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Community News

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AWARDS STORIES PAGE 5, 10 & 19

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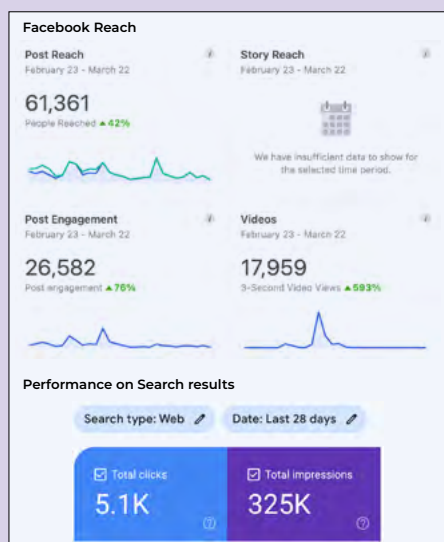
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The Community has Lost a Good Man

VETERAN HAWKESBURY COUNCILLOR PAUL RASMUSSEN PASSES AWAY

BY TONY BOSWORTH - EDITOR HAWKESBURY POST



Former Hawkesbury councillor Paul Rasmussen passed away peacefully at home last Monday night – June 13 – after a short period of illness and he's been fondly remembered by colleagues who have praised his service to the community and his friendship.

Mr Rasmussen was a Hawkesbury councillor for more than 20 years and also spent 30 years with the RAAF, five of them as Base Commander at Richmond. He lived with his family at Yarramundi and didn't stand for Council again at the elections in December due to poor health.

Christine Payne, herself a long-serving Hawkesbury councillor who worked alongside Mr Rasmussen for over 20 years told the Post "he was a good bloke."

"He was a delightful man who gave all to the community," added Ms Payne. "One of his favourite sayings was 'mums and dads of the Hawkesbury' and he was a very good councillor who was there for the right reasons. It's sad, and the community has lost a good man."

Cllr Nathan Zamprogno, who said he'd known Mr Rasmussen for most of his adult life, recalled his lengthy service to the community and said he would be sorely missed.

"Mr Rasmussen served on the Council for 22 years. I had the pleasure of serving with him from 2016 to 2021," Cllr Zamprogno said.

Mr Rasmussen served on many community groups and committees including Chairman of the Friends of the Hawkesbury Art Community,

Chairman of Hawkesbury Community Radio, and as a member of the Kurrajong Community Forum, and Hawkesbury Sports Council.

"Paul represented a huge well of wisdom and shared memory about the Hawkesbury community," Cllr Zamprogno said. "Ill-health precluded him standing for Council at the recent elections and my sympathies are with Paul's family. He will be sorely missed.

Cllr Mary Lyons-Buckett said, "Paul was the epitome of an independent representative. He acted always with the community at the forefront of his mind and his decision-making. He had served our country for many years in the RAAF then continued serving our community through his multiple terms as a councillor."

Paul was a true gentleman and great mentor for new councillors.

"He had so much knowledge and wisdom on so many things. He understood how things worked and he had a deep love of the Hawkesbury and its people," Cllr Lyons-Buckett said.

"He was a huge supporter of the arts, tourism and agriculture. He saw the potential of our area to grow sustainably and positively. Personally, he was a great mentor and support to me as a colleague but most of all as a friend. Like many others, I will miss him very much."

You can read more Hawkesbury news at Hawkesbury Post on 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.

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Susan Templeman MP Drops In

Newly returned Federal MP Susan Templeman dropped in to see residents at Riverside Gardens, a small over 55s self-care village at North Richmond last week.

Village manager Patricia Campbell said the social morning tea was organised to congratulate the MP on her recent win in the Federal election and her new role as special envoy to the arts.

About 50 residents were at the morning tea where the MP was presented with flowers, chocolates as well as a hand-made card made by Lenore Holenstein who runs a card-making group at Riverside Gardens.

Susan Templeman chatted to residents and enjoyed a morning tea before leaving for Canberra.

She said afterwards: "It is always a pleasure to visit Riverside Gardens Village and chat with residents about what's concerning them.

"I was very touched this time around when I was presented with a gift that came with a beautiful card of congratulations, which was handmade by Lenore."

She thanked the "catering crew" of Jenny Cachia and Julie Mitchell who provided "a delicious morning tea" and Patricia who organised the event and arranged the delicious sandwiches made by Buns and Beans Bakery at



Riverside Garden Village residents (L to R) Jenny, Patricia, and Julie with Susan Templeman MP during her visit last week.

North Richmond Shopping Centre. Residents at Riverside Gardens enjoy regular Morning teas at the village's beautiful community centre as well as other activities including barbecues, card making, art and craft, a book group as well as playing cards and board games. The Boys Club every Thursday afternoon includes a chat over a beer and nibbles and a game of snooker in the centre.

* Susan Templeman has been the Federal MP for Macquarie since 2016 and in the 2022 election, held on 21st May she was re-elected with 57.7% of the votes.

She was announced as Special Envoy for the Arts by the Prime Minister, Anthony Albanese earlier this month.

At the time she said: "As someone whose first love was classical music, whose escape is novels, and whose first act after losing a home in a bushfire was to hang local art on the bare walls of a temporary home, I couldn't be happier having the privilege to support the creators.

"As the mother of both a musician and an actor, I have seen first-hand the challenges and triumphs of working in the arts. I will



continue to be a voice for community arts and entertainment, which brings richness to people's daily lives in local regions such as mine in the Blue Mountains and Hawkesbury. My commitment to fighting for the people of Macquarie remains unwavering.

"I believe strongly in the role that creativity has for our wellbeing and in our education, and that it should be fostered throughout our society so all Australians get the chance to share and see their stories."



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BOY FOUND SAFE

Police have praised the public in their role in sharing social media posts about a missing 11-year-old boy in Annangrove last week.

Two strangers who were both driving down Annangrove Road found Christopher Wilson freezing by the side of the road at around 9.15am on Thursday, June 9th. Christopher had disappeared the day before after getting off the school bus at 3.20pm in the afternoon near his Annangrove home.

The POLAIR police helicopter was joined by 150 emergency service personnel including SES and Rural Fire Service volunteers as they searched for schoolboy.

Hills police say that 20,000 GEOTEXT SMS messages were sent to cell towers in the Annangrove area at the Hills Police Area Command missing child alert on Facebook reached 108,000 people.

He was last seen late on Wednesday afternoon walking towards Rouse Hill but when he was found by motorists Sean Clarence and Kristy Crabb he was heading back home but was freezing cold, hungry and exhausted after surviving the night in 4C temperatures in just his school uniform.



Sean Clarence said he saw the boy's face across social media on his phone as he was walking to his car and then spotted him on the side of the road on his way to work. "It was a shock".

At the same time Kristy was driving past on her way to the gym and stopped.

"I pulled over and ran towards him and said are you Christopher and he said "yes". He was backing off a bit but I put him in my warm car and fed him what I had."

The youngster was taken to The Children's Hospital at Westmead for possible mild hypothermia.

MEN WANTED

Detectives have released CCTV and are appealing for information as part of ongoing investigations into an armed robbery and separate aggravated break and enter at Dural and in Plumpton last year.

Just after 4.30pm on Sunday 21 November 2021, police were called to a hotel on Rooty Hill Road North, Plumpton, following reports of an armed robbery.

Police have been told two of the men – one of whom was armed with a pistol – threatened several staff members before stealing a cash register and exiting the premises.

The two men then fled the area in a stolen grey Holden Caprice.

Several patrons and staff who were inside the hotel at the time were uninjured.

Just before 1am the next day (Monday 22 November 2021), two men forced entry to a supermarket on Allan Way at Dural and stole packets of cigarettes from a locked cabinet, before fleeing.



A lone female staff member was inside the store at the time and while shaken, was not injured, and contacted police.

Investigators have since identified that both men wore similar clothing during the separate incidents.

Detectives from the State Crime Command's Robbery and Serious Crime Squad are now investigating both under Strike Force Karabin.

Anyone with information that may assist Strike Force Karabin investigators is urged to contact Crime Stoppers: 1800 333 000 or nsw.crimestoppers.com.au.

AWARDS TO POLICE

Chief Inspector Stephen Fowler from The Hills Police Area Command and Superintendent Donna McCarthy Office of the Commissioner, NSW Police Legacy who was former Commander at Quakers Hill PAC have been awarded Australian Police Medals (APM) in recognition of their dedication and service as part of the Queen's Birthday 2022 Honours.

NSW Police Commissioner Karen Webb congratulated the APM recipients, many of

whose professional experiences have focused on improving outcomes for our most vulnerable communities.

"Not only is the award a special honour, but it also recognises the valuable contribution these officers make to their community each and every day," Commissioner Webb said.

"Policing is a unique career, which exposes us to the best and worst of humanity and the APM is recognition of selfless duty to serving and protecting the community."

ELDER ABUSE

Police are urging people to call out elder abuse if they know it is happening.

World Elder Abuse Awareness Day was June 15th. Two thirds of older people don't seek help when they are abused. Elder abuse often remains hidden, with the most frequent action taken to stop the abuse involving the victim is them speaking directly to the abuser.

Perpetrators of elder abuse are often family members, mostly adult children, but they can also be friends, neighbor's and acquaintances.

The advice is to call Crime Stoppers on 1800 333 000 where reports can be anonymous.

The Aeging and Disability Abuse Helpline is 1800 628 2221.

LOCK UP PLEA

People are being urged to lock their doors and windows and lock up their cars following numerous break-ins and car thefts across the Hills and Hawkesbury areas.

On Friday, June 10th this stolen 2006 Holden Commodore (pictured) crashed on North Rocks Road with the junction of Lawndale Ave, North Rocks 6.20am. The male driver was seen leaving the scene.

A police dog was called to the scene however wasn't able to track down the offender.

Residents in adjoining streets have been asked by police to review their CCTV between 6.20am and 7am for any suspicious males.

Police say that 8 of 10 homes that are broken into were entered by unlocked doors or windows. The busiest time for Break and Enters is between Midnight and 3am.

The top five tips before going to bed are:

- Remove valuables from your car.
- Ensure you Lock up your car and house.
- Switch on down stairs alarm at night (if possible)
- Check CCTV is working
- Report Suspicious Activity on the Police Assistance Line 131444.



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AM for Cancer Researcher

BY BEV JORDAN

Professor Phoebe Phillips AM from Baulkham Hills (cover photo) is a cell biologist who has spent 20 years studying the interaction of cells in the pancreas.

Her team at the UNSW's Lowy Cancer Research Centre is now on Phase 2 of clinical trials repurposing a drug usually used to treat arthritis which can breach the scar tissue that surrounds tumours and offer new hope to people diagnosed with pancreatic cancer.

"Most patients when they are diagnosed will only live a few months and this really hasn't changed for 40 years," she told the *Hills to Hawkesbury News*. "Only about 10 per cent of patients survive to 5 years."

Tests so far have resulted in a 50% reduction in the growth of tumours and reduced the spread of pancreatic cancer. Pancreatic tumours have an extensive scar tissue which makes up to 90% of the tumour creating a fortress that chemotherapy cannot breach.

The team's research has uncovered a new way to deliver drugs to the tumour despite the scar tissue.

Phoebe says that their research is also looking at how to deliver personalised treatment to patients. "Everyone is different and this will enable the best chemotherapy treatment for that patient."

She says she is inspired in her quest to improve treatment outcomes by her husband Josh McCaroll, a fellow scientist who is researching childhood cancers and lung cancers. "He is a survivor of teenage cancer and my inspiration," she said.

Phoebe is Ambassador of Cure Cancer Australia, Research Specialist at Sydney Pancreatic Centre and Head of the Pancreatic Cancer Translational Research Group.

In 2009 she won the Dean's Rising Star Award at the University of New South Wales

where she is now Professor and Associate Dean of Medicine and is Deputy Director, Cancer Clinical Academic Group, Sydney Partnership for Health, Education, Research and Enterprise (SPHERE) since 2021.

Before then she was Deputy Director, Adult Cancer Program, Lowy Cancer Research Centre, 2017-2021. She is a Project Leader at the Australian Centre for Nanomedicine, since 2015 and has held numerous other roles.

Her roles with the Australian Society for Medical Research have included Board Member and President. She has several awards for research.

As a teenager in Albury she says she was fascinated by how the body worked and pursued science to find the answers.



Chess Master Wins AM

By Bev Jordan

Brian Jones from North Richmond has been playing chess for nearly 70 years and has passed the loved of the game onto his children and grandchildren.

The Grand Master was honoured for significant service to chess at the elite level. He was seven years old when he started playing chess in Manchester and it remained a life-long love and career choice. He and his wife Margaret migrated to Australia from the UK in 1987 and Brian has travelled internationally playing the game he loves.

"Chess has taken me around the world," he said. The major tournaments have seen him play in Malaysia 11 times.

He now plays chess online but both his grandchildren, Ryan and Jasmine, play tournaments and his daughter Nancy and her husband Gary Lane are both International Chess Masters. His son Lee is also a keen chess player. He says they were all off playing chess when his AM was announced.

Brian's commitment and support of chess playing has seen him on the executive, of the Oceania Chess Confederation (including President), the Correspondence Chess League of Australia and the International Chess Federation (FIDE).

He was a council member on the NSW Junior Chess League and volunteered at school tournaments and was Former Deputy-President of the Australian Chess Association and Vice-President, NSW Chess Association. He was writer, editor and publisher of the Australian Chess Magazine from 2003 to 2013.

He has won awards from the International Chess Federation (FIDE) and the Australian Chess Federation.

Queen's Birthday HONOURS

By BEV JORDAN

A cancer researcher, a Cancer Council volunteer, a chess master and cricket legend are four of the locals named in the Queen's Birthday honours list.

PROFESSOR PHOEBE PHILLIPS from Baulkham Hills has been appointed an AM (a Member of the Order of Australia) for significant service to pancreatic cancer research and **JAMES BUTLER** from Norwest has been awarded an OAM for service to people with cancer.

Other incredible locals also named as Members of the Order of Australia are:

- **Clinical Professor Sameer Bhole AM** from, West Pennant Hills for significant service to dentistry, to education and research.
- **Mr Brian Jones AM** of North Richmond for significant service to chess at the elite level.
- **Maria Said AM** of Quakers Hill AM for significant service to anaphylaxis treatment, education and prevention.
- **Mr Lloyd Taylor AM** of Norwest for significant service to policing in several roles including The Police Association NSW.
- **Doug Walters AM** from North Rocks, former Test player for significant service to cricket at an elite level (*full story page 10*).

The Medal of the Order of Australia (OAM) has been awarded to:

- **Marjorie Clarke OAM** from Wilberforce for service to community history, in particular The Australian Pioneer Village.
- **Robert Gardiner OAM** from Castle Hill for service to the community through a range of roles including Rotary and chairman of the Red Shield Appeal for 25 years.
- **Dennis Mitchell OAM** from OAM Ebenezer for service to emergency response organisations including Rural Fire Service for over 30 years and the State Emergency Service for over 20 years.
- **Hector Soans OAM** from Kenthurst for service to the Anglo-Indian community of Australia.
- **Brian Walters, OAM** from Cherrybrook for service to veterans through a range of roles, including numerous roles with Castle Hill RSL sub-branch.
- **Bill Whitworth OAM** from West Pennant Hills for service to the aviation industry.

Read their stories on page 10 and 19.

The locals were amongst 992 Australians named by the Governor-General David Hurley today for meritorious, distinguished and conspicuous service.

"On behalf of all Australians, I congratulate the Australians recognised in today's Honours List," he said. "Recipients share some common traits – including selflessness, excellence and a commitment to service. The Order of Australia belongs to all Australians. In addition to the characteristics of selflessness, excellence and service, each recipient in the Order has something else in common: someone has taken the time to nominate them for recognition."

He urged people to make a nomination. More information about the Order of Australia is available at www.gov.au.

b kinder day 2022 BY BEV JORDAN

Danny Mayson-Kinder thinks the world needs to be kinder and thousands of other people think she's quite right.

b kinder day is on Wednesday, 22nd June and in the past two years over 60,000 B Kinder cards have been sent throughout Australia and around the world.

The first b kinder day was held at Arndell Anglican College in Oakville in 2018. It was the school Billie Kinder attended before the 12-year-old died in a tragic horse accident.

Her mum, Danny, set up the flyhighbillie charity to promote kindness in schools and the community. She has also produced workbooks using Billie's drawings and inspirational words promoting kindness.

Arndell Anglican College has not only supported b kinder day for the past five years but has also embedded the b kinder workbooks into their PDHPE curriculum.

"I think the next generation is going to change the world and they need to," says Danny. "People need to wake up and be kinder to each other. We have allowed the world to get this way. Our children listen to the way we speak to each other. We need to re-set. Sending a card to someone with a kind message in it is a way to keep kindness happening."

Last year 72 schools took part in b kinder day and this year looks even bigger with local events happening at several pre-schools

including Kenthurst Pre-school, Vineyard Pre-school and Warrah Disability Services at Dural.

This year, thanks to a \$10,000 grant from the Commonwealth Bank, local businesses have been given cards to give away free on b kinder day and encourage people to pay it forward.

"We have used the grant to package 150 b kinder day packs for small businesses. It contains a b kinder day poster, 10 b kinder day balloons and 25 of Billie's beautifully illustrated b kinder day cards," says Danny. "We would like small businesses to participate by decorating their place of work and then gifting a card to each customer on b kinder day. They can pay kindness forward and suggest the customer writes and then sends the card to someone they care about, or even write a kind note and pop it in a stranger's letterbox."

Alisha Goldstien (pictured) from the Farmer's Daughter gift shop in Windsor has supported the flyhighbillie charity from day one. Other local businesses getting involved include: Davies Office Supplies, Bridge Cafe and Farmhouse Living at Windsor; Gentle Dental and Hawkesbury Family Practice -at Richmond, Hawkesbury Screenprinting at North Richmond, Hawkesbury Oasis and Horseland Richmond. Several schools have already held b kinder days and others are



planning their events after 22nd June including: Arndell Anglican College, Richard Johnson Anglican School, Papilio Early Learning Centres Pitt Town and Schofield, Milestones Early Learning, Pitt Town and Parklea Public School.

For information on how to get involved email info@flyhighbillie.org. Information about the charity, its workbooks and publications are on the charity's website flyhighbillie.org



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From - John & Anne Rumley

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South Windsor's Renee Hardy hammers the opposition for Australia

BY TONY BOSWORTH – EDITOR HAWKESBURY POST

Renee Hardy started Athletics young. She first got on the track at age 4 and worked hard over the following years, eventually winning many state and national medals and now holds several records at club, region and state levels, but it's all been against the odds.

Renee – now aged 19 - is visually impaired and her parents originally signed her up with Little Athletics to help with her visual perception and motor skills. She proved competitive in Race Walking but then had to deal with hip and knee injuries and so she decided to concentrate on throwing events. She was talented in discus and shot put, but later took up Hammer Throw, where she has been especially successful and now competes for Australia at an international level.

In 2019, aged only 6, Renee won the Nationals competition for her age group in the Hammer event and broke the meet record too.

Not long after, she was selected for the Australian team competing at the Oceania Athletics Championships where she won Bronze in the Under-18 Hammer Throw.

"I know how tough it is for her to juggle work, uni and training," says mum Christy, "but she works very hard at everything she does and it's always nice to see the hard work pay off."

Hammer Throw is a demanding sport and in March last year, Renee suffered injuries to her back and hip. She had weekly physio and very

limited training and when the athletics season started in September, she was still unable to throw because of the injuries. But the South Windsor resident is nothing if not determined.

In February she decided to slowly start competing again and hope for a National qualifier, and soon after won the State Title to qualify for the Nationals.

"In March, like many in the Hawkesbury, our house was flooded," Mrs Christy told the Post. "The same week, her Pop passed away and she got Covid. A week later she won the Gold medal at Nationals."

Now the humble athlete who likes her actions to speak louder than any words, has been selected to represent Australia at not one, but two international competitions.

This last week she competed in the Under-20 Hammer Throw at the Oceania Athletics Championships in Mackay, Queensland where she came second with a personal best throw and was awarded the silver medal, and next week she flies to Saipan, as one of 14 athletes competing at the Pacific Games, where

she will take part in the Open Women's Hammer throw.

"After the way the past year or so has been," says Renee, "it means so much to be able to represent Australia. With some ongoing injuries I didn't even know if I'd be back throwing at all this season, I was just happy to be throwing, so to win Nationals and then get selected for two Australian teams is just amazing. What drives me is my love of the sport. I just love what I do. Everyone who has helped me get here is part of that drive too, especially my coaches and my physio."

Her family have started a gofundme page to help with some of the costs of getting Renee to and from the competitions so she can keep representing her country, and you can contribute to that here to help the Hawkesbury's hammer thrower keep on winning.

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



Open Your Heart to Country

Jasmine Seymour is a Dharug writer, artist and teacher. She is a descendant of Maria Lock, who was the daughter of Yarramundi, the Boorooberongal elder who had met Governor Phillip on the banks of the Hawkesbury River in 1791. Maria was the first Aboriginal woman to be educated by the Blacktown Native Institute. She was married to carpenter and convict Robert Lock, and their union resulted in thousands of descendants who can all trace their Dharug heritage back past Yarramundi. Jasmine is a member of the Custodian Aboriginal Corporation. It is Jasmine's wish that through her books, everyone will know that the Dharug mob are still here and still strong. Jasmine is a primary school teacher in the Hawkesbury area of NSW. Her previous books include *Baby Business*, *Cooee Mittigar* and *Family* (illustrator).

Her new book, *Open Your Heart to Country*, is a First Nations bilingual children's picture book. It is a moving account of healing and belonging from a First Nations perspective. Jasmine Seymour's exquisite collage illustrations place readers among nature. Paired with the soft, lilting text, the book not only resonates with young children, it shares a deeper message with older readers.

'It is a story about the joy of learning. Learning about Indigenous people, learning about Country, learning about languages,'

says Jasmine. 'It is incredible the amount of knowledge we are locked out of when we don't open our hearts.'

Jasmine tells the story in two languages, English and Dharug. 'Dharug language has been spoken by people who have lived across the Sydney Basin for thousands of years. Because no two languages ever follow exactly the same sentence patterns, and all cultures express concepts and ideas in their own way, we learn a lot about how different societies think when we listen to and learn new languages,' she says. The engaging story is important in teaching young children about the First Nations reciprocal relationship with Country and is a book the whole family can enjoy.



Open Your Heart to Country was commissioned as part of the online Storytime program by the Australian Library and Information Association (ALIA), supported by funding from the Australian Government Restart Investment to Sustain and Expand (RISE) fund, an Australian Government Initiative. *Open Your Heart to Country* is a powerful education tool and will include teacher notes for those using the text in classrooms.



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Doug Walters AM

BY LAWRENCE MACHADO

Kevin Douglas Walters, one of Australia's iconic and much-loved cricketers, has been awarded Member of the Order of Australia (AM) in the Queen's Birthday Honours List for significant service to cricket at an elite level. This adds to his MBE awarded in 1975, Centenary Medal in 2003, and an inductee into Sport Australia Hall of Fame in 1994.

The North Rocks local took the award with his customary humour, telling the *Hills to Hawkesbury Community News*: "I was very surprised as I thought I was over the age for these sort of things!"

Doug, 76, is one of the finest cricketers produced by Australia, playing 74 Tests, having made his debut in 1965. Known for his larrikin ways, smoking and beers, Doug captivated millions of fans around the world with his breathtaking batting, amassing 5357 runs at an average of 48.26. He also took 49 wickets with his medium pace, and was known for his golden arm as he managed to break up big partnerships.

Reflecting back at a glittering career which included 28 one-day internationals (ODIs), Doug said he had been playing cricket ever since he was old enough to lift a bat.

"My parents (Ted and May), my brothers Warren, Terry and sister Colleen all loved sports," Doug said. "If I had not played cricket as a career, I really don't know what I would have done or played." (Sadly, Warren passed away a few days ago while Terry died in an accident earlier).

Doug was a loyal stalwart of Parramatta DCC, playing 17 seasons starting from 1963,

and has a pavilion named after him. Sydney Cricket Ground also honoured him with a stand, later demolished. He even has a bar named after him in the Victor Trumper Stand.

Doug said that legendary Australian paceman Jeff Thompson was the quickest he has seen to this day. "Yes, Jeff was the fastest I have faced," Doug said. "Sir Gary Sobers was the best batsman I have seen, and like all great batsmen including Viv Richards, he made good bowlers seem ordinary. Sobers was very gifted and the best allrounder. He was the best cricketer, full stop."

Reminded that he was also considered a part of the cricketing elite, Doug laughed: "I am way down that list! I had my days but they (Sobers, Richards) had more days than me!"

Doug underwent National Services Training from 1966-67 but said it never affected his cricketing career. "Not really, as I had my best ever series soon after I came back, against the West Indies in 1968," he said. In that 1968/69 series, Doug plundered 699 runs from four Tests (he missed the opening game due to an injury), becoming the first in history to score a century and double century in one Test.

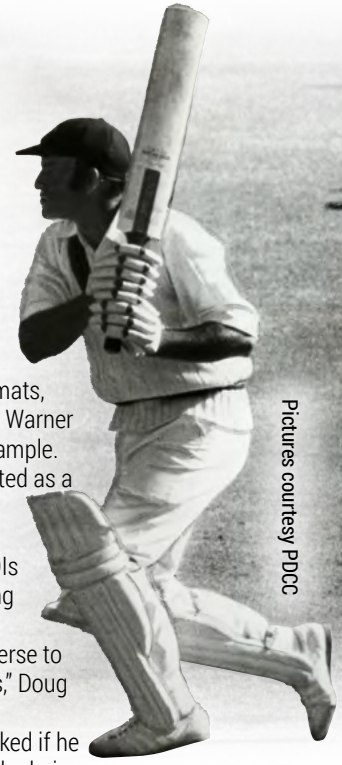
A life member of Cricket NSW and Parramatta DCC, Doug said good players always

adapt to different formats, saying David Warner is a great example. "Warner started as a slogger in T20s, then moved to ODIs before playing Test cricket, quite the reverse to other players," Doug explained.

When asked if he would consider being a national selector, Doug chuckled: "I have never wanted to be a selector or an umpire!"

Doug, who is married to Caroline, has four children, Brynley, Lynton, Hannah and Mitchell, and is delighted, "they are all very keen on sports". "My daughter still plays soccer. However, Mitchell, who was the most talented cricketer out of the lot, wasted his talents," he said.

Doug keeps fit by playing golf and has written two books, *One for the Road*, and *The Entertainers* with fellow Australian cricket star Mark Waugh.



Picture courtesy PDCC

OAM: The Cancer Council Volunteer

BY BEV JORDAN

JAMES BUTLER from Norwest who was awarded an OAM for service to people with cancer is a cancer survivor and committed volunteer.

He has been "overwhelmed" by the reaction to his award which he says has been very humbling. "At the front of my mind it has always been about improving the lives of cancer patients," he told *the Hills to Hawkesbury News*.

James was 39 years old with four young children and running his own business when he was first diagnosed with the blood cancer non-Hodgkin's lymphoma.

While he was having intensive chemotherapy at Westmead Hospital, one of his driving motivations was to survive long enough to see his four young children grow up.

"My prognosis was not good," he says.

When the cancer recurred four years later, he had more chemotherapy and an autologous bone marrow transplant (which used his own bone marrow stem cells).

"It showed how much cancer research had advanced in those four years as there were more options for treatment," he says. "When I

left hospital for the second time with my life intact I promised to give something back."

That promise has resulted in over 30 years of volunteering with the Cancer Council which has seen James take on campaigns lobbying for parking provisions for cancer patients undergoing treatment at Westmead Hospital, No smoking areas in public spaces, a dedicated palliative care ward at Westmead Hospital to name a few plus fundraising.

James, who now has six much-loved grandchildren, has been a Board Member of Cancer Council NSW since 2014, Co-Chair, Aboriginal Advisory Committee, since 2020 and is Chair, Consumer Research Review Panel, Chair of the Relay for Life Steering Committee and member of the Relay for Life Task Force and is Past Chair of the Hills Community Cancer Network.

James has run Daffodil Day Fundraising Events and was on the Hills Relay for Life Organising Committee for over 20 years

including Chair and was chair for 5 years of the Western Sydney Cancer Advocacy Network.

He has also advocated the Western Sydney Local Health District as a Community Representative on the Cancer Services Committee and a Governance Committee member for The Crown Princess Mary Cancer Centre.

He was named a Global Relay for Life Hero for Hope by the American Cancer Society in 2014.



Norwest Quarter

BY MULPHA



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Norwest
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Do the Bowel Cancer Test BY BEV JORDAN

I find it quite astonishing and really sad that only 4 out of 10 eligible people bother to take advantage of the free Bowel Cancer Screening kits that are delivered to people over the age of 50 every two years.

My husband David was diagnosed with bowel cancer the year that the free National Bowel Screening program began in 2006.

He went to our GP when he found tell-tale spots of blood in stools. By the time he had a colonoscopy he was Stage 4 (terminal).

Early screening is vital because by the time you get symptoms it is already too late.

It was too late to save David's life but it could save your life or the life of someone you

love because, IF caught early enough Bowel Cancer can be treated in 99% of cases.

Yes, a 99% cure rate if caught early which is why screening is so important.

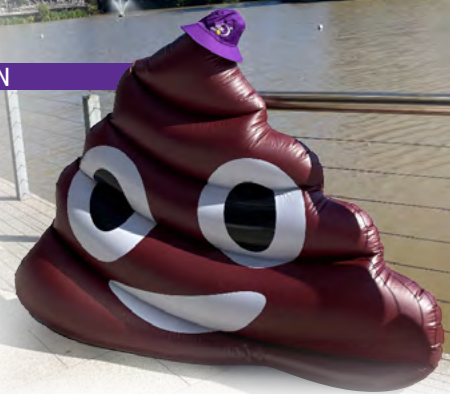
That's why I find it incredibly distressing that only 40% of people aged between 50 and 74 who receive the free test (delivered to their door) leave it in a drawer or throw it out.

According to the Cancer Council bowel cancer kills more people in NSW than prostate cancer, breast cancer or melanoma ... it is the second leading cause of cancer-related death after lung cancer.

It's a cancer that affects both men and women in almost equal numbers, 54 % of people diagnosed with Bowel Cancer are male and 46% are women.

But, if detected early, bowel cancer can be successfully treated in more than 99% of cases.

Erik Carapetian received the bowel screening test in the mail shortly after his 50th birthday and did the test straight away, even though he was healthy, active, didn't smoke and had no symptoms



The test came back positive and Erik's GP sent him for a colonoscopy which detected a tumour. Erik was booked in for surgery and within a week of diagnosis the tumour had been removed and was confirmed as bowel cancer. The screening test saved Erik's life.

Bowel cancer kills over 5,000 Australians a year. If 60% of the population did their bowel screening tests instead of 40% ... more than 24,000 additional lives, like Erik's, will be saved by 2040.

June is Bowel Cancer Awareness month. My message is simple... Please take the test. Tell your family members and tell your friends colleagues.

I have just taken mine. The early screening program came too late to save David's life but it could save yours or someone you love.

If you have misplaced or thrown your kit away call the National Cancer Screening Register on 1800 627 701 for a replacement kit.

The Cancer Council Help Line is 13 11 20 .



David Jordan Summer 2008

ROAST FOR RUFFTRACK
Fundraising Dinner
Hosted by Farmer Dave

DATE | **2022** | TIME
Saturday 16th July | 6pm - 10:30pm

Venue
Glenorie RSL
3 Post Office Rd, Glenorie NSW 2157

Book your Tickets : www.Rufftrack.com (Events Page)
Dress: Smart Casual or Country
Contact: Kylie - 0418 253 415

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GIVE GENEROUSLY TO THE SMITH FAMILY'S WINTER APPEAL

Galston VIEW Club is urging the local community to give generously to The Smith Family's Winter Appeal this year, to support thousands of children and young people with their education as they deal with the ongoing effects of the COVID-19 pandemic. Galston VIEW Club President Lesley Cady said support from the community is vital in this difficult time. "COVID has been so disruptive for all of us, but children experiencing disadvantage have felt this impact more than most. By donating to The Smith Family this appeal, we can ensure those children who are most in need can get the best out of their education," she said.

VIEW (Voice, Interests and Education of Women) is a national women's organisation and support network, bringing together women to enjoy social activities, develop skills, and make connections – all while supporting Australian children experiencing disadvantage.

This year, The Smith Family aims to raise \$5.4 million by June 30 to provide learning and mentoring support programs to children in need. VIEW is the largest community sponsor of students on The Smith Family's *Learning for Life* program, which is why its members are calling on Australians to get behind the appeal. The Smith Family's CEO, Doug Taylor, said support from the public is vital, and will help the charity extend its reach. This is especially important with a national survey conducted by the charity revealing families are still worried about their children's education, even as Australia emerges from the pandemic.

"Helping students in need who are struggling at school is a focus of The Smith Family's work. And what we're seeing in this third year of the pandemic is greater than ever. Our survey found that more than half of parents and carers believe COVID is continuing to make schooling difficult for their children, with disrupted routines, illness, and mental health all key concerns. It's alarming that 70% of respondents said they are worried about their children's schoolwork in the future. We want to extend our tailored learning support programs to help more children over the coming year address these issues, and to ensure they can thrive in their education once again," he said.

Funds raised will support 12,857 children across Australia to access a range of proven numeracy, reading, and mentoring programs, including after school *Learning Clubs*.

For those who are interested to find out more about VIEW or who would like to join visit view.org.au



July Market Day

The Hills Men's Shed's next market day will be a Christmas in July theme on Saturday 2nd July at Eric Mobbs Reserve, Ferguson Ave, Castle Hill.

Monthly markets are held on the first Saturday of the month (until September) between 8.30am to 12.30pm.

Visitors are welcome to come along and enjoy coffee, tea and cake for just \$2.50.

There will be a selection of children's wooden toys, handcrafted pens and beautifully crafted shed products. There will also be a good selection of puzzles and games, all priced to sell plus a great range of plants and planter boxes. Tools, crockery and glassware will also be for sale.

Native plants are just \$2 each or 6 for \$10 and planter boxes can be made to your choice of colour and design.

Little Gem Magnolias and many other varieties are also available. CDs, DVDs and books all going for \$1 each or less.

Cakes, jams and crafts will also be for sale at the monthly market. Firewood is \$10 per bag or 3 bags for \$20.

The Hills Men Shed President Graham Metcalfe said: "The men's shed movement has now become one of the most powerful tools in addressing health and wellbeing."

The funds from the next market day will be used to build a working kitchen for the men who are without partners or who are acting as carers, to learn how to cook healthy dishes.

The Hills Men's Shed is open Monday to Thursdays 9am to 3pm. It is a community space for men to connect, create and converse.

At the moment there are 93 members but they are always looking to boost their membership. The Men's Shed participates in local community projects and at the moment members are busy making street libraries and shelving for local schools and preschools, bee hotels to encourage environmental care, repairs and refurbishing of items and many other projects.

For more information call Geoff on 0416 699 379.



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Pick Your Own

BY TONY BOSWORTH – EDITOR HAWKESBURY POST

Farmers threaten to “rip up trees” if proposed new government regulations for Pick Your Own go ahead

Each weekend hundreds, sometimes thousands, flock to Pick Your Own farms across the Hawkesbury and especially in the Bilpin area, known as The Land of the Mountain Apple, but that is under threat with new State government rules floated dramatically limiting the number of visitors.

The owner of one very successful operation – the Bilpin Fruit Bowl, which sees around 600 visitors a day – says she will likely rip up her trees and sell up if the proposals go ahead.

One of the mooted proposals, which would see agri-tourism included in Local Environment Plans across the State, could see visitors to PYO limited to 50 people per event on just 10 days a year, with a best case scenario of 32 guests each week, 52 times a year. At a public meeting held last Friday there were some claims it could mean 50 people at a time could enter, which is slightly better, but there is no way of enforcing or policing that at each farm gate and it would ruin local PYO businesses.

“We get 5-600 people a day,” says Bilpin Fruit Bowl owner, Margaret Tadrosse.

“For them [State government] to put those kinds of limits on it, it’s not worth us opening.”

“We have 20,000 fruit trees. We have been here nearly 40 years. We are not going back to doing Coles and Woollies, we have been there, done that. Once these limitations are put on it we will look at pulling out our trees and selling up, because it’s not viable anymore. I will pull out every tree, and most of the farmers will be doing the same thing and all we’ll be doing is eating imported fruit, because there will be no more farming industry from NSW,” she says.

After the devastating Black Summer bushfires which roared through Bilpin region, farmers, including Mrs Tadrosse received government funding to re-build and in some cases expand their operations.

“We had a \$1.2m grant, and we put \$600,000 of our own money on top of that to build a hot house,” says Mrs Tadrosse.

They have so far planted 36,000 strawberry plants in the first hot house which means visitors can pick the fruit year round. A second hothouse is about to be opened.

“So we are open, selling strawberries, so what do we do now if this goes ahead? There is this rumour saying existing businesses are exempt, this is incorrect, there is no exemption for existing businesses. We don’t even know why they want to change the rules,” she says.

“Nobody wants this. Nobody wants to see farmers being shut down like this. For Bilpin itself, we are just outside the Sydney basin. We are an hour and 15 mins from anywhere in Sydney. It’s doable for anyone in Sydney to put their kids in the car and let’s go for a quick drive and pick some fruit in Bilpin. It’s an activity people love to do. With what they are trying to implement, I’m allowed only 500 people per picking season. It’s just stupid and it’s scary stuff because it not only affects the agriculture, it also affects agri-tourism and B&Bs and cafes. It affects any business that relies on tourism trade. It has far reaching implications.”

“We understand there has to be regulation and we’re happy to look at regulation but what they’re suggesting is sheer lunacy.”

The proposed new State regulations – currently called Agri-tourism and Small-Scale Agriculture Development - seeks to add some rules around farm operations because agri-tourism businesses have been operating in what one official told the Post was “a planning rule desert for the last 20 to 30 years”.

At the public meeting organised by Bells Line of Road Business Council at the Kurrajong Heights Bowling Club, over 40 businesses heard about proposed caps on the number of farm gate visitors they could host and the likely requirement that they might all have to lodge DA to be allowed to continue to operate.

Several Hawkesbury councillors, including the Mayor and Deputy Mayor, plus MPs Robyn Preston and Susan Templeman were also at the meeting with Hawkesbury State MP Preston suggesting it might be possible to lobby Minister Anthony Roberts for PYO operations to be exempt.

“It is clear that the group [of farmers and locals at the meeting] sees Pick Your Own as integral to the social fabric and economy of the area,” said Angela Maguire who is President of

the Hawkesbury Harvest Trails and Markets, an umbrella organisation for the local agri-tourism industry.

“Our State Member [Robyn Preston] said she wanted pick your own farms to be removed entirely from these proposed rules,” says Ms Maguire.

She has also undertaken to organise a face-to-face meeting for Hawkesbury Harvest with the Minister for Planning week commencing 20th June when parliament returns, says Ms Maguire.

“We are grateful for the attention we have received and will continue to lobby for fair and reasonable regulation of agri-tourism in New South Wales that encourages existing and new businesses to invest in experiences consumers are demanding,” Ms Maguire said.

Ms Preston told the Post she thought the meeting was very productive.

“Those attending were able to clearly relay to me their concerns, which I agree with,” she said. “I will take those concerns to Minister Roberts next week. I also invited two representatives from the group to attend the meeting with Minister Roberts and they were appreciative of that. There is still time to put our case forward and Minister Roberts has been very obliging in listening about this matter. He wants to find a solution that doesn’t impact PYO farmers and we will work on this over the coming weeks.”

Removing PYO from the proposed changes is seen as imperative by the PYO businesses because if the changes as proposed go ahead it would mean each operator would have to apply to Hawkesbury Council for a Development Application, which is a known lengthy, detailed, and expensive business.

“Who knows what Council might ask for in a DA, besides a long list of reports from consultants that no one can afford,” Mike Spurling of Bilpin Farm Stays, told the Post.

You can read more Hawkesbury news at Hawkesbury Post on www.hawkesburypost.com.au or [facebook.com/hawkesburypost](https://www.facebook.com/hawkesburypost)



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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: GEMMA
 BREED: DOMESTIC
 SHORT HAIR
 SEX: Female
 AGE: 2 years
 PRICE: \$49



GEMMA is a 2-month-old Domestic Short Haired cat. Staff at the Hawkesbury Companion Animal Shelter say Gemma is a sweet girl. Staff say Gemma is always up for some loving attention. If you think you would like to give this lovely girl a loving home please come to the shelter to meet her. Gemma's adoption price is \$49 and includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

IVY is a ten year old male Staffy who is a calm friendly girl. According to staff at the Hawkesbury Companion Animal Shelter Ivy is always happy to meet new people. Staff say Ivy has been very well behaved with other dogs in the exercise run. If you are interested in meeting Ivy please come to the shelter with your family, including the family dog to meet her so that staff can be sure they will all get on together. As the featured dog Ivy's adoption price has been reduced to \$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: IVY
 BREED: STAFFY
 SEX: Female
 AGE:
 10 years old
 PRICE: \$49



NED is a five-year-old Kelpie cross. According to staff at the Hawkesbury Companion Animal Shelter Ned is an active dog who likes to be around you. Staff say if you have been looking for a dog with a gentle nature to keep you company please visit Ned at the shelter with your family. If you already own a dog bring it for a meet and greet so that staff can be sure they will all get on together. Ned's adoption price has been reduced to \$99. The adoption price includes the first vaccination, desexing, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation

AT A GLANCE

NAME: NED
 BREED:
 KELPIE CROSS
 AGE: 5 years old
 PRICE: \$99



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Early Fire Alert

The huge fuel build up over the last six months has put the RFS on high alert for an early fire season. Aussie Pumps is ready!

The company has increased capability to provide what is widely acclaimed as the world's best high pressure firefighting pump range.

"The Aussie Fire Chief, and our budget Aussie Fireman pump, are widely regarded as the best pumps of their kind in the world. They're the only pumps with a five year warranty and, they outperform and out feature all others in the market", said Aussie's Product Manager, Brad Farrugia.

The Fire Chief and the Fireman both standardise on top quality Honda engines.

"They start first time, every time, and that's what you need in a fire", said Brad.

Aussie warns homeowners shouldn't spend too much, but rather focus on performance and quality rather than the brand name or fast talking salespeople!

"Now is the time to get ready for the season, homeowners shouldn't wait 'till they smell smoke", said Brad. Brad's advice is, "Do your homework get the best for pumps and value", he said.

Full information, including a FREE Bushfire Survival Guide is readily available from Aussie Pumps or authorised dealers.

aussiepumps.com.au

Aussie's Honda powered "Fireman" is a great performer at only \$828 plus GST.



The Hills Shire Council News

What's on at The Pioneer Theatre?

An Evening with Mark Tedeschi

Tuesday 21 June 2022 | 6.30pm to 7.30pm

Join renowned barrister and former Senior Crown Prosecutor Mark Tedeschi, AM QC, as he discusses his new book 'Missing, Presumed Dead'.

His book tells the story of the disappearances of Dorothy Davis and Kerry Whelan. Mark is widely regarded as one of Australia's premier true crime authors and as the prosecutor of this case, is best positioned to speak to it in all its detail. The evening will conclude with book sales and signing conducted by Dymocks Rouse Hill, cash and card accepted.

Cost | \$7.80 PP | Bookings essential online



Hornsby Gang Show - 'In Technicolour'

Friday 8 July 2022 | 7.30pm to 10.30pm

Brought to you by Scouts, Venturers, Rovers, Leaders and Guides of the Sydney North Region - the Hornsby Gang Show is back 'IN TECHNICOLLOUR' at the Pioneer Theatre!

The Pioneer Theatre is located under the Castle Hill Library, corner of Castle and Pennant Streets, Castle Hill. For show tickets, and to discover more great events, visit www.pioneertheatre.com.au

Helping Learner Drivers

Are you about to teach someone how to drive? This free online session will offer practical advice to parents and supervisors of learner drivers about:

- Current driving rules and requirements for L and P platers
- How learners benefit from supervised on-road driving
- How you can help make learning to drive a safe and positive experience

When: Wednesday, 29 June 2022 | 6pm to 7.15pm

Bookings are essential. To book, email avernicos@thehills.nsw.gov.au or call 9843 0145.

This workshop will be presented via Zoom. You do not need to install Zoom on your device to participate. A live link with login details will be emailed to you when you book.

Making the most of open space

The final elements of Barry Road Reserve in North Kellyville are now complete. Construction of a stormwater management basin, landscaping and a kick-about play space adjoining the existing children's playground was recently completed. The playground at Barry Road Reserve was opened in 2018 and designed to fit in the natural terrain, including a bespoke shade structure, and the addition of sandstone elements and native trees and plants.

The basin will help in the prevention of downstream flooding and allows biological processes to remove pollutants from stormwater runoff before entering the natural watercourse.

Council has also approved tenders to build more stormwater basins in North Kellyville – one at Deepwater Circuit Reserve and another at Kumbatine Crescent Reserve – and work will commence soon on another at Springbrook Boulevard Reserve. When complete, all three reserves will incorporate kick-about areas and playgrounds to the adjoining stormwater management basins to enable the spaces to be used for recreation.

Stormwater basins are also under construction at Lansdowne Road Reserve, McMillian Circuit Reserve and Indwarra Avenue Reserve, in North Kellyville, and are anticipated to be open later this year, weather permitting.

To find out what else is being built in the Hills Shire, visit Council's website and Council Works & Projects.



Council Meetings

Tuesday 28 June 2022 – 7pm.

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

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



Discover The Hills from station to station!

You don't have to leave The Hills to wander through hidden gems, secret charms, wonderful scenery and native wildlife – why not get to know more about Norwest, Bella Vista and Kellyville/Rouse Hill on The Hills Shire's newest Metro walks?

Metro walks take you to from station to station via local points of interest including small lakes and creeks lines where you can see bird life and local wildlife, as well as visit a number of parks and playgrounds to stop and have a leisurely break with the family.

Walks available include the Rouse Hill Circuit, Kellyville to Rouse Hill Stations, Castle Hill to Showground Stations, Norwest to Bella Vista stations and the return journey from Bella Vista to Norwest via a different route. Detailed maps can be found on Council's website by searching for 'Metro Walks in The Hills.'

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.'

Anyone for tennis?

Warm up this winter with a game of tennis! Council's tennis courts are located at Annangrove Park, Bella Vista, Bernie Mullane Reserve Kellyville, Kenthurst Park, Les Shore Reserve Glenorie and Ted Horwood Reserve Baulkham Hills. Courts can be hired from 7am to 10pm Monday to Sunday for a casual rate of \$16 per hour or regular hire rate of \$7.40 per hour.

To book a court, visit Council's website and search for 'Book a tennis court online'.



Report it to Council

ANY DEVICE, ANYWHERE, ANY TIME



Have you seen something that needs our attention? You can report an issue from anywhere, on any device, at any time.

To get started, visit www.thehills.nsw.gov.au and search 'Report it to Council.'



Are you enjoying The Hills Shire Council News? Scan the QR code to let us know.



THE HILLS
Sydney's Garden Shire

Exciting times for Charlie Chech

BY LAWRENCE MACHADO

When it comes channelling the legendary crooners like Nat King Cole, Ella Fitzgerald, Bing Crosby, Dean Martin, Sammy Davis Jr and Frank Sinatra, our Charlie Chech is one of a kind. Watching and listening to this boy wonder is mesmerising. His captivating rich voice is a throwback to the Fifties and Sixties legends whose torch is now carried imperiously by the great Michael Bublé.



Cherrybrook's Charlie Chech is headlining two shows in July

The immensely-talented Charlie's musical career took off at 15 after he was sensationally pulled on stage to sing with his idol Michael Bublé in Sydney. A successful Talent Development Project 2022 graduate, the Cherrybrook crooner has just recorded his first single at Sony Music Australia, a beautifully re-arranged version of *Speak Softly, Love* (the haunting Nino Rota theme song from *The Godfather* movies). It will be released on Spotify and other streaming services.

"Recording at a major studio like Sony was like nothing else I've ever done - just so exciting," an elated Charlie said. "I can't wait for people to hear my song."

You can hear our young star, who has also shortened his surname from Tchetchenian, at two exciting shows in July, the first being on Thursday, July 14, at The Galston Club. *The Christmas in July* show will feature a repertoire

of Charlie's best crooning and jazz songs, along with Christmas tunes. The \$35 ticket includes a two-course menu, traditional Christmas roast and a delicious pudding for dessert. The festivities will start at 11am, with tickets available from the club.

On Wednesday, July 20, Charlie will be hosting an intimate dinner show at renowned French restaurant Claire's Kitchen in Darlinghurst. Charlie will team up with fellow TDP 2022 graduate Jade Steg to present *The Crooning and Jazz Greats* for the 6pm dinner (delicious three-course meal) and show. Tickets are available on Claire's Kitchen website at www.clareskitchen.com.au. Tickets are limited so book early.

"I'm really excited about both of my upcoming shows in July. I would love to see my fellow Hills residents attend - it would be great to have the local support," Charlie said.

"Now that singing and entertainment is well and truly back on track, I believe it's important to bring the joy of music back to audiences again," Charlie added.

Charlie Chech has also been juggling his studies and music very well. In March, he was one of the youngest headline acts to perform at Hornsby RSL. It was a sell-out, quite an extraordinary feat for the rising star. The former CTHS student also started university this year, after receiving a prestigious scholarship to study media and politics at Macquarie University.

The good news is that Charlie is available to sing at your next party, special occasion, event or wedding. Details: charliecrooner@gmail.com, Instagram - [@charliechech.music](https://www.instagram.com/charliechech.music) or Facebook - [@CharlieChechSinger](https://www.facebook.com/CharlieChechSinger).

The Gang Show Returns

BY DAVID SHAW

After a two year COVID-induced hiatus, Cumberland Gang Show returns to the Riverside Theatre these school holidays.

Our cast of Scouts and Guides are absolutely champing at the bit as they enter our final stage of rehearsals after 2 years of pandemic postponements and COVID cancellations.

Cast member Samantha Ellis explained "It feels like a relief that finally after two years we are able to put on a show, finally being able to perform on stage showing off all the hard work that goes on, and continued to go on during our 2 year break."

Like many in the arts community, Our 2020 show was canceled after just the second rehearsal, a tough situation for everyone. Our 2021 show almost made it to Opening Night with Greater Sydney being plunged into lockdown while our teams were bumping into the theatre on Saturday June 26.

We are incredibly grateful for the support we received from the community in 2021 to ensure the ongoing viability of Cumberland Gang Show after the two toughest seasons in our 52 year history.

In 2022 we have rebuilt and reimagined. This year's show, Next Level, promises to be spectacular. And so it should, it's been three years in the making! Cumberland Gang Show is two hours of fast paced singing, comedy and dancing backed by a live orchestra.

Everyone involved in Gang Show is a Scout or Guide or supporter. This year's show is the perfect mix of locally written material, commercial songs and Gang Show favourites. Our Production and Creative Teams have written and produced a wealth of material for Next Level and have made use of some content from our canceled shows in 2020 and 2021 while ensuring that this year's script is unique and spectacular in its own right.

Tristan Hornstra, who leads both the Production and Creative teams said "I am beyond excited for this year's show and there are over 100 Scouts and Guides who are just as pumped. We will have our chance to perform some remarkable material that we have been rehearsing over the last three months.

Cumberland Gang Show's long standing Producer/Director Rob Lang is eager to get the show back on stage, to "give 100 young people an opportunity to deliver on all their months of hard work and delight in the experience of live theatre".

The 2022 Cumberland Gang Show opens with a number aptly called Next Level. Visit dinosaurs, explore friendship, encounter aliens, join a cycling revolution, meet Zorro, interview a Viking, sustainability and so much more!

Appearing at the Riverside Theatre in Parramatta for 5 shows only:

Wednesday 6 July 2022 at 7:30pm:
Red Scarf Night

Friday 8 July 2022 at 7:30pm

Saturday 9 July 2022 at 2:30pm

Saturday 9 July 2022 at 7:30pm

Sunday 10 July 2022 at 2:30pm: Finale

Head to riversideparramatta.com.au/show/cumberland-gang-show-next-level/ or call 8839 3399 to get your tickets now.

COMMITMENT TO DENTISTRY

CLINICAL PROFESSOR SAMEER BHOLE AM

from West Pennant Hills has been recognised for his significant contribution to the field of Dentistry. His focus has been to improve access for safe and quality oral health care for those at-risk and those who are most vulnerable in the community.

He has been with NSW Health for over 27 years and has been Clinical Director of Oral Health at Sydney Dental Hospital since 2005 and Clinical Associate Professor of the School of Dentistry, Faculty of Medicine and Health since 2006.

Sameer is also a Clinical Professor at the University Of Sydney School of Dentistry and works to support clinical training for future dentists, oral health therapists and dental specialists.

He was undertaking post graduate studies in Mumbai when he took the opportunity to volunteer his time and work with underprivileged communities in the slums. It became a life changing time.

"I started seeing things that we didn't see in text books .. that your health is governed by many things including where you live."

He says the experience motivated him to come to Australia where he gained a Master's degree in Preventive and Public Health Dentistry at the University of Sydney.

He worked in India and in Papua New Guinea where he was deputy director of dental services before becoming Senior Teaching/ Research Fellow and dental specialist at the National University of Singapore and then moving back to Australia.

Sameer was responsible to establish the consolidated oral health services in South Western Sydney Area Health Service, as the first Director of Oral Health in 1995. He says his proudest achievement is taking a fragmented service and creating a first rate model of care.

He has contributed to over 70 international peer reviewed papers, book chapters and has presented papers at several international conferences and been awarded prestigious fellowships from the Pierre Fauchard Academy, International College of Dentists and Academy of Dentists International.

KING OF THE AIR

BILL WHITWORTH OAM

from West Pennant Hills is President of Whitworth Aviation and spent 38 years as Chief Flying Instructor, with the company he founded (1980-2018).

He gained his Pilot's licence in 1961 and was a Flying Instructor with QANTAS for seven years and later a flying instructor with Malaysian Airline before starting his own aviation company.

He has been Member, Royal Aero Club, since 1963 and has been a member of the Aviation Hall of Fame since 2011.



HERITAGE HONOUR

MARJORIE CLARKE OAM from Wilberforce has given a life time of service to the heritage of the Hawkesbury region.

She started as a volunteer with The Australiana Pioneer Village in 1971 and volunteered there for over 46 years. She was Manager/curator from 1984 to 1997 and was an Inaugural member of the Friends of The Australiana Pioneer Village which was founded in 1985 and is Patron. Marjorie was presented with a Heritage Volunteer Award in 2014 and a Hawkesbury City Council Award in 1997.

COMMUNITY STALWART

DENNIS MITCHELL OAM from Ebenezer is a life long volunteer notching up 34 years of service with Ebenezer RFS all of them as Captain as well as other roles, Former Captain of Wilberforce Brigade for 38 years and over 20 years service with the SES.

His community roles haven't ended there. He has been a volunteer at The Australiana Pioneer Village at Wilberforce for 40 years. Vice-President, Wilberforce School of Arts, 16 years, Life Member of Hawkesbury Showground Committee and is a member of Hawkesbury Cricket Association. He is also a Justice of the Peace, current.

SALVOS SUPPORTER

ROBERT GARDINER OAM from Castle Hill is a Salvation Army volunteer and was Chairman of the Red Shield Appeals in several areas for 25 years. He is a former Residential Appeal Area Chairman and Member of the Western Sydney Advisory Board. He is also a Rotarian and former President.

He holds several roles at St Paul's Anglican Church Castle Hill including Deputy President, Senior's Friendship Group. He is a volunteer Guide at both the Powerhouse Museum, Ultimo, and the Discovery Centre, Castle Hill, since 2012. A Freemason, since 1956 and Justice of the Peace since 1994.

ANGLO-INDIAN ASSOCIATION

HECTOR SOANS OAM

from Kenthurst has been Patron of the Australian Residents Anglo-Indian Association since 2017. He founded the Association in 1995 and was Inaugural President (1996-2006). He is currently the Vice-Chairman.

He has supported numerous Australian charitable organisations and provided financial support and accommodation for migrants for 20 years. Since 2000 he has sponsored over 200 children at St Mary's Primary School, Hubli, India, financed replacement roofing for the Mother Teresa Foundation Home, Hubli, India and funded a scholarship for poor children, Fatima High School, Hubli, India, for over 15 years.



ALLERGY EXPERT

MARY (MARIA) SAID AM

from Quakers Hill has been the Chief Executive Officer, Allergy and Anaphylaxis Australia, since 2012 and was the National President, FACTS/Anaphylaxis Australia from 1999 to 2012.

Her career started at Blacktown Hospital where she was a registered nurse from 1982-1997. She was also an educator, Hawkesbury Agricultural College, 1985-1987.

She is a member of the Australasian Society of Clinical Immunology and Allergy, and is a member of the NSW Anaphylaxis Working Party and is on several committees.

Maria holds several national and international roles including Co-Chair, Asian Pacific Alliance, International Life Sciences Institute food labelling/allergen thresholds working group and was involved with the formation of the Allergen Bureau.



POLICE ASSOCIATION

LLOYD TAYLOR AM

from Norwest started his career as a NSW policeman in 1961 where he served for 27 years.

He was the co-founder of NSW Police Legacy in 1987 and was Inaugural Honorary Secretary.

His service to the Police Association of New South Wales has spanned many years and includes roles as vice-president, secretary (1988-1997) and President (1986 to 1988).

He was chairman and deputy chairman of The Police Bank for nine years and Director from 1988 to 2016.

Lloyd is now a member, Management Committee, Retired Police Association of New South Wales and has held several Board positions. He was also inaugural Secretary of the NSW Police Rugby League Football Association.



VETERANS SERVICE

BRIAN WALTERS OAM

Cherrybrook was recognised for service to veterans through a range of roles with both the NSW RSL Branch RSL where he has been a member since 1988 and the Castle Hill and District Sub-Branch where he has held several executive roles including honorary treasurer.

Brian is deputy chair of the National Boer War Memorial Association of NSW where he holds several roles and is treasurer of the Royal Australian Armoured Corps Association which he has been a member of for over 25 years.

He has been a volunteer at the Royal New South Wales Lancers (RNSWL) Association and Museum since 1992 and has held several roles including treasurer since 2006.



Blocked Ears? The benefits of clean ears and ear wax removal.

We've all been told not to put anything smaller than our elbows in our ears. We are constantly told that cotton buds should not be used to clean our ears. You may have even tried an ear cleaning spray from the chemist, but it doesn't seem to work.

So how are you supposed to keep your ears clean?

Techniques such as micro suction, water irrigation and ear wax curettes can be used by trained and qualified hearing care professionals to safely remove ear wax from your ears. The reason why hearing care professionals can safely put something smaller than your elbow into your ear canal, is because they have complete vision of your eardrum throughout the entire process. When you use a cotton bud in your ears at home, you have no way of gauging how close you are to your ear drum. Most people will only work it out once it is too late, and the damage is done.

It is important to remember that not every person needs ear wax professionally removed from their ears. Ear wax only needs to be removed from the ear canal when it is starting to build up and block the ear, rather than naturally slowly making its own way out. You may need to have ear wax removed from your ears if you are experiencing any of the following sensations:

1. Your ears feel full or blocked
2. You have noticed your hearing is muffled or reduced
3. Your ears are painful
4. Water is getting trapped in your ears after swimming or showering

5. Your ears have started to ring or buzz (a sensation known as tinnitus)

There are many reasons why it is important to have ear wax removed when it is blocking your ear canal. Firstly, ear wax build up can be painful and cause earaches and headaches. If you are prone to ear wax build up, it is important that you regularly have the ear wax removed from the ear canal to prevent build up before it causes discomfort and pain.

When ear wax builds up and becomes impacted, this can cause hearing loss. This hearing loss can cause a lot of fear and panic as people only experience the sensation of reduced hearing when the entire ear canal becomes full of wax. Also, many people do not know the cause of this hearing loss until a hearing care professional investigates the ear. This hearing loss can feel incredibly isolating and is very frustrating if you are trying to have conversations and work with a blocked ear.

Additionally, if one of our ears is blocked or full of ear wax, this can cause dizziness. People often feel dizzy because there is a difference between their ears. This disrupts the body's sense of balance and equilibrium.

Keep in mind, we are meant to have ear wax in our ears as it helps our ears fight infections.

Although, if ear wax starts to build up in your ear and blocks the ear canal, it should be removed by a hearing care professional. If you are unsure if ear wax is causing your hearing concerns, you can book an appointment with a hearing care professional to look in your ears and find the cause to what you are experiencing.

Ear Studio, your local Audiology Competency Centre provide this service in a 30-minute appointment. At Ear Studio, if no ear wax is found in the appointment, this means ear wax is not the cause of your hearing concerns. The hearing care professional at Ear Studio will investigate the cause of your symptoms and provide you with a comprehensive medical report. Call Ear Studio today on (02) 9159 6122 or head to our website to book an appointment www.earstudio.com.au

Ear Studio is located at Suite 9/60 Cecil Avenue, Lawton House in Castle Hill.
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out and about

with MICHELLE BYRNE

CANOELANDS ORCHARDS A FAMILY AFFAIR

Canoelands Orchards has been in the Christie family for almost years, passed down from generation to generation with the land continuing to be farmed by the family. What started off as a citrus fruit orchard has grown over the years to include blueberries, strawberries, nectarines, peaches, plums, pomegranate, tomatoes, apples and eggplant. It is currently run by Jaime and Nathan Christie assisted by their parents, siblings and their own children.

Canoelands Orchards is a working farm open to the public and attracts people across the region and even internationally with tourists also paying a visit to see how farming is done here in Australia. It offers the chance to pick your own seasonal fruit from the orchards, get up close and personal with farm animals including pigs, sheep, alpacas, cows, goats, horses and of course farm dogs and to learn about bees and how honey is produced.

For us it was an opportunity for a wonderful family day out but also a chance to show our daughters where food actually comes. We enjoyed walking through the Orchards picking fresh lemons, mandarins and tomatoes to take home. The animals, especially the pigs, were entertaining as they grunted and searched for food. However, the highlight of the day for our daughters was the very bumpy tractor ride around the Orchards not to mention playing in the little playground and sandpit.

On site is also a café, a picnic area and a shop where you can purchase raw honey produced on site as well as chutneys, jams and souvenirs. High teas and grazing boxes can also be arranged.

The staff and owners are incredibly friendly and keen to share their passion for farming with the visitors. For Jaime Christie, the thing she loves most about her business is the people that visit, hearing their stories and seeing the joy in people's faces as they taste the fresh fruit from the trees. John "Pa" Christie, Jaime's father-in-law who is also known as "Mr have a chat" also loves talking to the people who visit and learning why they have chosen to visit Canoe Orchards.

A visit to the Orchards is a real eye opener to the challenges our farmers face. When asked "what are the biggest challenges in running the



Orchards", Jaime will quickly tell you the uncertainty in the weather and the impact it has on the crops. The market also presents difficulties often with a crop producing little income or even a loss at times highlighting the importance of the "pick your own fruit" component of the business to stay afloat.

Currently the NSW Government is proposing legislation to limit the number of visitors to "pick your own farms" which if approved would potentially decimate working farms such as this one.

Canoelands Orchards showcases locally grown produce, employs local young people and provides an opportunity for the public to engage in farm life. We can't wait to return to pick fresh strawberries very soon and to support a local farming business.

Adoption Month

BY DR BENJAMIN GRAHAM | VET AT BVSC

June is National Pet Adoption month so we are going to go through some reasons to adopt a pet, rather than buy one from a pet store or breeder.

Employment in the animal care industry relies on the love and care that we all have for animals. Through the generosity and care of donations and pet adopters, rescue shelters and animal welfare organisations such as the RSPCA are able to save as many pets as possible for rehoming with a new loving family.

Every year, rescue organisations like the RSPCA provide shelter to thousands of animals in need of a new home. By choosing adoption, you'll not only have the chance to make a friend for life, but you'll be giving an animal a second chance and helping support the RSPCA and similar rescues.

Beautiful pets are recovered every day for a wide range of different reasons, through no fault of their own. These include animals surrendered by their previous owners, and sadly some who have suffered neglect or cruelty. By adopting an animal in need, you'll truly be giving a second chance to someone who needs it.

All shelter and rescue animals undergo health and behaviour assessments, are fed a nutritious and healthy diet, and all dogs and cats are desexed, microchipped, and vaccinated. By adopting a pet instead of purchasing from

a pet store or breeder, you will be contributing to the management of the overbreeding pet population instead of contributing to it.

When you adopt an adult pet, you also have the advantage of avoiding the juvenile behaviours of young animals. From chewing to inappropriate urination, juvenile animals come with a host of intensive behaviours and requirements for the early stages of life. Adult animals are most often toilet trained and socialised, helping you settle a pet into a new lifestyle with less fuss.

There are many organisations which can help you along your journey to adopt an animal. From the RSPCA and the Animal Welfare League, to breed specific dog and cat rescue groups. It doesn't stop at dogs and cats either. There are many birds, rabbits, ferrets, chickens, ducks, sheep and other species looking for their forever homes too.

The love you receive from a baby animal is nothing short of amazing, but the chance to give an animal a second chance at a happy life and a loving family will outweigh that for many of us.

COMMUNITY GROUPS

WHAT IS DEMENTIA?

Sydney Hills District Branch of the Association of Independent Retirees' next meeting is on Friday 1st July, 2022 from 10.30 for 10.45 at Beecroft Presbyterian Church Hall, Welham Street, Beecroft

Guest Speaker

DR. NIKKI-ANNE WILSON,
a Postdoctoral Research Fellow at Neuroscience Research Australia, Specialising in Dementia, will talk about what dementia is, what it isn't and how to avoid it.

She will explain the different types of dementia and how to recognise it in others - memory, language and behaviour and discuss risk-factors and introduce strategies you can use to support your brain health. It is **not** inevitable.

This meeting will be followed by the **Investment and Discussion Group** commencing at 12.30pm, talking about Changes taking effect in Superannuation rules on July 1st, 2022 and Death Benefits Tax. Keep up to date with changes which will affect you in retirement. Come and meet new friends.

For more information, please contact Mal Steel: airsydneyhills@gmail.com

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Passion is Music at Bella Vista Farm

BY GISELA HORNER – VOLUNTEER PUBLICITY OFFICER, BELLA VISTA FARM

On a recent cold June 'Open Day' morning, when visitors arrived at Bella Vista Farm, one of the first things they were aware of was the beautiful music wafting through the garden.

Dorothy Sercombe, Concert Master of the Hills Shire Symphony Orchestra (HSSO), Lead Violin; Po Shen Wang, Lead Viola and Samantha Knutsen, Lead Cellist, entertained visitors for many hours. Dorothy set up the group for this particular performance. She says: "We are performers who play in a variety of groups, playing in the full orchestra or in smaller groups, such as our last performance at Bella Vista Farm".

Dorothy has loved music all her life. She began playing piano at the age of five. When she moved school at age 11, she discovered a violin in the school library and immediately took up learning the violin. The school had an encouraging attitude to music and Dorothy was involved in the school orchestra, accompanying choirs, the string quartet and also received an organ scholarship to play in chapel. She completed her Music Degree at Sydney University then decided to take a completely different career path. She trained and became a dress designer, fulfilling another creative talent. However, music was always in her blood. She resumed violin lessons and studied for her Masters of Music in Violin Performance Degree. She loves playing and working as a musician embracing many different styles of music. Her musical life fulfils her which is displayed in her bubbly personality.

Po Shen Wang is a quietly spoken young man from Taiwan. He came to Australia with his

parents and older sister when he was 11 years of age. The family was heading for Thailand, but Australia beckoned strongly and they arrived in 2006. Po went to Homebush Boys High School, but his musical passion was fulfilled when he joined the Sydney Youth Orchestra (SYO), playing viola from Year 9. He furthered his music studies at The University of NSW and continued playing with the SYO for another six years. He is the only one of his family who is musical and can't remember what fascinated him about the viola. He just knew he wanted to play the viola! Po currently works in the solar panel industry which is a growing market, but would love to be a fully employed musician in an orchestra. Po plays regularly with the Hills Shire Symphony Orchestra, which gives him great joy.

The third member of the group is cellist Samantha Knutsen. Samantha began playing the cello at 15, somewhat later than her peers. However, after initially playing with the Sydney Youth Orchestra, her natural talent for music propelled her to study Performance at the Conservatorium of Music from 2010. Samantha is very creative musically, but she loves a challenge and wanted to see if she could do something totally different, so decided on taking up a maths/technical based course at Wagga Wagga. This led her into a career in the RAAF from 2017, working as an aircraft



String Ensemble: Dorothy Sercombe, violin; Po Shen Wang, viola and Samantha Knutsen, cello

avionics technician until 2021. Her passion for playing cello never left her and after leaving the RAAF, she joined the HSSO and is now their Lead Cellist; she teaches students locally and plays at various weddings and functions. To add to her busy life, Samantha is currently studying Zoology at the University of NSW, Armidale, mostly by correspondence, but there are also periods on Campus doing practical classes. Winter can be a bit of a challenge with temperatures near zero!

What does she want to be 'when she grows up'? She hasn't yet decided. But one thing she does know is that her love of playing the cello and being part of an orchestra fulfils her and gives her great happiness.

Bella Vista Farm Open Day falls on the first Sunday of every month. Corner Elizabeth Macarthur Drive and Norwest Boulevard, Bella Vista. Hours from 0900-1400.

Further details can be found on - <https://www.thehills.nsw.gov.au/Upcoming-Events-Activities/Bella-Vista-Farm-Open-Day>



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\$5 Billion Boost for Childcare

Families in NSW will save thousands of dollars a year on childcare costs thanks to the NSW Government's landmark investment of up to \$5 billion over the next decade to expand access to high quality, affordable care. Under the reforms, a middle-income Sydney family with one child in full-time childcare can save up to \$3,900 a year. A further \$281 million will be invested in the early childhood workforce to provide scholarships and increase the number of early childhood educators in NSW. This includes higher education scholarships of up to \$25,000, VET scholarships of up to \$2,000 and employer supplements for staff retention.

New Paid Parental Leave Scheme

To further support families, the NSW Government has overhauled the paid parental leave scheme in the 2022-23 Budget. From October, there will no longer be a distinction between a 'primary' or 'secondary' carer, meaning every mother and father in the public sector will be entitled to at least 14 weeks' paid parental leave. The NSW Government will also offer parents an additional 2 weeks' 'bonus leave' if paid parental leave entitlements are more equally shared between partners.

\$132 Million to Future-Proof the SES

A record \$132 million investment to future-proof the State Emergency Service (SES) has been included in the 2022-23 NSW Budget and will see the SES provided with additional infrastructure, resources, and staffing. This funding boost is part of the NSW Liberals and Nationals commitment to supporting disaster affected communities and our SES volunteers.

The Benefits of Memorialisation and Prepaying a Memorial

THE BENEFITS OF MEMORIALISATION AND PREARRANGING YOUR MEMORIAL

Anyone who has experienced the grief of losing a loved one understands there are poignant moments when you yearn to be in their presence once again. Having a special place where you can relive cherished memories helps bridge the voyage between life and death. As we age, it is natural that we start to think about where our ideal resting place might be when our own time comes.

WHY PREARRANGE YOUR MEMORIAL?

Prepaying your memorial can give peace of mind to those you leave behind. When you make your wishes clear in advance, you may avoid confusion later at an emotional time. Arranging your memorial also provides a tangible place for friends and family to reflect upon the impact you made on their lives. Here are some insights and steps you can take to create a lasting tribute to a life well-lived.

THE IMPORTANCE OF MEMORIALISATION

Physical memorials are a permanent record of individual lives and are as much for the living as for the deceased. Just as in life, in death, it is important to consider the thoughts and feelings of your loved ones. Acknowledging that future

generations may wonder about their place in history is also something to think about. An actual marker in a beautiful, serene location that friends and family can visit regularly helps heal the loss and preserve memories and traditions.

THINGS TO CONSIDER

Your memorial should be a harmonious place for loved ones to reflect on the moments you shared together – a sanctuary where they can laugh and cry or hold a one-sided conversation without embarrassment, knowing their dignity will be respected. It may be a place where they can commemorate birthdays and anniversaries. Some memorials may honour war heroes, often uniting the descendants of those who risked their lives to defend their nation. Other memorials reflect the personal religion or culture of the deceased. Choosing the location where you would like to rest for eternity is an important decision that requires thought and deliberation.

PRACTICAL CONCERNS

Organising your memorial yourself ensures that your specific instructions will be carried out and relieves loved ones of the burden of having to make critical decisions at a stressful time. Would you like to be buried in a coffin?

Or would you prefer to be cremated? While scattering your ashes in a significant area such as a park or bushland may sound romantic, in the future, your special place could develop into a shopping centre or become off-limits in a private housing estate. Arranging to have your memorial in an enduring place of remembrance guarantees that your loved ones will always have a haven where they can celebrate your life.

Prepurchasing your memorial is also prudent financially and helps your family by locking in current pricing and avoiding inflation. Since you are investing money to cover costs for an uncertain date in the future, it is critical that you choose a trusted sanctuary that will be maintained in perpetuity.

CASTLEBROOK MEMORIAL PARK

Castlebrook Memorial Park, established in 1962 is an oasis of serenity, rich with natural beauty and landscaped grounds maintained by caring staff.

Castlebrook is dedicated to preserving the distinct essence of each individual and provides a wide assortment of memorials that reflect your personal values and traditions, whether it be a simple lawn plot, a living rose garden or an estate that can accommodate your entire family. Castlebrook Memorial Park strives to ensure that your loved ones will always have a welcoming place for reflection that offers comfort, beauty and serenity. Take a moment to reserve your memorial so you can rest in peace.

See advertisement on Page 29

Hills Girls Win NSW Cycling Gold

BY LAWRENCE MACHADO

Four talented girls from Neo Cycling Club landed the 2022 NSW Under 15 Junior Team Trial gold medal, with three moving up a grade to ride in this age group.

Bella Vista sisters Charlotte and Hannah Hussein, Kellyville's Erin Prince, and Charlotte O'Shaughnessy from Glenwood completed the 11.5km road race collectively in the fastest time at the Cycling NSW Team Time Trial Championships in Nabc recently.

The dedicated foursome will also qualify for the same age category next year, providing them with a rare opportunity of defending their title. Charlotte O'Shaughnessy, 11 and Charlotte Hussein, 13, attend William Clarke College, Kellyville, her sister

Hannah, 11, is at Norwest Christian College, Riverstone, while Erin Prince, 11, studies at Our Lady of the Rosary, Kellyville.

They train under Neo Cycling Club head coach Gay Watson on Wednesday evenings at Lidcombe Oval.

Neo CC has 250 members with strong female representation in junior and open women's grades racing. The girls race at Lansdowne Reserve on most Sunday afternoons during winter.

"While a few of the girls don't have individual titles, having a title is not necessary to perform well in a team time trial," Neo Cycling Club co-founder Stelio Pappas said. "It is more about working as a team to get over the line together."

The girls compete at Neo's racing most Sunday afternoons with the next rounds scheduled



Charlotte Hussein during the state titles time trial.
PICTURE: Sportive Media

for June 26, July 10 and 17. In July they have an opportunity to compete at the NSW Metropolitan Championships.

The club is trying to break down hurdles for beginners who are entering the sport as well as experienced riders who have never raced before. "We have riders from age four through to 74 riding and training with us," Stelio said. "Riders don't need to wait for the start of a season to take up the sport - they can join at any time."

"While what we offer is very low cost for all kids and adults, we do have an initiative that makes it half price for women and girls at the moment. We've maintained a healthy core of riders and are beginning to see an increase in participation again. The team time trial, as well as a few other junior tours have been part of the re-opening of our sport since the lifting of restrictions."

To join or find out more email Stelio at contact@neocycling.org.au



Hannah Hussein, Charlotte O'Shaughnessy, Erin Prince and Charlotte Hussein, celebrate their NSW title. IMAGE CREDIT: JESSICA BROWN

Life is too short to sit on the sidelines: Cathy

BY LAWRENCE MACHADO

Cathy Brennan has been playing hockey for more than 50 years and at 73 years, is now the oldest player at Baulkham Hills Women's Hockey Club and indeed one of the oldest in the whole North West Sydney competition. Not that you will notice it as she is one of the busiest players on the field.

"I always feel that I am able to do whatever I want to do - I don't let age hold me back as it is only a number," said the versatile hockey stalwart. Her commitment and standout play saw her being picked for the Masters competition for North West Sydney.

The fun-loving Cathy has been playing high standard hockey since she was in her teens back in Malaysia, where she turned out for Malacca state at the school level. Cathy migrated to Sydney in 1979 where she met and married Brian.

"I had a break of over 20 years and I started playing again because my daughter was playing in the adult competition and they needed a goalkeeper," the Prospect local said. "My daughter doesn't play anymore, but I still do. My normal position is either centre forward, inner or wing. Locally, I have found unfortunately that hockey appears to be losing participants, as I've

seen the local competition decrease in size over the years I've been playing. When we started there were four big divisions, and now we have only two.

"I think hockey is overshadowed by the bigger sports like cricket, netball, and football. Hockey is really only on TV when the Olympics and/or Commonwealth Games are on - and it's always great when there is a chance to see it on TV because it is a fast-paced sport with lots of exciting skills."

Cathy says she keeps active in the house and garden and would like other seniors to have a go at hockey.

"Life is too short to sit on the sidelines; take a chance as I think you will enjoy yourself and make some good friends," Cathy said. "We might not win the competition, but we do have a lot of fun playing each week."

Asked about her proudest achievements in hockey, Cathy simply said: "It is enjoying playing the game that I love, and meeting many new people and making good friends."

"Because hockey is a team sport, I love coming back every year and playing with my friends. "I also enjoy the exercise and physical movement that I get while playing the game."



Cathy Brennan is the oldest player at Baulkham Hills Women's Hockey Club

The hockey season is usually from April to September and Baulkham Hills Women's Hockey Club always welcomes new players, experienced or not.

The club celebrated its 50th birthday in 2019 and is very much a family oriented club with players of all ages from 12 years and up. If you are interested in playing hockey, the club can be contacted by email - bhwhc@hotmail.com - or via their website - <http://www.bhwhc.org.au> or on their Facebook page.



The Rouse family of Rouse Hill

THE ROUSE FAMILY OF ROUSE HILL

Following on from my piece on the origins of Kellyville "There and Nowhere Else" in the last issue of this publication it was decided that, in this issue, I would write something about Rouse Hill just a little further along Windsor Rd. The suburb of Rouse Hill is named after the home of the Rouse family which lies a little north of the town centre. Originally the area that the town centre and surrounds now occupy was formerly known as Vinegar Hill.

The hill upon which Rouse Hill House is built was named by Gov. Macquarie as Rouse Hill according to Nina Terry, a great granddaughter of Richard Rouse, who had the house built in 1813. Richard Rouse was Superintendent of Public Buildings during Gov. Macquarie's term of office. Apparently Gov. Macquarie had some objection to the name Vinegar Hill being used for the area feeling that this could serve as a reminder to two rebellions - the Irish rebellion against the English that took place at Vinegar Hill near Wexford in Ireland in 1798 and also of the breakout and rebellion from Castle Hill Farm in 1804. Convicts, many of whom were transported to NSW, then engaged in battle with Troopers and civilian militia at what became known as Vinegar Hill along the present Windsor Rd (known as the Hawkesbury Rd at the time). Gov. Macquarie so disliked the name Vinegar Hill that in 1820 he ordered yet another locality that was

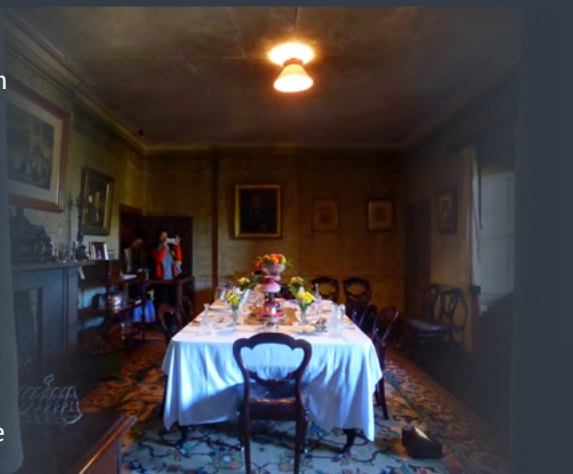
named Vinegar Hill to be renamed "Belle-Vue" thus now known as the upmarket suburb in Eastern Sydney named Bellevue Hill. I have read some reports that the Rouse family were able to view the battle of Vinegar Hill from their home. This cannot be true as the battle took place on the 5th March 1804 and the building of the home commenced in 1813 and was not completed until 1818.

Both names (Vinegar Hill and Rouse Hill) were in use for quite some time. A post office established in the Queens Arms Inn at Vinegar Hill in 1857 at the instigation of Robert Fitzgerald MLC, son-in-law of Richard Rouse and brother-in-law of Edwin Rouse, who had inherited the property of Rouse Hill House in 1852. However in 1858, less than a year later, the Post Office was renamed Rouse Hill Post Office after complaints from Edwin Rouse with Robert Fitzgerald agreeing to pay the cost of changing the stamps. Robert Fitzgerald had originally opted for the name of Vinegar Hill for the Post Office.

During the 1970s it became obvious that a great deal of money would be required for restoration and repair to Rouse Hill House and that the family no longer had the funds to carry out the repairs. A suggestion was made by members of the family to offer the home to the Government on condition that the

government repair and restore the home as a museum for future generations to enjoy and showcase life in the past.

Six generations of the Rouse family have made Rouse Hill House their home from 1813 through to 1999. Although the NSW State Government acquired the home in 1978, Gerald Terry (a descendant of Richard Rouse) was allowed to reside in the property until 1999. The home is now under the management and care of Sydney Living Museums and the public are welcome to attend on the various open days throughout the year. A treasure now more than 200 years old, to be viewed by ongoing generations.



AS WE WERE

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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 Probus 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
rossfitzpatrick@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, Cnr The Glade & 17 Arcadia Rd, Galston.

Nicci Chaney | 0411 058 852

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.

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
cdelaney1@vtvonn.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.

Margo | 0417 657 433
Glenhaven Probus Club Inc
Meets 10 am on 2nd Tuesday of each month at Castle Hill Bowling Club.
secretary.glenhaven.probus@gmail.com

Glenwood Men's Shed

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 Probus 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

9:30am to 2pm Wed. & Sat.
www.hawkesburywoodcraft.org.au
Graham | 02 4576 1517

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
HillsOM11@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 Probus Club of Baulkham Hills

Meetings 10am, 2nd Wednesday of the month. At The Fiddler, Windsor Road and Commercial Road, Rouse Hill. New Members welcome

Suzanne Dennis | 0412 424 593
ladiesprobusbh@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 1st Thurs 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 Probus Club

John | 9487 1385

Pennant Hills Combined Probus Club

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

Lorene | 0429 396594

Pennant Hills VIEW Club

Meets for lunch on the 2nd Tuesday of each month at 11am at Oatlands Golf Club. Meetings consist of a two course lunch followed by an interesting guest speaker. Visitors & new members are welcome. On the 4th Tues of the month a social outing is arranged for members.

Margaret | 9873 2402

Pitt Town Probus Club

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

Denise Fairfax | 0435 447 414

Probus Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

Ken | 02 96296459

Probus Club - Glenorie

This Club meets every 4th Wednesday at 11.00am at Glenorie RSL Club. New members are welcome.

Wendy | 9653 1022
wendyireneblack@yahoo.com.au

Probus 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

Probus Combined Castle Hill Club

General meetings 3rd Tues of the month at 10am at Cherrybrook Community Centre.

Glenys | 0408 160743
donpye@live.com.au

Probus 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

Probus Club of Winston Hills - Northmead Combined

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

winstonhillspobusclub@gmail.com

RDA (NSW) Tall Timbers Centre

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

Red Cross - Castle Hill Branch

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
sithills@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/thehillslarningcentre

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 St. Joseph' Conference Centre 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 Probus Club

Meets at 10am on the 1st Wednesday of each month at Windsor Golf Club, McQuade Ave, South Windsor. New members always welcome.

Membership Officer Alan | 0407721461 or Secretary Ann | 0414298945

Winston Hills Joey Scouts

9862 8482 | hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 |
www.zontadistrict24.org

PUZZLE

WORD SEARCH

DANCES

- BALLET
- BARN DANCE
- BEGUINE
- BOLERO
- BREAKDANCE
- CHA-CHA
- FANDANGO
- FLAMENCO
- FOXTROT
- JITTERBUG
- JIVE
- LINDY HOP
- MAMBO
- MERENGUE
- QUICKSTEP
- RUMBA
- SALSA
- SAMBA
- TANGO
- TWO-STEP

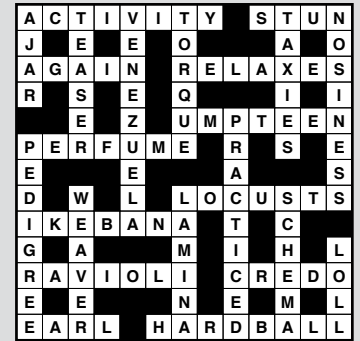


WORD SEARCH



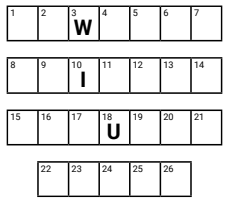
Answers from last issue

CODE WORD



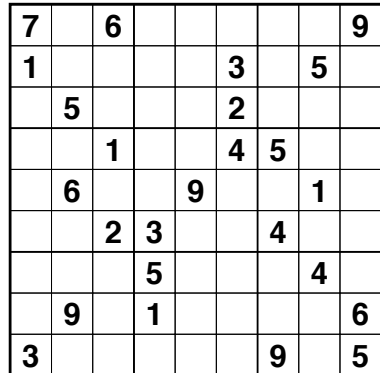
CODE WORD

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.

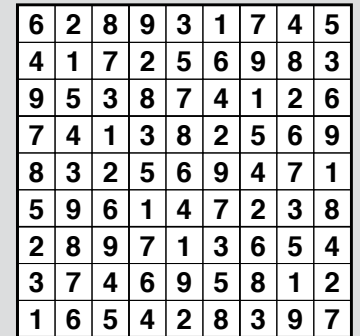


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Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.



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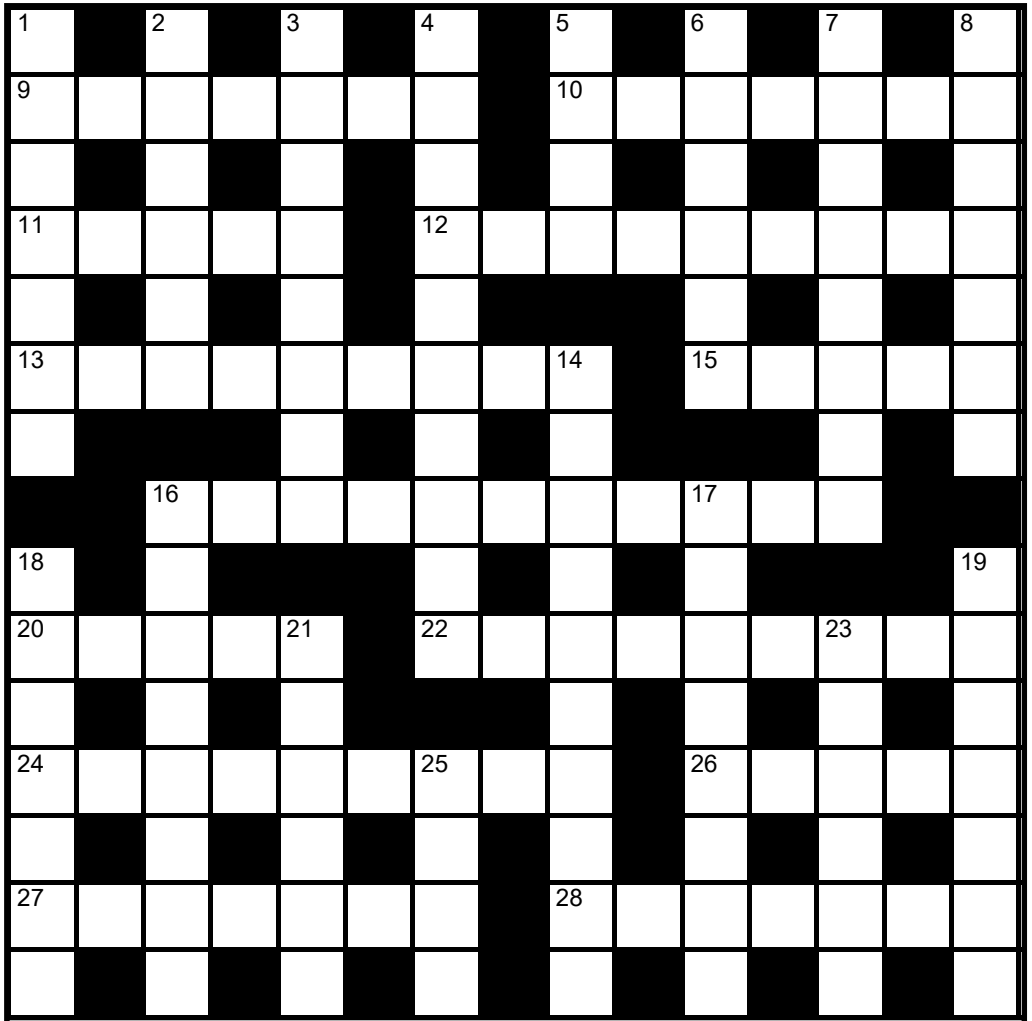
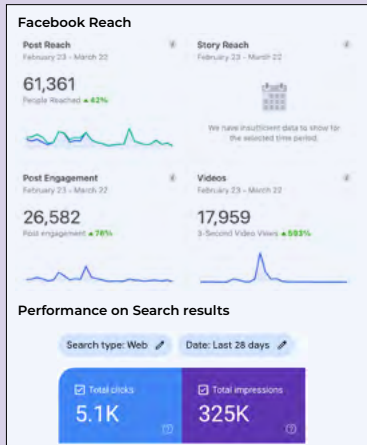
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Across

- Highland
- Jimi ---, short-lived rock guitarist
- Hands off! (3, 2)
- World's largest mammal (4, 5)
- Based
- Nobel-winning Irish poet and dramatist
- Dual Olympic gold-winning cyclist (6, 5)

- Rearrange
- Today is the tomorrow you worried about ---
- Rugby commentator and seven times captain of the Kangaroos (3, 6)
- Common computer code (1, 1, 1, 1, 1)
- Possibly ... (5, 2)
- Formally installed (5, 2)

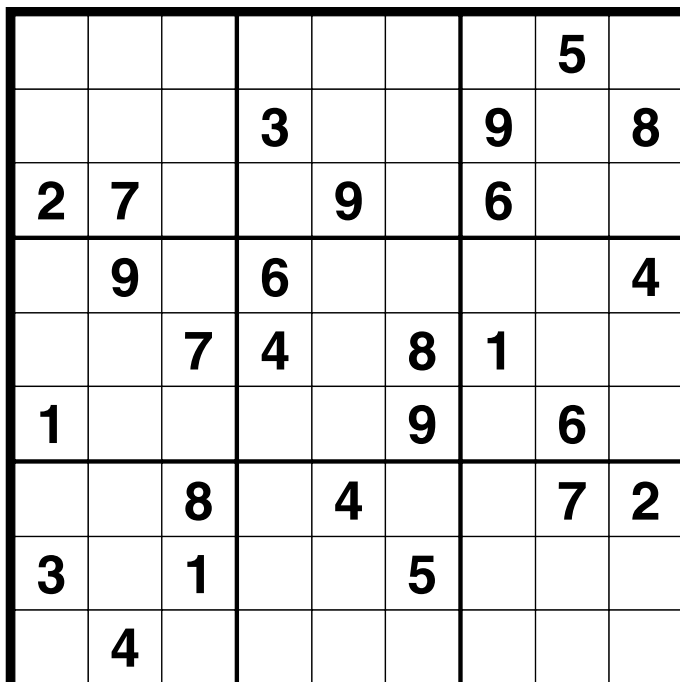
Down

- Practically in one's face (2, 5)
- Sacred Hindu text
- Lisa is one, and so is Jessica
- NT sinkhole (5, 5)
- Grand
- No matter what
- Persist (3, 5)
- Outlay
- Run a commercial operation (2, 8)
- Move around (3, 5)
- Machine controller
- Revenge
- Ray sins badly, living in the Middle East
- Shots
- Respectable
- Gum or plum?

SUDOKU

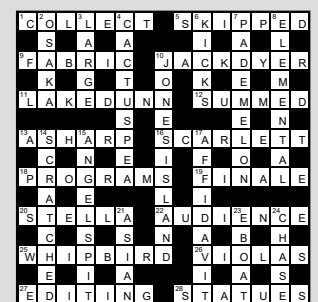
Rating: ★ ★ ★ ★ ☆

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

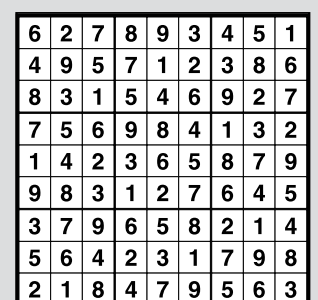


Answers from last issue

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- ✓ Personal Care
- ✓ Domestic Assistance
- ✓ Transportation
- ✓ Social Support and Companionship
- ✓ Respite Care
- ✓ Hourly/Daily Care/24-hour & Live-In Care

Why Choose Us?

- ✓ Quality & consistency of Care
- ✓ Highly Experienced, Trained and Reliable Care Workers
- ✓ No Basic Daily Fee and No Long-term contracts
- ✓ Zero exit fees
- ✓ Dedicated Care Managers available 24/7
- ✓ No other hidden costs

Call us today for a Free In-Home consultation to determine how we can best service you or your loved ones!

02 4789 0622 / 0421 331 327

17/458 High Street, Penrith 2750

SERVICING:

Penrith • Blue Mountains
Richmond • Windsor
Hawkesbury • Blacktown
Westmead • Parramatta & surrounding suburbs

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