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Community News

20th May – 3rd June 2022 | Volume 39 – Issue 10
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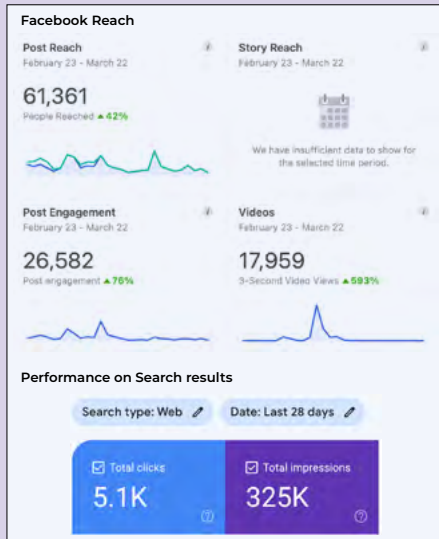
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Grose River Bridge DA is Lodged

Opening date expected around 2025

By **TONY BOSWORTH**, EDITOR HAWKESBURY POST

Here is the first artist's impression showing how the proposed new \$25million Grose River bridge will look like when completed – we're looking at around 2025 before it opens and provides another route over the river – in this case the Grose River.

But the construction does come with some rubbery timelines which have seen the project keep getting pushed back, due to the original agreement between Council and Redbank which revolved around how many plots of land had been sold. In hindsight it was a poor agreement because it has allowed the bridge project to keep pushing out time-wise.

The new bridge will be built at a 1 in 100 flood level, but the roads either side of the bridge could still flood if we have a very high flood.

Should the Part 5 Application be approved by Council the construction of the bridge is required before the release of the construction (practical completion) of residential lot number 1101. But the DA for the construction of the bridge had to be lodged with, and determined by Council, before development approval of residential lot number 801, so there is still a way to go before 1101 lots are completed. And that number has kept moving upwards over the years.

The planned route will run off Grose Vale Road at the junction of Grose River Rd where work will soon start on a roundabout, which will allow Redbank residents to exit their estate and go straight down Grose River Rd.

At the end of Grose River Rd the road will cross Ashtons Rd, Grose Wold, and then a new road will be built through what is currently a home and its farmland, before crossing the river and linking up with Springwood Rd, Yarramundi, where a new junction will be built.

Once completed, the concrete bridge - which will be paid for by the developer of Redbank as part of the Voluntary Planning Agreement (VPA) with Hawkesbury Council signed back over a decade ago - will allow those who live at Redbank, Kurrajong, Bowen Mountain and Grose Vale and Wold to travel to Penrith or the Blue Mountains without having to go through North Richmond.

The so-called Part 5 Application and supporting information is on public exhibition from today – Thursday – until Monday June 13, allowing for comments to be made before the Application moves along.

All plans, details and related documents can be inspected online here or Monday to Friday from 9am to 4pm at Council's Administration Building, at 366 George Street, Windsor.

You can put in submissions in writing here or addressed to the General Manager, by mail to Hawkesbury City Council, PO Box 146 Windsor NSW 2756, or email to council@hawkesbury.nsw.gov.au quoting reference 'PT50007/22'.

Submissions may be made up until close of business on Monday, June 13.

You can read more Hawkesbury news at Hawkesbury Post www.hawkesburypost.com.au or facebook.com/hawkesburypost.

Hills to Hawkesbury

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

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The Hills to Hawkesbury Community News has been serving this area for nearly 40 years. It's name may have changed over the decades but the commitment to providing a free service to the community is still at the heart of what this hyper local fortnightly publication does. Established in 1982 it has evolved into a community news magazine with a big digital footprint. Our aim is to inform, inspire and connect our community. It is a family-owned small business. Our team is local and love what they do.

Please follow us on Facebook [@hillstohawkesbury](https://facebook.com/hillstohawkesbury). Printed copies are available at local shopping centres and other outlets. For a full list visit our website www.hillstohawkesbury.com.au.

Mayor Injured in Break-In

By BEV JORDAN

Hawkesbury Mayor Councillor Patrick Conolly has thanked the hundreds of well-wishers who have reached out to him after he was injured in a terrifying home invasion at his Bligh Park home just before 1am on Monday morning, 16th May.

The 32-year-old Mayor was stabbed in the arm during the home invasion which police believe to be a case of mistaken identity.

His wife Jess and the couple's four children were home at the time of the incident. They were not injured but were shaken by the ordeal.

Officers from Hawkesbury Police Area Command attended the Mayor's home after the alarm was raised at about 12.45am and were told that several men had forced entry into the home in Porpoise Crescent.

The Mayor was treated at the scene before being taken to Westmead Hospital in a stable condition. Police have been told five to six men forced entry into the home and threatened Councillor Conolly before he was stabbed. The men then drove from the scene in the family's white Skoda, taking a few personal items from the home. Initial inquiries have led police to believe the incident is a case of mistaken identity rather than political.

On Wednesday Cllr Conolly posted a thank you on his Hawkesbury Mayor Facebook page

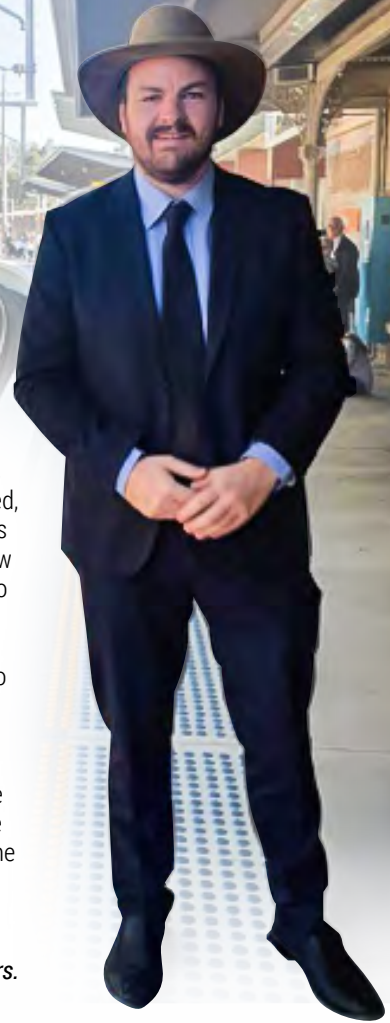
saying: "Since coming home from hospital I have been overwhelmed by the messages of support from the community.

"I haven't been able to return every call and message as I'm still finding it quite difficult to talk about what's happened, but I am really grateful to everyone who has reached out, it's been a help through a very difficult few days. I will take a few days to focus on making sure my family is ok and will talk to everyone soon. Thank you."

Hundreds of residents and business and community leaders posted their well-wishes. The Liberal councillor who is the son of State Riverstone MP Kevin Conolly was first elected to Hawkesbury City Council in 2012.

When elected for a two year term as Mayor in January this year he said: "Our [council's] job is to make sure that we are delivering the services that people want and that we are delivering them to a good quality, and that we are making the Hawkesbury a better place to live and work."

Anyone with information about these incidents is urged to contact Crime Stoppers: 1800 333 000 or nsw.crimestoppers.com.au. Information is treated in strict confidence.



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CAN YOU HELP

Police have issued an appeal for public assistance this week after releasing an image of a man they would like to talk to following an armed robbery in North Rocks over the Anzac Day long weekend.

A man wearing black clothing entered a service station on North Rocks Road, North Rocks and threatened an attendant with a knife at about 6.30pm on Saturday, 23rd April.

He demanded money, before fleeing the scene on foot with cash. He was last seen walking eastbound on North Rocks Road.

He is described as being of Caucasian appearance, about 180cm to 190cm tall, and of thin build.

The man is depicted in the images wearing a black t-shirt, black track suit pants, black shoes and a black stocking over his head.

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



MAN HIDING IN POND

A man has been charged following a pursuit that ended in a collision in Bella Vista on Tuesday (17th May).

Officers from Riverstone Police Area Command initiated a pursuit of a Renault SUV about 2.35am on Tuesday after the driver allegedly failed to stop when directed.

The vehicle was followed along Vardys Road onto Sunnyholt Road, then right onto Old Windsor Road towards Parramatta.

The pursuit was terminated when the SUV reached alleged speeds of 160 km/h in an 80 km/h marked zone along Old Windsor Road.

A short time later, the SUV continued down an off-ramp near the M7 – just past Norwest Boulevard – where a police vehicle was located, before the two vehicles collided.

A number of people got out of the SUV and allegedly ran from the scene; however, a 22-year-old woman was arrested nearby.

Two officers and the woman were assessed at the scene by NSW Ambulance paramedics; however, did not require treatment.

One of the officers – a male constable – attended hospital later in the day and is being treated for fractures to his sternum. He is expected to undergo surgery.

The woman was taken to Riverstone Police Station and released a short time later pending further investigations.

Following inquiries, police attended a commercial property on Elizabeth MacArthur Drive, Bella Vista, where a man had been detained by security guards after he was located in a pond on the grounds.

The 20-year-old man was taken to hospital for treatment before he was arrested and taken to Blacktown Police Station.

He was charged with enter enclosed land not prescribed premises without lawful excuse and be carried in conveyance taken w/o consent of owner.

An outstanding warrant was also executed, and the man was charged with larceny and two counts of dishonestly obtain financial advantage etc by deception.

He was refused bail and will appear at Blacktown Local Court today (Wednesday 18 May 2022).

Inquiries into the incident continue.

Anyone with information about this incident is urged to contact Crime Stoppers: 1800 333 000 or <https://nsw.crimestoppers.com.au>. Information is treated in strict confidence.

SHOPPER ARRESTED WITH \$17K

A man is assisting police with enquiries after being arrested at 7am on Wednesday morning (18th May) at Castle Towers at Castle Hill allegedly in possession of a large amount of the drug Ice and \$17,000 dollars cash.

Proactive Police from The Hills Police Command observed the 39-year-old man coming out of a supermarket and searched him finding the drugs. He was taken to Castle Hill Police Station.

Police allege that the Carlingford man had 3.8kg of ice on him when he was arrested. He has been charged with drug possession and goods in custody.

Later in the day Hills Proactive Team teamed up with officers from Kuring Gai Police Area Command and Traffic and Highway Patrol to intercept a car at Barina Downs Road, Bella Vista at 3.30pm.

It's alleged the driver had committed a Break and Enter at Fountaindale on the Central Coast earlier in the day.

The 43 year old male was arrested and taken to Castle Hill Police Station where he was charged with a number of offences, including Break and Enter, drug possession and possessing stolen goods.

DRINK DRIVE DAD

A man who crashed his car in Glenorie with two toddlers in the back seat has been charged with high range PCA.

Emergency services were called to Post Office Road, Glenorie, at around 7.40pm on Monday (16th May) following reports that a BMW M5 had crashed into four parked vehicles.

The 37-year-old driver was spoken to by officers from Traffic and Highway Patrol Command who noticed that he had two toddlers, aged three and eight, in the back seat of the vehicle.

The man was subjected to a roadside breath analysis which returned a positive result. He was arrested and taken to Castle Hill Police Station where he underwent a secondary breath analysis which returned an alleged reading of 0.224.

The man was issued a Court Attendance Notice for drive with high range PCA and his NSW drivers licence was suspended.

He will appear at Parramatta Local Court on Thursday 30th June.

CAR PARK BRAWL

Hills Police are investigating a brawl involving at least 10 males at the Bella Vista Metro Carpark at about 10pm on May 15th.

It has been reported that a group of ten males were arguing in the vicinity. A fight broke out, before a red sedan was damaged using baseball bats.

A short time later, a white sedan reportedly ran over one of the males, stopped, then reversed over him, causing serious leg injuries.

He was conveyed to Westmead Hospital, where he underwent surgery for his injuries. The group of males left the vicinity.



Anyone with information about these incidents is urged to contact Crime Stoppers: 1800 333 000 or nsw.crimestoppers.com.au. Information is treated in strict confidence.



IN A LIFE THREATENING EMERGENCY DIAL 000

18 Cows Poisoned in the Hawkesbury after Eating Lantana

BY TONY BOSWORTH, EDITOR HAWKESBURY POST

Livestock producers in the Hawkesbury are being warned to watch for signs of plant toxicity and monitor paddocks for new weeds following several fatal poisonings in flood-impacted areas of the region.

Greater Sydney Local Land Services District Veterinarian Dr Aziz Chowdhury responded to calls for assistance following the sudden deaths of 18 cattle on flood-affected properties in the Hawkesbury recently.

Most of the deaths have been in the Colo area so far, but GSLLS says all landowners across any flood-affected areas of the Hawkesbury should be alert.

"Investigations revealed the cause of death was severe liver damage and kidney failure resulted from the consumption of Lantana," Dr Chowdhury said.

"All types and parts of lantana are considered poisonous to stock. Red-flowered lantana is most dangerous. Stock poisoning is common. It happens most when new animals are introduced into lantana areas and there is no other feed available. 4-8 gm dried plant per

kg live weight is a toxic dose but as little as 2 gm/kg body weight could cause the toxicity.

"Cattle used to grazing lantana-infested land are less likely to eat it," says Dr Chowdhury. "However due to the recent flooding emergencies in our region the prevalence of new weeds in impacted paddocks has risen dramatically and we need producers to be on alert."

Early symptoms of lantana poisoning include: depression, loss of appetite, constipation, frequent urination, jaundice for 1 – 2 days with photosensitisation of non-pigmented skin, especially the muzzle, inflamed eyes with a slight discharge, mouth area becoming inflamed, moist, and very sensitive, with a pink nose, bare skin becoming very sensitive to light, red and swollen, or may crack, turn black, and die.

Stock usually dies 1 – 4 weeks after symptoms appear.

Dr Chowdhury said it was a slow and painful death caused by liver and kidney failure.

"Look out for the symptoms but also look out for new and unusual plants that may cause fatalities," he said. "If you notice any of the signs, you should seek veterinary assistance immediately."

Dr Chowdhury said rapid treatment with a drench of 2.5kgs of activated charcoal can be effective if given early in the course of the poisoning. Electrolytes should also be given to alleviate the dehydration. Visit NSW Weedwise for more information.

You can read more Hawkesbury news at Hawkesbury Post www.hawkesburypost.com.au or facebook.com/hawkesburypost.



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**Trevor Leslie
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The Hills fundraising committee with the Cosgroves

Hills Mother's Luncheon returns to support charity

After a two-year absence, The Hills Fundraising Committee for Children's Medical Research Institute (CMRI) held their "best-ever" event at The Hilton last week with guest speaker Lady Lynne Cosgrove.

Committee President, Patti Payne, who also sits on CMRI's Board said it wonderful to welcome back so many mothers to their annual event.

Accompanying Lady Lynne to the event was her husband, former Governor General Sir Peter Cosgrove. She shared stories of raising her three sons as Sir Peter rose through the army ranks to eventually become Chief of the Defence Force, before then becoming Governor General.

"I thank everyone at CMRI for their amazing work, it really is incredible."

CMRI's Director, Professor Roger Reddel, spoke about the latest scientific advances in the labs before a young mother, Liz Burfitt (pictured) who grew up in Cherrybrook, spoke about the recent experience of her daughter Sophia being diagnosed with cancer.

"The only factor that differs between a child that survives and a child that tragically dies is research," said Liz. "Research saved our Sophia, and not a day goes by that I am not grateful for it. Thank you to CMRI for

all the work you do in finding treatments and understanding children's genetic illnesses and thank you to everyone here for supporting this incredible organisation."

Mrs Payne thanked all the generous businesses and individuals who donated prizes for a raffle, MC John Mangos and all those who attended to support CMRI - describing it as a "wonderful and magic event".

CMRI is a Westmead-based charity, known for Jeans for Genes Day, which aims to find treatments and cures for children's genetic disease. Find out more at jeansforgenes.org.au



Roaring 20s' Ball

All the glitz and glamour of the Roaring 20s' is promised at the Hills Relay For Life Ball at Castle Hill RSL on June 4th.

A packed program of entertainment has been planned with plenty of dancing in the mix. The annual ball is known for its fabulous prizes and silent auction. Retro rock band The Breakaways are back by popular demand, there will be dancers plus singers David Sanders and Christina Kinley.

Tickets are \$150 and include a three-course meal, drinks package and entertainment. All money raised will go to the Cancer Council.

The past 13 events have raised over \$500,000 for cancer research and support programs. Hills Relay Ball co-founder Bev Jordan said it would be a sparkling event.

"When Zoe Graham and I held the first Hills Relay Ball we were hoping it would be one of many and we are so delighted that we are now holding our 14th Relay Ball. The original idea of the ball was to promote the annual Hills Relay For Life (which is on this weekend May 21st at Castle Hill Showground) but the first ball was so popular we held another, then another and another!

"We are incredibly grateful to the people who have supported the Hills Relay Ball every year and to the amazing local businesses that help make it shine from the wonderful florist and our great entertainers to the businesses and organisations who donate prizes and come onboard as sponsors. We have had many people involved in organising this event over the years and Zoe and I are incredibly grateful to MC Michael Graham and our hard-working committee Donna Craig, Denise Daynes, Robin George, Linda Jones and Jan Mullan and Bryan Mullan.

"This will be our last Hills Relay Ball and it promises to be a dazzling event so please come along if you want a great night out."

There are a few spare tickets. RSVP by May 23rd. For more details email Donna Craig at craigacc@bigpond.com or call 0418 297 783.

Scaring Cancer

Local charity, Kids with Cancer Foundation, raised \$42,000 at its Scare Cancer Charity Ball held at the Castle Hill RSL on 30th April to fund a world first clinical trial to cure Paediatric Ependymoma.

Around 200 people, dressed in their scariest make up and costumes and dug deep to raise essential funds for this vital research at The Kids Cancer Centre in Sydney Children's Hospital.

Ependymoma is an aggressive brain cancer and is usually treated with surgery and radiation. Around 60 per cent of all children diagnosed with this are less than five years old, the cause of this cancer remains unknown.

Devastatingly, one in three children will relapse and there are currently no other options for treating re-occurring Paediatric Ependymoma.

The Australian world first clinical trial, being funded by Kids with Cancer Foundation, will test a groundbreaking new formulation of an existing drug making it more effective with less side effects. Initial tests have shown the new formulation to be extremely potent against Ependymoma making this research vital in saving children's lives.

Assoc Professor David Ziegler from the Kids Cancer Centre at Sydney Children's Hospital said: "Without the support of the Kids with Cancer Foundation we would not be able to do this trial"

Kids with Cancer Foundation's Scare Cancer Charity Ball was supported by 140 businesses from Castle Hill and the surrounding areas with donations of products and vouchers. Patrons were entertained by Rob Shehadie as the MC as well as the Jon Elms Trio who playing music throughout the night.

The Charity Ball was originally scheduled to take place in October 2020, to coincide with Kids with Cancer Foundation's annual Scare Cancer October campaign – which invites Australians to team up with friends, workmates or sports and social clubs to hold a morning tea, barbeque, or charity Halloween Party to fundraise to support Kids with Cancer Foundation. The 2020 Charity Ball was postponed due to COVID-19 restrictions and then again in October 2021.

Kids with Cancer Foundation has been helping families of kids with cancer and paediatric oncology hospitals across Australia since 1998. Having donated \$28 million so far, with \$17 million going to the Sydney Children's Hospital Network.

The Foundation helps families pay their household bills, rent/mortgage, car repairs – in fact anything that the family needs and can't afford. In addition, salaries for specialist nurses, oncology fellowships, research and social workers are provided by Kids with Cancer on a yearly basis.

Donations made to Kids with Cancer Foundation are tax deductible, and 100% of direct donations go directly to helping children with cancer and their families.

To find out more or make a donation visit kidswithcancer.org.au



L-R Todd Prees, Eric Watson, Rachele Whelan, Linda Nas, Rod Gordon, Gio D'Rozario, Vanessa Senior, Sandra Sinemoglou.



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Masterplanned Norwest Quarter Development

Work on the \$1 billion zero-carbon, masterplanned Norwest Quarter development is due to start next month (June 2022) following the granting of development approval earlier this month.

Norwest Business Park parent developer Mulpha has released the first apartments in Norwest Quarter, at 40 Solent Circuit Norwest, with over a third selling off the plan in the first two weeks.

The first stage of Norwest Quarter will include two residential apartment buildings, Banksia and Lacebark, with a total of 196 apartment homes, and more than 3,000 sqm of specially curated and sustainably led retail and commercial space including a full-floor commercial gym, fresh food grocer, medical services and restaurants.

The 115-apartment Banksia building, designed by leading architects Bates Smart, will offer a choice of one-, two- and three-bedroom open plan apartments.

Banksia will have a resident-only podium rooftop with swimming pool, sunlit garden, resident lounge, work from home pods, and function room for hire.

The 81-apartment Lacebark building by Smart Design Studio, will offer generously sized one, two, and three-bedroom apartments and three-bedroom penthouses, all with curved balconies and angled blades designed to bring

in more sunlight in the winter and protection from the sun in the summer.

Lacebark will have a resident lounge and a garden, complete with a kitchen, sundeck, and BBQs. An enormous open public plaza linking Banksia to Lacebark next door will feature a wild botanical garden with an amphitheatre, timber walkways, water and wild play for children, decked areas and seating, all contributing to the 70 percent of open green space within the precinct.

The Norwest Quarter environment has been designed to minimise the urban heat island effect through substantial re-wilding of the natural landscape to promote local flora and fauna to help create a cooler and healthier environment throughout the precinct.

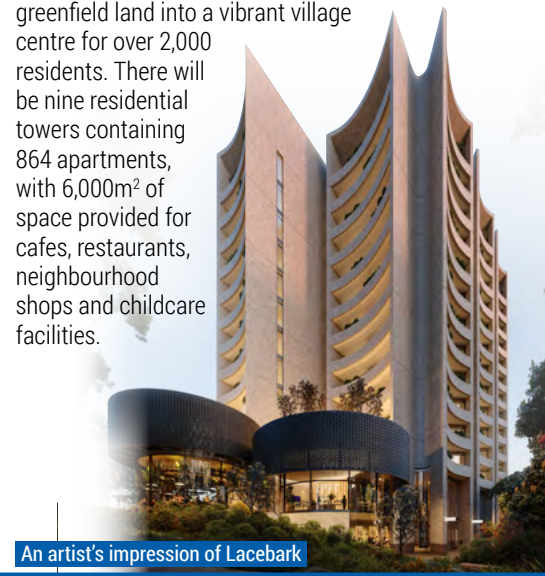
Apartments in Norwest Quarter will consume two thirds less energy than a typical apartment, and one third less water from the grid. Both buildings feature rooftop solar panels, electric vehicle charging with fast charges, and high-performance, centralised air-conditioning. The apartments will have high efficiency lighting and appliances, and are 100% electric with, induction cooktops and electric hot water.

Other sustainable community initiatives will include communal electric BBQs, communal gardens, productive beehives for enhanced pollination, worm farms, composting and natural landscapes.

Mulpha Head of Developments, Tim Spencer, said Norwest Quarter will set a new benchmark in lifestyle design with its focus on community, sustainability and harmony with the natural environment.

"I believe people will choose to live here for the opportunity to be part of a community, aiming for a better future, targeting 100 percent renewable energy, reduced waste, and efficient use of resources including water," he said.

When complete, the Norwest Quarter masterplan will transform over 3.8 hectares of greenfield land into a vibrant village centre for over 2,000 residents. There will be nine residential towers containing 864 apartments, with 6,000m² of space provided for cafes, restaurants, neighbourhood shops and childcare facilities.



An artist's impression of Lacebark

Gabe's Fresh Food

A new miniature supermarket has re-launched at St Gabriel's School, aimed at supporting the education of students with a range of specific needs including intellectual disability in mild to moderate range, sensory impairment, and Autism.

Named Gabe's Fresh Food, the Woolworths mini store was originally built in May 2019 in a temporary demountable within the school whilst major building works occurred to support the school's growth to a K-12 school. Gabe's Fresh Food now has a new, permanent place located on the ground floor of the new secondary school.

The mini store has been established to mimic the operations of an actual Woolworths supermarket, with baskets for fresh food, shelving for groceries, ticketing, signage and Woolworths branded uniforms the students can wear to create a fully immersive experience. Using fully operational Fujitsu registers, students learn to scan grocery items, money handling, customer and social skills and stacking shelves to name a few.

The renovation of Gabe's Fresh Food was brought to life over the Easter school holidays through a partnership with Woolworths and Fujitsu. Woolworths team members from the nearby Baulkham Hills supermarket have been helping students stock shelves and provide register training in readiness for the opening.

Michael Farrell, Principal at St Gabriel's School said: "We are blessed to have this learning space and it has become an integral part of the Maths, English, Food Technology and soon to be Hospitality program. Our parent community has reported that our Mini Woolies has really helped them to be able to take their child to the shops. Both the primary and secondary students have transferred the skills learned back to their local stores and regularly engage in shopping in their local store as part of their educational programs."

Woolworths Group Head of Technology - Enterprise Operations Sarah Corey said: "The skills students will learn in their new mini Woolworths supermarket will equip them with knowledge of how a retail store works from the perspective of both a customer and a team member and crucially the confidence to play those roles."

St Gabriel's School provides individualised education for over 150 students across Kindergarten to Year 10, soon to be K-12 in 2024. The school program is aimed at providing students with the same skills and life experiences as their mainstream peers so that

students go on to live and work confidently and independently post school. The new mini Woolworths at Gabe's Fresh Food is the ninth mini-supermarket of its kind.

Hill Shire Mayor Peter Gangemi attended the opening and said: "With only eight Mini Woolies in the country at the moment, we are very fortunate and appreciative to have one in The Hills."

"I am looking forward to seeing how St Gabe's Fresh Food can be further integrated in the school curriculum."





By BEV JORDAN

RED SHIELD APPEAL

Major Bill Geraci introduces Hills Mayor Peter Gangemi to volunteers at the Hope Market at Nelson.

Collectors will be out and about on the last weekend in May collecting for the Red Shield Appeal for the Salvation Army.

Every 17 seconds, The Salvation Army in Australia helps someone, funds from the annual Red Shield Appeal help support a range of services.

At the Rouse Hill Salvation Army's Norwest Region centre in Nelson up to 200 people attend the Hope Community Market which **operates every Friday from 8am to 11am**. The market is manned by volunteers at an old house at 4 Edwards Road, Nelson and offers fresh food and vegetables, milk, bread and basic household items.

Major Bill Geraci (pictured on the front cover with volunteers Casey and Chloe from Riverstone) says it is a place of hope and safety.

"It's run totally by volunteers. It started when three people wanted to provide bread and it has grown into this massive market in the past 18 months. In the next 5 years we are expecting the numbers will grow. "Nothing gets wasted. Anything left over goes to local farmers here and Windsor," said Bill.

Margaret, who was picking up fresh fruit and veggies and basic supplies said: "(Hope market) is very important. My son and daughter lost their house and moved in with me to live with their two children. I lived on my own for 30 years and things are tough. We really need this."

Sarah, a single mum of four from Box Hill was picking up cleaning products as well as food. "It's very important I have rent and bills and things are expensive. This is a Godsend for all the things I can't afford to buy."

Gabby and Stephen Crain from Riverstone have volunteered at Hope Market for 18 months. "I wanted to help other people. And fellowship is really important," said Stephen.

George Irvine from Kellyville, a builder by trade, volunteered for Hope Market after looking for something to do in retirement. His wife Pam joined him after retiring as a nurse in aged care. "We are always wanting to help people," said George.

Hills Shire Mayor Peter Gangemi said it was a wonderful service. "No one should have to worry about when and where their next meal will come from."

However, the last few years have been tough and because of the pandemic and multiple natural disaster events [fires and floods], we

are seeing more people reaching out for help. "I commend the Salvos and its amazing team of volunteers on this wonderful initiative that supports so many in our community needing that extra bit of support."

Anyone wanting to donate food items can drop them off at the Salvation Army centre, 4 Edwards Rd, Nelson on Thursdays.

A similar community market at Windsor is helping up to 60 families.

There are also free Hope Family Night dinners on Thursdays 6pm to 8pm at 290 George St, Windsor.

To find out how to volunteer at the Red Shield Appeal on May 28/29 or to donate visit www.salvationarmy.org.au



Volunteer Pam Irvine from Kellyville

Farewell and Welcome!

Bazz's Whine Bar in Windsor's Mall, a few metres from the old water wheel is one of Windsor's hidden little secrets and after 5 fabulous years, Bazz and his wife Lisa are ending their time as owners of the bar.

"We have decided to take some time to relax, travel and explore other pursuits, whilst remaining with our professional jobs. Our time at the bar has been everything we imagined it could be. We know our customers are going to miss us, but we are going to miss them even more. A special thanks to our daughter Bella who joined us on this adventure by cooking, serving drinks and being part of the bar experience!"

Bazz's Whine Bar was established in 2017 and has been a bustling weekend nook since.

Bazz and Lisa would like to introduce you to Ori and Kerry, the bar's new owners. There are exciting times ahead for the bar with the new development of the Windsor Mall scheduled for later this year, Ori and Kerry are planning on an extension to a licenced outdoor area and more live music experiences.

Ori and Kerry have five children and are very much looking forward to meeting you all!

For now, the name, food and drinks list will remain the same, but as with every business, owners want to make it feel like theirs. Bazz is confident that he found the right buyer for the business with Ori, and he and Lisa will certainly be popping into the bar to catch up with regulars and friends.

For those of you wondering about the meatballs, they will also stay on the menu, however, the recipe will still be remaining a guarded secret.

As you step into the quaintly narrow 1840's heritage listed building, decorated with antiques, trinkets and bar paraphernalia as seen in little European bars, sweep the velvet curtains aside to be now warmly greeted by Ori, Kerry and their children.

A message from Bazz for all who visited Bazz's Whine Bar, "Thank you for being part of our success story. It has been a DREAM COME TRUE! Thank you for your patronage, conversation, laughs, music and shared stories."

You can book via Facebook Bazz's Whine Bar and follow them on Instagram



Bazz's Whine Bar

Shop 3 - 117 George St, Windsor NSW

BOOKINGS RECOMMENDED

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Open! Thursday and Sunday 5pm-9pm
Friday and Saturday 5pm till midnight

We accept bookings for birthday parties, hen's nights, baby showers, etc.

out and about

with **MICHELLE BYRNE**

It began as an ordinary Tuesday in our house, nothing out of the usual but it ended very differently and put a halt to our usual family adventures across the Hills and Hawkesbury for the next 2 weeks. As a family we had managed to avoid COVID for the last two years but with Covid now everywhere it was only a matter of time.

It was our 2-year old Sophie who picked it up first from playgroup. We had no idea she had Covid and no reason to suspect it. There were no signs of her being unwell until Tuesday night when she had a seizure at the dinner table. We had two ambulances and a resus unit here within minutes. In emergency Sophie had a temperature of over 39 degrees and she failed a RAT test.

As a parent your mind goes to the worse possible places as to what is wrong with your child but there was a sense of relief to be told that it's "only" COVID. In Sophie's case the COVID had caused a massive temperature spike leading to a febrile convulsion. Febrile convulsions are common in kids, leave no damage to the brain and they grow out of it.

We are incredibly grateful to the unsung heroes of our health system, the paramedics,

the nurses and doctors who looked after Sophie that night. They were absolutely brilliant.

It is however a timely reminder of the importance of knowing basic first aid because you never know when you will need it and it's also a reminder that for some people COVID can be dangerous. With rest, plenty of fluids and paracetamol Sophie was back to her normal self in a couple of days but unfortunately one by one the rest of us tested positive to COVID.

During isolation we talked about all the things we wanted to do once we could leave the house and the consensus was that we wanted to go to the markets. We have been exploring the different markets at the Castle Hill Show Ground in recent times. Each market is different but each provides the opportunity to support small businesses and regional producers as well as providing a great place to catch up with friends and family. The Castle Hill Farmers & Fine Food market runs the 2nd & 4th Saturday of the month and we often visit after Saturday morning sport for fresh fruit & veges. The Up Markets which run in collaboration with the Positive Vibes Foundation (PVF) on the 4th Sunday of the month has stalls, food, live music and provides an opportunity to support a local



charity with funds raised going to support the Hills Women's Shed. The girls love looking out for Coco, the mascot for PVF. The Aussie night markets held on the first Saturday of the month has stalls, food trucks, carnival games and rides for the kids making it a very popular in our household.

With COVID now behind us we can't wait to attend the markets again and we certainly can't wait to explore other markets across the region.

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Lifeline asks the community to push for better mental health

3,139 push-ups in 24 days for mental health: Are you up for the challenge?

Lifeline Macarthur and Western Sydney is encouraging the community to push for better mental health by participating in Australia's largest fitness-based mental health initiative, The Push-Up Challenge. In June, participants will take on 3,139 push-ups across 24 days putting the spotlight on the tragic number of lives lost to suicide in Australia in 2020. Thousands of Australians from all ages and walks of life participate in the free event which engages people in mental health through connection, physical activity and education.

Lifeline Macarthur and Western Sydney CEO Brad Hannagan said, "The Push-Up Challenge is a great opportunity for Australians to talk about their mental health, learn how to best support each other and recognise when they might need to put their own hand up for help. It was great to see the community take on the challenge last

year, and we look forward to seeing even more people take part this year."

"More people than ever before are reaching out to Lifeline for help and support, and the money raised through The Push-Up Challenge will support our services to be there for anyone, anytime, whatever the reason," he said.

Participants of all ages and abilities can aim for 100% of the daily push-up target, or set their own push-up goal - which can also be done as sit-ups, squats or tailored exercises - with progress tracked through a dedicated app.

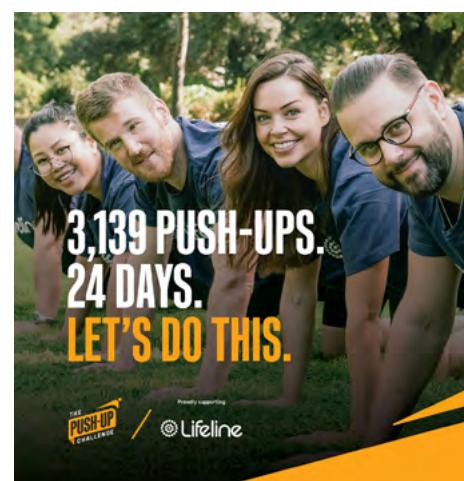
"The Push-Up Challenge is all about getting involved in physical and mental health in a fun and unique way and we'd love to have the local community involved," said Nick Hudson, Founder of The Push-Up Challenge.

Lifeline Macarthur and Western Sydney is encouraging people of all ages, local

businesses, gyms, clubs and schools in the area to join Team Lifeline Macarthur and Western Sydney.

You can register for The Push-Up Challenge as an individual, a team, or get your whole workplace, club, gym or school involved. Visit lifelinemws.org.au for more information.

Through phone, text and online chat, Lifeline is available 24 hours a day, seven days a week to listen without judgement to any person in Australia who is feeling overwhelmed, experiencing crisis or longs to be heard. If you, or someone you know, is in need of support, please contact Lifeline on 13 11 14 (24 hours / 7 days) or chat to a Crisis Supporter at lifeline.org.au (7pm – midnight, 7 nights).



What's On at Hills Shire Library

DID YOU KNOW?

You can share your favourite recipes, learn cooking tips, and uncover new cookbooks in our Urban Cooks Collective, which is a group designed for people who love talking all things food. The group meets regularly on the fourth Wednesday of each month. Visit The Hills Shire Libraries What's On calendar to book your place now: www.thehills.nsw.gov.au/library.

Join the Hills Shire Library Caddy for Pop Up Preschool Storytime and Baby Bounce sessions at Box Hill Nelson Community Centre. These special classes are FREE and will be available every Wednesday up until June 29.

Research your family history and learn more about your ancestors during a Let's Talk About Researching Family History workshop at Dural Library on Tuesday, May 31 at 10.30am. A representative from the NSW State Archives will be on hand to show you how to conduct your own research using their collection. This workshop is FREE and bookings are essential.

COMING UP IN JUNE:

Join renowned barrister and former Senior Crown Prosecutor Mark Tedeschi, AM QC, as he discusses his new book *Missing, Presumed Dead* at Castle Hill Library on Tuesday, June 21 at 6.30pm. Tickets cost \$7.80pp and bookings are essential.

See The Hills Shire Libraries What's On calendar to book your place now: www.thehills.nsw.gov.au/library.



WRITERS WORKSHOP

The year you write your first non-fiction book

Join Australian author, writer and presenter Anna Featherstone for an informative and inspirational writers' workshop at Hawkesbury Central Library on Thursday, 26 May from 10:30am to 12:30pm.

You will learn how to take your non-fiction book idea (memoir, lifestyle, business book, cookbook, reference book and more) from just a thought in your head to a first draft before the end of the year. The workshop will also suit writers who have already started their manuscript but are getting nowhere fast.

You will also find out how to outline your book and how to get your ideas down faster so you can reach your goals sooner. You will leave this workshop with a clearer understanding of your unique content, voice and ideal audience, all of which are vital elements when crafting a book of which you will be proud. Anna will give you the tools, skills, and inspiration you need to take the next step and to get your book written.

This fun and practical workshop will be held at Hawkesbury Central Library on Thursday, 26 May from 10:30am to 12:30pm. The two-hour workshop will cost \$15 per person and will include light refreshments.

Bookings are essential via www.hawkesburylibrary.eventbrite.com or call 4560 4460.





Hills District Toastmasters Members

Toast of the Town

Do you feel you need to improve your personal communication with your family, in your community and in your workplace?

The Hills District Toastmasters have the answer for you. The Club was formed in 1975 and has continually conducted meetings for over 45 years and is now up to meeting 1151.

The Club is a not for profit, community-committed organisation focused on fostering and improving communication skills for its members and the general public.

It has organised and conducted Public Speaking and Self Confidence courses for Students (the Youth Leadership program) and Adults (the Speechcraft program). Toastmasters has over 100 clubs around the world. Barry Haywood has been a member of Hills District Toastmasters for 40 years. He joined because he was having problems communicating with a difficult employer.

Within six months Toastmasters helped solved their communication issues and he and his employer worked together for 35 years.

Barry also improved his communication skills in the community and with his family. He developed these skills through assignments, speeches, evaluations and chairing meetings.

The most important part though is that Barry has met very learned, interesting and wonderful people during those 40 years.

Toastmaster members pay low fees and enjoy a relaxed club atmosphere.

The club meets fortnightly on Tuesdays from 7.15pm to 9.30pm at Hills Restore Church, 47 Britannia Rd Castle Hill. The next meeting is on Tuesday, 7th June.

For further information contact Terry Swan on 0488 089 951 or Patrick Toolan on 0481 775 712.



Cultures of the Hills



In honour of 'The World Day for Cultural Diversity for Dialogue and Development', Hills Community Aid is partnering with the Community Migrant Resource Centre and the Hills Multicultural Network to host CULTURES OF THE HILLS. This wonderful free event promotes a celebration of four of the main cultural groups in The Hills Shire, being; Chinese, Korean, Indian Continent and Iranian/Afghani through the sharing of personal stories, cultural activities and delicious refreshments. It offers a great opportunity for people to learn more about a culture they may not know well. The event is taking place on Monday 30th May between 10am-1pm at Pioneer Theatre Castle Hill (near the library). While the event is free, registrations are required as numbers are limited. Click here to register via Eventbrite: www.eventbrite.com.au/e/338711223387

Please call 96397918 and speak with Anita Fisher if you have any issues registering.



Orchids Out West Beautiful Displays

Orchids Out West comprises beautiful displays put on by the local orchid societies such as Blacktown City Orchid Society, Blue Mountains and Penrith District Orchid Society, Hawkesbury District Orchid Society. There are also lots of orchids for sale from vendors from around Australia.

Orchids Out West is a fair with a great selection of plants to be purchased to enhance your orchid collection, and always something new to oh and ah over. Every year the displays improve in quality and are always very colourful thanks to the wonderful collection of orchids of all genres such as cattleyas, paphiopedilums and cymbidiums, just to name a few.

It is worth the drive to the beautiful Hawkesbury district and then maybe further up into the Blue Mountains. Make it a great day out and smell the flowers!



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Free LIONS Diabetes Community Forum

Diabetes remains one of the most significant health challenges for western Sydney.

Many Lions and Leos clubs of Lions District 201N5 including Blacktown City and Cherrybrook have come together to tackle the diabetes epidemic.

A free community forum is being held on Thursday, June 2 from 6.00pm – 9.00 pm at Blacktown Workers Club, 55 Campbell St, Blacktown, in collaboration with Western Sydney Diabetes (WSD) and supported by Blacktown City Council, Blacktown Workers Club and Western Sydney Primary Health Network.

Learn more from the experts about:

- Early detection with a HbA1c test;
- Lifestyle – diet, exercise, and nature;
- GP Management Plan;
- Specialist service with an Endocrinologist; and
- Diabetes distress and mental health.

Lions District 201N5's Diabetes Chair, Mohan Nanayakkara, said in line with the Lions Clubs International (LCI) a key global cause is to reduce the prevalence of diabetes and improve the lives of those with diabetes.

"Learning how to prevent or control diabetes will save money and time and help hospitals with fewer emergencies and visits as well," Mr Nanayakkara said.

WSD Diabetes Preventions Officer Aruni Ratnayake said Blacktown and Mount Druitt's large proportion of residents with diabetes is due to poor lifestyle choices.

According to WSD, diabetes screening at the Blacktown and Mount Druitt hospital Emergency Departments in 2017 showed alarming rates of

17 per cent of people with diabetes and 29 per cent having pre-diabetes. WSD endocrinologist and presenter, Dr Rona Francisco, said it is estimated that 15 per cent of residents (129,000 people) have diabetes.

"In addition, 35 per cent of the local population (301,000 people) are at 'high risk' of type 2 diabetes with pre-diabetes or high blood glucose," Dr Francisco said.

Blacktown City Mayor Tony Bleasdale said greater awareness of diabetes was essential, especially in western Sydney. "We are committed to diabetes awareness and the promotion of healthy lifestyles to help tackle the scourge of diabetes in our city," he said.

WSD is encouraging anyone who is at high risk to go to their GP and get tested for a free HbA1c test.

Free registration: www.eventbrite.com.au/e/free-diabetes-awareness-forum-tickets-328505166797



FREE Diabetes Awareness Forum

Thursday, 2 June, 2022 - 6pm-8pm
The Ballroom, Blacktown Workers Club, 55 Campbell Street, Blacktown

Let's work together to beat diabetes!

If you have diabetes or are at risk of developing Type 2 diabetes, attend this **FREE** community forum and learn about:

- Lions and Diabetes: A global cause
- Early detection with a HbA1c test
- Lifestyle: Diet, exercise and nature
- GP Management Plan
- Specialist service with an Endocrinologist
- Diabetes distress and mental health

Refreshments provided 6pm-6.30pm.
Visit information booths by service providers.

To register: scan or visit
<https://www.eventbrite.com.au/e/free-diabetes-awareness-forum-tickets-328505166797>



RSVP: Monday, 1 June
Inquiries:
E: diabetes@lions.sydny
M: Mohan 0400 024 052
John 0419 663 466

Thank you to our supporters:
Western Sydney Diabetes, Blacktown City Council, Workers, and Western Sydney Primary Health Network.



Join Team Aussie!

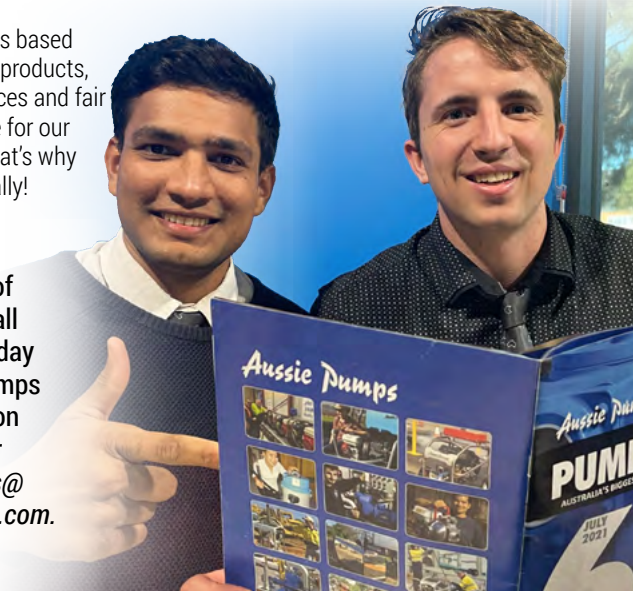
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The Hills Shire Council News

Author talks return live to The Hills Shire Libraries

Do you love curling up with a good book, and would like to meet your favourite authors? A fantastic series of author talks have returned to The Hills Shire Library branches!

Award winning author, Debra Oswald, is up next at Castle Hill Library with a live and in-person talk on Tuesday, May 24.

Debra, who is best known for her work as the creator and head writer of the first five seasons of the TV series *Offspring*, will discuss her latest book, *The Family Doctor*, at the special appearance. The riveting story follows Paula, a dedicated suburban GP, who is devastated by the murder of a friend and her children by their estranged husband and father.

Tickets for the event cost \$7.80 per person.

Bookings are essential and can be made online, via The Hills Shire Library Service website, www.thehills.nsw.gov.au/Library.



Council Meetings

Tuesday 24 May 2022 – 7pm.

For more information, visit www.thehills.nsw.gov.au and search for '2022 Meeting Agendas and Minutes.'

ELVIS FOREVER 'Live at the Pioneer' Saturday 18 and Sunday 19 June 2022

'Elvis Forever - Live at the Pioneer' is a delightfully refreshing tribute to Elvis Presley and his music. The talented, charismatic and award winning tribute artist, Damian Mullin performs an impressive two hour show backed by eight brilliant musicians and covers some of Presley's finest material displayed in a grand production concert that promises to leave any Elvis fan extremely satisfied. Elvis Forever Live at the Pioneer is not just a show – it's an experience. For tickets to all shows visit www.pioneertheatre.com.au



Forum for Parents

The Hills Domestic Violence Prevention Network is proud to present a thought provoking forum for parents of high school aged young people on May 25 at the Pioneer Theatre. For more information, visit <https://bit.ly/ParentsForum22>

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FORUM FOR PARENTS

Is It 'Typical' Teen Stuff Or A *Tipping Point*?

The Hills Domestic Violence Prevention Network is proud to present a **FREE** thought provoking forum for parents of high school aged young people wanting to know more about identifying when your teenager is displaying 'typical' teen behaviour, when they need your help, and how to get them the right help.

Wednesday 25th May

Registrations from 6pm

Forum runs from 6.30pm- 8.15pm followed by a Q & A till 9pm

The Pioneer Theatre (underneath Castle Hill Library)
12-14 Pennant St, Castle Hill

FREE thought provoking forum for parents, refreshments and access to professional advice.

**RSVP via Eventbrite <https://bit.ly/ParentsForum22>
For enquiries contact hillsparentforum@gmail.com**



Communities & Justice



THE HILLS
Sydney's Garden Shire

Have your say - The Hills Shire Plan

Have your say on the Draft 2022-2023 Hills Shire Plan - a five part document that provides the framework by which the organisation plans to operate during the next financial year. For more information, visit www.thehills.nsw.gov.au

Have Your Say

Draft 2022-2024 Hills Shire Plan on public exhibition



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



Infinity Park – Alpha and Omega

A luxury boutique project within Infinity Park at Norwest, has been specifically designed for Hills residents looking to make a move into apartment living.

The project, known as Alpha & Omega, is the final residential release within the popular masterplan development overlooking Castle Hill Country Club. The 49 high-end and oversized apartments are located in two six-level buildings, each with a private roof-top terrace.

General manager at developer Haitechin Group, Robert Tasevski said the twin mid-rise buildings are resonating with local downsizers keen to 'upsize their lifestyle' from large homes and acreages to bespoke resort style living. "We've really considered who the market is and engaged a lot of locals to find out what was a priority for them," Mr Tasevski said. "We found that Hills residents want the ease and luxury of living in a

hotel, a place they can lock up and leave when they go away, but somewhere they feel comfortable in when they are at home." Architecturally designed by Turner, Alpha & Omega will form a smaller neighbourhood within Infinity Park which features a magnificent lagoon swimming pool, framed by sun decks and landscaped gardens. Exuding luxury, the apartments showcase exceptional finishes including stone kitchens, luxe bathrooms and balconies with a 'loggja' – a versatile multi-purpose space which could be used as an art studio, outdoor kitchen or home office. Each of the twin buildings will open to a sophisticated lobby, while residents will also be able to access all the wonderful facilities offered by Infinity

Park. "The refined details in Alpha and Omega, the multifunction terraces, the lobbies and the public space were important to Hills residents considering downsizing," Mr Tasevski said. Infinity Park, which is within walking distance to Sydney Metro North West, also includes a residential tower called 'Marque' offering 241 apartments and a grand hotel-style lobby. There is also a commercial building which will be home to the Hills' first rooftop restaurant. It will also have direct access to a future link road providing access onto Windsor Rd, without the need to drive through Norwest Business Park. The Infinity Park display suite is now open – for more information or to book an inspection call 0455 120 777.

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 - Two private rooftops exclusively for Alpha&Omega residents capture sweeping golf course vistas.
- Adaptable terraces can be opened up for entertaining or enclosed to create a home office/fitness space.
 - Premium grade finishes & appliances selections come as standard.
- Access to resident's lagoon pool, alfresco social spaces and lush resort gardens.

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* Exchange on 5% deposit offer ends June 30. Conditions apply, subject to approval and only available on a select number of apartments for a limited time. Exchange must occur by 30 June 2022 and the remaining 5% deposit is to be paid by 30 June 2023.

Gloria turns 100

By BEV JORDAN

Gloria McDonald turned 100 on Sunday and celebrated surrounded by her loving family at Uniting Wirreanda West Pennant Hills.

When asked the secret to a long and happy life, she says it's keeping busy and helping others.

"Never say there is nothing to do. There are always plenty of people needing help," she says.

At 100 she is still knitting squares for blankets to donate to Wrap With Love. Born on May 15th 1922, Gloria Meurant, grew up in Port Kembla before the family moved to Enfield.

She met her husband Reginald McDonald at a local gathering and they were married at St Thomas's in Enfield.

Tragedy struck the couple when their 13-year son Kevin was killed after being hit by a car walking to scouts. The couple's daughter Julie was just 9 at the time.

Reginald worked as a plumbing contractor and then in early retirement qualified in remedial massage and hypnotherapy.

Gloria was a dress-maker and as a young woman she assisted in her husband's business and ran her own babies' and children's wear shop.

She says they were very fortunate to be able to travel, and within several years of her husband's death she was able to travel extensively with friends.

"My husband was a busy businessman but one day he just died. He was only 57."

Gloria travelled a lot to the UK where she had a large network of family and friends. She lived in Thornleigh and then Carlingford before moving to the West Pennant Hills care home just five years ago.

"Even though I lost my son I have had a very busy and happy life," she told the Hills to Hawkesbury News.

"I did lots of lovely travelling and I have done a lot of volunteer work which I have loved."

Volunteering at Parramatta Courts was a highlight she says. When she stopped her court visits she started sewing gift bags for the charity Operation Christmas Child which she did until she was 95 years old.

She believes that helping others is the key to a happy life. "I can't understand it when people say they haven't got anything to do... find something to do. There is so much people can do."

She says she has a wonderful daughter, Julie, and loves spending time with her two grandchildren and four great grandchildren aged 13 to 18.

"They are brilliant," she says.

There was a special morning tea at Wirreanda to celebrate her big day as well as a family celebration with all her loved ones.



Singing for Good Health

Do you love to sing? Are you ready to learn something new? Maybe it's your time to shine. Circular Keys Chorus is a great group if you want to sing for fun and enjoy good health and harmony.

The chorus welcomes women of any age to join a six week Learn to Sing A Cappella course, commencing on Wednesday evening June 8th. The venue for the course is CKC rehearsal room at St Joseph's Baulkham Hills.

If you are not sure what a cappella it is singing without instruments, so the chorus sings in four-part, unaccompanied harmony. The repertoire includes a variety of contemporary and jazz favourites.

Over the past two years Circular Keys Chorus (CKC) adjusted to the constraints of the pandemic while proving that singing is vital for members' mental and physical wellbeing. While much of 2021 had members confined to Zoom meetings, the chorus is now back rehearsing in person and is ready to welcome new members.

Existing members come from all over Sydney, meeting every Wednesday night at Baulkham Hills to do what they love most,

sing in four-part harmony. CKC is a chapter of Sweet Adelines International, an independent, non-profit music education association which teaches people to sing in harmony. It is one of the largest singing organisations for women in the world and one of 33 choruses in Australia.

As an award-winning woman's acappella ensemble, Circular Keys Chorus has been delighting audiences throughout Australia and the world with since 1995. Acclaimed Master Director Vicki Dwyer says: "Anyone can sing, regardless of experience, and the benefits for personal interaction, social bonding, and community belonging are more important now than ever. We know that more people would sing if they thought they could sing well enough and we are here to get you started on the right notes."

CKC member Alison Anderson Come said: "along and challenge yourself with us and be surprised. We do more than sing. We entertain! If you'd like to bring a friend or a group of friends, or prefer to come by yourself, we'd love to get to know you."

"Email us at info@circularkeys.org for details of time, place and cost. Look out for information on our social media platforms or flyers at your local shopping centre. Come for the harmonies, stay for the friendships."

Circular Keys Chorus for women who love to sing rehearses every Wednesday from 7.30pm to 10pm at St Josephs Centre, 33 Barina Downs Rd, Baulkham Hills.

TOYS FOR JOY RECYCLING PROGRAM

BIG W is partnering with TerraCycle to launch its **Toys for Joy** recycling program at BIG W Winston Hills. Toys for Joy is a first of its kind toy recycling program providing Australian families with a sustainable solution for recycling their children's pre-loved toys.

With Australians throwing away a staggering **26.8 million toys** in the bin every year as options for recycling toys are scarce, with the majority not being kerbside recyclable.

Customers can simply drop pre-loved toys into the purpose-built **Toys for Joy** chest, which can be found at the front of all BIG W stores. However, BIG W cannot accept books, playdough and slime, pens, pencils, crayons or paint brushes, wooden toys, board games, batteries or oversized toys.



HENRY LAWSON THEATRE INC presents

Room to Move by Hannie Rayson

Henry Lawson Theatre INC takes you back to Australia's iconic 80s; where the colours were bright, greed was good and the hair was as big as the shoulder pads.

But the ripple effect of the 70s' rise of feminism, equality and sexual liberation was having an impact on the men.

Written by award-winning Australian playwright Hannie Rayson, *Room to Move* tells the story of 29-year-old lodger, Bernie (Martin Crew of North Richmond) who moves in with 62-year-old widow, Peggy (Neridah James of Werrington County). She is looking for company and he is looking for refuge. Meanwhile, Peggy's children, Virginia and Roger (Heloise Tolar of Pitt Town and Ian Fletcher of Emu Plains) are just looking for a drama to deflect from their own.

Director Sari Erasmus Hickey said Rayson was intrigued by the idea of developing a play that examines how the pervasive influence of feminism affected men. Hickey, of Kingswood, said the script was a favourite because it was given to her by Doreen Warburton who started the Q Theatre and brought it to Penrith in 1977.

"But I was really drawn to the play's depiction of the character's emotional make up and the turmoil of their relationships and the emotions associated with them," she said.

Ms Hickey said audiences will relate to all the characters.



Room to Move will run from Friday, May 20 to Saturday, May 28 at the Henry Lawson Theatre, 144 Henry Lawson Avenue, Werrington County.

Tickets \$25 adult, \$20 concession
Bookings: hitheatre.com.au

"Audiences will enjoy it as even today, there is so much they can relate to – it has fast-moving action with no drawn-out sections, which will test their attention spans," she said.

"This is all performed on a flexible set with an innovative design displaying many 80's inventions that became part of our lives."

TAFE Student Winner in "Best Mix of an Original Song" Category

A Rouse Hill local has taken out the inaugural TAFE NSW Innovative Music Mixing Awards and is already living out her dream music career as an audio engineer.

28-year-old Trisha Maddy turned heads and opened ears when she mixed an original song which earned her the prestigious award. The prestigious awards are presented state-wide every year as a result of a partnership with TAFE NSW and leading audio software and video editing company Avid and technology company Innovative Music. Trisha Maddy's song 'One Look' scored her the win after graduating from the Advanced Diploma of Electronic Music at TAFE NSW Ultimo.

"I am thrilled to receive this award, which is a credit to the 12 months of hard work I put into co-writing and producing 12 songs," Trisha said. "I would not have been able to achieve this without the help of my TAFE NSW teachers, who were flexible and able to customise our learning materials to ensure we were getting the most out of our course." TAFE NSW Creative and Design Ideation Industry Innovation Specialist Steve Bull said the awards are a culmination of a successful partnership with Avid. "TAFE NSW works closely with industry to set our students up for a successful career," Mr Bull said.

Avid Technology Audio Partner Account Manager Head of Marketing Shauna Purcell, said "Our relationship with TAFE NSW has always been strong, but we're excited to see it grow by the continuous efforts of the TAFE NSW staff with their innovative ideas on how to collaborate further, to support their student's creativity and progression in the music industry. "We want to congratulate all the applicants for their efforts."

If you are interested in studying music and sound production at TAFE NSW, visit www.tafensw.edu.au



PETS OF THE WEEK

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



AT A GLANCE

NAME: ROXY
 BREED: AMERICAN STAFFY
 SEX: Female
 AGE: 3 yrs 6 mos.
 PRICE: \$49



ROXY is a beautiful, friendly girl. According to staff at the Hawkesbury Companion Animal Shelter Roxy is 3 1/2 years old and loves attention. Staff say Roxy is very well behaved. If you are interested in adopting Roxy please come to the shelter with your family dog and the children to meet her so that staff can be sure they will all get on together. As one of the featured dogs her adoption price has been reduced to just \$49. The adoption price includes the first vaccination, desexing, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

ARNIE is an 8-year-old American Staffy. Staff at the Hawkesbury Companion Animal Shelter say: "Arnie is chunky, cheery boy! He's very happy to be with you and enjoy your company." Staff say Arnie has been social towards the other dogs whilst in the exercise yard. He walks quite well on the lead, but will need a little further training to improve his skills. If you are interested in meeting Arnie visit the shelter with your family dog and the children just to make sure everyone gets along. As one of the featured dogs his adoption price has been reduced to just \$49. The adoption price includes the first vaccination, desexing, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

PRUE is a mature gentle girl who just loves to be the centre of attention. According to staff at the Hawkesbury Companion Animal Shelter Prue would be best suited with a family who spends a lot of their time at home as she loves to be kept company. If you are interested in adopting Prue please come to the shelter with your family dog and the children to meet her so that staff can be sure they will all get on together. Prue is already desexed so she is able to leave the shelter with you. As one of the featured dogs her adoption price has been reduced to just \$49. 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: ARNIE
 BREED: AMERICAN STAFFY
 SEX: Male
 AGE: 8 years
 PRICE: \$49



AT A GLANCE

NAME: PRUE
 BREED: STAFFY
 SEX: Female
 AGE: 6 years
 PRICE: \$49



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 parasite treatments and more!

Bella Vista Farm Awarded Council Grant

By GISELA HORNER, VOLUNTEER PUBLICITY OFFICER

Since 2006, The Friends of Bella Vista Farm have been working diligently alongside the Hills Shire Council to preserve, maintain and restore one of Sydney's important heritage sites – the farmhouse and outbuildings of Bella Vista Farm. Apart from the Council's annual capital works program, they have given their support and financial assistance to the Friends' own restoration projects such as the circa 1910 Cow Bales, sandstone fireplaces in the farmhouse and attached kitchen, the replacement of the cedar fireplace mantle and surround, and furnishings of the late 19th century in rooms in the house.

One of the latest projects was the restoration of the collapsed ceiling and floors in the large room of the Coachhouse complex where the Pearce family stored their horse-drawn carriages. It is now one of the outstanding buildings on the farm and this



Hills Shire Council Mayor Gangemi and Graham Rawstron, President, Friends of Bella Vista Farm on pathway to be re-gravelled.

month was shortlisted for a 2022 National Trust Heritage Award grant under the category *Conservation – Built Heritage*. The ceremony spotlights, along with other projects, organisations that demonstrate excellence promoting conservation, so it was a great honour to be short-listed and the Friends appreciated the acknowledgement of their ongoing commitment to preservation of this unique piece of history in the Hills.

On 10th May 2022, at an Ordinary Meeting of Council, a further recognition was granted to the Friends of Bella Vista Farm. \$5,000 was awarded for the repair of existing gravel paths inside the heritage area and the front gardens. The Friends are into their 4th year replanting and restoring the surrounding gardens. The paths are moss-covered and slippery and have restricted visitors' access to them. The Friends are now able to completely re-gravel the paths at a total cost of \$13,000, meeting the balance of the cost themselves.



Interior Coachhouse before restoration (courtesy Sharon Rawstron)



Volunteers with rescue dog Stanley, Mayor Gangemi, President Graham Rawstron

Mayor Gangemi said: "It is so fulfilling to watch this and other projects and services grow, and become self-sufficient, which is what our Program is all about".

Come and join us on the **first Sunday of every month from 0900 – 1400**. Through the generosity of visitors to the Farm on Open Days and occasional tour groups, the funds raised help the Friends' projects at the Farm.

Bella Vista Farm is situated at the corner of Elizabeth Macarthur Drive and Norwest Boulevard, Bella Vista. Special events are highlighted on our Facebook site: Friends of Bella Vista Farm and on the Hills Shire website: www.thehills.nsw.gov.au.



Restored Coachhouse

Free Parent Forum

Clinical psychologist DR JOSEPHINE TERRY (pictured) is one of three speakers at a free forum for parents of teenagers being held in Castle Hill on Wednesday, May 25th.

Titled: **Is it Typical Teen Stuff or a Tipping Point**, the forum will cover a range of topics that challenge parents of high school students.

Josephine from Mindworx Psychology works with children, teens and adults and has a wealth of experience in assessing and treating mental health problems and in working with families to improve relationships.

She is joining Clinical psychologist and Therapist **Leanne Hall** from the Youth Insearch Foundation for the Forum. Leanne specialises in working with teenagers, parents, and families from diverse backgrounds. She is also a television presenter, published author, and researcher.

Youth Liaison Officer at Castle Hill Police, **Snr Cnst Ethan West** will be the third speaker and will talk about what local issues and trends he is witnessing in his work.

The Forum will help parents and carers wanting to know more about identifying when their young person is displaying typical teenage behaviour, when they need help and how to get the right help.

There will be time after the three speakers to ask questions. The annual forum is being organised by the Hills Domestic Violence Prevention Network (HDVFN), an interagency of domestic violence workers, services and community members who work to prevent domestic and family violence, which has been running for 30 years.

This will be the network's 8th Parent Forum.

WHEN: Wednesday 25th May, 6pm for a 6.30pm start finished by 9pm.

WHERE: The Pioneer Theatre, 12 to 14 Pennant Street, Castle Hill underneath Castle Hill library. The Forum is free but booking is essential via this link <https://bit.ly/ParentsForum22> or email: hillsparentforum@gmail.com



Dr Josephine Terry



The Hills Music Academy Senior Band Turns up the Beat

David Elliott MP is pleased to announce The Hills Music Academy Senior Band is one of 20 NSW-based community brass and concert bands selected for the 2022 Community Band Development Grants Program funding, administered by the Band Association of NSW on behalf of Create NSW.

The Group will use its funding of \$1,000 to increase their banding activities within their community and help grow their audience numbers.

"The Community Band Development Grants Program recognises the special role bands and live music play in our community life, and provides an excellent upskilling opportunity for musicians while promoting arts and culture around NSW," Mr Elliott said.

The Hon
David Elliott MP
Member for Baulkham Hills
Minister for Transport and Veteran Affairs

As your local Member in the NSW Parliament, I am here to help.

<ul style="list-style-type: none"> ✔ Assisting with accessing NSW Government services ✔ Providing Justice of the Peace Services 	<ul style="list-style-type: none"> ✔ Preparing congratulatory messages ✔ Attending your local community event
---	---

Please contact my office if I can be of assistance.

📍 Suite 1, 25-33 Old Northern Road, Baulkham Hills NSW 2153
 📞 02 9686 3110 ✉️ baulkhamhills@parliament.nsw.gov.au 🌐 davidelliott.com.au

Proudly serving the people and communities of Baulkham Hills, Bella Vista, Carlingford, Castle Hill, Kellyville, North Rocks, Norwest and West Pennant Hills.

Authorised by David Elliott MP, Suite 1, 25-33 Old Northern Road, Baulkham Hills NSW 2153. This publication is funded using parliamentary entitlements.

"What I like most about this program is that it invests in our local communities by providing support to local talent and volunteers, while also increasing band activity, lifting performance standards and growing audience numbers."

Mr Elliott said the funding would directly support the volunteers and the Baulkham Hills cultural sector.

"It's music to my ears that the NSW Government is supporting our Baulkham Hills musicians and volunteers through funding for Hills Music Academy Senior Band, and I am confident this investment will give them the assurance they deserve as they play on into the future," said Mr Elliott.

Flu Season

A reminder to get your flu vaccine up-to-date for the upcoming winter season. There is an increase in the occurrence of the common Flu virus. Local Pharmacies and GPs are well set up to distribute the Flu vaccine.

2022 Community Building Partnership Program Now Open

The NSW Government has announced the opening of applications for the 2022 Community Building Partnership program, unlocking \$37.2 million for community infrastructure projects across NSW.

Whether it's a new access ramp, equipment shed or car park upgrade, the 2022 Community Building Partnership program is ready to fund infrastructure projects that put locals first. If you have a project that needs funding, visit <https://nsw.gov.au/cbp>.

2022 Community Building Partnership program

Apply for a grant and kickstart your community infrastructure project today.

Applications close 10 June 2022.

Visit nsw.gov.au/cbp

Embedded Networks on Notice

The Committee on Law and Safety, of which I am Chair, has announced an inquiry into embedded networks. Private electricity and gas networks, known as embedded networks, supply many NSW residents and business with energy and hot water. However, some residents are finding the cost of these embedded network services are very high. People living in apartments are having to pay hundreds

of dollars per month for the heating of their hot water. Customers in embedded networks should not be worried about whether or not they can afford to heat water or cool their homes. Access to affordable and dependable energy and hot water is essential to people's health and safety.

The Committee will look into the current legal framework regulating embedded networks,

and is calling on anyone across NSW who is locked into an embedded network to make a submission. The link for submissions can be found at www.raywilliamsmp.com.au. Submissions to the inquiry close on 24 June 2022.



Ray Williams MP

MEMBER FOR CASTLE HILL
PARLIAMENTARY SECRETARY TO
THE PREMIER AND WESTERN SYDNEY

As your local Member, I will represent you in the NSW Parliament, communicate with Ministers and Government Departments on issues that concern you, attend local events, provide Justice of the Peace services, and prepare congratulatory messages for milestone birthdays and anniversaries.

Electorate Office: Suite 202 Rouse Hill Town Centre, 10-14 Market Lane, Rouse Hill NSW 2155
 Phone: (02) 8882-9555 Email: castlehill@parliament.nsw.gov.au Website: www.raywilliamsmp.com.au



◀ The Castle Hill RSL Badminton Club president Frank Gnanam, left, and the juniors with their Australian Badminton Academy coaches James and Maggie, right.

It's Shuttle Time in the Hills

By LAWRENCE MACHADO

Badminton officials are broadening their goals to capitalise on the growing interest among the younger generation in The Hills.

Despite not owning courts of their own, Castle Hill RSL Badminton Club are creating new pathways for their juniors while extending coaching for their seniors. According to the enthusiastic club Frank Gnanam, things are looking up for their 250 plus members who play regularly at Norwest, Baulkham Hills, and Seven Hills.

"Our primary focus is on our 25 juniors who are trained by Australian Badminton Academy coaches," Frank said. "We want them to achieve state and national level status in the coming years. We have around 90 juniors in the club and they have to be focussed to reach the top."

Club members have regular training and games at the Badminton Worx courts in Norwest.

Many like Frank had played the fast-paced sport for many years before injuries or busy lives put paid to their passion. Now having rediscovered their love for playing, they want to encourage others to improve their techniques or join up.

Frank, an engineer by profession, was a champion player as a junior in Malaysia and represented Tamil Nadu (India) before migrating to Australia. But in 1995, he damaged both knees due to his sports, and was forced to stop playing.

However, two years ago, the sporting grandfather spotted some people carrying badminton racquets, and this piqued his love for the game again. He asked them where they

were playing and joined them at the NBC facility at Seven Hills. Soon he was hitting shuttles like a champion at the Castle Hill RSL Badminton Club and offered to train players on a voluntary basis. He later joined the committee and this January took over as president.

"Many years ago, our club used to produce state level players," Frank said. "We want to produce champions again. I told the committee we should have a goal instead of just playing social badminton. We are rebuilding our membership after some stopped during the Covid pandemic. Several players take part in Badminton NSW-sanctioned tournaments, and we subsidise them. There are a lot of advantages in being attached to a club like ours. We offer seven sessions of play for social, intermediate and advanced level players throughout the week. We have the 'Pathway to Olympics' project for juniors and Saturday Junior Training Program, a highly-subsidised annual dinner, insurance and NSW affiliation."

The members are looking forward for their club championships from May 24-27. However, one stumbling block for the club is the lack of adequate courts in the Hills.

Contact details: info@castlehillbadminton.com

Wonderful Ambassador for Football

By LAWRENCE MACHADO

It was a memorable night for Nepean Football Association president Frances Refalo when she was recognised for her sterling contribution to the game.

Frances, who has served the loyally over the years, received the prestigious 2021/22 Season Chairman's Award at the Western Sydney Wanderers FC Medal Dinner. The award, presented by WSWFC chairman Paul Lederer is presented annually to a Western Sydney person who goes "above and beyond" for their services to the club and to football in Western Sydney.

"I've been involved in football at community level for 26 years as a player, a coach and a committee member," Ms Refalo said. "In my service to football I've made lifelong friends and met some of the most amazing people. Football is just another branch of my family, I love it."

Ms Refalo, and the Nepean FA CEO, Linda Cerone, share the role of Volunteer Coordinators for the club, managing their 120 plus match

day volunteers. "As the CEO of Nepean Football Association, I've had the pleasure of working with Frances for 20 years," Linda said. "She's a wonderful ambassador for football in our district. She has a generous, caring nature that ensures that she makes everyone feel like a worthwhile, valuable and welcome member in our sport."

Nepean FA administers the game for the Hawkesbury, Penrith, St. Marys, and Blue Mountains districts and recently celebrated its diamond jubilee.



Nepean FA president Frances Refalo received her award from WSWFC chairman Paul Lederer.

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BUSHFIRES

It was April 1942 that a Bushfire Brigade was established at Kenthurst. Just over three years previously, in January 1939, devastating bushfires had spread throughout the Hills district and other parts of New South Wales during which the smoke from these fires could be seen as far away as New Zealand. World War 2 also started in 1939 which delayed organisation of establishments of Bushfire Brigades.

However, the Kenthurst and Annangrove War Emergency Association which had been established in March 1942, received a request from one of its members, Jack Baidon of "Maranoa", Kenthurst after he had been approached by letter from the Deputy Shire Clerk of Baulkham Hills Shire Council.

The letter from the Council's Deputy Shire Clerk requested a bushfire brigade be established at Kenthurst as part of the Shire's defence effort. The letter stated in part "It is the great danger of fires originating from enemy action or the result of military operations that prompts this (request), as under such a circumstance the fires would be more widespread and intensive than most of those having their origin in causes such as carelessness."

Among those founding members of the bushfire brigade would have been many who had the disastrous fires of January 1939 in their minds when the Hills district was ablaze.

Death and destruction occurred over a wide area. A farmer at Castle Hill died trying to save horses, two men were trapped in a blazing shack at Box Hill and a fire-fighter lost his life from severe burns received fighting a fire at Dural.

Newspapers at the time reported that "in 24 hours, 13 people died, hundreds of homes were razed and three million hectares of the State blackened. Sydney took the brunt of the onslaught, with the Sutherland, Warringah and Baulkham Hills Shires devastated."

More than 1000 volunteers and professional firemen battle to control the outbreaks. At midnight on 12th January 1939, the temperature was 34 degrees in Sydney. By early afternoon the next day it had reached 46 degrees at Observatory Hill. The temperatures were even higher in the outer suburban areas.

New Zealanders across the Tasman reported that they could see smoke coming from the "Black Saturday" fires in NSW.

The rubber hoses being used to fight the fires melted with the heat (plastic hoses were not yet available).

"The Sydney Morning Herald" described one of the blazes as a fire driven with astonishing speed from Windsor to Rouse Hill during Saturday afternoon and ended at Galston".

A local resident, Harold Featherston, said that "the 1939 fire was caused by a chap in Vineyard. A hot westerly wind threw lumps of lighted bark through the air for miles. The whole district was an inferno."

A young Ken Featherston, who was later to become Captain of the Kenthurst Bushfire Brigade, got into trouble from his dad when the apple shed in Pellit Lane burnt down in the "Black Saturday" fire. Ken had stayed with the homestead.

The Kenthurst and Annangrove War Emergency Association was disbanded in August 1944 and the fire-fighting equipment was distributed to three centres throughout the Hills rather than the one central location.

The Hills has continued to suffer from devastating fires since that time. Large and sometimes fatal fires occurred in the Hills district. In 1975 fires broke out at Glenhaven, Annangrove and Cattai which destroyed large areas of bush at Kenthurst when the fires raced towards each other. A tragic fire occurred at Kenthurst in October 1991 where Mrs Shirley Dudley and her 16 year old daughter Emma Burns became victims of the "Black Wednesday" fires.

Lest we forget the volunteer and professional fire-fighters who man the front lines to save people and property whilst putting their own lives on the line for others.



AS WE WERE

PHOTOS FROM THE PAST

COLLECTION COMPILED BY
IVOR JONES SHOWING LIFE IN
THE HILLS AND HAWKESBURY
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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

Castle Hill Art Society

Art practice for artists of all ages, either in groups or classes for adults and children. Monthly demonstrations and workshops by well-known artists. Members can participate in exhibitions during the year.
9899 3179 (ans. machine)
www.castlehillartsociety.org.au

Castle Hill Senior Citizens Club Inc.

Anyone over 55 welcome to come and play carpet bowls, cards and rummikub. Cnr of McMullen Ave. and Old Northern Road, Castle Hill (opp. new Metro station) with parking at the rear.
9680 3958
castlehillseniors@gmail.com

Combined Probud Club of Cherrybrook

We are a mixed gender club of over 170 retirees and semi retirees. Meetings on 1st Thursday of each month at the Cherrybrook Community & Cultural Centre.
Ross | 0411 104 863
rossfritzpatrick@icloud.com
www.probusouthpacific.org/
microsites/cherrybrook/Welcome

Cumberland Bird Observers Club

The Club conducts 3 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

Monthly meetings are held on the 2nd 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 2nd 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 Tuesdays of the month from 10 to 12.
Maureen | 0411 724 925

CWA of NSW - Toongabbie Branch.

Monthly meetings are held the first Tuesday of the month at Brigade House, 3 Junia Street, Toongabbie from 10:30am. We also have a social or craft day on the third Tuesday of the month.
ToongabbieCWA@gmail.com

Dural and District Prostate Cancer Support Group

Meets on the 3rd Monday of the month at the Blue Gum Centre, ARV Glenhaven Green, 599-607 Old Northern Rd, Glenhaven. For details of future meetings call.
Denis | 9629 2645 or Maurice | 9654 2138

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 pencils 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

Embroiderers' Guild NSW Inc Hawkesbury Group

Love to stitch or would love to learn? Join us at a morning meet-up, 11am Tuesday 7th June Alley Café Orange Grove Mall Richmond. Group meetings (day and evening) start in July We are looking for space.

Catherine | 0413340049

cdeaney1@vtown.com.au

Galston VIEW Club

Raises money for The Smith Family "Learning for Life program" will hold its next Luncheon/Meeting on Wednesday 25th May 2022 at The Galston Club, 21-25 Arcadia Rd Galston. 11am Bookings essential. Guest speaker James Sadler "Comfy Hips"
Merle 9634 2378 | 0412 110 698.

Girl Guides Australia

Great programs for girls 6-18. They meet once a week in groups relevant to their age run by trained Leaders and Unit Helpers. To find out the best time and day for your daughter
Margo | 0417 657 433.

Glenhaven Probud 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

Jim | 0438 701 275

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.fffhnc.com

Hawkesbury West Probud Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond. New Members Welcome
Membership Officer Fay | 0414 341 253
hawkeswest.probus@gmail.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

Meets fortnightly on the first and 3rd Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to chat in a non-judgemental, safe and supportive environment.
Ron | 0424 462 153
HillsOMI1@gmail.com

Hills Shire Symphony Orchestra

Welcomes new players and gig enquiries. Rehearsals Wednesday evenings.
Chris | 0405 994 605
info@hillsshiresymphonyorchestra.org.au
www.hillsshiresymphonyorchestra.org.au

Hills Toastmasters

Meets every second Tuesday, 7pm. Restore Church: 47 Britannia Rd, Castle Hill. New members welcomed
Terry | 0488 089 951

Hills/Toongabbie Music Club

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

Kurrajong Hand Spun Craft

Come and learn a beautiful old craft at North Richmond Community Centre. Friendly group just bring yourself. Thursdays at noon.
Margaret | 0403 819 165

Ladies Probud Club of Baulkham Hills

Meets 10am, 2nd Wednesday of the month. At The Fiddler, Windsor Road and Commercial Road, Rouse Hill. New Members welcome
Suzanne Dennis | 0412 424 593
ladiesprobudshh@gmail.com.

Learning in the Hills

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

Meetings are on the 1st Thursday of the month, Tebbutt Room at Hawkesbury Library at 2 pm.
macquarietownsgardenclub.wordpress.com

National Seniors Australia (Hills Branch)

Meets on the first Thursday of each month at Muirfield Golf Club, 58 Barclay Road, North Rocks. 9.30am for 10am. The group has day outings, short tours and interesting speakers. This very friendly group welcomes visitors.
May | 0414 634 572
maybruce@bigpond.com

North Rocks View Club

Northmead Bowling Club, The Windsor Room, 166 Windsor Rd, Northmead. Meetings 2nd Thursday each month at 10.30 am. Visitors welcome.
Pam | 9634 2670 or Margaret | 9872 1405

Norwest Sunrise Rotary Club

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

Pennant Hills Mens Probud Club

John | 9487 1385

Pennant Hills Combined Probud 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 for lunch on the second Tuesday of each month at Otlands Golf Club at 11am. Meetings consist of a two 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 Probud 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

Probud Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probud Club of the Hills Inc

Ken | 02 96296459

Probud Club - Kellyville Castle Hill Mixed

Meets at 10am on 2nd Thursday of each month at Muirfield Golf Club, Barclay Rd North Rocks. New members welcome.
Pam | 0417 667 067
pamelaloves66@gmail.com

Probud Combined Kellyville Club

Meet 2nd Monday of the month at 10am. At The Glenhaven Community Centre: 76 Glenhaven Road, Glenhaven. New members welcome.
Veronica | 0408 025 577
Susan | 0400 039 308
ken_n_sue@hotmail.com

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9679 1246
admin@rdanswtalltimbers.org.au
www.rdanswtalltimbers.org.au

Red Cross - Castle Hill Branch

Meetings 2nd Friday of the month 10.15am to 11.45am at Wesley Uniting Church, 32-34 Showground Rd, Castle Hill. New members always welcome.
0419 431 084.

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 The Richmond Club
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

Meets on the 3rd Monday of the Month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start. Visitors are always welcome.
Cathy | 0435 837 118
sithehills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

The Hills Shire Garden Club

Meets on 3rd Monday of the month at Barton Hall at 178 David Rd castle Hill at 1 pm. We have guest speakers, raffles, plant sales and bus trips to various gardens New members are always welcome.
9624 5034

The Hills District Pipe Band

Practices at Stamford Hall, Balcombe Heights Estate, Baulkham Hills every Wednesday night from 7pm-9pm. The band warmly welcomes new members and gig enquiries.
Instagram: @hillsdistrictpipeband
Suzie Whitaker
pipeband.hillsdistrict@gmail.com
www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

Meets at Aveo Retirement Village, Bella Vista on the 4th Monday of each month at 6.00pm (dinner optional), for meeting at 7.00pm.
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.

Mal Steel
airsydneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

Meetings are held on the 2nd Tuesday of each month at 8 pm at Crestwood Community Centre, Cnr Crestwood Drive and Conway St, Baulkham Hills.
Ted | 0429 790 091
www.bushwalkingnsw.org.au/wanderers

Windsor RSL Fishing Club

Meets on the last Tuesday of the month at Windsor RSL club at 6:30pm. The club has been established for over 40 years and welcomes new members. It holds regular fishing outings including in land water and deep sea fishing.
Les Mison | 0421 821 1990.

Windsor Probud 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 - Northmead Combined Probud Club

Meets at 10am at Toongabbie Sports Club, 12 Station St, Toongabbie, 2nd Thursday of the month. New members welcome.
winstonhillspubclub@gmail.com

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

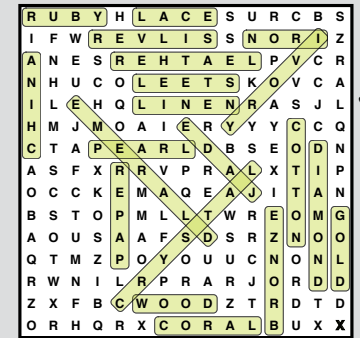
WORD SEARCH

BOATS

- BARGE
- CANOE
- CATAMARAN
- DINGHY
- FERRY
- GALLEY
- GONDOLA
- HOUSEBOAT
- HYDROFOIL
- LIFEBOAT
- LONGBOAT
- LUGGER
- RAFT
- SCHOONER
- SHOWBOAT
- SLOOP
- TRAWLER
- TUG BOAT
- WHERRY
- YACHT



WORD SEARCH



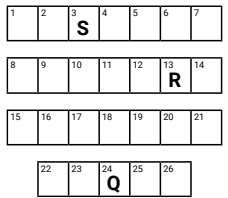
Answers from last issue

CODE WORD



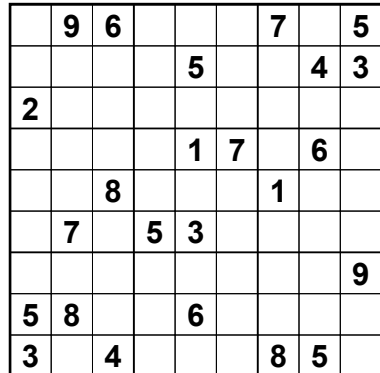
CODE WORD

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.

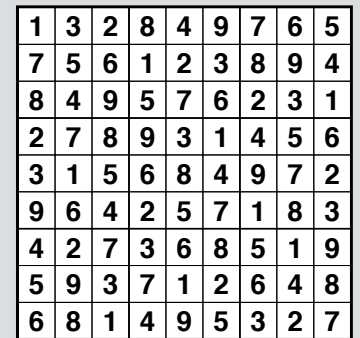


SUDOKU

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



SUDOKU



Local trampoline medal winner to compete in National Championships

Charlotte Hussein from Bella Vista, recently competed in the Gymnastics NSW Senior State Championships in Sydney in April.

She was very successful, securing a State Title and Gold Medal in the U14 Synchronised Trampoline and a Bronze Medal in U14 Individual Trampoline and will head to the Gold Coast for the National Championships in September. We wish her the best of luck.



GALSTON VIEW CLUB MEMBER MOLLY SHARP RECENTLY TURNED 100.

The ladies of Galston View presented Molly with a certificate for her 100 years and a birthday cake made by Merle Overton, one of our members. In a wonderful show of support, Molly presented a cheque for \$1000 to our president Lesley Cady. Our members were very appreciative of Molly's very generous donation.

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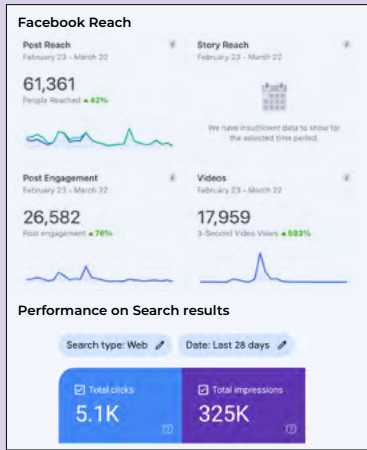
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1		2		3		4		5		6		7		8
9						10								
11								12						
13										14				
			15								16			
17														18
19					20				21				22	
23							24		25					
26												27		

Across

- 9. Like Little Boy (1-4)
- 10. Clearing (4, 5)
- 11. Begin (4-3)
- 12. Cooling drink (4, 3)
- 13. Disputed region between Pakistan and India
- 14. Waldorf salad necessity
- 15. Juggler banished Cal to a settlement in Nepean Bay, SA (6, 5)

- 19. Lewd
- 21. Affair of the heart
- 23. Misery (7)
- 25. Iconic Volkswagens
- 26. Former national rugby player and heavyweight boxing champ (4, 5)
- 27. Adult insect

Down

- 1. Hawaiian surfing site
- 2. Compels
- 3. Irregular
- 4. Association of sports teams
- 5. Pickle place
- 6. Additionally (2, 4)
- 7. Old Man ---, edible shrub
- 8. A word to the whys?

- 14. Worn by those over the eight? (6, 4)
- 15. Those in the know
- 16. Don
- 17. Designer of 25 Across
- 18. On thin ice (2, 1, 4)
- 20. Sizing up
- 22. Ottoman ruler
- 24. Free from doubt

SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

Answers from last issue

CROSSWORD

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

SUDOKU

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

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