be an ANZAC Day Dawn Service at the Galston Cenotaph at 6am on April 25 under strict COVID safe guidelines. Everyone will be seated, will have to register on arrival and use the available hand sanitiser. For more details about both services call Bill Rosier, Chapter Coordinator, on 0432 847 137.



## ANZAC DAY LEST WE FORGET

### LIGHT UP THE DAWN

This ANZAC Day we are inviting our members and the community to commemorate with us and Light up the Dawn.

Gather with your families and neighbours on your driveway, light a candle and remember all those who served and sacrificed.

More information on how to conduct your own Light up the Dawn driveway service can be found at [www.castlehillrsl.com.au](http://www.castlehillrsl.com.au)

**2021 ANZAC Day ceremonies will be broadcast live across Australia on ABC TV and iView**

CH  
RG

SUNDAY 25TH APRIL

### RFS BRIGADES HAVE THEIR SAY!

## WIN A FREE AUSSIE PUMP FOR YOUR BRIGADE

Aussie Pumps is a Castle Hill based pump manufacturer that focuses on producing what they claim to be the world's best lightweight portable fire pump. The Aussie Fire Chief has been widely used by the RFS, National Parks and farmers and homeowners over the last 20 years.

The company has launched a competition for RFS Brigades to win an Aussie Fire Captain firefighting pump.

**To win the Aussie Fire Captain pump, each Brigade is invited to submit an entry, in 50 words or less, on "What motivates an RFS volunteer".**

**Entries should be made out to the Aussie RFS Fire Pumps Competition and submitted to RFSA at PO Box 845, Penrith BC, NSW 2751.**

Please include your Brigades name, phone number and email address. Entries close on the 30<sup>th</sup> April, 2021 and the winning Brigade will be announced through the next issue of RFS News.

Australian Pump offer a wide range of self priming engine drive pumps for firefighting. The company offers special discounts to RFS brigades in everything from it's lightweight portable 1" Honda Ultralite to big 4" pumps, suitable for both freshwater and seawater firefighting.

"We want the volunteers to know that we respect and appreciate the sacrifice they make", said Aussie Pumps' Warwick Lorenz. "Without volunteers, the amount of property damage, livestock and human lives lost would be enormous. Not everyone seems to really appreciate the effort and the value of the unpaid volunteer services. These members who put themselves at risk to protect the property and lives of others", he said.

For further information, Brigades can contact Helen Mahoney on 02 8865 3500 [aussiepumps.com.au](http://aussiepumps.com.au)



(R-L) Kurrajong Heights Brigade Captain Andrew Jones and Jon Ingersole take delivery of their brand new Aussie Fire Captain pumps.



# GIRL POWER AT HILLS GRAMMAR



**Choosing to Challenge** was the theme for this year's International Women's Day and remains a prominent notion for Hills Grammar as they announced the launch of their new program 'Girls of Hills'.

The program will connect female students via a junior-senior mentoring program. A key goal is student empowerment, with the girls being actively challenged and encouraged to realise their leadership potential and strengths, alongside their mentors.

In conjunction with the launch of 'Girls of the Hills' School Captain, Renae Muscat and Head of Junior School, Mrs Sarah Black sat down for a heart-to-heart interview about what their prospects are for the program.

Mrs Black shares that "Our senior girls will be matched and formally mentor their Years 3 and 4 partners." These partnerships between the Senior School students and the Junior School will be carefully considered, based on similar life experiences, as well as interests and aspirations.

Mrs Black hopes that these partnerships will assist the students in identifying their unique strengths and skills in a co-educational environment. She adds the program will "help them understand 'what is the meaning' to being a girl at Hills Grammar, rather than a girl perhaps in a single sex school."

Mrs Sarah Black is a Hills Grammar alumna from the Class of 1989 and understands first-hand the importance of experiencing a co-education alongside other strong female leaders.

"It's a really powerful message, and something as girls from Hills Grammar, we really need to embrace."

The girls will come together for an inspiring and energising Development Day in the coming weeks.



Meet our  
Hills Grammar  
Originals on

## Discovery Day



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# JOIN IN THE FUN

NSW Seniors Festival will run from April 13 to April 24 and there is a whole lot going on in the Hills to Hawkesbury Area.

The span of events includes a free concert at Richmond, a free film screening at Castle Hill, walks, talks, technology workshops and creative classes of all kinds. Due to COVID-19 restrictions bookings are a must and in some cases places are limited.

The NSW Police Band will be playing at a free concert organised by the Hawkesbury Police Area Command at the Richmond Club organised by Supt Jim Steward from the Hawkesbury Police Area Command.

Guest speakers include State Member for Hawkesbury Robyn Preston and Dr Geoff Lee, Minister responsible for Seniors and Veterans in NSW.

See below for a full list of events, and bookings essential.

**APRIL 12, MONDAY (FREE):**

Living with Less workshop on Monday, 12 April from 11am to 1pm will give you the skills to help declutter your space and get you ready to downsize. Hawkesbury Central Library, 300 George Street, Windsor. Bookings are essential via [www.hawkesburylibrary.eventbrite.com](http://www.hawkesburylibrary.eventbrite.com) or call 4560 4460 for more information.

**APRIL 14, WEDNESDAY (FREE):**

NSW Police Band performance.

**BOOKINGS REQUIRED:** [www.eventbrite.com.au/e/hawkesbury-police-celebration-of-seniors-festival-with-nsw-police-band-tickets-145939584225](http://www.eventbrite.com.au/e/hawkesbury-police-celebration-of-seniors-festival-with-nsw-police-band-tickets-145939584225)

**VENUE:** Richmond Club, East Market Street, Richmond.

Chinese Australia Services Society (CASS) is holding a free talk (10am to 11.30am) about Aged Care Services in Australia. The information session will be at the Castle Towers Community Hub, Castle Hill, closest Entry via Old Castle Hill Road. Bookings essential visit the website or call **9639 7918** or email [learninginthehills@hca.org.au](mailto:learninginthehills@hca.org.au)

**APRIL 19, MONDAY (FREE):**

The Centrelink Financial Information Services will be running a seminar focusing and will cover pension eligibility, claims and income and asset tests. Held at Hawkesbury Central Library, 300 George Street, Windsor. Bookings are essential via [www.hawkesburylibrary.eventbrite.com](http://www.hawkesburylibrary.eventbrite.com)

**APRIL 21, WEDNESDAY (FREE):**

Aged Care Services information morning (10am to 12pm). Covers

aged care services, cost, how to access residential care and support for carers. Will be held at Baulkham Hills. Bookings essential visit the website or call 9639 7918 or email [learninginthehills@hca.org.au](mailto:learninginthehills@hca.org.au)

Hills Shire Council has organised three special events for residents over 60 to celebrate Seniors' Week.

**APRIL 20, TUESDAY, 10AM (FREE):**

Guided bushwalk (Waterfall Walk) West Pennant Hills.

*continued on page 17*



# Riverside GARDENS

## RETIRE IN STYLE TO NORTH RICHMOND

If you are over 55 and looking to relocate to the semi rural area of the Hawkesbury why not consider us? We are a small retirement village offering security, companionship, comfort and independent living. If you live alone and worry about safety and security come and see us.

- Secure gated property
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- Nearby scenic walks along the Hawkesbury River foreshore
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34 Beaumont Avenue North Richmond 2754 (opposite Panthers North Richmond)

[www.riverside-gardens.com.au](http://www.riverside-gardens.com.au)

# Discover luxury living.

Will this be  
your year?

**While we can't all travel as far and wide as we would like right now, we can still enjoy a little luxury closer to home. Where better to travel than to what could be your very own new home this year?**

You're invited to an exclusive experience in one of our newly furnished display apartments. Over morning or afternoon tea, you'll get to hear all about the community and spend quality time in the space. Plus, you'll enjoy a private tour of the village and get to see the remaining apartments for sale.



#### WHEN

Limited private appointments are available over the month of April.

#### WHERE

The Gracewood Retirement Village  
8 Free Settlers Drive, Kellyville

#### RSVP

Call Ali, National Retirement Living Salesperson of the Year on **1800 116 550** or email us [gracewood@baptistcare.org.au](mailto:gracewood@baptistcare.org.au)

# THE GRACEWOOD FILLS A NICHE

The Gracewood Community is an award-winning retirement village in Kellyville. The village comprises of 241 apartments across eight architecturally-designed residences. It also has a range of first-class amenities, including an indoor-heated pool, cafe, workshop, hair salon and more.

"With the final stage having opened last year, it won't be long now until every apartment is occupied," Sales Manager Alison Abel said. "We have seen a huge increase in inquiries post-Covid and we expect the village to be sold out in a matter of weeks."

Alison explained that a recent industry event highlighted there is a shortage of retirement living homes in the pipeline for construction nationally over the next few years.

Many of Australia's Baby Boomer generation are now at or beyond retirement age and NSW retirement villages are at 90 per cent occupancy. Currently, that means future supply is unlikely to meet future demand.

"This comes as a surprise to many people I meet who think they will have a choice of options when they are ready for retirement living," Alison said. "Sadly, this is a big misconception and many people often miss out."

This means even higher demand for villages like The Gracewood which has multiple levels of on-site care

services available – including an aged care home – meaning their residents are able to stay in the community they've come to know and love for as long as they wish.

The team at The Gracewood pride themselves on the community they have created.

"There is an incredibly strong sense of unity and communality that comes from

like-minded residents caring and looking out for each other," Alison said. "There's always something happening from bus trips to happy hour to craft groups."

The Gracewood Community is booking private appointments for anyone wishing to tour their village and find out more about the remaining apartments.

Please call Alison on 1800 116 550.

## WAYS TO IMPROVE YOUR WEALTH

Discovery Wealth Advisers was established to provide clients with a tailored, independent and simple alternative for financial planning.

Principal, Louella Jorge, has had over 20 years' experience in financial services and has built strong long-term relationships with clients throughout Sydney, mostly in the Hills and the surrounding areas. She believes that if you have worked hard your whole life, you should get to enjoy retirement, and not spend your time worrying about it.

"Your retirement years should be the most relaxing and enjoyable time of your life. Unfortunately, we were finding pre-retirees who, due to poor planning or poor advice, were very unsure in their financial future," she said. "We work with our clients to establish a plan for the retirement they deserve. No matter your life stage, we can assist. Whether it be saving for education, financially protecting yourself and your loved ones or the ultimate goal: a stress-free retirement. We also help those already in retirement to navigate through the constant changes in legislation, the economy and financial markets, making sure your financial plan still meets your needs."

Clients Peter and Julie said: "In 2011, we were introduced to Louella Jorge with a view to discuss our current financial position at that time. From that very first meeting we felt extremely comfortable. This highly-professional relationship we have, with a very personal component, has been a game changer, allowing us to transition through the coming years with confidence."

**Discovery Wealth can offer financial advice in a variety of areas:**

- Personal investment
- Retirement planning and Centrelink
- Retail superannuation and Self-Managed Superannuation
- Personal insurance

You can schedule a no-cost, no-obligation Discovery Meeting by contacting [loujorge@discoverywealth.com.au](mailto:loujorge@discoverywealth.com.au) or calling 0452 393 417 or visiting the website [discoverywealth.com.au](http://discoverywealth.com.au)



Principal of Discovery Wealth Louella Jorge



**DISCOVERY**  
WEALTH ADVISERS

**WE HELP PEOPLE IN THE HILLS ACHIEVE THE RETIREMENT THEY DESERVE. LIFE IS TOO SHORT TO WORRY ABOUT MONEY**

CONTACT US:

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- ✓ Domestic Assistance
- ✓ Transportation
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**Why Choose Us?**

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- ✓ Highly Experienced, Trained and Reliable Care Workers
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[WWW.LIVEWELLHOMECARE.COM.AU](http://WWW.LIVEWELLHOMECARE.COM.AU)

# THUMBS UP FOR LIVE-WELL HOMECARE

Looking for good carers to take care of an aged or ailing loved one is something many of us may have to do due to various reasons, including loss of mobility or our work schedule. The cost factor and all-round support is also essential.

That's why Sanjay Pradhan says he is happy that he has secured the right provider to care for his mother at their south Penrith home.

His mother, Lata Pradhan, has been under the care of Live-Well Homecare, Penrith, for the past year, with Sanjay saying he is able to do his work without having to worry about her.

"My mother needs assistance for any movement and I am impressed with the care givers from Live-Well Homecare," Sanjay said.

"I had used Live-Well Homecare privately and I found out their administrative costs are very reasonable. They are also local, which is important for me. I have used five providers and one of the important things you have to know is how much providers charge for administrative fees. This is because the administration fees for some providers are very expensive and can charge around 52 per cent."

Under the present arrangements, Live-Well Homecare provides a care giver in the morning and evening to do special tasks for his mother. He said this arrangement works perfectly for him.

Sanjay said when speaking to providers, it is best to give them the exact requirements and be quite specific about them.

"I tell them this and that have to be done in an hour as I know it can be done, because I have done it myself," Sanjay said. "I haven't had a bad provider so far."



LATA PRADHAN

## THE HILL'S MEN'S SHED

Monthly mini markets are going to be held by The Hills Men's Shed at Castle Hill on the first Saturday of every month from May through till September.

The Hill's Men's Shed was established in 2009 to provide an environment for seniors to continue their worthwhile contribution to themselves and also to the local community.

There are now approximately 100 members who can attend the club premises at Eric Mobbs Reserve, Ferguson Avenue Castle Hill mainly Tuesday to Thursday from 9am to 3pm.

It provides an outlet for both social interaction and community involvement.

The group has been making Community Library boxes for books (pictured) and toys for the Children's Hospital at Westmead to name a few things.

Covid-19 has been a difficult time for the club's fundraising activities which is why members are keen to return to holding markets.

The first mini market, on May 1 from 8.30am to 12.30pm will offer some great gift ideas especially for Mother's day and other special occasions.

Items for sale include handmade wooden items, and preloved and new items ranging from chopping boards and jewellery boxes to children's toys and firewood.

There will also be a craft stall, cakes and slices, preserves, books and plants.

If any repairs or special jobs needed to be done the men from The Hills Men's Shed will be more than happy to help.

For any further information on products sold or any repairs needed please phone Geoff Spranger on 0416 699 379.





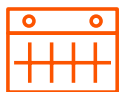
Settle on or prior to 30 June 2021 and you could receive a \$5,000 Visa<sup>®</sup> housewarming gift card\*

## Antiques Valuation at Constitution Hill Retirement Community

Ever wondered how much your precious family heirloom is worth? Now is the time for a complimentary valuation from industry experts, Lugosi Auctioneers!

Our guests will have the opportunity to bring a maximum of 2 items per person. Bookings essential and places are strictly limited.

Attendees must comply with COVID-safe procedures and industry guidelines.



**Wednesday 21st April**  
**11.00am–3.00pm**

**RSVP by 19 April to Zuzana Nevidal**  
**1300 294 519**  
**[znevidal@australianunity.com.au](mailto:znevidal@australianunity.com.au)**  
**[constitutionhill.com.au](http://constitutionhill.com.au)**

1 Centenary Avenue, NORTHMEAD NSW 2152

\*Terms and conditions apply, visit [constitutionhill.com.au/retirement-residences](http://constitutionhill.com.au/retirement-residences) for details.

Australian Unity Retirement Community homes at Constitution Hill are sold under a loan lease arrangement. You will have to pay a departure fee when you leave this village. You will have to share any capital gains received with the operator of this village. For more information please email us at: [customer@australianunity.com.au](mailto:customer@australianunity.com.au) or call us on: 1300 160 170. AU1683\_210331



# CONSTITUTION HILL RETIREMENT COMMUNITY



*There is much more to retirement communities than simply purpose-built accommodation. Constitution Hill Retirement Community aims to enhance an overall sense of wellbeing for residents by supporting community connections, offering physical activities and accommodating a variety of hobbies and interests.*

Located in Northmead and with easy access to Parramatta, you'll find there's a wide range of restaurants, cafes and art galleries in our backyard. We have a village shuttle bus and the local bus also stops at our door, so getting out and about is easy.

Constitution Hill offers a range of one, two and three-bedroom single storey units with views over native bushland or landscaped gardens. With a private balcony or terrace, there's space to grow herbs and flowers for you to enjoy. Most units also have a lock-up garage or an allocated car space.

Life's never dull at Constitution Hill: the community centre is a hub of social activity and

events. Residents can be found enjoying a good book in the library, getting into some friendly competition on the full-size bowling green, taking a dip in the heated pool or socialising with friends over a barbecue.

As your care needs change over time, have peace of mind knowing that a variety of services\* are available to make life comfortable and convenient while supporting you to maintain your independence. From housekeeping to health checks, we've got you covered. Or if you ever need a higher level of care you're in the right place with our aged care facility on site.

**Constitution Hill Retirement Community**  
1 Centenary Avenue, Northmead NSW 2152  
1300 294 519  
[constitutionhill.com.au](http://constitutionhill.com.au)

*\*Additional fees apply.*

Australian Unity Retirement Community homes at Constitution Hill are sold under a loan lease arrangement. You will have to pay a departure fee when you leave this village. You will have to share any capital gains received with the operator of this village. For more information please email us at: [customercare@australianunity.com.au](mailto:customercare@australianunity.com.au) or call us on: 1300 160 170

## JOIN IN THE FUN

*continued from page 11*

**APRIL 22, THURSDAY,  
10.30AM (FREE).**

Film Screening - Six Minutes to Midnight at Event Cinemas, Castle Towers.

**APRIL 23, FRIDAY (FREE):**

Caddies Creek guided bushwalk 10am at Rouse Hill.

To book, visit The Hills Shire Council website, [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au), and search 'Seniors Festival 2021'.

Hills Community Aid is also organising a series of workshops from drumming workshops to coffee appreciation, a series of workshops.

They will be held at Learning In The Hills, Turner Buildings 4-5, Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills.



**APRIL 13, TUESDAY:**

**11AM - 12PM**  
Drumming Workshop.

**APRIL 14: WEDNESDAY:**  
**9.30AM TO 11.30AM.**

For those who like things a bit sweeter there is a cupcake decoration workshop (cupcakes and frosting supplied).

Art workshop from 12.30pm to 2.30pm with a qualified art tutor. Canvas, paints and brushes supplied.

**APRIL 15, THURSDAY:**

**10AM - 2PM:**  
Technology support workshop (bring your phone, laptop or iPad)

**FRIDAY, APRIL 16:**

**10AM - 11AM.**

**APRIL 16 AND 23, FRIDAY:**

Coffee appreciation workshops, both 10.30am - 11.30am.

**APRIL 23, FRIDAY:**

**10AM TO 12PM.**  
Age No Barrier: Public Speaking is a skill not a talent. Easy to apply public speaking tips and tricks.

**COST:** \$5 each workshop  
**BOOKINGS:** Essential  
For more information or too book visit the website or call 9639 7918 or email [learninginthehills@hca.org.au](mailto:learninginthehills@hca.org.au)

## MEN'S NETWORK

The Hills Older Men's Network Inc (Hills OMNI) meets on the first and 3rd Wednesdays of the month, 10am to 12.30pm at Castle Hill.

The group is aimed at retired men over the age of 55 and provides an opportunity to talk in a non-judgemental, safe and supportive environment.

The next meeting is Monday, April 19. To find out more call Ron on 0424 462 153 or email [HillsOMNI1@gmail.com](mailto:HillsOMNI1@gmail.com)

## TECH SAVVY CLASS

A free introduction to Tablets and Smart Phones will be held for seniors. The workshop will be on Wednesday April 21 from 10am to 12.15pm at Hawkesbury Central Library. Bookings essential via phone (02) 4560 4460

# NOW OPEN



# DURAL HOUSE

## Luxury Aged Care Living



Offering contemporary, resort styled accommodation with 145 High Care, Permanent or Respite places and 24 hour Registered Nursing Care.

### FEATURES:

- Stunning modern interiors spacious, beautifully appointed single & limited double rooms all with private ensuites
- Each room features state of the art beds, flat screen TV's with Foxtel and Wi-Fi
- Large oversized windows allowing natural light to flow in
- Beautifully landscaped designed courtyards and surrounding gardens
- Nutritious meals are home cooked by our experienced Chef and served in one of the many dining rooms
- Café and private dining room to entertain guests
- Arts and craft room, cinema, hair and beauty salon, chapel and library
- 7 Day Recreational Program

To enquire or book a tour, please contact  
**Melissa Yan, Director of Nursing on 8410 0000 or  
Thompson Health Care Office on 8467 9333.**

**Email: [dural@thc.net.au](mailto:dural@thc.net.au)**

705 Old Northern Road, Dural NSW 2158  
[www.thompsonhealthcare.com.au](http://www.thompsonhealthcare.com.au)

# CARING IS A FAMILY BUSINESS

Thompson Health Care has just opened its newest aged care facility - Dural House.

The development offers resort styled accommodation with 145 high care, permanent and respite places with 24 hour Registered Nursing Care. Dural House has a seven day recreational program and its own bus for outings. Residents can join as many activities as they wish or enjoy the privacy of their own room.

The spacious and beautifully appointed rooms all have a private ensuite, large oversized windows with views of landscape designed courtyards or surrounding gardens. Each room in the nursing home features state of the art beds, flat screen TV's with Foxtel and complementary Wi-Fi.

Dural House has a private dining room for residents to entertain guests, an arts and craft room, cinema, hair and beauty salon, chapel and library. There is an in-house café and nutritious meals are home cooked in the Dural House kitchen and served in one of the many dining rooms.

Thompson Health Care is a family company that was established in 1965 by Faith and Wal Thompson.

Their goal was to create a new standard of excellence in aged care accommodation and resident care. That commitment to excellence is now maintained by three generations of Thompsons.

Its 13 other Aged Care Homes stretch from Bowral in the Southern Highlands, throughout the Sydney Region (including Beecroft, Wahroonga and Turramurra) and to Kempsey on the mid-north coast.

The Thompson family believes each of their residents is entitled to the highest standards of professional care, a comfortable and secure environment, privacy, dignity and participation in daily decision making.

Dural House is at 705 Old Northern Rd, Dural. For enquiries or to book a tour, phone Melissa Yan on 8410 0000, or email: [dural@thc.net.au](mailto:dural@thc.net.au)



THOMPSON HEALTH CARE



## PROBUS TURNS 45

By IVOR JONES

From a single club formed in Sydney, 45 years ago to 1550 groups with 110,000 members nationwide Australia's Probus clubs have come a long way. It that time it has fostered new interests and friendships for tens of thousands of retired and semi-retired people.

A past President of the Winston Hills Northmead Combined Probus Club, Ivor Jones, is keen to sell the benefits of Probus.

"I worked for many years in the Public Service and then later started my own business in partnership with my wife. We built up our business to become a leader in our chosen industry serving registered clubs, credit unions and associations throughout New South Wales. After we sold our business and retired we decided that we would join Probus" he said.

"When we first went along there was this immediate good and welcoming feeling and we quickly made friends. Probus gives people a reason to get out and about and mix socially. There is laughter and a lot of fun. When people join, their whole circle of friends expands."

As well as hosting a monthly meeting with a guest speaker, clubs organise activities and groups reflecting the interest of their members.

At Winston Hills Northmead there is a book club, Opal outings, a garden club, Walking group, craft group, museum visits and a luncheon club as well as organised coach trips.

There is also a club newsletter that keeps members informed on what is happening. Anyone interested in joining Winston Hills Northmead Probus can attend up to three meetings or activities without obligation before joining.

Meetings are held at 10am on the second Thursday of the month at Toongabbie Sports Club, 12 Station Rd., Toongabbie Winston Hills Northmead restricts membership to 120 people, but currently has a few vacancies.

Call the membership officer on 0421 410 305 or go to [winstonhillsnorthmeadprobusclub.com.au](http://winstonhillsnorthmeadprobusclub.com.au) to discover more about the club.



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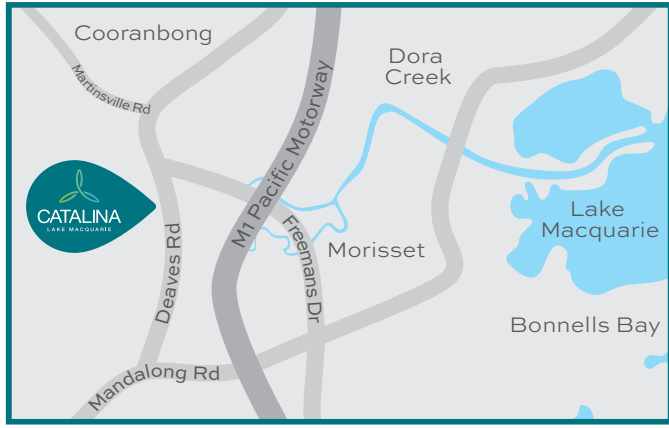
**SUNDAY 2 MAY**

**11am - 3pm**

With special guest  
**Karen Murphy AM**  
World champion bowler



Catalina Village invites you & your family & friends to join us at our Open Day and launch of our championship-sized bowling green.



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*Rediscover yourself!*



# BERT'S DOLL HOUSE MAGIC

By **LAWRENCE MACHADO**

WWII veteran Albert 'Bert' Collins is one of the most exceptional people I have interviewed. He was a sprightly 104 when I met him at his Bankstown home last year. Incidentally, Bert was felicitated by the government and the media when he turned 105 last month.

Bert has many talents, including making hundreds of doll houses which he presented free to delighted children for many decades. He admitted he knew nothing about making doll houses when he made his first one for a family member. Bert, being a determined bloke, however, quickly learnt from his brother who was a master carpenter. "I am one of the luckiest men alive," Bert told me. "I am grateful to return from the Second World War alive (while many of my mates never made it back). I have a spirit within me and I hope that spirit never leaves me."

Bert made doll houses of all sizes and colours right up to his 90s when he had to reluctantly stop. "I loved making the doll houses as it gave so much pleasure to the children and their families, many keeping it for years after their children had grown up," Bert said. "I brought all the pieces and did everything in my shed and even got some equipment made to my specifications."

# STILL DANCING

By **IVOR JONES**

Birthday fun with Bert, at 105, Australia's oldest World War 2 survivor.

Albert (Bert) Collins turned 105 years of age in March. At the age of 100 he was diagnosed with Melanoma and given around 6 months to live. He received an injection to remove the melanoma and at 105 he is still with us.

His birthday celebration was broadcast on every TV station's Evening News programme in Sydney.

The following day he celebrated with my wife and I and other friends and relatives. Bert had quite a few tales that he told during our time together. One story that he related to me was that at one stage whilst on sentry duty at a Army base he spotted a Senior officer approaching.

Knowing that his army buddies were having an illegal game of "two-up" behind one of the

buildings. He asked the Senior officer who had approached for the password before he would be allowed to enter the camp.

The Officer did not know the password and so Bert refused him entry. The officer said that he would come back the next day. One of Bert's mates then asked him how he was able to stop the officer entering. He said that when asked he did not know the password. The mate then asked "What is the password?" Bert replied "Hell if I know, I just wanted to stop him before he discovered you lot playing two-up. As far as I know there isn't a password".

He also remarked that like myself, he too was once a ballroom dancer up until his 90s. He told me that it kept him fit and healthy.



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# Discover community at Uniting Westmead.

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[uniting.org/  
westmead](https://uniting.org/westmead)

Explore our brand-new community for retirement living, aged care, and early learning – all in one convenient location in the heart of Westmead’s health precinct.

Book a tour to view the stylish and spacious 1, 2 and 3-bedroom retirement apartments overlooking World-Heritage-listed Parramatta Park, now selling from \$565,000.

There’s also an on-site café, salon, seniors’ gym, home care services, clubroom, BBQ and village green for community wellbeing.

Book your tour online or drop in to our Concierge at  
**1 Caroline Street, Westmead**

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# Uniting

# A BACKYARD WORTH EXPLORING

Merilyn Philip discovered BaptistCare Aminya Centre offered the perfect opportunity for years of adventure exploring her own backyard when she moved here with her husband, Ray, in 2013.

And what better way to explore it than with the added company of her fellow residents?

Merilyn's outgoing nature and eventual commandeering of the BaptistCare Village bus, complete with driver, has landed her with the official title of Village Lifestyle Coordinator. While organising events in times of a pandemic can be challenging, the residents have recently enjoyed cruising the Hawkesbury on the Riverboat Postman Ferry, among other outings.

"The Postman's Ferry is always a good trip. There's plenty of time to sit back and truly enjoy the beautiful Hawkesbury. Everyone was so keen to get out of their apartments after being told not to go too far. It was lovely," says Merilyn. "Many residents love to go out for a meal, so we do that, and I try to include an interesting and educational element as well. We've been to the Railway Museum out at Thirlmere, Museums Discovery Centre at Castle Hill, and the Bradman Museum at Bowral."

Merilyn spends a lot of time researching destinations in various newspapers, going to information centres and scoping out locations with Ray.

"I'm always thinking of ways to enhance life through experiences", adds Merilyn. Merilyn's efforts and excellence in volunteering was recognised by BaptistCare in 2018.

*For more information about BaptistCare Aminya, speak to our friendly team on (02) 8896 3905.*



 **BaptistCare**  
**AMINYA VILLAGE**



## A Retirement lifestyle that adapts to you

In the heart of the Hills, surrounded by award winning gardens, Aminya Village is a vibrant community for over 55s where you can live independently, with the benefit of help and support as your needs change.

Enjoy access to a range of community events and facilities perfect for an active retirement, while we take care of the little things like mowing and maintenance.

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# The Hills Shire Council News

## Proposed Lease/Licence Agreement for Occupation of Community Land

The Hills Shire Council is proposing to enter into Lease and/or Licence Agreements for occupation of part of land classified under the Local Government Act 1993 ("the Act") as community land.

Company/Organisation	Location of Property	Purpose	Term of Lease/ Licence
Lifestart Co-Operative Limited	Building 25, Balcombe Heights Estate, Baulkham Hills	A facility for early childhood intervention programs for children with disabilities and support for the families	Five (5) Years
Hills District Tennis Association Inc	Fred Caterson Reserve, Gilbert Road Castle Hill	For the purpose of playing tennis and activities associated including social and recreational activities	Five (5) Years

As the land on which the above is proposed, is classified as Community Land, in accordance with the provisions of Section 47 of the Local Government Act, interested parties are invited to make a submission with respect to the granting of the Licence Agreement.

Parties wishing to comment on the application are invited to forward written submissions to Council by 9 May 2021.

For enquires, please contact Property Officer Debra Palmer on 02 9843 0523 or email [dpalmer@thehills.nsw.gov.au](mailto:dpalmer@thehills.nsw.gov.au).



**Save the date**  
**2021 NSW Local Government elections**  
**Saturday 4 September**

Voting is compulsory

[elections.nsw.gov.au/lge21](http://elections.nsw.gov.au/lge21)  
1300 135 736

Visit [www.thehills.nsw.gov.au](http://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>

## Castle Hill Library and Pioneer Theatre Reopening

Castle Hill Library will reopen on Tuesday 20 April 2021.

The library and adjoining Pioneer Theatre and community centre have been closed for renovations to the library that included a new lift, recarpeting, painting and refurbishment to the customer service area.

Pioneer Theatre will open its doors on Friday 7 May for the opening night of Beautiful: The Carole King Musical, a jukebox musical that tells the story of the early life and career of hit singer-songwriter Carole King.

For more information on The Hills Shire Library Service, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for 'Library.'

For upcoming shows at the Pioneer Theatre, visit [www.thepioneertheatre.com.au](http://www.thepioneertheatre.com.au).

## Council Meetings

**Ordinary Meeting: Tuesday, 11 May 2021 – 7pm,**  
**Council Chambers, 3 Columbia Court, Norwest, 2153**



## Post Exhibition Report – Sportsgrounds in The Hills

At an Ordinary Meeting of Council on 23 March 2021, Council adopted three Master Plans proposed for sporting complexes in The Hills.

Samantha Riley Drive Reserve and Stringer Road Reserve, both located in North Kellyville, and Brindle Parkway Reserve in Box Hill, have now been approved and will all proceed to detailed design stage followed by construction planning.

Brindle Parkway Reserve has been proposed to include two full-sized playing fields with a cricket wicket.



*Brindle Parkway Reserve Master Plan.*

Samantha Riley Drive Reserve, located in North Kellyville, has been designed to provide four sporting fields and two cricket ovals.



*Samantha Riley Drive Reserve Master Plan.*

Stringer Road Reserve has been planned to include four multi-purpose fields.



*Stringer Road Reserve Master Plan.*

All three reserves will include amenities buildings, sports field lighting, playgrounds, walking paths and carparking.

Following community consultation, cricket practice nets and basketball facilities have also been incorporated in the masterplans.

To stay up-to-date on the progress of Stringer Road Reserve and Samantha Riley Reserve or for more information on the North Kellyville area, visit Council's website and search for 'North Kellyville.'

For more information on Brindle Parkway Reserve or the Box Hill area, visit Council's website and search for 'Box Hill.'

### 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

# EXPANSION FOR ST JOHN OF GOD HEALTH CARE

St John of God Health Care plans to redevelop its North Richmond site to increase access to state-of-the-art mental health treatments both locally and across Australia.

Currently undergoing planning approval, the design will increase capacity to 112 single rooms, with comprehensive treatment facilities such as a wellness centre to support holistic person-centred care.

The design builds upon a vision shaped by consumers, carers and clinicians.

Recognising the uniqueness of such a wonderful site, the design combines this healing environment with the very best of contemporary practice to deliver what will be a truly person centred service.

St John of God Richmond and Burwood hospitals Chief Executive Officer, Mr Colman O'Driscoll said that while plans had been underway for some time the announcement is a pivotal point.

"St John of God Richmond Hospital has a 70 year history of serving the community in North Richmond and providing high quality mental health care for people across NSW and Australia.

"The redevelopment of the Richmond Hospital campus is about delivering contemporary mental health care that builds connection, improves lives and transforms the way care is provided.

"The events of the past year or so, really highlight the need for more accessible and responsive mental health services across our communities.

"This plan will allow us to better meet those needs by providing care that is truly person centred," said Mr O'Driscoll.

"The design recognises the importance of Belmont House (built in 1892), which is significant to our history and a treasured part of the local community and our organisation. The redevelopment will restore the prominence of this building on the site so that it will continue to live on for future generations to enjoy."

Once the design passes planning approval it is planned to go to tender later in the year with first works commencing in early 2022 and an expected completion date in 2023.

A community forum will be held onsite on Wednesday, April 21 at 6pm, registration is essential via Humanitix: [events.humanitix.com/st-john-of-god-redevelopment-community-forum](https://events.humanitix.com/st-john-of-god-redevelopment-community-forum).



An artist's impression of the new St John of God Hospital at North Richmond

## Mental Health Services



ST JOHN OF GOD  
Health Care

Richmond | Burwood



## Expertise in treatment of post-traumatic stress injuries

St John of God Richmond and Burwood Hospitals provide a safe, structured and supportive environment for individuals recovering from exposure to traumatic events.

Our team of caring professionals are experienced in working with the specific needs and concerns of people who have been injured in the line of duty.

St John of God Health Care has been a leader in providing specialist care for people with post-traumatic stress injuries for more than 25 years.

### Find out more:

Richmod | 02 4570 6100

Burwood | 02 9715 9200

[www.sjog.org.au/mentalhealth](http://www.sjog.org.au/mentalhealth)

**PTSD is an operational injury like any other injury – it does not have to be a life sentence.**



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- THE HILLS -

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## CLASSICS AT KENTHURST

Members of the Australian Romantic and Classical Orchestra (ARCO)

The Australian Romantic and Classical Orchestra (ARCO) heads to Kenthurst later this month as part of a tour which will see it play at the Sydney Recital Centre, the Canberra International Music Festival and the Melbourne Recital Centre.

The orchestra's EVOKE program sees it switch into chamber music mode, providing audiences with the opportunity to hear some of Australia's finest musicians in a more intimate setting.

The orchestra's co-artistic director Rachael Beesley leads six other world-class musicians in Berwald's Grand Septet, while Beethoven's Trio, will be performed by co-artistic director Nicole van Bruggen alongside Daniel Yeaton and Neal Peres da Costa.

The intimate program of Romantic chamber music evokes the salons and living rooms of the early 19th Century.

That period saw a surge in popularity for works composed for larger chamber ensembles of winds and strings.

Beethoven's Septet in E-flat major, Op. 20, was considered the very peak of the genre: so successful was it that publishers released multiple arrangements of it for different-sized ensembles, prompting Beethoven to write his own trio arrangement for clarinet, cello and fortepiano – his Op.38.

Influenced by Beethoven's Septet, and with a clear inheritance from other composers like Schubert, Spohr and Weber, the delightful Grand Septet by Swedish composer Franz Berwald is an inspired work by an often-overlooked composer.

Tickets can be booked now for the performance on Monday, April 26 at 6.30pm at the R J Phipps Performance Centre at The Hills Grammar School, Kenthurst.

To book tickets or find out more visit [www.arco.org.au](http://www.arco.org.au)

Nicole van Bruggen  
and Rachael Beesley  
Photo by Nick Gilbert

## DINE & DISCOVER VOUCHERS

The NSW Government has launched Dine & Discover NSW to encourage the community to get out and about, to support dining, arts and recreation and stimulating spending in the economy.

All NSW residents aged 18 and over can apply for 4 x \$25 vouchers, worth \$100 in total.

Dine & Discover NSW vouchers are divided into two categories.

- **Dine NSW vouchers** – 2 x \$25 vouchers for dining in restaurants, cafes, bars, wineries, pubs and clubs.
- **Discover NSW vouchers** – 2 x \$25 vouchers for entertainment and recreation, including cultural institutions, live music, and arts venues. Vouchers are valid until 30 June 2021.

### What you need to know

- Vouchers can be used 7 days a week, including public holidays at participating NSW businesses registered as COVID safe.
- You must redeem your vouchers in person at participating businesses.
- Vouchers are single-use and cannot be used for takeaway meals, online food orders, tobacco, alcohol or gambling.
- Vouchers are single-use and cannot be used for takeaway meals, online food orders, tobacco, alcohol or gambling.
- If you have successfully applied for Dine & Discover NSW vouchers, they will be available in your Service NSW Mobile App and sent to your account email.
- If you use less than the \$25 value of the voucher, the remaining value is forfeited and may not be used later nor reimbursed by the business.
- The rollout schedule is available at [www.service.nsw.gov.au/dine-discover-nsw-vouchers-local-government-areas](http://www.service.nsw.gov.au/dine-discover-nsw-vouchers-local-government-areas)

For more information on Dine & Discover NSW, visit [www.nsw.gov.au](http://www.nsw.gov.au)



## ELECTRIC CARS

By DR KIM LOO

Behyard Jafari, CEO of the Electric Vehicle Council, will be the guest speaker at a community meeting at Glenhaven Community Centre on Tuesday, April 20 at 7.30pm.

Meeting organiser Riverstone GP Dr Kim Loo is a passionate about electric vehicles. "Electric vehicles do not emit any air pollution. My Nissan Leaf electric car has also saved me money. I have travelled over 22,000km since purchasing it last August. On average it costs me \$20 to \$30 per month to run. I use to spend \$120 on petrol per month."

About 50 people attended the last community meeting organised by The Hills Doctors Association and Hills4ClimateAction which discussed heat and what can be changed in the built environment to lower it.

Speakers were Professor Sebastian Pfautsch from Western Sydney University and Emma Bacon from Sweltering Cities.

**KATE  
GRENVILLE**

# AUTHOR TALKS FROM YOUR ARMCHAIR

The Sydney Writers' Festival has some great satellite festival events including talks by three of Australia's top authors.

On three nights, Tuesday April 27 to Thursday April 29, Sydney Writers' Festival and the State Library of NSW has re-imagined its popular in-person library program to stream Nights At the Library thanks to the support of the **Hawkesbury Library Service**.

Celebrated writer Kate Grenville (The Secret River, The Idea of Perfection) discusses her latest novel, A Room Made of Leaves, which draws on the life of Elizabeth Macarthur (wife of the notorious wool baron John Macarthur).

You can catch her online on Tuesday, April 27 from 6.30pm to 7.30pm.

Anita Heiss, award-winning author of Tiddas (currently being adapted for the stage) and Barbed Wire and Cherry Blossoms, discusses her latest novel, Bila

Yarrudhanggalangdhuray, an engrossing portrayal of love, loss and belonging on Wiradjuri Country on Wednesday, April 28 from 6.30pm to 7.30pm.

One of Australia's finest crime writers, Candice Fox discusses her latest novel, The Chase, an electrifying cat-and-mouse thriller set in the Nevada Desert after a mass prison breakout lets loose 650 of the country's most dangerous prisoners. Her talk will be on Thursday, April 29 from 6.30pm to 7.30pm.

All three events are free. Bookings are essential and can be done via: [www.swf.org.au/nights-at-the-library](http://www.swf.org.au/nights-at-the-library)

**ANITA  
HEISS**

**CANDICE FOX**



## Expressions of Interest Restaurant Lease Kiosk Lease

### Royal Botanic Gardens and Domain Trust Blue Mountains Botanic Garden, Mount Tomah

#### New Leasing Opportunities for Mount Tomah Gardens Restaurant

Situated in a landmark location overlooking the Greater Blue Mountains World Heritage Area is a unique food and beverage facility now available to lease.

Enjoying a captive and growing clientele, complete with existing fit-outs and equipment, lease flexibility and expansive, panoramic views, this outlet is primed for growth and expansion. A kiosk can also be included with the lease of the restaurant venue.

#### Property Description: Restaurant

The Royal Botanic Gardens and Domain Trust is looking to Offer to Lease a light-filled and spacious restaurant venue in a landmark location overlooking the Blue Mountains for lease by way of Expression of Interest (EOI).

The property in the Blue Mountains Botanic Garden, Mount Tomah is only 90 minutes away from Sydney's CBD and sits 1,000 metres above sea level.

The lettable area of the restaurant is approximately 180m<sup>2</sup> plus a large viewing deck with stunning panoramic views opening to the cool climate garden's natural beauty and diverse flora. Visitors to the restaurant may range from casual day visitors to the Botanic Gardens to regular seasonal guests and locals.

Key highlights include:

- 111m<sup>2</sup> open viewing deck;
- Ceiling to floor glass windows at the front of the restaurant space for inclement weather or those who prefer to enjoy the views from inside;
- Ability to customise restaurant fit-out to your personal vision;
- A large restaurant area able to hold roughly 100 patrons; and
- Ideal for functions, such as weddings.

The Royal Botanic Gardens and Domain Trust is excited to accept EOIs from a variety of successful operators, including commercial entities with an eye to participate in Mount Tomah's romantic wedding hires.

#### Property Description: Kiosk

In addition to the restaurant, the Royal Botanic Gardens and Domain Trust is looking to Offer to Lease the nearby kiosk. It is 36m<sup>2</sup> and offers 40+ undercover external seating. It is particularly suitable for operators who are also able to offer quick refreshments and snacks for the curious Botanic Gardens explorer.

Please note, both Assets can be leased to the one (1) operator or can be leased separately.

All EOIs will be initially evaluated against certain selection criteria. EOIs from experienced restaurant and/or café owners and operators with a positive financial history and current Australian Business Number/Australian Company Number are welcomed. As the successful tenderer will be leasing Crown Land, all EOI applicants and their directors/shareholders must be legally able to hold land and will be subject to an ASIC check.

The successful tenderer must hold, or be capable of holding, a liquor license. The Royal Botanic Gardens and Domain Trust is ideally looking for EOIs with a lease term of up to 10 years dependent upon the Criteria being met.

#### Location Overview

Blue Mountains Botanic Gardens, Mount Tomah is on the Bells Line of Road, in close proximity to:

- Sydney CBD, 90 minutes (approx.)
- Windsor, 50 minutes (approx.)
- Penrith, 55 minutes (approx.)
- Katoomba, 45 minutes (approx.)

The Expression of Interest form is on eTendering, search "Mount Tomah". For queries, contact Vanessa/Amy on (02) 8556 7501.



# GARDEN DELIGHT

If you are looking for a great setting to enjoy your relaxing coffee, breakfast or lunch then Fig & Co at Kenthurst is a great place to stop.

Nestled in the grounds of a beautiful nursery it offers both outdoor and indoor options to catch up with friends and family. The Fig's barnyard animals are a huge hit with children who will enjoy exploring the grounds.

It is very easy to soak up the relaxing atmosphere and beautiful gardens at the destination-worthy café on Annangrove Road which is open seven days a week from 8am to 3pm on week days and 7am to 3pm at weekends.

Start your day with breakfast choices such as zucchini, corn and feta fritters, with beetroot hummus, poached egg and bacon; or perhaps maple and banana porridge, toasted almonds, chia and hemp seeds and almond butter.

Lunchtime catch ups are fun over plates like a Mediterranean grilled chicken salad, with fresh baby spinach, roasted sweet potato, quinoa, wild rice and avocado; or chow down on a southern fried chicken burger, topped with crunchy cos lettuce and peri peri aioli.

Fig & Co is located at 1A Annangrove Road, Kenthurst, call 8660 1555.



## TALK TO US

If your business is registered for the Government's Dine & Discover NSW vouchers give us a call.

We are putting together a guide in our next issue of the Hills to Hawkesbury Community News which publishes on April 23.

Call Karen Taylor on 0499 040 726 or Mark Evans on 0492 975 943.



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# MERCY MISSION

Tears of gratitude were flowing when sleeping bags, pillows, care packs, blankets and beds were donated by CHRG (Castle Hill RSL Group) to Parramatta Mission.

The brand new items were excess to demand after the club became an evacuation centre for the victims of the Hawkesbury Floods.

CHRG has been working closely with Parramatta Mission supporting their Meals Plus Program which operates primarily as a meals service for people either experiencing or are at risk of experiencing homelessness.

Davyn De Bruyn from Parramatta Mission said Parramatta Mission serves between 150 – 180 meals per day.

“During Covid our food parcels that we hand out have increased by about 15 per cent.”

He said the care packs were distributed with the food parcels.

“Most people cannot afford the basics as they often have to choose between paying rent/electricity or food for their families.



“The sleeping bags brought so much joy (and often tears) to those who we handed them to. Many of our clients are rough sleepers so these are so needed as we head into winter.”

“The donation allows us to connect to the community and assist them by learning more about their story and working out how we can better assist them on their journey.”

# STAMP, COIN AND COLLECTABLES FAIR

This weekend head to East Kurrajong School of Arts, 1090 East Kurrajong Road, East Kurrajong.

The Stamp, Coin and Collectables Fair will be held on Saturday (April 10) 9am-4pm and Sunday (April 11) 9am-2pm.

Dealers and club tables plus kids show bags. There will be a variety of stamps, covers, postmarks, commercial mail, cinderellas, postcards, thematics, coins and accessories.

There will also be a good range of china, glass, retro wares and more. Refreshments available. Free entry and off street parking available. Details from Ann 02 4576 5031 or Phillip 0407 104 733

Website: [www.eastkurrajonghall.com](http://www.eastkurrajonghall.com)

# CHURCH FETE

St Mark's Church Fete Freemans Reach will hold a fete on Saturday May 1, 8.30am – 2.00pm at the church in Freeman's Reach.

Homemade cakes, jams and preserves and Mother's Day gifts will be available. There will be a great selection of knitted craft, plants, books and pre-loved goods, plus a sausage sizzle and Devonshire teas. There will also be Facepainting.

Entertainment includes the Hawkesbury District Band and HSC Choir. St Mark's Anglican Church, is at 355 Kurmond Road, Freemans Reach (opposite Sciberras Fresh fruit Market). For details call Richard 0414 331 199.

# DECLUTTER ADVICE

Have you ever looked around and wondered how you could possibly have so much stuff and can't seem to work out what to do with it?

The Living with Less workshop on Monday, April 12 from 11am to 1pm may have the answer to your problem!

The free session will be held at Hawkesbury Central Library, 300 George Street, Windsor. Spaces are limited and bookings are essential via [www.hawkesburylibrary.eventbrite.com](http://www.hawkesburylibrary.eventbrite.com) or call the Library on 4560 4460 for more information.



# BELMONT HOUSE TOUR

Discover the wonderful stories that Belmont House has to tell

Join the Friends of Belmont House on an informative history tour on Saturday, April 17 of the grand mansion at North Richmond built in 1892.

Belmont House is now part of the St John God Hospital site.

Assemble at hospital Main Reception from 1:30pm, tour starts at 2pm sharp

All visitors must present to reception for QR code check-in and screening on entry

No tickets available at the venue

Gibson's Cafe on-site will be open for lunch pre-tour (bookings essential Ph: 4570 6290)

If you purchase a ticket that includes lunch, be at the hospital main reception no later than 12:30pm

Funds raised help with maintenance of the building and continuing the story of Belmont House.

Tickets must be Booked in Advance. <https://events.humanitix.com/belmont-house-history-tour-90l66clv>





# CRITICAL ROAD UPGRADES NEEDED

A plan to place an extra levy on developers to pay for vitally needed infrastructure in Norwest will be going on public exhibition.

Hills Shire Council has calculated that approximately \$56.6 million worth of infrastructure, including road widening projects, new parks, cycleways and pedestrian links will be needed to support the future development of the Norwest Innovation Precinct.

By 2036, the broader Norwest Business Park is expected to accommodate approximately 23,900 additional jobs. There is \$2 billion worth of development within the Precinct, which includes land along Lexington Drive, Elizabeth Macarthur Drive and Norbrik Drive in Norwest.

## The top 10 list of infrastructure needs are:

- Upgrade and widening of Lexington Drive;
- Upgrade and widening of Elizabeth Macarthur Drive;
- Installation of traffic signals at Lexington Drive and Norwest Boulevard;
- Intersection expansion works at Lexington Drive, Irvine Place and Woolworths Way;
- Intersection expansion works at Lexington Drive and Meridian Place;
- Pedestrian bridge over Norwest Boulevard;
- Upgrade of left-turn lane from Old Windsor Road onto Norbrik Drive;

- Upgrade of right-turn lane from Elizabeth Macarthur Drive onto Norbrik Drive;
- Embellishment of a new urban plaza within Circa Commercial Precinct;
- A new local park and through-site link connecting Norbrik Drive to Bella Vista Farm;

## Also on the list are:

- Cycleway and pedestrian connectivity improvements throughout the precinct; and
- Provision of 40 "smart poles" throughout the precinct featuring WIFI, CCTV, power outlets and signage.

Mayor of The Hills Shire, Dr Michelle Byrne said this was a step in appropriately planning for the future.

"The planning outcomes make no sense if there isn't a corresponding increase in the infrastructure that allows roads, open space and stormwater networks to function properly. That's why this Council is planning for the future - to ensure that we understand the growth that is coming and what is needed to support this growth," Mayor Byrne said.

"Norwest Business Park is expected to remain a destination of choice for employers to base their business. The COVID-19 Pandemic has shown us the resilience of our specialised

centres and I encourage more businesses to base themselves in Norwest.

"The Park is a highly connected one-stop shop to foster education, boost innovation and drive employment, and we have a great local talent pool," Mayor Byrne added.

Council is currently exhibiting a new contribution plan that focuses on the Innovation Sub-precinct of Norwest, called the Draft 7.12 Contributions Plan - Norwest Innovation Precinct. This new contributions plan will enable Council to levy monetary contributions from development within the Norwest Innovation Precinct to fund the projects listed above.

\* The Norwest Innovation Precinct is one of three Precincts located in the Norwest Strategic Centre. The other two Precincts include Norwest Service (which covers the Castle Hill Employment Area along Victoria Avenue) and Norwest Central (which covers land around Norwest Station). These other Precincts will be subject to further precinct master planning to guide future changes to planning controls, and establish a plan for the delivery of additional jobs and infrastructure upgrades.

Got to council's website [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for Current Plans on Exhibition.

The formal exhibition period will occur from Monday April 12 to Wednesday May 12.

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 02 9899 7211 
 alex.hawke.mp@aph.gov.au 
 alexhawke.com.au 
 AlexHawkeMPMitchell

Authorised by Alex Hawke MP, Liberal Party of Australia, 8/23 Terminus Street, Castle Hill NSW 2154.

Following is an excerpt of a recent speech I made in Federal Parliament – North West Sydney floods.

I rise to talk about the impact of the recent heavy rain and flooding that has occurred in parts of north-west Sydney, affecting my electorate of Mitchell and adjoining communities. I want to acknowledge the incredible work of people who have worked within our system, our community, who have come together to help out during this severe weather system and ongoing tragedy.

Our thoughts are also with the neighbouring communities who have been badly affected and are suffering, impacted by the record rainfall, the one-in-50-year flooding and the Hawkesbury River overflowing. I want to thank Daniel McGovern, the Hills SES commander, and every single one of the Hills SES volunteers who are

out on the ground doing their absolute best against a very difficult emergency situation. We've seen the pictures on TV of emergency personnel upturned in boats, putting their lives on the line—they're doing it all the time to protect life and property—and selflessly working to make sure people are safe and fed.

I want to thank the Castle Hill RSL for opening its doors as an evacuation centre. They're very generous. I want to thank The Hills Shire Council, St John Ambulance, the Red Cross, Anglicare, NSW Health, the police force, everyone who's on the ground—doing everything they can at the moment, working alongside our emergency services workers—the state and federal governments working together, and, of course, the community, who are doing everything in between, in situations where the emergency services can't be there. They come together as a



community, protect themselves and do a great job of doing that. We're very fortunate to have these amazing people across our community.

For this one-in-50-year flood, the cost is not known, the difficulties are not over and the challenges are going to continue. We're going to be right there to make sure, as a community, that we get through this together.

Please visit [www.alexhawke.com.au](http://www.alexhawke.com.au) to read the complete speech.



The team at Aussie's Castle Hill Factory completes another run of pre-sold drain cleaning jettors.

## AUSSIE NEEDS YOU ... APPLY NOW

Hills based Aussie Pumps is continues to grow with demand for Australian manufacture outstripping current production capability. The company are looking to boast their work force with locals who a want a fulfilling career with loads of opportunities for personal development.


"Australian Pump supports many industries from agricultural, mining and construction, even transport and hire, with their quality pumps and pressure cleaners," said Operations Manager Hamish Lorenz. "It's satisfying to work in industries that are key to the development of the country!"

From fitters and assemblers for the production team to product managers that can capitalise on market conditions, the company is keen to recruit from the Hills District.

"We find people love to work locally. It means less time wasted in traffic and of course local businesses all benefit," said Lorenz.

Aussie Pumps provide full training and particularly wants to hear from young people seeking cadetships for an ongoing career in sales and marketing.

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# MINTON THE MARVELLOUS

By **LAWRENCE MACHADO**

Terence Minton's exploits for his beloved Baulkham Hills FC is the stuff of legends and truly inspirational because he is officially Australia's oldest registered footballer at a mere 78 years.

The oldest tag stunned the English-born Minton, who plays in the over-45s team. It is a massive credit to his remarkable fitness and commitment, which sees him mow and mark all five fields at Ted Sherwood Reserve each week, with fellow club stalwart Peter McLoughlin.

"It came as a complete surprise to know I am the oldest registered footballer in Australia," Minton said. "I thank my wife Lorraine, the people in this wonderful club and my excellent physios at Beecroft for keeping me going."

"I love the game and I will continue to play as long as they accommodate me and I can run on the field."

"When you are experienced, the big thing is knowing which point to play on the field. I prefer the outfield, either left half or inside forward. I love the camaraderie in the club and the people are beautiful."

"I keep fit by walking daily with Lorraine and I also go to the gym."

Minton played for a north London club before emigrating to Australia in 1969. He turned out for Carlingford in the Churches League before he and his wife Lorraine moved to Baulkham Hills in 1986. He started playing for BHFC over-35s in 1997, aged 54

Incidentally, one of his team-mates Keith Pierce is the second oldest player in the club at 67. Must be something in the water in Baulkham Hills!

"I got involved with the club when my son, Christopher, began playing and I later began coaching his teams," Minton said.

Minton took out the Senior Player of the Year in 2014 and has won all possible awards at the club. The charming grandfather has been a part of two titles and one premiership.

Minton has worn many hats in the committee and under his presidency, the club achieved the first of three successive premierships in the mid-2000s.

"The first title ranks among my fondest moments at the club," Minton said.

Lorraine is very proud of his passion. "I used to think he was a bit mad but this had done him a bit of good," she smiled. "So far, he has had only one injury while playing, when he broke his right arm."

If Minton has any regrets, it is that he and his son were unable to play in the same side. He rates Christopher, who now lives in England, a better player than him.

The Mintons, who have been married for 49 years, also have a daughter, Kylie.

Baulkham Hills FC president Tony Hughes said Minton is the ultimate club bloke.

"Terence will do anything for the club, he has served in various roles, he even picks up the rubbish after the games," Hughes said. "He is one of those people the club cannot do without. He is very entrenched in the club and we are very proud of him."



Terence Minton wants to play as long as he can

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# BARKING MAD DRIVE

Animal Welfare League NSW has launched its The Barking Mad adoption drive in April.

All dogs above the age of seven months will be available to adopt at less than half-price. This special offer will run until April 30, 2021.

The cultural shift prompted by COVID-19 lockdowns across the country saw a significant rise in the number of adoptions of shelter pets. This financial year AWL NSW has had more than 1030 animals find their forever homes.

AWL NSW CEO Mark Slater says, "We would like to invite people on a journey of bringing home a shelter animal.

"Post COVID-19, we have seen a spike in the number of people wanting to adopt morerescue pets. We have had a really good year with adoptions, and we would now like to pay it forward by offering a reduced rate on the dogs at our facility."

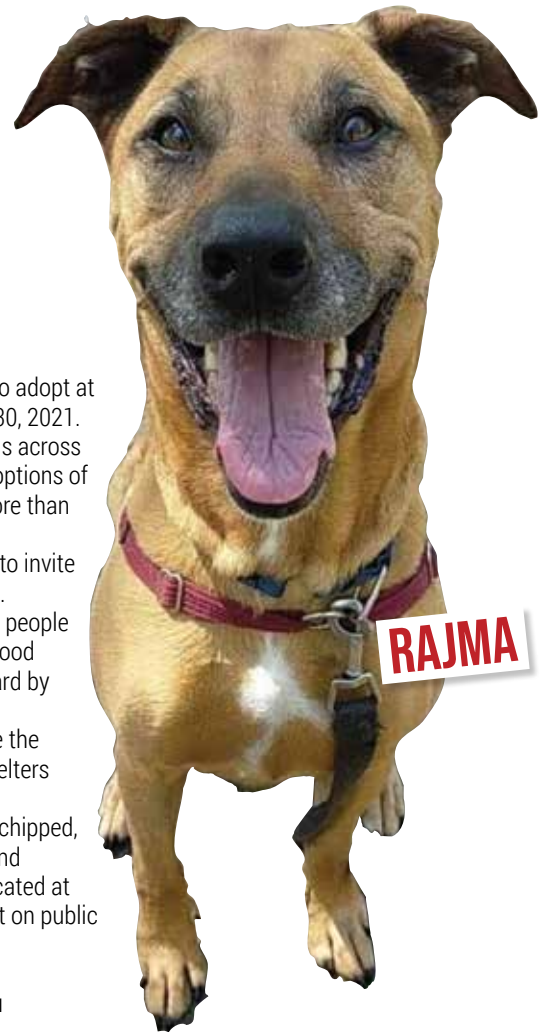
He is also encouraging members of the public to share the word with friends and family. "Amazing stories start in shelters and rescues. Please inspire people to begin theirs."

All AWL NSW pets come desexed, vaccinated, microchipped, flea and worm treated, and health checked. Conditions and standard adoption criteria apply. AWL's Animal Shelter is located at 1605 Elizabeth Drive, Kemps Creek and is open daily (except on public holidays) between 10am and 3.30pm.

For more details visit the website [awlnsw.com.au](http://awlnsw.com.au) or call (02) 8777 4445 or email [kempscreek@awlnsw.com.au](mailto:kempscreek@awlnsw.com.au)



**BISCUIT**



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## SENIOR PETS

Dogs are considered seniors when they reach their 7th birthday, for cats it is their 10th birthday.

Just like humans, animals need greater care in their senior years as older age presents new health problems for our pets and it is important to be aware of the signs of aging as early detection is vital.

Some symptoms of aging may be obvious, like an intolerance to exercise or limited mobility, while others are much more subtle. It is important to monitor your pet's eating patterns and body weight, as obesity can cause many health issues, including osteoarthritis and diabetes in old age.

Similarly, if your pet is too thin it could be having dental issues, metabolic disease or certain types of cancers.

Sleeping patterns and cognitive behaviour are also things to look out for; a cat or dog that isn't aware of its surroundings or has difficulty recognizing people may be experiencing early cognitive dysfunction or dementia.

Also, looking at the condition of your pet's coat and how much your cat is grooming itself can also be indicative of its health.

The signs of old age can be more difficult to detect in cats than dogs due to their sedentary lifestyle.

A less obvious but just as important sign of aging is how much your pet is drinking and

urinating. How much your pet is or isn't drinking can be indicative of many problems, from endocrine issues to kidney disease. Kidney disease is very common in older cats. Water intake is often difficult to check, especially in multi pet households, but water intake should be monitored closely if possible. The normal water intake for cats and dogs is approximately 50ml per kg body weight per 24hrs, any level above this warrants a check-up.

Because our pets can't talk to us and communicate how they feel, senior pets should have a routine blood test every year. This helps to determine the health of many important internal organs such as the kidneys and liver and can often be the first indicator that something is wrong.

Senior Pets are the focus during April at Sydney Animal Hospitals with the opportunity for your pet to have a geriatric profile blood test and Hill's Pet Nutrition senior food ranges at a reduced price.

If you have a senior pet, contact your local Sydney Animal Hospitals at Kellyville 8883 0533 or Norwest 8883 0411 or visit [sydneyanimalhospitals.com.au](http://sydneyanimalhospitals.com.au)



**Vet Dr Ashley with 15-year-old Noodle**

# 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](http://www.facebook.com/hawkesburycitycouncil)



## AT A GLANCE

NAME: RINGO  
BREED: MIXED  
SEX: Male  
PRICE: \$99

**RINGO** is an active happy dog looking for a fun-loving family. According to staff at the Hawkesbury Companion Animal Shelter, Ringo will sit when asked and does take his treats gently. Staff say Ringo will need further training to help him walk nicely on a lead and will need to be included in daily activities to help him settle in. If you are interested in adopting Ringo, please bring your children and your family dog to meet so that staff can make sure they are all going to get on well

As the featured dog Ringo's adoption price has been reduced to \$99. The adoption price includes the first vaccination, desexing, microchipping and life time registration. **Hawkesbury Council's Rehoming Organisation Number is: R251000145.**

**GRACE** is a lovable girl who is very sweet and responsive towards people. According to staff at the Hawkesbury Companion Animal Shelter, Grace has been well behaved towards the other dogs while she has been at the shelter. Staff say Grace will need daily exercise and further training to help her settle into her new home. If you are interested in adopting Grace, please bring your children and your family dog to meet her so that staff can make sure they are all going to get on well

As the featured dog Grace's adoption price has been reduced to \$99. The adoption price includes the first vaccination, desexing, microchipping and life time registration. **Hawkesbury Council's Rehoming Organisation Number is: R251000145.**



## AT A GLANCE

NAME: GRACE  
BREED: MIXED  
SEX: Female  
PRICE: \$99

# GRANTS FOR HAWKESBURY FARMERS

In addition to a number of other vital financial supports, grants of up to \$75,000 are now open for eligible primary producers recovering from flood and storm damage under the Special Disaster Grants program.

Funded by the Australian Government and NSW Government, eligible farmers and primary producers are encouraged to speak to the NSW Rural Assistance Authority (RAA) and apply for funding.

Liberal Senator for Western Sydney, Marise Payne, said the grants have been activated as part of the Australian Government's response to the recent flooding and storms.

"The first stage of recovery is the difficult task of cleaning up," Senator Payne said.

"These grants are specifically designed to support our local farmers and primary producers through what can be a complex and understandably emotional process."

Federal Minister for Emergency Management, David Littleproud MP, visited the Hawkesbury area on March 31 and met with local turf and vegetable farmers.

Eligible primary producers are those who earn at least half of their income from on-farm sources and who will incur clean up and reinstatement costs because of storms and floods that started on 10 March 2021.

Eligible costs include:

- hiring or leasing equipment or materials to clean premises, property or equipment
- removing and disposing of debris, damaged goods, materials including injured or dead livestock
- repairing or replacing fencing and/or other essential property infrastructure
- purchasing and transporting fodder or feed for livestock
- replacing livestock
- replacing lost or damaged plants, salvaging crops, repairing or restoring fields
- repairing, reconditioning or replacing essential plant or equipment
- maintaining the health of livestock
- paying additional wages to an employee to assist with clean-up work (above and beyond normal wage expenditure, such as day-to-day staffing)
- repairing buildings (except dwellings, unless they are used for staff accommodation)

In addition to the clean-up grants, primary producers and small businesses affected by the March 2021 storms and floods who are in need of urgent assistance may be eligible for low interest loans of up to \$130,000 over a period of 10 years.

During Minister Littleproud's 31 March

visit, he also met with Mayor Pat Conolly, representatives from the Hawkesbury Sports Council including President David Bertenshaw, Les Sheather and Councillor Sarah Richards, and Anne Neal at Benson's Lane.

"My office and I have personally reached out to the tireless Anne Neal as well as the numerous local sports clubs who have been impacted by the flooding and storms to assure they will be supported during the recovery process," Senator Payne said. "A range of supports are available through both the Rural Assistance Authority and the NSW Treasury.

Free confidential assistance is also available from the Rural Financial Counselling Service who can help with the filling out of application forms.

Those impacted by the flooding and storms are encouraged to contact the Disaster Customer Care Service on 13 77 88 or visit [service.nsw.gov.au/floods](http://service.nsw.gov.au/floods) should they require assistance. The RRA can be contacted on 1800 678 593 or emailed at [rural.assist@raa.nsw.gov.au](mailto:rural.assist@raa.nsw.gov.au).

The online application form, grant guidelines and other information for the \$75,000 Special Disaster Grants can be accessed here: [www.raa.nsw.gov.au/disaster-assistance/special-disaster-grants-floods](http://www.raa.nsw.gov.au/disaster-assistance/special-disaster-grants-floods).



# HEARING LOSS AND OLDER ADULTS

Age-related hearing loss, also referred to as Presbycusis, is a hearing loss that is caused by degeneration of the hearing organ over time. This degeneration can be caused by noise, toxic drugs, and diseases or medical conditions over the lifespan. It is common that this hearing loss gradually occurs in most adults as they grow older just through wear and tear. Research in 2017 showed that almost 1 in 2 adults over the age of 65 experience hearing loss to some degree. Also, presbycusis is one of the four leading chronic health conditions experienced by the senior population.

This hearing loss typically affects both ears equally and it progresses

from the high pitches of sound to low pitches of sound with ageing. Presbycusis most commonly impacts on high pitches of speech sounds which greatly impairs an individual's ability to discriminate speech. This degradation in the ability to understand speech becomes even more challenging in noisy and reverberant environments like cafes and restaurants. Tinnitus has also been associated with this hearing loss. This is because as hearing sensitivity decreases, the perception of a ringing or buzzing noise can become more noticeable to the individual. Therefore the tinnitus is perceived as louder as

sounds around the individual are perceived as softer or more muffled.

Although age-related hearing loss is not a life-threatening condition, it can still have a significant impact on an individual's quality of life if it is left unmanaged and untreated. Presbycusis can cause people to withdraw from social situations or limit interactions with family and friends without even noticing that it has to do with the hearing. This can lead to loneliness, isolation or depression as the individual stops communicating with people around them.

Scientists do not currently know how to prevent age-related hearing loss. Although, noise is a major contributor to hearing loss. This means that if you protect your ears from sounds that are too loud and last too long, you can help to prevent a hearing loss from developing.

It is important to remember that hearing cannot be restored once it is lost. So be aware of potential sources of damaging noise such as firearms, loud music, and power tools. Ensure that you are wearing earplugs or earmuffs if you are exposed to these sounds. Age related hearing loss happens slowly over time and often people are not aware of the change at first. It is important to have regular hearing assessments to understand if your hearing is slowly deteriorating over time.

Many pensioners are not aware that they are entitled to free hearing care through the Australian Government. At EAR STUDIO, pensioners can get access to hearing services without an out-of-pocket cost. This includes free consultations and hearing services to find a solution to your hearing issues as well as free hearing aids that are fitted by qualified professionals in a private clinic. EAR STUDIO is committed to helping you hear the best you can so that you can find joy in conversations and social gatherings. Contact us on 9159 6122 to speak to one of our team members or to make an appointment.

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# KIEL TRY SAVES THE DAY FOR THE BULLS

By LAWRENCE MACHADO

The Hills Bulls underlined their Ron Massey Cup credentials when Shane Kiel scored a last minute try for a remarkable victory over Glebe Dirty Reds 26-24 at Cronulla.

The Bulls were gone when Glebe sped to an 18-0 lead inside 20 minutes on a hot Good Friday afternoon but a fiery talk by the Hills coach Mick Withers at half-time turned the game around.

Glebe led 24-20 with the clock winding down when Kiel finished off a good team move by scoring on the right side with a Tom Carr conversion sealing it.

"The team showed a bit of character to pull off the win after we made a few errors in the first half," Withers said.

Jesse Marsche, Josh Benjamin, Dom Reardon and Tom Carr scored earlier for the Bulls.

The Bulls lie second in the standings, behind St Mary's, both on six points from three wins, with the latter having a better goal difference.

On Sunday, April 11, the Bulls play their first home game this season against Ryde-Eastwood at Crestwood Oval at 3pm, with the Sydney Shield game starting at 1pm.

"We are expecting a large crowd for this clash which will be a tough one," Withers said. "Ryde-Eastwood are a quality team and we are geared up for a fight."

The Bulls are also getting ready for their annual Nathan Gremmo Memorial Shield game on Sunday,



The Hills Bulls will play their annual Nathan Gremmo Memorial Shield game against Blacktown Workers on Sunday, April 18.

April 18, against Blacktown Workers. "This is a very emotional game for our club and players, with many knowing Nathan who was a ball boy for our shield team," Withers said.

Nathan was killed in an accident in May 2015 with his family deciding to donate his organs.

## WOLVES CELEBRATE FIRST WIN

Meanwhile, Windsor Wolves celebrated their first Ron Massey Cup win since 2016, seeing off the Fijian Silktails 30-26 at Hammondville Oval.

The Wolves turned a 0-6 deficit to a 24-6 lead in a remarkable 14 minutes in the first half before defending bravely in the last 10 minutes to thwart the Fijians.

Centre Zac Mackay converted all five tries which proved the difference in a pulsating match.

"This was a very good win in trying circumstances because we had nowhere to train due to the flooded grounds," delighted coach Chris Yates said.

"It will be a big confidence boost for the players because the last time the club won was in 2016, after which they fell out of the competition before returning in 2020. In their only game last year, the Wolves were belted by the Fijians before Covid-19 ended the competition. So beating this physically-intimidating Fijian side was great for us. Eton Lindsay and Kakapuna Fotu, who scored twice, played very well."

Kyle Cassel, Tyler Cassel and Mitchell Souter also touched down for the Wolves.

The Wolves have a bye this weekend and are away to table toppers St Mary's on Saturday, April 17, at 5pm.

# HILLS BULLS BASK IN OZTAG GLORY

By LAWRENCE MACHADO

The Hills Bulls youngsters covered themselves in Oztag glory with three teams lifting titles in their age groups and the club finishing third overall in the NSW club championship.

The girls brought home the U14 and U10 titles while the boys captured the U12 crown. The Bulls entered 18 teams, with 15 sides making the quarter-finals, 10 entering the semi-finals and seven progressing to the grand finals.

The three overall titles capped another successful Oztag championships for the Bulls, who unlike many other clubs, only run one Oztag competition each year because they don't have enough ovals.

Club president Michael Gremmo was beaming after the successes at the February event played across two venues in Coffs Harbour and Bass Hill because of the huge number of participants.

"Our teams did extremely well seeing that our club only runs one Oztag event every year," Gremmo said. "We are very proud because this is an important competition featuring more than 360 teams from all over NSW."

"The Bulls teams are picked after our 10-week competition but if we had more oval spaces, we could run winter and summer competitions which will give us more experience."



Under 14 girls Champions

Oztag is a hybrid game combining skills from rugby league, rugby union and touch football without the contact. The Bulls representatives also include those with soccer and AFL backgrounds.

Gremmo said it was an amazing result thanks to the hard work and dedication shown by the coaching staff, but "most of all the amazing efforts by our junior boys and girls".

The Bulls' domestic competitions run from September to December from six years to seniors.

Details: [baulkhamhills.oztag.com.au/](http://baulkhamhills.oztag.com.au/)

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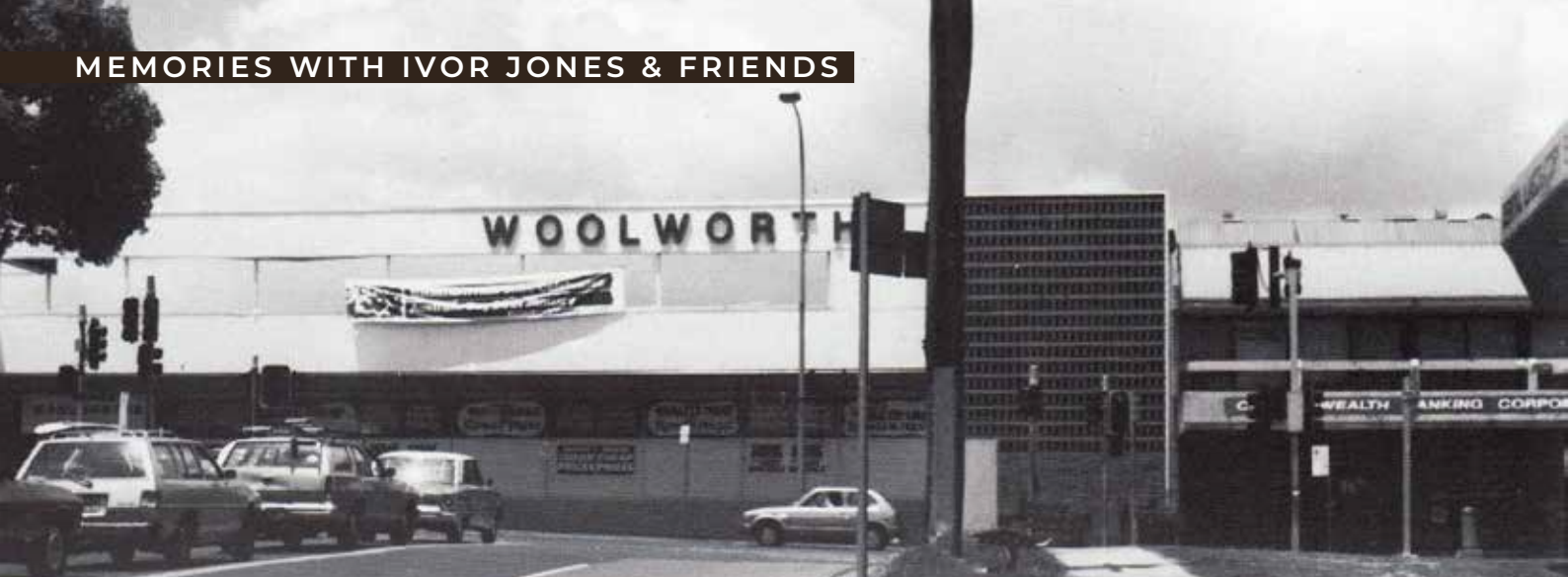
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# ARE YOU BEING SERVED?

Woolworths Castle Hills  
(Courtesy of Mark Pearce)

Recently a friend gave me a book about how some of Britain's major retailers began. This led me to consider writing about one of the major retailers in this country with which I had a past association. Most of us are aware that the concept of five and ten stores began in the US. Here in Australia, we called them variety stores and the business was dominated by two groups (Coles and Woolworths). The first retailer in Australia was Mary Reibey who was an orphan, convict and widowed mother of seven children. Mary had extensive property holdings in early Sydney. She opened her shop in Sydney in 1792. The first chain store, I believe was the Atlantic & Pacific (A & P) chain in the US established in 1859. It was not until 1914 that G. J. Coles opened their store in Melbourne and ten years later, in early December 1924 Woolworths opened their first store at the Imperial Arcade on the corner of Pitt & Castlereagh Sts. Many of our readers, particularly those from the UK or North America, may be interested to know that Woolworths in Australia and New Zealand had no relationship or connection to the world famous F. W. Woolworth Company's international chain of variety stores. In fact, the consortium of five businessmen considered a number of names for the new store that they had proposed to establish in the Imperial Arcade. One name being considered was Wallworths Bazaar but during a reported meeting between two of the founding five consortium, Ernie Williams and Percy Christmas, Williams cheekily suggested that they call the new store "Woolworths" after the success of the F W Woolworth Co in the US & UK, Percy Christmas said "You wouldn't be game to use that name", to which Williams replied "Yes, I would – put on your hat and we'll go up to the Registrar's Office". This account was disputed by another of the founding five, Stanley Chatterton who claimed that he suggested the name

"Woolworths" after discovering that it was unregistered in Australia and after writing to the F.W. Woolworth company, who replied that they had no plans to operate in Australia and New Zealand.

The original prospectus read that the company proposed to retail Glassware, Crockery, Household Ironmongery, Soft goods, Fancy goods and Groceries. Hall & Humble owners of Adelaide's Cash & Carry upon which the new Woolworths store was to be based, commented that "Everything seems to be in order with the exception that we advise you to leave Groceries alone". Over the years "Groceries" are now the dominant business of Woolworths in Australia and New Zealand. Although Woolworths sold a very small range of foodstuffs in its variety stores it was in 1957 that they started to move more into groceries opening their first combined variety and grocery store at Mona Vale. This was in response to a rumour that Eddie Coles was driving to Brisbane to consider buying the Brisbane Cash & Carry (BCC) chain of 32 stores which prompted Woolworths boss, Percy Christmas to send Owen Price by plane to Brisbane to arrange the purchase of the chain. This was the start of the grocery war that saw both Coles and Woolworths start buying up local grocery chains around the nation. The grocery chains became the foundation of both companies supermarket empires of today. The names of Buttle's, Sydney Cash & Carry, Shoey's, Rodney's, Roelf Voss, McIlrath's, Dicksons, Goodways and Goodlands as well as many others have disappeared as these chains have been absorbed by the two retailing giants of the Australian grocery scene. Other chains such as Moran & Cato, Permewans, G & G, Derrin Bros., Warman's, Franklins etc have fallen by the wayside unable to compete with the majors who have since been joined by the multi-national German based Aldi.

## SWEET RESPONSE

It is always great to get feedback and Ivor Jones with his Memories column and As We Were photo spread always triggers a good response.

His history spread last issue on Sweet Memories, which featured a delicious array of old chocolate wrappers, advertisements, boxes and posters, definitely struck a chord with many of our readers.

It prompted a lovely note to Ivor with the following picture from Hills to Hawkesbury Community News reader Jeanette Westley.

Thank you for your article on Sweet Memories.

I enjoyed reading it as it brought back memories of my date with my future husband.

In around 1954, this box of chocolates was given to me by him at our local theatre 'The Odeon' Rowe St. Eastwood.

The box contains little love notes I have kept.

Ivor is always keen to see old photos and hear your stories. Either email him at [ivor.jones47@optusnet.com.au](mailto:ivor.jones47@optusnet.com.au) or write to 17, Rose St, Baulkham Hills NSW 2153.





# AS WE WERE

PHOTOS FROM THE PAST

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

My father's shop in Bristol UK  
 mid.1950s (My collection)



Rodney's Self Service, Old Northern Rd, Castle Hill (became part of the Coles Food Markets group) Courtesy of Hills Dist. Memories



Woolworths, Old Northern Rd., Castle Hill late 60s or early 70s - Courtesy of Hills Dist. Memories



Staff Photo containing myself at Woolworths Auburn (My collection)

Woolworths at the old Winston Colonial Mall, Winston Hills Courtesy of Hills Dist Memories



**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](mailto: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.



# CLASSY OVER 55S LIVING IN BEECROFT

Fearnley Gardens at 8-20 Cardinal Avenue is Beecroft's newest boutique over 55s' development.

Built by multi award winning builder, Gremmo Homes it is undoubtedly one of the finest level sites to become available in Beecroft and adjoining Fearnley Park.

The exclusive community titled development will enjoy the benefits of NO EXIT FEES that are so often incurred at other over 55s estates.

Fearnley Gardens features 10 bespoke residences and offers a choice between three and four bedroom homes with single level and two storey options, all with the master bedroom on the ground floor.

The architects have delivered modern and functional floor plans, which are complemented with stylish high end finishes.

The boutique independent development has been masterbuilt by multi award winning builder Gremmo Homes, who were awarded Home of the Year for 2017 by the NSW Housing Industry Association Awards Program.

The development is brilliantly located on a quiet street, boasting fully landscaped gardens and a rear North/East parkside setting.

It's a short walk to Pennant Hills Golf Club, public transport and just minutes in the car from the M2.

To find out more visit [www.fearnleygardens.com.au](http://www.fearnleygardens.com.au)

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## CEMETERY UPGRADE

The Hills Shire Council has completed its upgrade of Castle Hill Cemetery.

The \$3.78 million makeover includes enhancing the amenity of the site, as well as increasing the burial capacity with approximately 2000 new spaces.

The scope of works completed at Castle Cemetery included:

- Construction of a contemporary memorial garden facility incorporating new columbarium walls;
- Upgrade of the existing central avenue to formalise the road way and provide as much parking as possible;
- Construction of front entry wall, gate & fencing to improve identification of the cemetery and improve pedestrian access;
- Expansion of lawn burial areas;
- Footpath links to Gilbert Road and Fred Caterson Reserve; and
- Relocation of the existing columbarium wall.

Hills Shire Mayor Michelle Byrne said she was impressed.

"Castle Hill Cemetery plays an important role in bringing family and friends together to pay tribute to a loved one, and this upgrade ensures they feel comfort right from the ceremony to the burial," Mayor Byrne said.

"The memorial garden is the centrepiece of the cemetery. The columbarium walls, which are located within this garden, provide a sheltered place where the community can take time to reflect and pay their respects. It's also been designed in a circular manner to let in natural light, which also gives it a halo effect.

"We've also managed to expand the cemetery within its existing boundaries to provide more interment spaces. This ensures the cemetery remains sustainable and useable for years to come. "

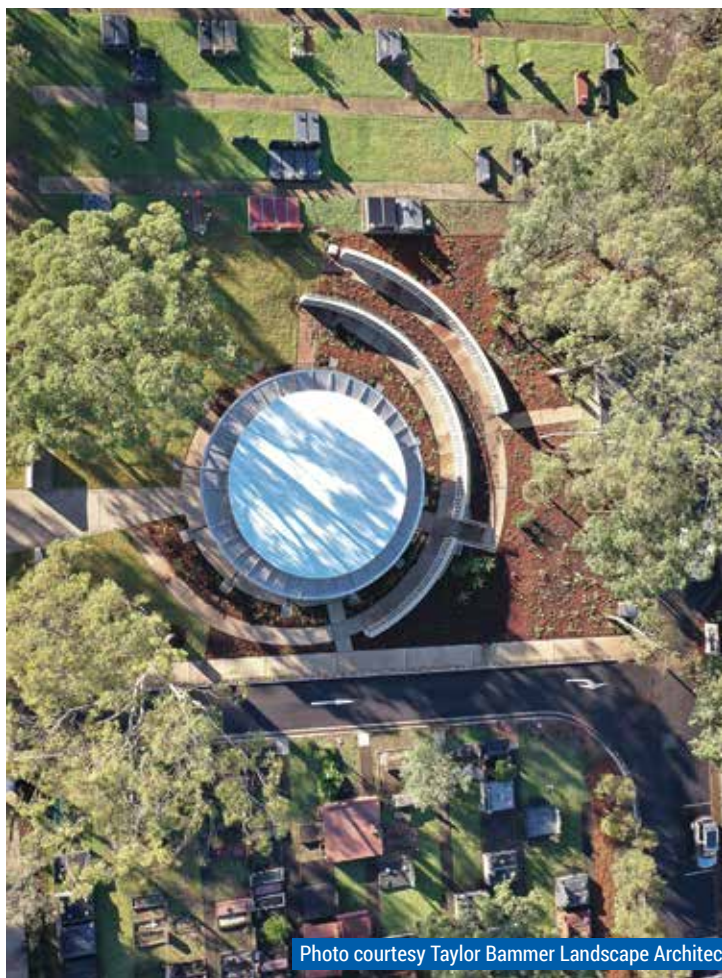


Photo courtesy Taylor Bammer Landscape Architects

# MAKE YOUR WISHES KNOWN TO YOUR LOVED ONES



Why do we plan ahead? We do it to reap benefits like peace of mind, security and to protect those we care for so we can enjoy life.

We all plan for life's major events: our wedding day, buying a home, starting a family, the children's education, for our career through to retirement. We typically work harder to achieve this, retire later and live longer.

Some of us are becoming more affluent, enabling us to plan retirements full of the sorts of activities we perhaps didn't have time for during our working lives. Many of us look to get our affairs in order, enabling retirement to be a time of enjoyment with the family, newly discovered hobbies and rediscovered passions.

Apart from writing a will, what else can we do to plan ahead? Traditionally it has been a taboo subject and we've had few options, but now that's changed.

Today we're able to plan ahead for almost anything including our memorial or burial. This final event is a celebration of our life and achievements, and we're able to protect, one last time, those we love from making decisions about our final memorial arrangements, at what unquestionably will be an emotional time.

A prepaid memorial or burial gives you the opportunity to record your wishes by pre-arranging and paying for a future memorial at today's price. This offers a number of benefits including payment plans with no interest or fees. Prepaying your memorial or burial secures your preferred memorial to be forever remembered by future generations.

To take the first step in prepaying your memorial or burial, speak to our professional staff at the pristine Castlebrook Memorial Park on 9629 1477.

**COME JOIN US**

## WALK FOR CORD BLOOD RESEARCH



**WHEN:** Sunday 18th April 2021

**WHERE:** Francis Green-Blacktown Showground Precinct

**TIME:** Any time between 9am and 2pm

**WHAT IS IT:** A simple 2 km walk to save a life

**REGISTER:** Register and pay on the day

**OR:** Google search "Inner Wheel Australia National Project" follow the prompt, complete the registration form - donate

**WHY:** To raise funds for Cord Blood Research

[www.innerwheelaustralia.org.au/national-project](http://www.innerwheelaustralia.org.au/national-project)




### PROPOSAL TO UPGRADE A VODAFONE MOBILE PHONE BASE STATION WITH 5G AT 5 GLADSTONE RD, CASTLE HILL NSW 2154 [www.rfnsa.com.au/2154012](http://www.rfnsa.com.au/2154012)

- The proposed upgrade consists of the following to improve Vodafone's mobile phone networks (including 5G).
  - Install 3 new 5G panel antennas on the existing headframe;
  - Replace three existing panel antennas with three new panel antennas on the existing headframe;
  - Install ancillary equipment including remote radio units, cabling and other items associated with safety and operation of the facility; and
  - Install and reconfigure equipment in the existing equipment shelter.
- Vodafone regards the proposed installation as Low-impact under the *Telecommunications (Low-impact Facilities) Determination 2018* based on the description above.
- In accord with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Request for further information and/or comments should be directed to: Vanessa Wan at Nokia Solutions and Networks on 0466 898 356 or at [communityrelations.vha@groups.nokia.com](mailto:communityrelations.vha@groups.nokia.com) by **Friday 23 April 2021**.

# 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.  
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 monthly meetings are held on the second Wednesday of each month from 10am at the Galston Health & Resource Centre.  
Jann | 0439 222 217

## 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 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 Older Men's Network Inc

The Hills Older Men's Network Inc (Hills OMNI) meets on the first and 3rd Wednesdays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to talk in a non-judgemental, safe and supportive environment.  
Ron | 0424 462 153  
HillsOMNI1@gmail.com

## Hills/Toongabbie Music Club

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

## 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.  
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

## Pennant Hills VIEW Club

Meets on the second Tuesday of each month at 11am at Oatlands Golf Club. Meetings include a 2 course lunch followed by an interesting guest speaker. Visitors & new members are welcome.  
On the fourth Tuesday of the month a social outing is arranged for members.  
Margaret | 9873 2402

## 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

Meet 2nd Monday of the month at 10am. At The Glenhaven Community Centre: 76 Glenhaven Road, Glenhaven. New members welcome.  
Glens | 0419 616 431 OR  
Veronica | 0408 025 577  
glensyclarke@hotmail.com

## 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

## RDA (NSW) Tall Timbers Centre

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

## Red Cross, Castle Hill Branch

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

## 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

## Soroptimist International The Hills

This is the local branch of a worldwide organisation for women celebrating 100 years promoting awareness, action and advocacy. It holds monthly dinner

meetings, theatre nights, fundraising fashion parades and a public speaking competition as well as seminars. Meetings are on the 3rd Monday of the Month at Glenhaven. 6.30pm for a 7pm start. Visitors are always welcome.

Cathy | 0435 837 118

sithehills@siwp.org

## 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/thehillslc

## The Hills Shire Garden Club

9624 5034

## The Inner Wheel Club of Baulkham Hills

We 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

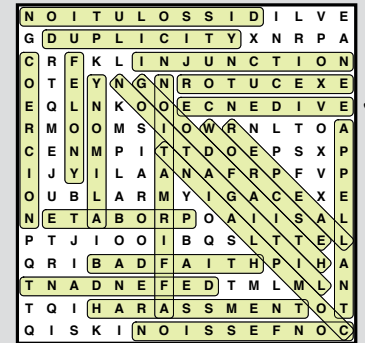
## WORD SEARCH

### NEW YORK

- ALBANY                      MANHATTAN
- BROOKLYN                MARBLE HILL
- CENTRAL PARK            MIDTOWN
- CHELSEA                  MONTGOMERY
- CHINATOWN               MURRAY HILL
- CONEY ISLAND            QUEENS
- GREENPOINT              SOHO
- HARLEM                    STATEN ISLAND
- HUDSON RIVER            THE BRONX
- LITTLE ITALY             TRIBECA



## WORD SEARCH



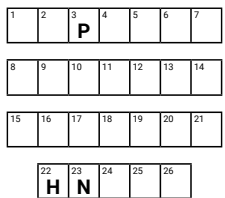
Answers from last issue

## CODE WORD



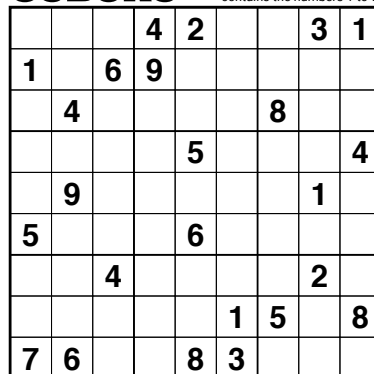
## CODE WORD

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.

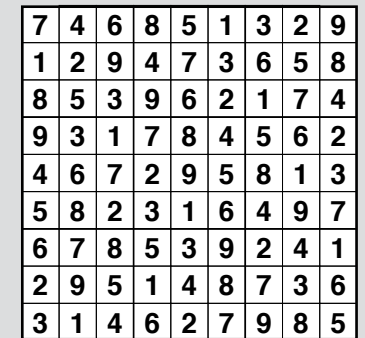


## SUDOKU

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



## SUDOKU



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

**ACROSS**

- 1. Rank
- 3. Type of tooth
- 9. Trap for the unwary
- 10. Relative by marriage (2-3)
- 11. Lack of practical knowledge
- 14. Increase in amount
- 16. Stares
- 17. Timid
- 18. Formal announcements
- 21. Good sense
- 22. Sentiment
- 23. Delaying
- 24. Intertwined segment of rope

**DOWN**

- 1. Act of retaliation
- 2. Name of a book
- 4. Unwell
- 5. Educational institutions
- 6. Royal houses
- 7. Wet with condensation
- 8. Carefree (5-2-5)
- 12. Sharp blade
- 13. Vision
- 15. Vessel that cleans rivers
- 19. Edible pungent bulb
- 20. Having a level surface
- 22. Wetland

**SUDOKU**  
Rating: ★ ★ ★ ★ ☆

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

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

*Answers from last issue*

**CROSSWORD**

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

**SUDOKU**

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

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