

# Hills to Hawkesbury

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## Community News

29th July – 12th August 2022 | Vol 39 – Issue 15  
Local Stories, Local Events, Local People and Local Businesses



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FULL STORY ON PAGE 18

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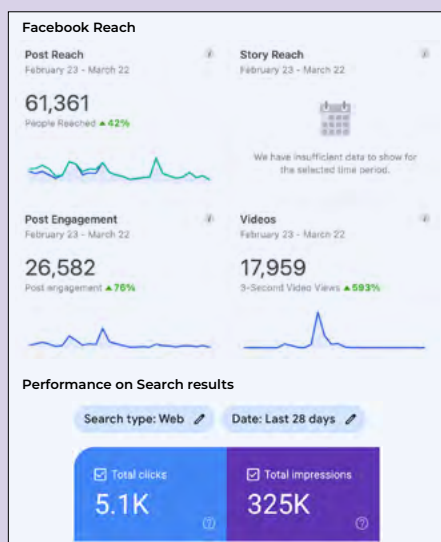
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# Unrelenting Floods

By ANNETTE MADJARIAN

The local Hawkesbury River communities once again faced unrelenting flooding and damage to their properties and businesses in what's been described as the worst floods to hit the area for 30 years.



With now the third flood in two years, many in the community had barely finished their clean-up from earlier in the year before being inundated once again.

The NSW Government declared the flooding and extreme weather a natural disaster, meaning flood-affected communities could access government support.

However, repair works to the roads and the riverbanks – some still unrepaired from earlier floods – would take months, particularly with the Bureau of Meteorology forecasting heavy rains in the coming months.

Hundreds of volunteers, State Emergency Services, Rural Fire Service, Police and other emergency teams have been consistently battling the aftermath in an attempt to facilitate a faster recovery.

The Wisemans Ferry Bowling Club and the Men's Shed were again hit hard. Federal Member for Berowra Julian Leaser, who visited the communities, said the damage to parts of Lower Portland and Sackville North was confronting.

The Hills SES Unit alone had completed more than 500 requests for assistance in the space of just over a week. Most of the incidents were for leaking and damaged roofs, fallen trees, flooding threatening houses, and requests for sandbags.

Pop-up sand collection points were set up at the Glenorie RFS and Box Hill Nelson RFS. Flood boat crews assisted with resupplying urgent items for residents and communities isolated

by floodwaters and assisting with several flood rescues.

Disaster Recovery Centres were set up at Wisemans Ferry and South Windsor.

Hills Shire Councillor Mitchell Blue said he had met with locals from Pages Wharf Rd and Mud Island Rd at Sackville North who were still without electricity. "They are struggling for feed for their cattle and they again stressed the importance of access to their properties - something that is not lost on me. In many areas along the river, these roads provide the only access to residents and it is critical that they are repaired as soon as practicable possible" Councillor Blue said.

"These communities can't be forgotten – I have never seen so much sand washed up onto the river banks and also have never seen so much damage to our roads."

Federal and State funding is available for those affected by the floods through the Disaster Recovery Payment and Disaster Recovery Allowance. Small businesses and not-for-profit (NFP) organisations affected can apply for up to \$50,000 in support through Service NSW.

For Julian Leaser, "local residents have faced the clean-up challenge with unwavering resilience. Our community has much to be proud of. So many have stepped up to support each other and help keep the community safe in the face of disasters."

In the meantime, for some residents, the clean-up and repair work will continue for the unforeseeable future.

# Hills to Hawkesbury

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

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

# Dural Health Hub

by ANNETTE MADJARIAN

Hornsby Shire Council has come under fire for rejecting a new "Health Hub" at Round Corner Dural which would meet "the needs of a growing and ageing population".

Healing ONR proposed the development of a two storey 4,100m health services facility described as bringing "a strong mix of much needed hospital grade services into the heart of this thriving community".

The concept includes 19 specialist consulting rooms, a 16-room medical centre, day surgery with four operating rooms, 20 recovery bays and 15 short stay beds, pathology collection area, medical imaging centre as well as two basement carparking levels and an ambulance bay.

Hornsby Shire Councillors unanimously voted against the development at the 13th July Council meeting, citing a slew of inconsistencies, including the proposal being incompatible with the rural zone setting and impacts to traffic in the area.

## COUNCIL'S REJECTION WAS DUE TO:

- Inconsistency with the Greater Sydney Regional Plan and the North District Plan.
- Inconsistency with Section 9.1 Ministerial Directions.
- Inconsistency with the Hornsby Local Strategic Planning Statement.
- Inconsistency with the Hornsby Employment Lands Study.
- Inconsistency with the Rural Lands Study. The proposed land use is incompatible with the rural zone setting.

- There are potential amenity impacts with the built form on adjoining properties. There are potential traffic impacts on the surrounding road network.

Healing ONR said it was now requesting an Additional Permitted Use (APU) via a planning proposal request. This would allow them to "obtain a development application approval for the development of the Dural Health Hub facility within the current RU2 Rural Landscape and SP2 Infrastructure zoning, rather than asking for the site to be rezoned to a non comparable business use".

Healing ONR said "this very specific use provision" means they would not set a "planning precedence and there is minimal risk of the proposal opening the floodgates for other, less harmonious types of development".

Liminal Property Solutions Director Andrew Bell, representing Healing ONR, said Council "did not consider the continued need for quality health services from residents and the challenges faced by many".

He said ageing residents in the Dural community should not be forced to travel as far as 80 minutes to access hospital grade health services.

He said they had been working with Council for more than two years and had received the backing of local community, businesses and adjoining landowners.



"This decision would be more understandable if there was significant community pushback, but the fact is there has been almost unanimous support. What alternative plans does Council have for meeting this existing and rising demand for accessible health services for our ageing population in Dural?" he said.

Hornsby Councillor Warren Waddell said that although adjoining and nearby businesses, including Thompson Health, had their DAs approved under rural zoning, this Health Hub "did not seek to occupy the entire remaining infill area, so it would be a requirement to rezone the entire strip in order to avoid another ad hoc development".

He said the design was not "sympathetic" to the site, and there needed to be "less bulk and scale and increased connectivity to the surrounding amenity".

However, Councillor Waddell said he would support the rezoning of the adjacent Round Corner Village precinct to ensure a "proper marriage of the existing developments and those proposed".

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## TEENS CHARGED WITH ATTACK ON MAYOR

Four teenagers were charged by police this week following two aggravated home invasions in May this year including one at the home of Hawkesbury Mayor Patrick Conolly.

Hawkesbury police attended the Bligh Park home of Clr Conolly on

12.45am on Monday 16th May after reports that several men had forced entry to the home and threatened the 32-year-old Mayor before he was stabbed to the upper arm and treated at Westmead Hospital.

His wife and four children were at home at the time of the incident but were uninjured. The group fled the scene in a vehicle.

Some hours before the Bligh Park incident, a group forced entry to a home on Captain Cook Drive, Willmot and allegedly assaulted two occupants, a 30-year-old woman and a 42-year-old man, before stealing personal items from the home. A teenage girl was at the home at the time but was uninjured.

Officers attached to Hawkesbury Police Area Command commenced an investigation into both incidents, prior to detectives from the State Crime Command's Robbery and Serious Crime Squad taking carriage under Strike Force Dites.

Following extensive inquiries, strike force investigators – with assistance of Raptor Squad officers – executed a search warrant at a home in Macquarie Fields on Tuesday 19th July.

A 16-year-old boy was subsequently arrested and charged with robbery in company while armed with dangerous weapon, specially aggravated break and enter and commit serious indictable offence-wound, steal motor vehicle,

drive conveyance taken without consent, be carried in conveyance taken without consent, never licenced person drive vehicle on road and participate in criminal group.

Three other teenage males, two aged 17 and one aged 18, were arrested at St Marys Police Station.

The 18-year-old was charged with eight offences including be carried in conveyance taken without consent of owner, in company rob while armed with dangerous weapon, special aggravated break and enter commit serious indictable offence, steal motor vehicle, drive conveyance taken without consent of owner, never licensed person drive vehicle on road and participate criminal group contribute criminal activity.

One of the 17-year-old's was charged with robbery in company while armed with dangerous weapon, specially aggravated break and enter and commit serious indictable offence-wound, possess unauthorised pistol, steal motor vehicle, drive conveyance taken without consent, be carried in conveyance taken without consent and participate in criminal group.

The second 17-year-old was charged with robbery in company while armed with dangerous weapon, specially aggravated break and enter and commit serious indictable offence-wound, steal motor vehicle, be carried in conveyance taken without consent (x2) and participate in criminal group. Investigations under Strike Force Dites are ongoing.

Anyone with information that may assist Strike Force Dites investigators is urged to contact Crime Stoppers: **1800 333 000** or [nsw.crimestoppers.com.au](http://nsw.crimestoppers.com.au). Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.

## PLEA AFTER SHOOTING

Raptor Squad officers are appealing for public assistance to identify a distinctive Ford Mustang, as they continue their investigations into the shooting of an OMCG member on Tuesday 26th July.

A 31-year-old man presented to Hawkesbury Hospital at 9.30am with non life-threatening gun-shot wounds after driving himself there.

Officers from Hawkesbury Police Area Command were notified and spoke with the man – who is a known Rebels OMCG member.

A short time later, a crime scene was established outside a premises in Bounty Crescent, Bligh Park.

A second crime scene was also declared on Bonnor Road, following the discovery of a burnt-out vehicle, which has now been identified as a bright red/orange Ford Mustang.

Both vehicles have been seized for forensic examination.

Officers from State Crime Command's Raptor Squad are investigating the circumstances surrounding how the man came to be shot and are appealing for information.

In particular, detectives believe someone may have seen the distinctive red/orange Ford Mustang in the Bligh Park or Agnes Banks areas around the time of the incident.

Anyone with dashcam footage in those areas on Tuesday morning who may have recorded footage of a vehicle matching the description are urged to contact Raptor Squad officers via Crime Stoppers.

Anyone with information about this incident is urged to contact Crime Stoppers: **1800 333 000** or [nsw.crimestoppers.com.au](http://nsw.crimestoppers.com.au). Information is treated in strict confidence.

## STOLEN GOODS FOUND

An Aladdin's cave of alleged stolen property has been uncovered by Hills Proactive Police Team.

Hills Police executed a search warrant with the assistance of NWM Operational Support Group at 6.55am on 26th July at a Plumpton address.

During the search police found \$50,000-worth of clothing, and toys from Retail stores allegedly stolen from stores at Rouse Hill Town Centre and Castle Hill Towers.

A 38-year-old man was arrested.

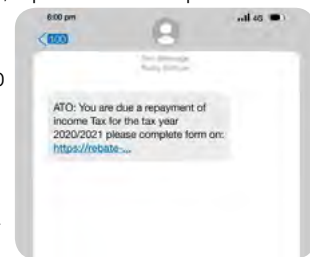
## SCAM ALERTS

Police are warning people to be aware of scam text messages (SMS) about tax refunds.

The fake messages claim to be from the ATO and ask you to open a hyperlink to fill out a form for your income tax return. The link takes you to a fake website designed to steal your personal information and credit card details.

If you receive an SMS like this, don't click on any links. Instead, report the SMS to police and then delete it.

Warn your family and friends to stay scam alert. To report an SMS that doesn't seem right, go to [www.ato.gov.au/.../Identify.../Verify-or-report-a-scam/](http://www.ato.gov.au/.../Identify.../Verify-or-report-a-scam/)



## GALSTON GORGE

Unprecedented ongoing rainfall this year has led to eight slippage sites along Galston Road between Hornsby Heights and Galston.

In May 2022, Transport NSW advised that Galston Road will be reclosing to complete further remediation works at slippage site 3.

These works are now scheduled to be carried out from Monday 8 August, taking up to two months to complete, weather permitting.

The work will involve stabilisation of the existing dry-stone retaining wall and is a preventative measure to reduce the chances of road closures in the future.

ConnectSydney will be utilising the closure of Galston Gorge to carry out additional routine maintenance to reduce the impact on the community.

Works have been completed on seven slippage sites which has included the removal of approximately 1,600 tonnes of rock from the slopes including some large boulders, the installation of rock bolts and application of shotcrete to stabilise rock faces, the scaling of slope surfaces and completion of drainage improvements.

The project team can be contacted on 1800 735 563 [projects@transport.nsw.gov.au](mailto:projects@transport.nsw.gov.au) <https://nswroads.work/GalstonRd>

# Candles for Shereen

By BEV JORDAN

**A candlelight vigil will be held at Kenthurst Park this Sunday (July 31st) at 4.30pm to celebrate the life and mourn the death of Shereen Kumar.**

The body of the 43-year-old mother-of-two was discovered in bushland in Dural, not far from her home, on Saturday (July 23rd), three days after she was reported missing.

Police and volunteers from the RFS and SES were searching a wide area and found her body just before 6pm in bushland off Laurie Road.

Shereen was remembered as a loving mother and a great friend. A Masters graduate from Western Sydney University she ran her own business HR 2U Services and was very involved with local business chambers.

She had taken over the franchise of a dog walking business late last year and loved it. She was also a successful part-time model.

She shared the care of her two children, a son aged 12 and 7-year-old daughter, with her former husband Gurpreet Beehan.

He told the Daily Mail Australia the family is "heartbroken".

Her mother Roshni and sister Nikki have said that she was a wonderful mother and daughter.

Shereen had a wide circle of friends who mobilised to publish her disappearance on social media and conduct a search for her in the Dural bushland. They spoke about a kind-hearted woman with a big smile who became a sought-after model after her 40th birthday.

Friend Erika Wadlow who had been searching for her in bushland on Saturday said Shereen had been a wonderful friend to many and she was "devastated" by her loss.

"Like moths that flutter around a flame, she was our sun. Not hearing her laugh will be my greatest loss," she said. "Shereen Kumar was the strongest person I know, which means we have to work even harder at keeping women safe. She was special and one of those people who you think is always going to be in your life."

On Facebook Jess Terry said: "Rest in peace angel ... my weekly dog walks definitely won't be the same without you! The most beautiful and kind soul gone way too soon, you'll be forever missed."

Shereen grew up in Fiji: Her childhood friend from Gospel High School Roselyn Pillay posted: "A great honest soul."

Les Stock: "I am devastated ... Shereen was a beautiful person inside and out and touched many people's lives in such a positive way. The world is poorer for her loss."

Photographer Hal Saunders posted that as well as having a "phenomenal modelling ability" Shereen was "warm, friendly and a lovely person to work with" and was constantly in demand for photographic work.



Photo by Hal Saunders posted on Facebook.

"Shereen, your sweet nature deserved so much better, all your associates and friends in the modelling and photography communities are saddened by your passing," he wrote.

A 37-year-old man has been charged with her murder.

## Asbestos Awareness

by COUNCILLOR MILA KASBY

**It's not always top of mind when cleaning up or making repairs after severe weather events but being aware of a hidden danger commonly lurking in damaged building materials could just save your life.**

1 in 3 houses contain asbestos and if your home was built before 1990 it is likely to be in this category. Over 3000 asbestos products were commonly used in Australian homes and businesses before their use was banned in 2003.

While many of us may think about and prepare to find asbestos when renovating or getting into some home DIY, it's easy to forget about this deadly risk with the additional stress and trauma that accompanies natural disasters.

Asbestos must be managed safely to protect yourself, your family, and your local community from unnecessary exposure to asbestos fibres. Roofing, internal walls and ceilings, eaves, pipes, flooring underlay, and fencing can all contain asbestos.

The physical damage caused by floods, storms, and wind, allows previously contained asbestos fibres from broken or eroded materials to become loose and airborne as dust particles. If these are breathed in, they can lead to fatal lung disease in the form of cancers, (lung cancer or mesothelioma) or asbestosis (severe scarring of the lungs).

4000 people tragically die of asbestos-related disease each year in Australia, which is 3 times the annual road toll. Most of these people unknowingly came into contact with asbestos in their homes while doing handywork or were tradespeople not wearing correct protective equipment.

A licensed asbestos removalist knows how to safely remove and dispose of asbestos, then decontaminate your property to minimise health risks. Using a professional is the safest approach but not always possible immediately following a flood or a storm.



### WHAT SHOULD YOU DO?

1. Contact council or emergency services for advice. They can provide valuable information and an asbestos management plan. The Hills Shire Council website is a good resource with useful links to [asbestosawareness.com.au](http://asbestosawareness.com.au)
2. Know what materials are likely to contain asbestos (product database) and where in your home they would be (homeowner checklist) - these can be found through links on the council's website.
3. If you find yourself in an emergency situation, full PPE (personal protective equipment) is best but at the bare minimum always wear heavy-duty rubber gloves, sturdy footwear, and a P2 mask.
4. Asbestos materials are considered safer when they are wet as the fibres are less likely to become airborne. If damaged materials are drying out, gently dampen them with a hose until they can be disposed of.
5. When cleaning asbestos-containing walls or roofs, do this gently by hand or with a garden hose, not a pressure hose or water blaster as these risk releasing contaminating fibres over a large area.
6. Never put asbestos-containing material in any council bins or skip bins (it is illegal), it must be properly disposed of at an asbestos landfill site. This is crucial to keeping your family, volunteers and clean-up crews safe.

More detailed information can be found at [thehills.nsw.gov.au](http://thehills.nsw.gov.au) - just search 'asbestos' or by calling 9843 0555.

Father's Day Sunday 4 September



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# Urgent Care Services

Three local Urgent Care Service centres have been set up by the Western Sydney Care Collective to take the strain off hospital emergency departments.

The new UCS centres are at Castle Hill Medical Centre, Rouse Hill Family Medical Practice and Our Medical Home Marsden Park.

UCS centres will allow people who live in the Western Sydney Local Government Areas to book a same-day appointment by calling the Urgent Care Line on 1800 371 372 and be seen and treated by an experienced GP. UCSs have extended practice hours and staff with emergency experience. There will be reduced waiting times and less cost associated with Emergency Departments.

Urgent Care Service centres can provide medical care for:

- Suspected fractures, sprains and dislocations
- Wound management and cuts requiring stitches
- Bites
- Burns and scolds
- Removal of foreign objects from skin, eyes and ears

They should not be used in certain cases, including for children under three months of age, people over 65 years who require an infusion, people undergoing chemotherapy or those with a primary mental health diagnosis.

If the condition is potentially serious or life-threatening, go directly to an Emergency Department.

Western Sydney Care Collective initiative is a collaboration between the Western Sydney Primary Health Network and the Western Sydney Local Health District.

Scott Walters, Senior Program Manager WentWest Limited says the aim is to provide "the right care, in the right place at the right time".

"The Western Sydney Care Collective aims to reduce the number of people who present to a Western Sydney Emergency Department for urgent treatment of a condition that isn't life-threatening by providing alternative urgent care services that are free, local and patient-centred," he said.

Ian Lowe (pictured), CEO, CMH Practice Management said: "We are delighted to be working with WentWest to provide the Western Sydney community with fast, expert medical care.

"Despite everyone's best attempts to prevent them, injuries and accidents do happen, and when they do you want fast, expert medical treatment and pain relief. At CHMC Barwell Avenue, our multidisciplinary team treat a wide range of injuries during opening hours on weekdays

with no appointment required. We seek to offer our community with a safer, more secure environment than emergency rooms and providing you with urgent care when you need it most."

The concept will mitigate long wait times associated with emergency departments. Patients can still gain access to urgent diagnosis and treatment of a wide range of injuries such as X-rays and Images services, walk-in appointments, reduced cost with most expenses claimable with Medicare, safe and more secure environment than Emergency rooms. If surgery is necessary, a referral to a surgeon or hospital will be organised for the patient.

People who need medical attention but are not sure how bad it is should call the Urgent Care Line on 1800 371 372.

The new Urgent Care Service centres are at:

## Castle Hill Medical Centre Barwell

Suite 16, 7/9 Barwell Ave, Castle Hill  
Hours: Monday and Wednesday, 9am to 8pm. Tuesday, Thursday and Friday, 9am to 9pm.

## Rouse Hill Family Medical Practice

4-7 Commercial Rd, Rouse Hill. Hours: Monday to Friday, 8am to 7pm.

## Our Medical Home Marsden Park

1/9 Hollinsworth Rd, Marsden Park. Hours: Monday to Friday, 8am to 8pm.



## CWA NEWS

*"As one of the youngest members of CWA Galston, I couldn't be happier to belong to such a beautiful group. Sure, I joined because Mum joined, but I've since entered cooking and craft competitions, won some awards, and met a bunch of wonderful ladies. Thank you, CWA, for going to so much effort to make all the treats for my tea party. You made my foodie dreams come true with the most delicious high tea for my 10th birthday. I really appreciate it; everything was so incredibly yummy!"*

Love Indy

CWA Galston catered a high tea for 40 with the usual high tea delights, plus a few additions at the birthday girl's request - lemon meringue pie; that poignant lemon sharpness against billowy marshmallow clouds - an absolute standout, cuter than cute heart shaped jam drops, the poshest sausage roles you ever did see (or taste), a heavenly vanilla slice, an array of hand cut sandwiches, and the prettiest coconut ice going.

Being a member certainly has its perks; the CWA ladies are like fairy godmothers, only better! Known for legendary catering, beautiful needle work, a sweet but strong disposition, and now, the best high tea in town!

For more details about CWA catering or membership visit [www.facebook.com/CWAGalston](http://www.facebook.com/CWAGalston)

# OPTUS

## PROPOSAL TO UPGRADE OPTUS MOBILE PHONE BASE STATION WITH 5G AT:

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1. The proposed facility consists of the addition of new 5G equipment and associated works as follows:
  - 3 new 5G panel antennas (0.812m long) at 25.45m in height
  - 1 new 4G panel antenna (2.18m long) at 24.85m in height
  - 2 new 4G panel antennas (2.688m long) at 24.6m in height
  - 8 new remote radio units
  - Removal of 2 existing panel antennas
  - Ancillary equipment including but not limited to; new mounts, fibre and electrical cabling, 1 GPS antenna
  - Reconfiguration of existing equipment
2. Optus regards the proposed installation as a Low-impact Facility under the Telecommunications (Low-impact Facilities) Determination 2018 (Amendment No. 1, 2021), based on the description above.
3. In accordance with Section 7 of the C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information and/or comments should be directed to [communityconsultation@ventia.com](mailto:communityconsultation@ventia.com) or Level 1, South Tower, 10 Browning Street, West End QLD 4101 Australia by **19 August 2022**.



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# THE HILLS ANNUAL CHARITY GALA BALL BY BIVIANO'S

If you enjoy elegant fine dining experience and supporting great causes, then put Thursday August 25th in your diary and purchase your ticket.

Biviano's at Dural is fundraising for three local causes with its annual gala ball: Foster Care Angels, Riding for the Disabled NSW Tall (Timbers Centre) and The Grace Centre for Intensive Care at Westmead Children's Hospital.

The Hills Annual Charity Gala Ball, organised by Biviano's Dural, has been held since 2016 and has raised over \$250,000.00 for local charities.

This will be the first Charity Ball at Biviano's since the two-year COVID hiatus.

Owner Raj Kumar said he and staff appreciated the community's support of what will be an "excellent night and having lots of fun" at the same time.

Supporters include Alex Hawke MP, Federal Member for Mitchell; Julian Leeser MP, Federal Member for Berowra; Hills Mayor Cllr Dr Peter Gangemi; Hills Police Commander Supt Darrin

Batchelor; former Hills Mayor Dr Michelle Byrne and Dr Jim Taggart, OAM.

MC and auctioneer on the night is Kate Lumby.

Kelly Doyle from Foster Care Angels said: "Foster Care Angels is so grateful to be part of The Hills Charity Gala Ball 2022 hosted by Biviano's. We have been significantly impacted by funding losses as a result of Covid-19, and receiving no Government funding, we rely on donations and our fundraising efforts to provide our services.

"We were supported by "The Hills Annual Charity gala Ball" in 2019 where funds raised contributed to our annual Christmas Drive, bringing a little Christmas joy to children in care, and our program supporting the mental health and resilience of young people living in out of home care."

Kerry Souter from Riding for the Disabled (Tall Timbers) thanked Biviano's saying: "We are very grateful as the past few years have been very difficult in so many ways as we try to fundraise, retain volunteers, look after the horses and manage the Centre's beneficial programs in a COVID safe way.

"Not only has COVID impacted the Centre with extended lockdowns but when things were looking up we were then affected by constant wet weather and storm damage. We rely heavily on fundraising and especially from events such as the previous ball held by Bivianos. These funds are needed to continue running the therapeutic equine based programs for children with disabilities who benefit physically, socially and psychologically."

Each year more than 600 sick and seriously ill babies visit the Grace Centre for Newborn Care at The Children's Hospital at Westmead. The Grace Centre provides an intensive care unit (ICU) to newborn -babies who have surgical, cardiac and other complex medical conditions, during their first month of life. Funds raised by The Hills Annual Charity gala Ball in 2017 contributed towards the purchase of two Panda Warmer Bed (twice the number asked for by ICU then).

To book visit <https://bivianosdural.com/event/the-hills-annual-charity-gala-ball-2022/>

**Invitation**

**The Hills Annual Charity Gala Ball**

**Thursday 25<sup>th</sup> August 2022**

**Date: Thursday 25<sup>th</sup> August 2022**  
**Time: 6:00pm for 7:00pm start**  
**Dress code: Formal**  
**\$120.00 per person**

- Sparkling wine & canapés at The Heartwood Bar
- Specially crafted 3-course menu • Red & white wines
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**Tickets [www.trybooking.com/CARYH](http://www.trybooking.com/CARYH)**

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**Foster Care Angels** **RDA** **the children's hospital at Westmead**  
The Sydney children's Hospitals Network

**(02) 9651 2022 | [www.bivianosdural.com](http://www.bivianosdural.com) | 628 Old Northern Road, Dural NSW**

# The best kept secret in the Hills!

by JAN DAVIS AND CAROLYN EVANS

*Every Tuesday during school term time, a community bus leaves the car park at Learning in The Hills at the Balcombe Heights Masonic Schools complex, on Seven Hills Road, Baulkham Hills.*



We leave at 9am for our day out and return by approximately 3pm. Where does the bus go and what does it do? It takes its passengers on a day trip to many different and delightful locations.

The day excursions are many and varied, to destinations such as the Southern Highlands; the Blue Mountains; the Central Coast and also to many other different locations in and around the Sydney metropolitan area. These day trips could include museums, art galleries, open gardens, historical sites, scenic drives, open government buildings, etc.

All of our bus trips are planned well in advance with travellers receiving an 8-week, well-detailed, plan of the proposed trips that will be undertaken during that period. The details include exactly where the bus will be going and what our travellers will see and do. Our drivers will make stops for morning tea en route and also for lunch.

Sometimes, depending on the route being taken, our morning tea stops could be in a lovely park somewhere, with facilities, or a stop at a café for our travellers to purchase a snack

and a tea or a coffee if they choose. Lunch will usually be at a café or similar, at our destination for that day and will be at your own expense. Alternatively, our travellers can also take their own morning tea snacks and also lunch, if they prefer.

All of our drivers are Volunteers, very experienced, friendly and very accommodating and we travel in a Toyota Coaster bus that will accommodate 20 passengers. There is also a hostess on board to help all travellers enjoy their day and to answer any questions they may have.

Some of the excursions that are already in the planning stages for next term – July/ August/early September – are:

- “WindyrIDGE” Garden at Mt Wilson in the Blue Mountains
- The Mint in Sydney
- Headland Park Quarantine Station, Mosman
- Grand Pacific Drive south of Sydney
- A Central Coast Scenic Drive via Wisemans Ferry and Spencer
- “Lisgar” Gardens at Hornsby

The above trips are just an example of some of the trips that we do, with different locations selected for each of the four school term periods each year. The only requirement we have for our travellers is that they be self-managing and do not have any mobility issues, as we are unable to assist with or accommodate wheelchairs, walking frames, etc.

We charge an upfront payment of \$160 per person for our 8-week term, which works out to be just \$20 per weekly excursion plus expenses when out and about. Unfortunately, we are unable to accept casual bookings on a week-by-week basis.

For a great day out, and if you would like to find out more about joining our Tuesday Travellers bus trips group, please phone Learning in the Hills on 96397918. While you're at it, why not check out the range of other great classes on offer through Learning in the Hills, including our exciting new Choir Group and Bollywood Dance for Fun class.

The program is available on Hills Community Aid website: [www.hca.org.au/learninginthehills](http://www.hca.org.au/learninginthehills).



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**Trevor Leslie  
Managing Director**

# Hawkesbury Recovery Centres and Community Hubs open

**Recovery Centres are open at Wisemans Ferry and South Windsor. Community Hubs are also operating.**

If you have been flood impacted, make sure you visit the Recovery Centres to meet people from Government and non-Government agencies who can assist you with:

- Financial Assistance for individuals, primary producers and small businesses
- Accommodation advice
- Help with replacing lost documents
- Clean-up services
- Insurance and legal support.

## Recovery Centre locations and hours

### South Windsor Family Centre, 6 Greenhills Way at South Windsor

- Mondays, Tuesdays, Wednesdays and Fridays 10am - 5pm
- Thursdays midday - 7pm
- Saturdays 10am - 2pm

### The Retreat, Wisemans Ferry, 5564 Old Northern Road at Wisemans Ferry

- Mondays, Tuesdays, Wednesdays and Fridays 10am - 4pm
- Thursdays midday - 7pm
- Saturdays 10am - 2pm

## COMMUNITY HUBS are operating at:

- **TUESDAYS 9:30am to 2:30pm**  
Bilpin Hall - 2596 Bells Line of Road, Bilpin - all welcome. Details [www.yourhawkesbury-yoursay.com.au/bh](http://www.yourhawkesbury-yoursay.com.au/bh)
- **WEDNESDAYS 9:30am to 2:30pm**  
Wilberforce School of Arts - 531 Wilberforce Road, Wilberforce - all welcome. Details [www.yourhawkesbury-yoursay.com.au/wh](http://www.yourhawkesbury-yoursay.com.au/wh)
- **THURSDAYS 9:30am to 2:30pm**  
Colo Heights Hall - 2996 Putty Road, Colo Heights - all welcome. Details [www.yourhawkesbury-yoursay.com.au/chh](http://www.yourhawkesbury-yoursay.com.au/chh)
- **FRIDAYS 9.30am to 2.30pm**  
St Albans School of Arts - Upper Macdonald Road, St Albans on Fridays. All Welcome. Details [www.yourhawkesbury-yoursay.com.au/sah](http://www.yourhawkesbury-yoursay.com.au/sah)

For more information and the program calendar visit the Community Hubs page at [www.yourhawkesbury-yoursay.com.au/hch](http://www.yourhawkesbury-yoursay.com.au/hch) or call **4560 4444** and ask for the Community Hubs team.

Community Hubs is a Bushfire Community Recovery and Resilience Fund project through

the joint Commonwealth/State Disaster Recovery Funding Arrangements.

Register for JULY 2022 Flood Recovery Updates at [www.yourhawkesbury-yoursay.com.au/embeds/projects/67636/survey-tools/83405](http://www.yourhawkesbury-yoursay.com.au/embeds/projects/67636/survey-tools/83405)

Additional flood related information can be found at [www.hawkesbury.nsw.gov.au](http://www.hawkesbury.nsw.gov.au) and click on All Flood Related Information



## Waste matters

### Drop off your household problem waste for recycling

## Community Recycling Centres

### You can drop off for free:

 Gas bottles	 Fire extinguishers	 Paint
 Motor oils	 Other oils	 Smoke detectors
 Fluoro globes and tubes	 Car batteries	 Household batteries
 Computers and Televisions	 Clothing Donation Bin	 Cardboard and paper

Your Community Recycling Centre is located at:

**Hawkesbury City Waste Management Facility  
1 The Driftway, South Windsor**

**Hours:** 8am-4pm, 7 days a week (excluding Public Holidays)

**For more information call  
Hawkesbury City Council on (02) 4560 4444 or visit  
[cleanout.com.au](http://cleanout.com.au)**

Only household quantities accepted.



This project is a NSW Department of Planning and Environment Waste Less Recycle More initiative.



# Stronger Together 2022

A young autistic man who has just won a business award is one of the guest speakers at the Stronger Together Conference being held at Castle Hill RSL on August 20th.

Organised by the Fit Kidz Foundation, the free one-day conference is for parents and carers of children with neuro-diversity and aims to break down the isolation that many parents of children with specialised needs feel. Randa Habelrih and her son Richard founded Autism MATES a not-for profit Facebook page that focuses on empowerment.

Richard's new business venture, Freckly Faces, makes handmade chocolates with sprinkles and has just won a Best Online Business Award.

Randa said it was an emotional moment: "My emotion stemmed from being in awe of how far he had come from that little boy who struggled with literally everything, including speaking (he was non-verbal in his early years) even walking was a challenge."

Richard started making chocolate Freckly Faces at home during the 2021 lockdown and with his parents help began to sell them online. The online business has taken off and their aim is to employ more young people on the autism spectrum.

Jo Abi, keynote speaker, will be talking about preparing life for her neuro divergent sons, Giovanni and Philip.

Speaking at a forum last year for Autism Awareness Australia she said: "The journey is so

fluid and the goal posts are continually moving. Your circle becomes very small".

The single mother-of-three is a senior writer and presenter at 9Honey. Her advocacy work focuses on autism, carers, and youth mental health. She was awarded a Diploma of children's Literature in 2020 and is currently completing a Bachelor of Child Psychology and Social Science at a Macquarie University.

Speaker Sandy Golder, co-founder of the Kindship group, will talk about cultivating support networks. Her daughter Imogen is Autistic, has ADHD and an intellectual disability.

"For me, my journey as a mother of a daughter with autism has been a quest for connection. A search for people who understand us, for people that can support us and for people who accept us without judgement."

She says the passion to find a connection with other like-minded parents resulted in the social networking Kindship app for parents and carers of people with a disability which she started with a trio of mothers who shared her dream.

As well as inspiring speakers the aim of the conference is to connect parents and carers.

The afternoon session will be taken up with panel discussion.



RICHARD & RANDA



SANDY GOLDER



JO ABI

Fit Kidz Service Director Ellen Witzlsperger said: "Part of our mission is to build a community of parents and carers who can support each other through their journey of having a neuro-diverse child in their family.

"A lot of the time they feel isolated, they don't have people to connect with that understand their journey and it can impact on their own mental health."

Organisers are still looking for \$500 table sponsors to enable 10 people per table to attend the conference free.

So far sponsors have covered the cost of 14 out of 20 tables.

The Fit Kidz Foundation is a not-for-profit Early Intervention Service which supports children with Autism or other Developmental Disabilities, their families and the local community. To find out more visit [www.fitkidzfoundation.org.au](http://www.fitkidzfoundation.org.au)

To sponsor a table [events.humanitix.com/stronger-together-sponsorship](https://www.facebook.com/StrongerTogetherEmpoweringYourJourney). The event Facebook page is: [www.facebook.com/StrongerTogetherEmpoweringYourJourney](https://www.facebook.com/StrongerTogetherEmpoweringYourJourney)

For anyone wanting to register for a table email [info@fitkidzfoundation.org.au](mailto:info@fitkidzfoundation.org.au)

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\*Prices provided are the listed property prices and are current as at 8 July 2022. The entry payment & any other amounts payable if you move in depend on any available contract option you select. You will have to pay a departure fee when you leave this village. Services and facilities are current as at 8 July 2022. Furnishings are for illustrative purposes only and are not included in the home.

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# Norwest Quarter

BY MULPHA



*Artist impression. Indicative only and subject to change.*

## Up to 46% larger apartments in the heart of Norwest

Norwest Quarter by Mulpha is a bold mixed-use masterplan, a fresh start, and a ground-breaking model for neighbourhoods. This superbly accessible new neighbourhood is located in Sydney's Hills Shire within 750 metres of the Norwest Metro Station.

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# Scholarships for Early Learning Educators

More than 400 aspiring early childhood teachers across NSW are set to receive a cash boost to complete their higher education studies.

Member for Castle Hill Ray Williams MP said almost \$11 million has been invested from the NSW 2022/23 Budget to deliver scholarships to support educators in entering the workforce or to boost their skills as degree qualified early childhood teachers.

"Every successful applicant will be awarded up to \$25,000 and I am so pleased that 14 early learning professionals in Castle Hill will benefit from it." Mr Williams said.

Sarah Mitchell MLC, NSW Minister for Education and Early Childhood said one third of all successful scholars live and work in regional and remote areas across the state, which will help create lasting benefits now and into the future for all NSW children, families and the economy.

"These scholarships will support recipients to deepen their understanding of early childhood environments, and gain additional skills and capabilities which will be passed on to the children they teach.

"I congratulate the scholars on their commitment to education and I wish them every success in their studies and future careers as qualified early childhood teachers."

The scholarships will help create a viable supply of early learning professionals under the 2022-23 Early Childhood Education Scholarships Program and Aboriginal Early Childhood Education Scholarships program.

For more information check the Department's website: [education.nsw.gov.au/early-childhood-education/working-in-early-childhood-education/professional-development-and-scholarships](http://education.nsw.gov.au/early-childhood-education/working-in-early-childhood-education/professional-development-and-scholarships)

## 'HAVE YOUR SAY' ON HILLS NEW BIKE PLAN

The Hills Shire Council is updating its *Bike Plan: Urban Area Strategic Review* and is encouraging residents to "have their say".

The draft Plan provides a strategic framework that addresses current cycling facilities, as well as opportunities to drive cycling growth in the Shire, particularly in the newer areas such as Box Hill and North Kellyville.

Mayor of The Hills Shire, Dr Peter Gangemi said he wants to ensure The Hills remains a place where people can move around easily, safely and that there are different modes of travel options available to residents and visitors.

"Our Shire is growing and so is cycling," Mayor Gangemi said. "We saw more and more people taking up this mode of transport, especially during the COVID-19 pandemic and we want to encourage this. It's also an inexpensive mode of transport, it's a great form of exercise and good for our environment.

"This Plan looks at our current pathway and cycling networks, as well as opportunities to capitalise on these facilities and create more of these networks in our newer suburbs. I commend Council on this document and I encourage our residents and cycling groups to provide their feedback," he added.

To have your say, visit Council's website ([www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)) and click on the 'Have Your Say' tab.



### Support for our early childhood education and care workers

- Scholarships
- Accelerated Career pathways
- Fast-tracked degrees.
- Supporting services to improve pay and conditions



**10 Year Celebration**

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## Fete

**Sunday**  
7<sup>th</sup> August  
2022

**Rotary Park**  
Nelson St  
Kenthurst

rides - giant raffle - ponies - kid's craft - café  
 hot food - plants - cupcake decorating - BBQ  
 face painting - cakes - silent auction  
 entertainment - fairy floss - showbags  
 white elephant & more!

## TO ADVERTISE HERE CALL

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## Pony Club Fire Drill

Arcadia Pony Club and Aussie Pumps have been planning a presentation on fire safety for club members and spectators since late last year. The rains have slowed everything down but the company feels it's now appropriate to start planning for a presentation in one of the Arcadia Pony Club meetings in August.

"We've decided to donate an Aussie Fire Captain, an upmarket high pressure fire pump, complete with heavy duty red steel frame for ease of portability. The Aussie Fire Captain is part of Aussie's Red Brigade build program, valued at \$1,233 retail", said Aussie Pumps Josie Robertson.

The folks at Aussie Pumps where Josie works are extremely conscious of the huge fuel build up in the Hills District.

"We're worried about not just property, but our animals as well", said Josie.

Josie, who as a couple of horses, currently in Copabella, has spread the word about fire safety and particularly Aussie's free Bushfire Survival Guides to all and sundry.

"The guide is a great help to people wanting to prepare their properties for the coming fire season. The time to do that preparation is now, not closer to the fire season", she said.  
[aussiepumps.com.au](http://aussiepumps.com.au)



Josie Robertson knows the fire season is coming. Be prepared!

# Hills Winter Sleepout 2022 By BEV JORDAN

Chris Cleary knows exactly what it's like living on the streets. The founder of the StreetMed charity has spent years talking to the homeless, providing First Aid and food.

StreetMed and Hills Community Aid will both be getting funds to help the homeless and those at risk through the 2022 Hills Winter Sleepout at Bella Vista Farm on Saturday, August 13th.

Cris Cleary said: "It's been the coldest winter I can remember for so long and patrons are dying, patrons are at risk of dying, patrons are at risk of frostbite and cold related injuries. Hypothermia and exposure are a real thing for those that don't have the ability to have a roof over their heads at night.

"Every person lost, every person admitted to hospital due to exposure, every person we treat with excessive cold related injuries breaks another piece of my heart and soul. As a society we can and MUST do better! The last two years of Covid has had a significant impact on our abilities to raise funds and right now we have a call to action and make a difference to those who rely on organisations like ours StreetMed and Hills Community Aid."

Last year's Hills Winter Sleepout raised a record breaking \$50,119. \$5000 went to StreetMed and the rest went to the Hills Homeless Prevention Initiative (HHPI) run by Hills Community Aid.

For the last four financial years (up to June 30th 2022) funds from HHPI have helped 177 adults and 107 children at the risk of being homeless. Executive officer at Hills Community Aid Mici Beer said that applications were up by 27% in the 2021/22 financial year.

"Of those, 29% of applications were from people affected by domestic violence and 36% of applications disclosed that they have a disability," she said.

Many were facing the stress of increases in rent at a time when they were facing reduced hours or shifts or were having to time off because they or their children had COVID. The first winter sleepout was held in 2014 and had 40 participants. It has grown substantially since then.

Founder Michelle Byrne said: "The Sleepout over the years has taught me how hidden homelessness can be in the Hills.

"You can easily walk past someone who is experiencing homeless and not even know it. "It is important we continue to shine a light on homelessness and its causes such as DV, severe financial crisis, relationship/family breakdowns, mental illness etc whilst ensuring that help is accessible for those who need it.

"I have also learnt a lot about the important work local charities such as Hills Community Aid and StreetMed do and have heard the incredible stories of lives turned around as a result of funds raised by the sleep out."

Joining the Hills Winter Sleepout at Bella Vista Farm on Saturday August 13th will give people a chance to hear from volunteers working with the homeless through StreetMed and the Shining Light Foundation as well as speakers from Hills Community Aid and Kenthurst Rotary which is supporting a transitional housing project for older women at risk.

There will be a sausage sizzle by Norwest Sunrise Rotary Club and tea/coffee by Hills Daily Grind.

The Hills to Hawkesbury Community News has already registered a team.

To join The Hills Winter Sleepout visit the Facebook page or register online at <https://the-hills-winter-sleepout-2022.raisely.com>



Come Join the Hills Winter Sleepout: Michelle Byrne, Mici Beer, Chris Cleary and Cameron Cortazzo.



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\*Selected units available. Conditions apply.



# The Hills Shire Council News

## Have Your Say

For more information on any of the exhibitions listed below, visit Council's website and search "Have Your Say".

### Draft Voluntary Planning Agreement (VPA) – 55 Coonara Avenue

Council has resolved to publicly exhibit a draft VPA for 55 Coonara Avenue, West Pennant Hills. The VPA offer was submitted by Mirvac Projects Pty Ltd, proposing monetary contributions to Council valued at \$2 million. Additionally, contributions will be payable at a rate of 1% of the estimated cost of development under the applicable section 7.12 Contributions Plan.

Submissions close on Monday, 15 August 2022.

### Proposed 'No Right Turn' from Bruce Purser Reserve to Withers Road

In accordance with Section 115 of the Roads Act 1993, Council is considering implementing a permanent 'No Right Turn' during school zone hours from Bruce Purser Reserve carpark entry/exit onto Withers Road, Rouse Hill.

Submissions close on Monday, 15 August 2022.

### Planning Proposal, draft Development Control Plan (DCP) & draft Voluntary Planning Agreement (VPA) for 14-16 Brookhollow Avenue

Draft DCP amendments and a draft VPA are currently on exhibition with respect to land at 14-16 Brookhollow Avenue, Norwest (2/2021/PLP). The planning proposal seeks to enable the development of a new 6-10 storey commercial building.

Submissions close Monday, 22 August 2022.

## 2022 Hills Business Performance Sentiment Index (PSI) Results

Council's annual business PSI survey for the Hills region is an ongoing measure of business performance, conditions, and sentiment, calculated through a metric involving 21 questions.

The Hills Shire Business PSI score for 2022 is 6. The sharp rebound from -45 in 2020 indicates a gradual post-COVID recovery with improving business conditions, performance, and sentiment across the Hills business community.

For more information, head to Council's website and search "PSI".

## Legally Blonde at the Pioneer Theatre!

Oh my gosh! Legally Blond The Musical is coming to the Pioneer Theatre, between September 30 to October 9, for a great night of dancing, singing, and show-stopping performance! Get your tickets now via the Pioneer Theatre website, [www.pioneertheatre.com.au](http://www.pioneertheatre.com.au)

# LEGALLY BLONDE



*The Musical*

TICKET LINK



SCAN ME

30 SEP - 9 OCT 2022



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

## Environment Centre Open Day

The Community Environment Centre off of Currie Avenue, Annangrove is hosting an open day on Saturday, 13 August 2022, between noon and 3pm. It will be an action-packed day, with local environmental stalls and tours around the centre and its blossoming gardens. It's also a great opportunity for information on how to become a regular volunteer at the Centre and all the workshops on offer.





## The New Waves Website is Live!

Visit the new Waves Fitness and Aquatic Centre Website at [www.wavesfitnessandaquatic.com.au](http://www.wavesfitnessandaquatic.com.au) to discover all things Waves! Information on group fitness, personal training, learn-to-swim, lap lane availability, cafe opening hours, and more are now available. Expressions of interest for membership and classes can be made via the website's online forms.

## Flood Recovery Centre

If you or someone you know has been affected by the recent floods and require assistance, we encourage you to visit the Flood Recovery Centre, located at the 'Retreat at Wisemans' (5564 Old Northern Road, Wisemans Ferry).

At the Recovery Centre, you can meet Government and Non-Government agencies that provide:

- Financial assistance for individuals, primary producers, and small businesses.
- Accommodation assistance and advice.
- Help with replacing lost documents.
- Mental health and wellbeing services.
- Clean-up booking.
- Insurance and legal support.

Hours of Operation:

- Monday - Wednesday: 10am - 4pm
- Thursdays from 12 midday to 7pm (hours subject to change - please check our website prior to visiting)
- Weekends: 10am - 2pm

More information regarding the recent floods can be found on Council's 'Local Emergency Management' web page.

## Report it to Council

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**Reminder:** 2022/23 Community Grants Program Applications Open 1 August 2022

## Council Meetings

Tuesday, 9 August 2022 – 7pm.

For more information, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for '2022 Meeting Agendas and Minutes.'



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Sydney's Garden Shire

# JULIE CHARLTON

## Bound for Birmingham

By GISELA HORNER

This week, 23rd July, Julie Charlton got on a plane to represent Australia in para-athletics in the F57 Shotput at the Birmingham Commonwealth Games.

This is a remarkable achievement for 23 year old Julie from Dural. Julie was born with Spina Bifida which is a birth defect that occurs when the spine and spinal cord don't form properly.

As a young girl, Julie was never fully included in school sport, as she was always placed on the sidelines by teachers who did not have an understanding of inclusive sport. This changed when three outstanding PE teachers throughout her life gave her access to opportunities in sport. Travelling on her own and being responsible for her wheel chair, throwing seat and two bags required for a world class event, was an extra challenge.

During Julie's early primary school education, her family moved from lower North Shore to Dural, where she lives today with her parents. Julie attended the American International School of Sydney (AISS). Jane and Andrew, Julie's parents, were impressed by the school's forward-thinking with regard to disabled students. Jonathan Butcher, the first of her life-changing PE teachers taught Julie, aged eight. He gave her great support by encouraging her to take part in the school athletics carnival, understanding her needs and this sowed the seed for her passion for athletics. The following year, the school closed and Julie was home-schooled for that year.

James Muir, her second PE teacher, at Hills Grammar School, continued that support and encouragement. Although Julie battled initially to become accepted as part of the normal school community, her tenacity enabled her to overcome problems such as access to classrooms and inclusive educational needs.

For the last ten years, retired PE teacher, Rob Blackadder, has been her mentor and friend. They met whilst Rob was officiating and organising young athletes in competition

with Athletics NSW. Rob has given her the opportunity to succeed further in para-athletics.

Apart from being chosen to represent Australia at the Commonwealth Games this year and being ranked in the top 10 in the world in seated Shotput, last month Julie won a Gold Medal at the Oceania Athletics Championships in Secured Discus in Mackay.

In 2021 Julie was named Hills Shire Youth Ambassador encouraged by former Mayor, Dr Michelle Byrne who was impressed by Julie's enthusiasm for activities for young people in the community and recommended her for this award. Michelle said:

*"Julie is awesome and I love what she does to stand up for other athletes who aren't given the same treatment and respect as able-bodied athletes. She is a dynamo and will change the world."*

One of the activities Julie is involved in is the Hills youth army (HYA). HYA organises high school students and young adults to do volunteer work in the community. It teaches them about social awareness, solving problems and helps to develop leadership skills.

Julie is in her 3rd year of a Bachelor of Sports Coaching and Management degree at the Australian College of Physical Education, Homebush. She is an athletics coach and runs her own business, JC2 Athletics, training five young people in para-athletic sports. Julie sets them training programs which they can continue whilst she is away.

In her 23 years, Julie has done more than most of us do in a lifetime, including a 3-month internship at ABC Sport, Ultimo, shadowing presenters in TV, radio and digital which she greatly enjoyed. She is well versed in public



Julie and mentor Rob Blackadder

speaking and expresses herself eloquently. I asked if she would like to continue in sports journalism. Julie hesitated and said:

"My philosophy, as an athlete, is to be the best I can be. It means continuing to improve my strength, my mindset and my knowledge of sport as a member of Athletics. I don't like having competitive goals, they are short term and don't let me grow philosophically. I want to advise and help grow para-athletics and future athletes to be their best.

*"As disabled people, it's not our disability we have to overcome but society's attitude and its reluctance to learn about disability, which is known as Ableism".*

Julie is an impressive and inspiring young woman and whatever pathway she decides to take, she will be a great ambassador not only for disability rights and inclusive education, but for the youth of today.



*out and about*  
with MICHELLE BYRNE  
**Galston Valley Railway**



Our latest adventure turned out to be a science and history lesson all rolled into one. With the sun shining we decided we would visit the Galston Valley Railway to ride the miniature trains. Having never been myself, I really wasn't sure what to expect or if my daughters would even really enjoy it.

What we discovered was incredible. As soon as I saw the miniature railway, I was instantly transported back to my childhood when we had a model train set. My sisters and I would run the trains around the small track for hours, over the bridges, through the tunnels, around the mountain, past the houses and paddocks and back to the station again. In many ways the Galston Valley Railway is similar except a lot larger and a lot more fun!

Run by the Hornsby Model Engineers, the Galston Valley Railway is a 5" gauge miniature railway which is approximately 1km in length and sits in a natural bush setting. Like the train set from my childhood, there are tunnels and bridges as well as a station and a Station Masters box. The train toots its horn loudly as it pulls out of the station and if you keep your

eyes peeled, you will see garden gnomes and terracotta clay animals hidden amongst the rocks and the trees as the train works its way through the bush. There are viewing platforms as well as seating so you can watch the miniature trains as they run around the tracks. Best of all adults can also ride the trains making it entertaining for everyone.

There are two types of trains – steam and diesel. As we stood waiting for our turn to ride the miniature trains, Maddie and Alexis asked why there is smoke coming out of the train. This led to our discussion of how steam trains work and why they are no longer used. We ended up riding the trains multiple times with Maddie declaring "this is awesome".

There are viewing platforms and seating to watch the miniature trains as well as a garden gauge model railway display with model scale buildings. On site there are also picnic tables and BBQs for the public to use. You can bring your own lunch to enjoy. There is also a canteen selling tea & coffee, cold drinks, ice-creams and lollies as well as a sausage sandwich stall.



Galston Valley Railway is open every 2nd Sunday in the month and is completely run by passionate volunteers who willingly share their knowledge and love of trains. All the funds they raise from ticket sales, the BBQ and the Canteen goes straight back into maintaining and improving the miniature railway and the facilities on site.

It is well worth a visit especially if you have younger children and I certainly look forward to visiting the Galston Valley Railway soon with my nieces and nephews.



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# Grant Opportunities in the Hawkesbury Community

**A diverse range of grants are currently available to the Hawkesbury community for Seniors Festival Grants (up to \$10,000), Arts and Disability Initiative grants (\$30,000), Community Grants, Rural Communities Grants and many more. They are variously available to individuals, groups and organisations and some grants will close in August.**

Hawkesbury City Council has created an online Current Grant Opportunities resource on the website *Your Hawkesbury – Your Say* which is consistently updated with new grant opportunities for the Hawkesbury community. It includes brief descriptions of grants, funding amounts, who can apply and the application closure dates. It is a good place to start looking for grant opportunities. Currently the grants range in value from \$500 up to \$250,000 and they are always being updated.

You can find the page by visiting [www.yourhawkesbury-yoursay.com.au/cg](http://www.yourhawkesbury-yoursay.com.au/cg)

## Grant workshop presentations and videos

Hawkesbury City Council's successful community grant workshop series is now available as recordings and presentation slides on the Community Grants and Support page at [www.yourhawkesbury-yoursay.com.au/cg](http://www.yourhawkesbury-yoursay.com.au/cg)

These are an excellent resource to refer to when applying for grants, either within your community group or organisation, or as a collaborative project application with other community groups or organisations.

## Hawkesbury Community Learning Hub

Hawkesbury City Council has partnered with iClick2Learn to create Hawkesbury Community Learning Hub, which is a comprehensive online resource for committees and volunteers. It contains webinars, courses, and learning content about committees, governance, finance, volunteers,

grants etc. The Learning Hub provides people living, working, or volunteering in the Hawkesbury community with 'bite-sized' learning and the opportunity to upskill.

A free 12-month membership is available for volunteers and committee members to upskill your group on grants, fundraising, events, committees and roles via webinars, courses and FAQs. Membership will provide full access to the site Hawkesbury Learning Hub - iClick2learn at Hawkesbury Learning Hub - iClick2learn

Contact Council for your free membership code by emailing [brightideas@hawkesbury.nsw.gov.au](mailto:brightideas@hawkesbury.nsw.gov.au) or calling 4560 4444 or Tracey Greenaway on 0428 212 948.



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## Mozart's Tempestuous Skies

The Australian Romantic and Classical Orchestra performs some of Mozart's most sublime, dramatic and passionate music including *Jupiter Symphony*, *Piano Concerto in A major*, *Overture to Don Giovanni* and sparkling *Serenata* directed by violinist Rachael Beesley.

Mozart's *Jupiter Symphony* is one of the greatest pieces ever written. His final symphony, it is a grand statement from a visionary composer, and even if the nickname wasn't Wolfgang's own, the wonder, awe and complexity of the work perfectly bears the name of the king of Roman gods. Completed in 1788, Mozart's 41st symphony followed hard on the heels of his greatest operas: *The Marriage of Figaro*, *Don Giovanni*, and *Così fan tutte*. The *Overture to Don Giovanni* bristles with passion

and intrigue, foreshadowing the dramatic tale to come – extraordinary, considering Mozart wrote it the night before its premiere!

Around the same time, Mozart penned his *Piano Concerto No.23*. Audiences around the country will be delighted to have internationally renowned Australian fortepiano soloist and Historically Informed Performance *doyen* Neal Peres Da Costa perform this beloved staple of the piano repertoire – in a very specific and fascinating version. Neal recently had a new

### WHEN:

Tuesday 16 August at 6.30pm

### VENUE:

RJ Phipps Performing Arts Centre  
The Hills Grammar School  
43 Kenthurst Rd, Kenthurst (NSW)

fortepiano built and it makes its debut tour with the orchestra!

The opening work of the program dates from a decade before the others, and we get a glimpse of a very different Mozart. At barely 20 years of age and the musical star of the Salzburg court, he composed the *Serenata Notturna* as a piece for evenings, possibly to be performed outside, among all the other stars of the firmament.

As part of the Australian Romantic & Classical Orchestra's new emerging artists program, *Tempestuous Skies* will also feature three selected young musicians from the *Young Mannheim Symphonists* youth orchestra who will perform alongside the professional musicians. *Young Mannheim Symphonists* is designed to provide opportunities for young musicians to experience the magic of historically informed performance, inspiring the next generation of research and performance-based inquiry.

For more details about the *Tempestuous Skies* tour and the entire 2022 Concert Season – repertoire, dates, venues – or to book tickets visit: [www.arco.org.au/tempestuous-skies](http://www.arco.org.au/tempestuous-skies)

## Gregoriana Arcadia

*Would you like to learn to sing beautiful, ancient music?*

Chanting, particularly of the psalms, was already well established in Jewish observances before the start of Christianity and music became part of the early Christian Church. During the papacy of St. Gregory the Great (590–604AD) chanting was promoted, especially in the European monasteries and this music is now referred to as Gregorian Chant. It was an aural tradition, with new monks learning from hearing the older monks. Chants were in Latin, which was by then the official language of the Christian Church. It was not until 12th Century that an early music notation was established, pre-dating the current modern musical script.

In Gregoriana Arcadia, we sing a cappella from the old music, as it has been sung for well over 1000 years. We practice on the second Saturday afternoon of the month, 2-4pm, in the beautiful chapel at the Benedictine Monastery, 121 Arcadia Road, Arcadia. Dr Pip Gibian is the current Choir Coordinator.

New members are very welcome. No previous music or Latin experience is required, and no fees apply. For enquiries email Andrew at [ajjhede@gmail.com](mailto:ajjhede@gmail.com)



## Hills Harmony Chorus

Hills Harmony Chorus has been meeting again being an active participant in the local

community in 2022 under the direction of a new music director Diane Jenkins. In early May the chorus was part of the entertainment at the Heritage Week open day at Bella Vista Farm.

One of our members narrated *The Story of MaryWade*. The chorus sang a couple of well-known Australian songs with the Hills Shire Symphony Wind Ensemble.

3 weeks later Hills Harmony were privileged to be part of the entertainment for the Relay for Life at the Castle Hill Showground. A photograph shows the chorus in the Harvey Lowe Pavilion. On the 4th June the chorus travelled to Canberra to participate in the Barbershop Harmony Australia Eastern Region contest. It was last held live in 2019 so it was great to see friends again from choruses across the state.

In addition to competing in the chorus section Hills Harmony had 2 quartets competing in the open men's and senior's category.

It was pleasing that both quartets medaled. First Edition was placed first in the seniors and 4th in the men's open section. Vintage Fusion, which was a new quartet, came a creditable second. Our tenor Steve Aquino was in both quartets so scored a gold and silver.

On 14 June the chorus was the entertainment at Castle Ridge Resort to celebrate the birthday of a resident turning 102.

We are always seeking new members and rehearsals are 7.30 pm Thursday nights at Kellyville Anglican Church in President Road Kellyville. Why not come along, have a sing and join in the fun!

For more information and to book us for your next event see our website details below. [www.hillsharmony.com.au](http://www.hillsharmony.com.au)



# PETS OF THE WEEK

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



**AT A GLANCE**

NAME: SABRINA  
 BREED: Domestic short hair  
 SEX: Female  
 AGE: 6 years  
 PRICE: \$49



**SABRINA** is a six-year-old domestic short-haired cat. Staff at the Hawkesbury Companion Animal Shelter say Sabrina is a calm and friendly girl who just loves to follow you everywhere. If you have been looking for a friend to keep you company then please visit the shelter to meet Sabrina. Her adoption price has been reduced to \$49 and includes the first vaccination, desexing, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

**HOODLE** is a lovely active boy who just loves to play, according to staff at Hawkesbury Companion Animal Shelter. Staff say the 5-year old is very obedient and will offer his paw when asked. Staff say they have been informed that Hoodle has been raised around children with no issues. If you would like to adopt a happy Hoodle please come to the shelter to meet him with your family dog and children. He is already desexed so is ready to leave with you. Hoodle's adoption price has been reduced to \$49. The adoption price includes the first vaccination, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

**AT A GLANCE**

NAME: HOODLE  
 SEX: Male  
 BREED: American Staffy  
 AGE: 5 years  
 PRICE: \$49



**NIXON** is a 2 ½ year-old American Staffy. Staff at the Hawkesbury Companion Animal Shelter say Nixon is a happy boy who loves playing with his toys. If you are interested in adopting Nixon please visit the shelter with your family dog and the children to meet him so that staff can be sure they are all going to get on well together.

Nixon's adoption price has been reduced to \$49 and includes the first vaccination, desexing, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

**AT A GLANCE**

NAME: NIXON  
 SEX: Male  
 BREED: American Staffy  
 AGE: 2 ½ years  
 PRICE: \$49



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Mini Woolies opens at The Hills School: Mathew, Neralie and son Ethan Shopping  
Image Credit Dallas Kilponen

got big queues behind him. He's familiar with the school environment and now he gets to look at fruit and veg and get used to the different colours and smells in a place that is very familiar to him."

The Hills School caters for the education needs of over 110 students aged 4-18 years with a range of additional physical, intellectual and complex needs including sensory impairments.

The mini Woolworths store mimics the operations of an actual Woolworths supermarket, with baskets for fresh food, shelving for groceries, ticketing, signage and Woolworths branded uniforms the students can wear to create an immersive educational experience. Using a fully operational Fujitsu register, students learn to scan grocery items and handle money when they process sales.

Woolworths team members from the nearby Winston Hills supermarket have been helping students stock shelves and provide register training in readiness for the opening.

Mark Gosbell, The Hills School Principal said: "Having an on-site Mini Woolworths store will provide authentic learning opportunities.

"Students will be able to develop independent living skills, functional literacy and numeracy and have an additional learning space that encourages development of communication. We are excited for what it will bring to our students and their families."

The new mini Woolworths at The Hills School is the 16th mini-supermarket of its kind.

## Mini Market with Big Aims

*A new mini store has opened at The Hills School in Northmead to support students with additional needs by giving them hands-on learning experiences.*

The opening of Hills Fresh Food follows successful Mini Woolies sites at The Ponds School in The Ponds and Gabe Fresh Food at St Gabriels, Castle Hill.

Mathew and Neralie Want said their 11-year-old Ethan (pictured) just loved the experience saying he was a fun-loving and very curious kid.

"We can take him to the shops and do this with him to some extent, but we can't give him the experiences for example of being able to work behind the registers or understand what it is to stock the shelves. Hopefully, it gives him an idea of where he can go after school with that," said Matthew.

"Ethan is in Year six and I hope in this time he will get out of the program, some comfort of transacting in a real-world scenario - talking to someone behind a register or working with someone behind a register and build on the ability to create a habit of this is how you buy groceries and food.

"It's important to be aware of sensory input so it's great to see that he can practice this at school, where it's quiet, less distractions and fewer loud noises."

Neralie said: "It's about Ethan being able to do what he wants in his own time too. He won't feel rushed in this environment and he hasn't

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# Showtime for Hulley at the Games

By LAWRENCE MACHADO

**Australia's four-time hammer throw champion Alex Hulley will be using her experience at the recent World Athletics Championships to nail a second Commonwealth Games medal in Birmingham next week.**

The reigning Commonwealth Games silver medallist exclusively told the Hills to Hawkesbury Community News from Birmingham that her confidence has improved a lot after her World Championships debut in Oregon, USA.

The Rouse Hill local admitted she has struggled over the past two years in confidence, had some injury setbacks but is now getting back to her best.

It's showtime for Hulley, 25, in Birmingham, having had a best heave of 68.83m in Oregon after a nervous first attempt at 64m. She was incidentally, the first Australian hammer thrower in 18 years to compete at a senior

world event. Her world ranking jumped from 34 to 18 after her impressive world championship performance.

"These distances are pretty similar to what I've been throwing throughout the season so I was happy to finish such a major competition with a good result," said Hulley. "The best advice I got from my coaches was that I belong there, I earned my place and I can definitely mix it with the very best in the world."

Since she won her first junior national title and then a silver at the 2014 Youth Olympics, Hulley has been an unstoppable force in Australian hammer throwing, even nailing an incredible 70.55m at the Sydney Track Classic in 2019/20 season, to outshine four-time US champion Gwen Berry.

Asked if she can win a second Commonwealth Games medal, the sunny-natured Hulley said: "Anything can happen on the day. That's definitely the goal, to come home with a medal!"

"I definitely feel confident now that I know I can throw far again. We have kept things mainly the same, working on getting stronger, more powerful, and faster in the circle. My coaches (Breanne Clement and Karyne D Marco) and I have made some really great technical improvements over the last year and we are definitely seeing those pay off now.



Alex Hulley at the 2022 World Athletics Championships.

Hulley is enjoying her hectic schedule, having left Australia for the US on July 7, and has been in England for the past week in preparation for her competition which starts with a qualifying round on Thursday, August 4.

She will be cheered on by her proud parents, Matthew and Louise Hulley, and an aunt, though younger sister Georgia, a promising athlete herself, has stayed back to complete her university studies.

"After these competitions, I am staying in London to continue training and competing in Finland and hopefully Hungary," Hulley said. "I will also have a little holiday with dad in Italy after all the competitions are done before heading home."



Alex Hulley training for the Commonwealth Games in Birmingham, watched closely by coach Breanne Clement.

## Kellyville sports complex a boon to the Hills

By LAWRENCE MACHADO

**As many as five clubs from three different sports will benefit from the new multi-purpose fields at the Balmoral Road Reserve, Kellyville, with tennis also receiving a timely boost.**

Hills Football Association, Kellyville/Rouse Hill Junior Football Club, Baulkham Hills Hawks Junior AFL Club, Hawkesbury Cricket Club, and Kellyville Supersonics Cricket Club will share the four fields for training and matches during summer and winter.

In addition, there are four tennis courts and two multi-purpose ball courts at the reserve. Residents can use the tennis courts via a booking system with no coaching groups or commercial organisations able to access it for now, according to The Hills Shire Council.

The Hills To Hawkesbury Community News had reported on this impressive sporting facility before it was officially opened by NSW Minister for Planning Anthony Roberts and The Hills Shire Mayor Dr Peter Gangemi on July 22, in the presence of residents and club representatives.

The minister said it was wonderful to see the reserve become a reality, thanks to a funding boost from the NSW Government's Accelerated Infrastructure Fund.

"Providing high-quality outdoor spaces is a priority for the NSW Government and Balmoral Road Reserve is great example of what can be achieved when we work in collaboration with councils to create assets that communities really want and need," Mr Roberts said.

Mayor Gangemi said the new sporting facility "has been hotly anticipated by the Hills community and we are very excited to deliver it for them".

"It will provide a place where our residents and sporting clubs can play and train, and families and friends can socialise and exercise. More importantly, it's a place where our residents and visitors will find enjoyment and have a whole lot of fun" he said.

He said the extra funding boost has

enabled the council to deliver the sporting complex ahead of schedule and provided hundreds of jobs during the COVID-19 pandemic.

The reserve has three buildings for the different fields, a club room, a referees/umpires room, and toilets. The council has also built a 245-space car park and a kiosk.

The sporting and leisure complex also provides cyclists and pedestrians an illuminated shared path with a link to the bigger Greenway cycle link, between Bella Vista Farm and Rouse Hill Town Centre.



NSW Minister of Planning Anthony Roberts, Mayor Dr Peter Gangemi, with representatives of the local clubs, and residents at the opening of the Balmoral Road Reserve.





## Hills United can bounce back

By LAWRENCE MACHADO

*Hills United FC suffered a shock defeat at the hands of St George FC as the race for the top four places in the FNSW League One Women's got closer.*

A Maddison Farmer goal in the 27th minute separated the teams as the Hills United were unable to convert their chances to slide to their third loss of the football season, which they had dominated from the start. The three substitutes the Hills United made in the second half did not bring the result that coach Alan Tasses would have wished as the game slipped away from them.

The defeat could not have come at a worse time for the Hills United who need to win all their remaining games to regain their top position and hope their nearest rivals lose some matches.

Hills United still have a match in hand as they trail table leaders Gladesville Ravens (58) by three points at the end of the 23rd round last weekend. The Saints moved to third place on 45 points, level with Northbridge Bulls FC.

After flying high and unbeaten for much of the season, Hills United have stumbled a bit but can still lift the Premiership.

This Sunday, July 31, Hills United take on bottom rung South East Phoenix FC at the South Nowra Football Complex at 3.15pm.

On paper, Hills United should be able to pocket a handsome win because South East Phoenix are yet to rise up this season, having just three wins to their name from 20 games. Last weekend, South East Phoenix crashed to their 17th defeat this season, going down 0-2 to Camden Tigers.

It will provide the visitors the ideal opportunity to fire up their campaign for the premiership.

## BRANDON STARC: Defends his long jump title

By LAWRENCE MACHADO

*The Hills Shire has always been producing exceptional sportsmen and women who have done the country proud at world events.*

Our contribution to the 400-strong Australian contingent for the 2022 Commonwealth Games in Birmingham continues that rich vein. Some of the representatives include Baulkham Hills-born high jump champion Brandon Starc, Dural 100m hurdles sensation Michelle Jenneke, and Rouse Hill hammer throwing ace Alex Hulley (featured on another page).

Starc, 28, will be defending his high gold medal at the Commonwealth Games. The reigning Australian champion will be the man to beat in Birmingham, having soared 2.32m to win the gold in front of delighted home fans at the 2018 Gold Coast Games. This was a huge improvement from his eighth place at the 2014 Games in Glasgow.

Starc, the younger brother of Australian fast bowling great Mitchell, is attached to Parramatta City Track and Field. He began his career at Parramatta Little Athletics while attending Lidcome Public School. He later attended the Hills Sports High School, playing cricket and football before settling for the high jump.



Picture from Facebook

Starc finished 15th in Rio de Janeiro Olympic Games before his massive improvement in the 2020 Olympics in Tokyo, where he was fifth. He was very unlucky in Tokyo despite clearing 2.35m, which would have guaranteed him a medal at any other Olympics.

Starc recently toured local LA clubs to speak to the youngsters and inspire the next generation of champions.

## MICHELLE JENNEKE: Can she hurdle for gold this time?

By LAWRENCE MACHADO

*Australian women's 100m hurdling star Michelle Jenneke, 29, comes to the Commonwealth Games fresh from her fourth World Championships in Eugene, Oregon.*

She qualified for the semifinals there in a blistering time of 12.66 seconds, becoming the second fastest Australian woman. However, she finished 11th overall in a star-studded field. The Dural ace is one of the many outstanding alumni from Cherrybrook Little Athletics who has made it to the world stage. She will be keen to improve on her fourth place at the 2018 Gold Coast Games. She has genuine pace and the smooth action to go all the way this time, having come close to snatching a medal at the previous Games.

Jenneke, a classy all-round sportswoman, is internationally famous for her warm-up dance which has gone viral around the world. One version of the video of her pre-race warm-up notched an incredible 30 million views on YouTube.



Picture from Facebook

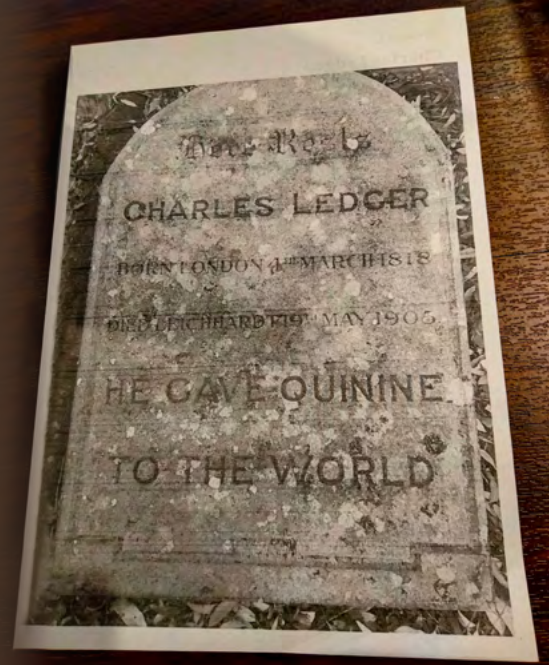
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# Alpacas, Quinine & A Titanic Burial



On a recent visit to Rookwood Cemetery, I spoke to Mark Bundy, General Manager Operations. I had met Mark previously when he had given a talk at a recent Parramatta Proboscis Club meeting and I recognised him whilst attending a Hills Friendship Club outing at Rookwood, more recently.

I asked Mark if he could provide me with some interesting anecdotes for use in this publication which he kindly offered to do. To use Mark's words "he would be the last person to let anyone down", being a grave digger or as he is now known as a "Burial Technician".

Mark has now provided me with some very interesting information regarding two people, amongst the millions buried at Rookwood, leading me to conduct a little further research into the two.

Now we have all heard of the health benefits of quinine but did you know of its links to Australia? Charles Ledger who died in 1905 at Leichhardt was responsible for the discovery of quinine and, through his efforts, it became a world-wide effective health remedy. Charles was a character who took chances. Born in 1818 at Bucklesbury, London he travelled to Peru where he gained employment as a clerk in a British Merchants Office in Lima. Whilst out one day,

he rescued a drowning native, Manuel Inca Manami. As thanks Manuel offered his services to become his servant and, in 1865, started to obtain seeds of the cinchona trees for Charles. The export of these seeds was forbidden by the countries of South America, but Charles had secretly sent seeds to his brother in London. The Dutch government purchased some of the seeds, whilst others had been sent to India and Queensland. Whilst those planted in Queensland did not fare well, those planted in India and in the Dutch East Indies were grown successfully and spread rapidly. The bark on the Cinchona is where quinine is produced. As well as the medicinal properties, it is also used as a flavour component of tonic water and bitter lemon drink mixers and a popular mixer with gin creating the gin and tonic cocktail.

Charles Ledger's servant Manuel was arrested whilst on a seed hunting trip in 1871 and beaten so badly that he died shortly afterwards. Charles then ceased to collect any more seeds however he provided money to Manuel's family.

Charles Ledger was also responsible for the importation of Alpacas into Australia in 1859 when he brought several hundred of the animals to Sydney. How he managed to export them

from South America I do not know as the export of Alpacas, like the export of Cinchona seeds from South America was forbidden. Charles Ledger received £15,000 for the Alpacas he had imported into Sydney.

In 1884 Charles Ledger moved to a farm around 39kms from Goulburn NSW. He lost his fortune in bank failures in the early 1890s. However, the Dutch government granted an annuity of £100 a year in 1897. He died in 1905 at Leichhardt and was buried at Rookwood.

Mark Bundy also mentioned to me that there is a link between Rookwood and the sinking of the Titanic. One of the crew on that ill fated maiden voyage of the Titanic in April 1912 was stoker named William John Murdoch (also recorded on some records as "Murdock"). From my investigation into Murdoch's rescue there are conflicting stories and some question about how he survived as he would have been below decks working as a stoker when the ship hit the iceberg. However, he did survive and continued working on ships. He and his family migrated to Australia where he worked on coastal ships between Sydney and Newcastle. Murdoch passed away in 1941 and is also buried at Rookwood.

## Market Day

The Hills Men's Shed's next Market Day is Saturday, August 6th at the Eric Mobbs Reserve Ferguson Ave, Castle Hill.

The monthly markets (on the first Saturday of the month) are a regular event to support the club's activities. The Hills Men's Shed is a place where local men have a community space to connect, create and converse.

It is also a space where members have the opportunity to engage in projects for the local community. The many community street libraries seen around the district are the work of many dedicated shed members.

Restoration projects are also high on the agenda with outdoor chairs, indoor furniture and special builds underway. One of the club's most exciting undertakings at the moment is the restoration of an antique motor driven child's car. The Hills Men's Shed has a few generous sponsors to help keep the shed operating including latest sponsor is Guardian Real Estate in Castle Hill and Dural.

Our legendary market days are not to be missed! The Market Days run of the first Saturday 8:30am to 12:30pm. With EFTPOS available



# AS WE WERE

PHOTOS FROM THE PAST

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"The industry has gone through many changes over the years and we have had to adapt each time. We have a constant focus on finding smarter ways of doing things in order to

keep costs to the consumer down as much as possible."

Matt's team love servicing the Hills district and Hawkesbury regions. "Customers in these areas are extremely friendly and easy to deal which makes doing what we do even more enjoyable!"

"It's a region mixed with battlers and hardworking locals, which is constantly inspiring to be around."

To book your bin you can contact Matt's team on 02 4708 2927 or visit the website at [www.mattsskipbins.com.au](http://www.mattsskipbins.com.au)



## Cross country challenge

Serious runners and families wanting a day out are being asked to put on their running shoes and join the 2022 Cross Country Challenge at Bella Vista Farm Park on September 11th.

Organised by Castle Hill Rotary Club, The 2022 Cross Country Challenge will be raising money for the local charities HeadSpace, Youth Insearch and The Positive Vibes Foundation.

The popular event is aimed at runners of all abilities with the three different courses to suit people of every fitness level, finishing with a Fancy Dress Family Fun Run.

Participants can register as a solo runner, a family, or as a team with friends or work colleagues. Children under 16 have to be accompanied by an adult.

Entry costs are: Child (under 16) \$10, Adult (16 to 60 years) \$30. Seniors (60 plus) \$10. The Expert course is 10.2 km, Intermediate is 6.8km and The Family Fancy Dress Fun Run course is 3.4km.

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



## Lions Food Drive

Crestwood Lions have delivered 272 kg of goods worth approximately \$2,700 to Foodbank NSW for flood relief.

The huge amount of goods was collected in just three hours earlier this month by Lions members Helen Rose, Kathy Ebbott, John Brawley and John Ebbott who stood outside the Woolworths supermarket at Grove Square shopping centre Baulkham Hills.

John extended a huge thank you to the generosity of shoppers who stopped and donated.

### MEET JOHN BENYON

Kenthurst Rotary Club will be showing the last recorded interview of John Benyon, known as the Kenthurst Mayor, at its meeting on **Monday, August 29th**.

Kenthurst Rotary Park was renamed the John Benyon Rotary Park" in honor of John and his amazing community work..

Join Kenthurst Rotary Club for a great night at The Australian Brewery, 350 Annangrove Road, Rouse Hill, 28th August at 6.30pm for a 7pm start.

RSVP to Victoria 0402 114 628

## Wisemans Ferry Help

Hills-Kellyville Rotary Club has been working alongside The Indian Hindu Community to the flood victims in the Hawkesbury LGA.

Volunteers helped clean up affected households along with homeowners and provided survival kits containing essential items such as fresh fruits, canned food items as well as cleaning equipment.

The Rotary Foundation provided a Disaster Response grant which was used to purchase Bunnings and Woolworths gift cards to give to families in need of immediate financial support.

The Club also sprang into action using its connections to assist flood victims on the north coast of NSW. In conjunction with The Dural Men's Shed and Rheem Australia, the Club managed to source water heaters for flood victims. Turbans4Australia transported the heaters to Lismore Flood Relief Centre.

Funds raised at "Jazz at The Pines" Community events run by the Club provided a donation of over \$2,000 which was given to the Wisemans Ferry Men's Shed to get the Men's Shed re-established after losing everything in the floods.

The club also gave \$500 Woolworths vouchers to 25 local community members affected by the floods funded by a Rotary District grant.



# PUZZLE

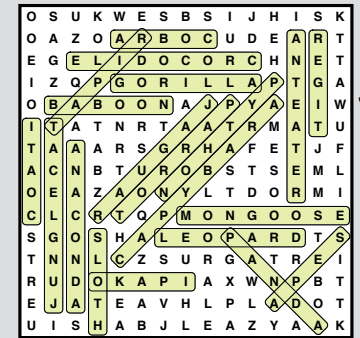
## WORD SEARCH

### FISH

- BANDFISH            HADDOCK
- BARRACUDA        HAGFISH
- BASS                LAMPREY
- BIGEYE             MACKEREL
- BLEAK               MONKFISH
- CARP                PERCH
- CATFISH            SALMON
- FLOUNDER          SWORDFISH
- GROUPE            TENCH
- GUPPY              TROUT

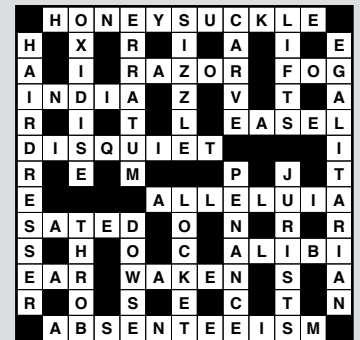


## WORD SEARCH



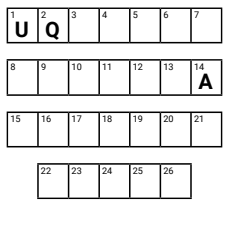
Answers from last issue

## CODE WORD



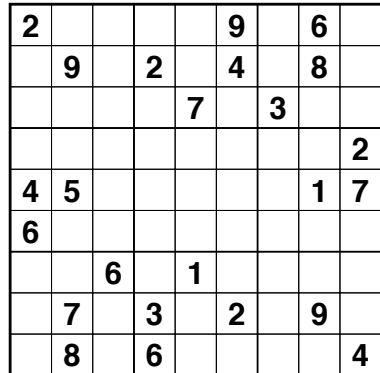
## CODE WORD

Numbers in the grid (1-26) correspond to each of the letters of the alphabet from A-Z in some order. Solve the puzzle and fill in the letters in the key provided as you find them. Three letters are provided to give you a start.

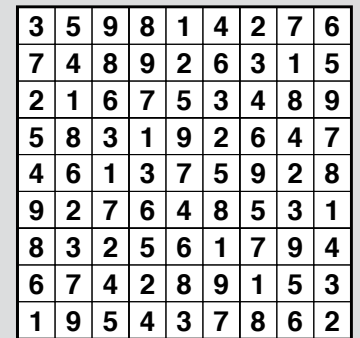


## SUDOKU

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



## SUDOKU



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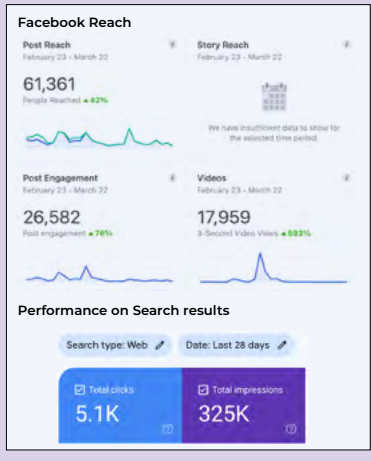
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1	2		3		4		5	6		7		8	
						9							
10								11					
12					13								
14	15										16		
17					18				19				
20			21								22		23
24							25						
26								27					

- Across**
- Illness indicator
  - Warning not to trust technocrats
  - Type of bobsleigh
  - Turbulent
  - Wine press residue
  - Where Oliver Twist and Jane Eyre were, for a while
  - Dressmaker
  - Complain bitterly
  - Render speechless
  - Apelike son thrashed a hockey player (6, 4)
  - Bolder lady regenerated as punk rocker (5, 5)
  - Sharp to the taste
  - There's nothing in it
  - Christian rockers
  - Former Deputy Prime Minister Doug ---
  - Led down the aisle
- Down**
- Hard work
  - Claim peon is beaten up for a public servant
  - Frontier settlement
  - Student's whereabouts, preferably (2, 5)
  - Hawaiian hello
  - Fuzzy
  - Sydney Harbour feature (7, 6)
  - Amuse
  - Held in esteem
  - Middle part
  - Follow-up punches, in boxing (3-4)
  - Moolah
  - Banjo Paterson speciality

## SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

Answers from last issue

## CROSSWORD

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

## SUDOKU

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

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