

Hills to Hawkesbury

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Community News

12th - 26th August 2022 | Volume 39 - Issue 16
Local Stories, Local Events, Local People and Local Businesses

MICHELLE TAKES ON THE PACIFIC

FULL STORY PAGE 11



MAYOR RESIGNS

STORY ON PAGE 7

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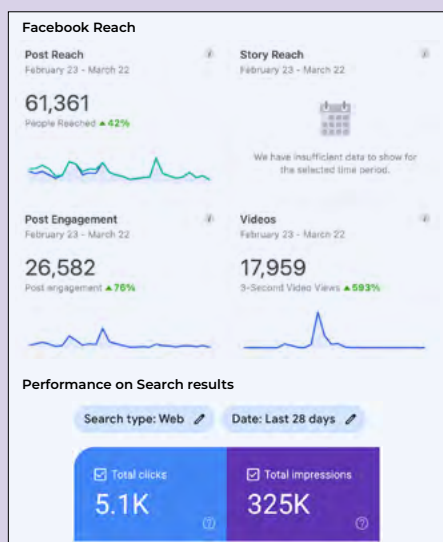
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Dive in to Waves Community Open Day



The Hills Shire Council will be throwing open the doors to the brand-new Waves Fitness and Aquatic Centre at a special Community Open Day on Saturday 3 September 2022.

From 10am to 3pm, people can try out all areas of the complex free of charge, including the indoor and outdoor pools, fitness centre, spa and sauna and outdoor exercise and leisure areas.

Activities on the day include a meet and greet with Olympic Gold Medallist Brooke Hanson, kids' inflatable fun in the outdoor 50m pool, free coffee, DJ and roving entertainment, free heart health checks and exercise classes including body pump, body combat, cycle, aqua and pilates.

Mayor of The Hills Shire, Dr Peter Gangemi, said the \$55 million project has been one of the biggest and most rewarding ever undertaken by Council.

"It's been incredible to see this project through from concept to completion, and I am so proud of what this Council has achieved for our community," he said.

"I'm certain that the new Waves will become a favourite destination for residents and visitors and I can't wait to present it to everyone at our Community Open Day."

The swimming complex includes an outdoor FINA Standard Olympic sized 50m pool with



10 lanes, 25m outdoor training pool for swim school, lap swimming and squad training, indoor 25m and family leisure pool, 20m warm water program pool, sauna, spa pool and steam room.

The 1000sqm fitness centre is equipped with market-leading Technogym equipment including treadmills, elliptical trainers, recumbent bikes, upright bikes, steppers and striders, a multi-training structure, training zones with pin and plate loaded strength equipment and a weights area.

An on-site café, water play area with adjacent party room, outdoor fitness station and picnic tables with playground are all designed to ensure a great day out at the pool.

"I encourage residents to come to our Community Open Day and find out what the new Waves has to offer," he said.

"This project is the result of many years of planning and hard work by many people, and I am delighted it is opening in time for the warmer months ahead."

The team at Waves will be available to answer membership enquiries at the Community Open Day. The complex is located at 44 Mileham Avenue, Baulkham Hills. Parking is available onsite however residents are encouraged to use public transport where possible.

Information and membership expressions of interest are available at www.wavesfitnessandaquatic.com.au or by calling the Waves Customer Service team on 8848 6789.

Hills to Hawkesbury

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ATF Paton Family Trust

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.



\$65m Redevelopment at SJOG Hospital Richmond

Sir Peter Cosgrove and Minister for Transport and Veterans David Elliott turned the first sod for the \$65 million redevelopment at St John of God Richmond Hospital last Thursday (August 4th) ahead of the facility's Veterans' Day commemoration.

The new redevelopment will include 112 private rooms and a wellness centre with gym and indoor pool. The historic 130-year-old Blemont House will remain a prominent feature of the new design. Care and treatment will continue throughout the redevelopment phase. Works are expected to be completed in late 2023.

The expanded hospital campus will integrate a planned National Centre for Psychological Trauma and Translational Research, which will act as a vehicle for change in addressing post traumatic stress disorder (PTSD) and other mental health conditions.

St John of God Richmond Hospital Chief Executive Officer, Colman O'Driscoll, said it was

most appropriate the sod turning coincided with the hospital's Veterans' Day occasion.

"We are working towards transforming mental health care, which affects 20% of former or serving members of the defence force, and 15% of first responders.

"On admission, 70% of military veterans and 85% of first responders are diagnosed with Post Traumatic Stress Disorder (PTSD)," he said.

"The new campus will provide a place of sanctuary and healing where veterans, first responders and other clients can reconnect with their families, friends and communities so they can realise their full potential and live their best life. It will be a platform from which we

can transform the entire experience of mental health care for everyone who comes here."

Chair of Trauma and Mental Health, Professor Zachary Steel, said the trauma and mental health impacts of working as a first responder can affect a person for many years.

"Some people don't seek help for years afterwards - but whatever stage they are at, it is crucial that our first responders and veterans can access the mental health expertise they need," he said.

The redevelopment is the first step of a major project with a vision to build a mental health system, translational research and satellite sites in a number of jurisdictions, orientated around the needs of those who need care. It is supported by a comprehensive campaign to raise funds from government and philanthropic sources to improve the treatment journey and lives of veterans and first responders. Sir Peter Cosgrove is the Patron of the campaign.

Minister for Transport and Veterans Affairs David Elliott said: "The Royal Commission into Defence and Veteran Suicide has shown Australia has work to do on the repatriation of those who served our nation.

"A nation has no higher moral obligation than to look after its veterans. Our diggers deserve the greatest respect and the best possible care for both their physical and mental wellbeing."

James McMahon, former SAS commander and St John of God Health Care Board member, and Wiggles member Anthony Field, who is also a veteran, were also at the sod turning ceremony.

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TEENS CHARGED

Police have charged four teenage boys with two charges each of stealing cars following incidents at West Pennant Hills.

Police were called by worried residents at about 1am on Monday 8th August concerned about people looking into properties in the West Pennant Hills area.

Officers sighted a stolen Blue Hyundai hatchback travelling along Stanley Court, West Pennant Hills, and attempted to stop the vehicle, however it failed to stop, and a pursuit was initiated.

The vehicle collided into a median strip on Pennant Hills Road causing the vehicle to stop.

Four occupants fled from the vehicle into nearby bushland. With the assistance of officers from POLAIR, Dog Squad, The Hills and Ryde Police Stations, the four occupants were all apprehended by police.

Four boys - aged 17, 16, 16 and 15 – were arrested and taken back to The Hills Police Station where they are assisting police with inquiries.

The arrests were made a day after diligent residents in West Pennant disturbed some car thieves attempting to steal high performance vehicles at about 1am on Sunday, 7th August.

Police started following a stolen red Mazda on Castle Hill Road but the car got away. Report all suspicious activity to 131444 and lock your cars and garages.

POLICEMAN CHARGED

Earlier this year, officers from North-West Metropolitan Region commenced an investigation into reports of an alleged assault at Bligh Park on Friday 18th February – involving an on-duty police officer.

Following inquiries, a senior constable – attached to a command in the North-West Metropolitan Region – was issued a court attendance notice on 4th August.

The officer was charged with three counts of common assault; assault occasioning actual bodily harm and remain on inclosed land not prescribed premises without lawful excuse and is due to appear at Windsor Local Court next month (September).

The officer's employment status is currently under review.

LUCKY ESCAPE

A woman was lucky to escape with a fractured wrist after her car was involved in a head-on crash with a school bus on Glenhaven Road, Glenhaven (the Green Road end) just before 8am on Wednesday 3rd August. The 32-year-old car driver was conveyed to Westmead hospital in satisfactory condition. The students on the The Kings School bus and the driver were unhurt in the incident and were picked up by another bus.

CHILDREN FOUND

Hawkesbury police have thanked the public for their help in finding two young boys missing in South Windsor last weekend.

The two boys, aged 11 and 12, were reported missing from the netball courts on Drummond Street, South Windsor, at 3.30pm on Saturday, August 6th.

A major search operation was conducted by Hawkesbury Police Area Command and the crew of POLAIR 3 utilised the Public Address system fitted to the aircraft which informed members of the public of the operation taking place.

About 4.45pm a local resident found the children in a park on Moses Street, South Windsor, after hearing a PA broadcast from PolAir and contacted police.

Police would like to thank the large number of local residents who assisted in the search as well as the media.

"This a terrific example of the community and first responders working together."

BE WARY

Police are warning people selling items on on-line mark places to be careful of where they meet potential buyers.

Inspector Chris Laird, Crime Manager at The Hills Area Command said a seller was robbed after they advertised their car for sale and met the potential buyer in Castle Hill on August 4th

"A number of males turned up and robbed the victim," he said. "Please consider safe exchange places such as outside police stations, shopping centres and transport hubs that are well lit and have good CCTV. If you don't feel comfortable then suggest meeting in the street adjacent to the Police Station."

CAR JACKING ATTEMPT

Two teenage girls, aged 13 and 15, have been charged with robbery whilst armed following an alleged attempted carjacking in Northmead on Thursday, 4th August.

Police were called to Edward Street, Northmead, following reports of an attempted car jacking just before 9pm. Police were told three teenage girls approached a 19-year-old woman before she was allegedly assaulted.

The woman was assessed at the scene by NSW Ambulance paramedics and taken to Westmead Hospital in a stable condition.

A short time later, three teenage girls were located nearby and placed under arrest.

The 13 and 15-year-old teenage girls were charged with robbery whilst armed with offensive weapon, while the 14-year-old was released pending further inquiries.

Inquiries are continuing.

Anyone with information that may assist investigators is urged to contact Crime Stoppers: 1800 333 000 or <https://nsw.crimestoppers.com.au>.



FIRE SAFETY ON CALL

If you need expert advice on fire safety in the home, Fire and Rescue NSW has ramped up its home safety program.

FRNSW Deputy Commissioner Jeremy Fewtrell said under the Safety Visits program, firefighters are delivering critical fire safety advice and installing working smoke alarms where they are needed most.

"It only takes 3 minutes for a fire to take hold in your home so it is vitally important to have a working smoke alarm – it gives you early warning to get out as well as minimises the chance of injury or death," he said.

"Our firefighters have already responded to 13 deadly fires and more than 680 residential fires this winter, and we don't want these numbers to continue climbing."

He urged people to check in on loved ones, elderly neighbours, parents, and grandparents to ensure they have a working smoke alarm and an escape plan in case a fire does break out in their home.

Prevention measures include:

- Never ever leave cooking unattended.
- Keep everything – furnishing, curtains, clothing – one metre away from the heater;
- Do not overload power boards with these extra winter appliances – such as heaters, electric blankets and dryers;
- Ensure flues and chimneys are regularly cleaned;
- Turn off electric blankets at night;
- Do not use outdoor heating and cooking equipment inside the home.

For more information about the Safety Visits program, visit www.fire.nsw.gov.au or contact your local FRNSW station.

A Gift of Life

An Auto External Defibrillator Unit has been donated to The Hills Police Area Command by the Michael Hughes Foundation.

Paramedic Kevin McSweeney, the Chair and Founding Exec Director of MHK presented the AED unit to Hills Commander Superintendent Darrin Batchelor last week.

The aim of the foundation is to Turn Bystanders into First Responders and the unit will be placed in one of the station's first response cars.

Supt Batchelor said: "Our General Duties and Highway Patrol are often the first responders on the scene of medical emergencies.

"We will now have the capability to rush these life saving devices to anywhere within the Command within minutes..... which may be the difference before paramedics arrive".

MHF was established as a legacy to Michael Hughes who had a cardiac arrest in 2013, aged 38 years, and died.

Kevin said while cardiac arrest doesn't discriminate by age there is one thing that separates survivors from those that die – public intervention.

He says it only takes 1 person to help save a life.

"We've got a better chance of bringing someone back if they've received CPR," he said. "It takes an average of eight to 10 minutes to



get to any given job and within 10 minutes there's not a lot of hope if nothing is being done. CPR keeps the brain alive so we've got a much better chance of saving a life."

"There are 33,000 Australians a year that have an out-of-hospital cardiac arrest and the survival rates I would suggest are less than nine per cent," he said.

For every minute that passes, survival decreases by 10%. With no response of CPR or defibrillation, the person will pass away. Average response time of Ambulance is 10 minutes (Sydney Metro)

To find out more about the Foundation and the courses it runs visit www.mhf.life/.

JOINT OPERATION

Riverstone police and Hills police with the help of police drug detection dogs conducted Operation Vinegar Hill at a number of licenced premises last weekend.

The operation targets drug supply and alcohol related crime. A number of licenced premises in the Hills and Riverstone Police Area Command were visited and several people were found to be in possession of cocaine and MDMA. They were arrested and charged.

This joint operation will continue regularly across both Commands.

SECOND MAN CHARGED

Police have now charged two men in relation to a series of thefts from retail stores at Rouse Hill Town Centre and Castle Towers.

Hills police executed a search warrant at a Blacktown address at 7am on Wednesday 10th August and arrested a 38-year-old man who is assisting police with enquiries relating to large scale retail theft in the Hills.

It follows the arrest of another 38-year-old man following a search of a Plumpton home on 26th July where the Hills Proactive Team allegedly uncovered an Aladdin's cave of stolen property worth \$50,000 including clothing, and toys from Retail stores from Rouse Hill and Castle Hill.

THE HILLS SHIRE - a great place to do business

According to results from the annual Hills Business Performance Sentiment Index (PSI) Survey, business conditions, performance and sentiments have improved significantly in The Hills Shire despite rising prices, supply chain disruptions, labour market shortages and economic challenges.

This year's survey, completed by 191 local business owners and employees, revealed working environments and feelings towards business had risen to the highest it has ever been in the nine-year history of the PSI - a survey designed to pinpoint challenges The Hills Shire business community is facing.

Local businesses also noted a positive outlook on the economy and performance. As well, profit, cashflow and expansion forecasts have strengthened, suggesting businesses were experiencing growth beyond pre-pandemic conditions.

"The PSI survey results are fantastic news for The Hills community," Mayor of The Hills Shire, Dr Peter Gangemi said. Our Hills Shire business community is finding new and creative ways to adapt to the evolving economic landscape in spite of the challenges they've faced over the last two years.

Due to these results, the Hills was identified as a desirable place to do business which means more people are choosing to start and grow their business here.

"People really enjoy the family-friendly atmosphere of The Hills Shire and its proximity to homes and transport centres, including the Metro Northwest, which is connecting The Hills to more places than ever before.

"We also have a world class business park in Norwest and another on its way for Box Hill. The proposed Rouse Hill Hospital will also unlock further opportunities in the health space. There's never been a better time to do business in The Hills Shire. I look forward to working with our business community to build a stronger and more competitive business region," he added.

Mayor Gangemi also thanked McCrindle Research for being involved in putting this highly informative document together.



Orange Blossom Festival main event returns in the sweetest way in 2022

The Hills Shire Council's Orange Blossom Festival (OBF) returns more delicious than ever before in 2022.

The long-awaited Festival, which was cancelled in 2020 and 2021 due to COVID-19 pandemic, will feature Council's main event, *Lights, Beats and Sweets*, at a new location. But with everything that Hills residents and visitors know and love, including sparkling light installations, toe-tapping live entertainment and yummy sweet treats. Mayor of The Hills Shire, Dr Peter Gangemi said it was fantastic to welcome everyone back to OBF.

"After two long and challenging years, OBF returns to The Hills Shire to celebrate our region in all its spring glory," Mayor Gangemi said.

"OBF is about the community and celebrating everything that makes The Hills such a wonderful place to live, do business, raise a family and grow. We've put together an exciting main event that offers something for everyone. I encourage you to gather your family and friends, and join us as we celebrate

the return of OBF, as well as support our local business community," Mayor Gangemi added.

The signature *Lights, Beats and Sweets* event will take place at Arthur Whitling Park - located next door to the Castle Hill Metro Station in Castle Hill - across three BIG nights, starting on September 8.

Each night is themed and includes:

- **Youth Night on Thursday, September 8**
This evening will focus on our youth with drumming, breakdancing, a DJ and a performance by Dauntless Movement Crew (featuring acrobatics, parkour movement and flames).
- **Chill Night on Friday, September 9**
Friday's stage line-up includes a series of local performers throughout the park, delivering busker style music.

- **Family Fun & Movie Night on Saturday, September 10**

Saturday will start with library storytime and includes activities, including a reptile show and a magician. When the sun sets, it's time for family movie night under the stars with the hilarious and awe-inspiring children's film, *Sing 2*.

There's also six food vendors offering some of the tastiest treats in town. It's the perfect way to sweeten a night of exploring selfie worthy light installations, soaking up the live entertainment and enjoying non-stop activities.

To find out more about how you can indulge in this year's *Lights, Beats and Sweets* event, as well as a range of community events right across September, visit: www.orangeblossomfestival.com.au.

Volunteering Aged 90

Shirley Rodgers believes that you get more than you give when it comes to volunteering.

She would know, she's been volunteering with Meals on Wheels – a beneficial program that allows people to live independently and in their own homes, while accessing nutritious meals – for an incredible 48 years.

The 90-year-old, who continues to pack meals at The Hills Shire Council's Meals on Wheels Kitchen, started out at the program after hearing a radio advertisement calling for more people to come on board.

She said it started as a way to fill the time after her children finished at school, but now it has turned into something more rewarding.

"It's the reason I get up in the morning," the Hills Shire resident said.

"It's a rewarding feeling knowing you're giving back to the community and lending a helping hand," Shirley added.

Brian and Barbara Stewart also share Shirley's sentiments. The couple have been volunteering with Meals on Wheels for more than 30 years.

"It's a great way to give back to the local community," they both said.

Barbara started her Meals on Wheels volunteering journey after an old primary school friend introduced her to the program.

After her husband Brian retired, he too joined in on Barbara's volunteering efforts, and the couple have been volunteering ever since.

Brian, Barbara and Shirley are not the only people in the Shire who enjoy volunteering. According to the latest Census data, Hills residents volunteer more than the state average (13.7 per cent of Hills residents are volunteers compared with 13 per cent of NSW residents).

"I am proud that The Hills continues to have a strong rate of volunteering," Hills Mayor Peter Gangemi said. "Our community is a very generous one, and this was on display during the recent floods with residents coming together to help each other. Residents were out assisting with rescues, offering delivery services and donating food and funds."

Council has a range of volunteers in various programs, including Bushcare, the Environment Centre, Bidjiwong Community Nursery, and Justice of the Peace, as well as 355 Committee Members, Visitor Centre staff, events volunteers and many more.

Council also runs a number of workshops for all volunteers to refresh and up-skill.

To find out more about Council's volunteering program by visiting The Hills Shire Council website (www.thehills.nsw.gov.au) and searching "volunteering". They are also more opportunities through Volunteering NSW, www.volunteering.nsw.gov.au.



Hawkesbury Mayor Resigns

By BEV JORDAN

Hawkesbury Mayor Cllr Patrick Conolly resigned on Thursday (11th August).

He issued a public statement late on Thursday afternoon after advising Hawkesbury City Council's General Manager and fellow councillors.

He said: "As many people in our community are aware, my family were recently the victims of a violent home invasion and unfortunately this event has had a significant impact on our lives over the last few months.

"After attempting to balance these competing demands, my priority clearly needs to be my family, to ensure my children recover from this trauma, and to look after my own mental health as well.

"In the short term, I cannot continue to properly represent the community and fulfil my more important roles as a father and husband.

"To come to this conclusion is deeply disappointing for me, as representing our community as Mayor has been an immense privilege that I have enjoyed despite the challenges we have been through over the last 2 years. I hope to have the opportunity to serve as a representative of our community again in the future.

"I have been so grateful for the concern and support the community has shown me and trust that this decision will be met with the same understanding."

The home invasion at the 32-year-old Mayor's Bligh Park home occurred at around 12.45am on Monday 16th May, Several men forced their way into the home and the Mayor was stabbed in the arm.

His wife and four children who were home at the time were not injured but were badly shaken by the incident. The intruders then drove from the scene in the family's white Skoda, taking a few personal items from the home. Last month four youths, a 16-year-old, two 17-year-olds and an 18-year-old were charged.

In the three months since the incident Cr Conolly has attended to his Mayoral duties including numerous Local Government Week activities such as the recent opening of the upgraded play area at South Windsor Park on 2nd August at the corner of Mileham and Drummond St and the Local Business Awards.

Cllr Conolly, an accountant by profession, said he would continue to serve as a Councillor on Hawkesbury City Council. There will be an extraordinary meeting held on Tuesday, 23rd August 2022 to deal with the election of a new Mayor.

Deputy Mayor is Councillor Barry Calvert.



Apply for a community road safety grant



Do you have an idea to improve road safety in your community?

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roadsafety.transport.nsw.gov.au



Sydney
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North West Treatment Hub Review of Environmental Factors

Sydney Water is planning to link three treatment plants by building two new wastewater pipelines to deliver world class wastewater services to the community in Sydney's North West.

Sydney's North West is booming, with the population expected to more than double by 2056. To ensure we continue to provide a reliable and sustainable wastewater service to the community of Castle Hill, Kellyville North, Rouse Hill, Box Hill, Vineyard and Riverstone, we are planning to create the 'North West Treatment Hub'. The Treatment Hub will see Castle Hill, Rouse Hill and Riverstone treatment plants connected by two new wastewater pipelines.

Sydney Water has prepared a Review of Environmental Factors (REF) for this work, which looks at all the possible environmental impacts of the project as we build it, and once it's up and running. We are inviting the community to view the REF and provide their feedback.

The REF will be on display until Sunday 21 August 2022.

We are holding an information session from 9am to 12pm on Saturday 13 August 2022 at Vinegar Hill Library, Rouse Hill Town Centre, White Hart Drive, Rouse Hill.

There will also be an online information session from 10am to 11am on 16 August 2022.

To view the REF and register for the online information session, please visit sydneywatertalk.com.au/North-West-Treatment-Hub.

Construction is currently planned to start in late 2023 with expected completion by 2028 weather and approvals permitting.

To find out more please:

Visit: [Sydneywatertalk.com.au/North-West-Treatment-Hub](https://sydneywatertalk.com.au/North-West-Treatment-Hub)

Email: NorthWestTreatmentHub@sydneywater.com.au

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Disasters can happen when you least expect it but you can be prepared by having all your important family documents ready to go.

The 'Ready to Go' team from Bligh Park Community Services Inc. can help by providing assistance with scanning these documents onto free USBs for all residents of the Hawkesbury. Their project team members are on the ground ready to help you now!

They will provide you with USBs, scan your documents and password protect your USB for extra security and protection. Their team will be attending the Hawkesbury Community Hubs, so to find out when they will be at a Hub near you please visit www.yourhawkesbury-yoursay.com.au/hch

They can also arrange appointments through their website www.readytogo.org.au or contact melissa@blighpark.org.au

Community Hubs is a Bushfire Community Recovery and Resilience Fund project through the joint Commonwealth/State Disaster Recovery Funding Arrangements.

LIVING STORIES
Western Sydney Writing Competition Winners

Congratulations to the winners of the Living Stories Western Sydney Writing Prize 2022.

Hawkesbury Library Service recently partnered with WestWords as part of the WestLit Libraries to bring this competition to Western Sydney.

The Living Stories Western Sydney Writing Prize is a creative writing competition for residents of Western Sydney and Wingecarribee Shire, which is home to over 2.5 million Australians originating from 180 countries, speaking almost 100 different languages, and residing in 14 local government areas.

The Hawkesbury was well represented, with poetry entries by Alyssa Dunn (16-18) and Ellenore Gunda (18+), as well as short story entries by Liam Galloway (10-12), Emily Shanoun (16-18), and Lana Graham (18+), going through to the final round of judging.

The overall winners were announced on 18 July at Parramatta Square:

- 10-12 Liam Galloway – Hawkesbury City
- 13-15 Kathryn Rendulic – The City of Parramatta
- 16-18 Preethu Raju – The City of Parramatta
- 18+ Adam Byatt – Blacktown City



We would also like to congratulate the highly commended entries from the Hawkesbury, Joy Robson and Rebecca Palmer, who, along with all winners and highly commended entrants from the two rounds of judging, have now been published in an anthology titled Living Stories: Things Unsaid. The anthology is available for download or purchase directly from WestWords.

The Western Sydney Writing Competition will return in 2023, so keep an eye on the Hawkesbury Library Service website and social media for details in future. www.hawkesbury.nsw.gov.au/library; facebook.com/HawkesburyLibrary/; www.westwords.com.au

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*From the Hills to
the Hawkesbury*



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Managing Director



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Please check out our
new webpage!

From - John & Anne Rumley

Highly recommend Trevor Leslie Real Estate who has extensive knowledge in The Hills and surrounding areas. My wife & I were not living in Sydney and had two final investment properties which we wanted to sell prior to our retirement. All the Open Homes were well organised and both properties were sold within weeks.

Trevor Leslie was actively involved with the selling process and ensured we achieved a premium price and everything went smoothly from the start and through to settlement.

Trevor Leslie had our confidence from the moment we first spoke with him. His integrity and warmth were a breath of fresh air.

Trevor Leslie negotiated an incredible price for our properties and we would strongly recommend you contact him if you are considering selling or leasing, they are the best.

Considering Selling?
Contact Our Team First

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realestate@trevorleslie.com.au

Great Pacific Row By BEV JORDAN

Rowing solo across the world's biggest ocean is not on everyone's To Do list but for Kellyville's Michelle Lee it's happening right now.

Michelle left Ensenada, Mexico this week to spend the 12 months rowing across the Pacific to Sydney. She was given a huge send off by family and friends and locals as she headed out of the harbour at 1am (6pm Australian time) on Monday, 8th August ... three days after her 50th birthday.

The epic journey will cover 14,000km and take approximately 360 days, rowing 14 hours a day and has been planned for over two years.

She is rowing Australian Maid, the 7.7m long and 2m wide boat she built and successfully rowed 5000km across the Atlantic. Michelle completed the journey in 68 days, 12 hours and 49 minutes, leaving La Gomera, Spain

on 12th December and arriving in Antigua, in the Caribbean on 18th February 2019.

She is the first Australian woman ever to row the Atlantic solo. Before leaving she told *the Hills to Hawkesbury Community News* that **"If you think you can, you will."**

Her book about that trip, called SOLO, is due to be published in October based on her daily diary covering the highs and lows of the 14-hour day spent rowing, the fatigue, the 10-plus metre waves, sharks, storms, barnacles, blisters, salt sores, sleep deprivation and the loneliness. She lost 14kg on the journey.

Michelle had always sought adventure. She left 12 years in corporate banking and forged a new path as a massage therapist while challenging herself and trekked the 100km Kokoda trail. It was after reading a book called *Rowing the Atlantic* by Roz Savage that she thought about tackling a solo row.

"(The book is) about the ability to triumph over adversity," said Michelle.

"I could not stop thinking about the book and I thought I will not have peace until I get this out of my system".

A non-rower at the time, she spent two years learning a new skill and took on the challenge of breaking the

World Record for rowing one million metres on a Concept 2 rowing machine in 2017 to see if she could row for hours at a time. She now holds the world record after shaving 11 hours off the previous record held by a German Olympic rower.

In 2019 Michelle was awarded The Australian Geographic's Adventurer of the year following her successful solo crossing of the Atlantic. She then started thinking about crossing the world's largest ocean, The Pacific.

In the lead up to the Great Pacific Challenge her boat RV Australian Maid was moored at the Australian National Maritime Museum in Sydney before it was shipped to Mexico.

Michelle thanked the people of Mexico for their warmth and for embracing her and her family and friends saying Monday's send off was "amazing".

The huge send off from the quay at Ensenada included a mariachi band and an ocean swimming group that swam behind her with brightly coloured lights on Monday (8th August 2022).

After the first five hours she posted: "I have had a lovely row.. It is very overcast. ... Thank you for the escort. All is good on board. I have been eating bananas, drinking water and eating biscuits. I am finally here and doing it. It feels a bit unreal.

"This first month I have got to stay super solid and very focussed." Her mantra has always been: "Don't die wondering."

You can pre-order her book which is due out in October at Wilkinson Publishing at www.wilkinsonpublishing.com.au/product/solo/



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

Only household quantities accepted.



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



Castle Hill RSL Sub-Branch History

By BEV JORDAN

Veterans will be celebrating over 80 years of Castle Hill RSL sub-branch history with a special anniversary lunch on Saturday, 27th August.

And while members will be commemorating the history of the sub-branch they are looking to the future and appealing to younger veterans to get involved and become members.

The club was formally constituted as a sub-branch of the Returned Sailors and Soldiers League of Australia on August 27th 1941 but COVID meant that the 80th anniversary lunch had to be postponed.

Although the sub-branch was officially formed in 1941, Hills veterans started to meet in homes and halls in 1932 with a Ladies Auxilliary formed the following year.

Veterans were granted a parcel of land in 1935 to build a hall at the corner of Old Northern Rd and Old Castle Hill Rd at Arthur Whiting Park where the Castle Hill Metro now stands and in 1936 the Castle Hill Anzac Memorial Hall was opened (see photo).

Due to its popularity with outside hirers members excavated space under the stage where veterans could meet and drink at "The Dug Out".

The first welfare officer was appointed in 1950. At this time there was no Government assistance for unemployment, sickness or death.

The club became known as the Castle Hill RSL sub-branch in 1954 and was granted a liquor licence. Up until that point it was operating illegally but was tolerated by the authorities.

A new club building at the site was completed in 1967 and The Dug Out became the cool room. The completed three-storey premises included a mixed lounge and dance floor, a bar and food servery, Board room, sub-Branch office and billiard room.

In 1971 investigations began on how to expand the club premises to accommodate the influx of new members. Baulkham Hills Shire Council vetoed any suggestion to extend the existing premises but agreed to a new building at the club's Castle Street property. The club built bigger premises and moved in 1974 to the site it still occupies.

In 2001 Castle Hill RSL sub-branch sold the club building to Castle Hill RSL Club Limited.

President David Hand said: "The 80th celebration is a time to remember those before us who put a lot of time, sweat, and possibly

a few beers, into forming a place where local veterans could meet.

"It is also a time to thank our current members for their ongoing hard work in keeping the Castle Hill and District RSL sub-Branch a great place for veterans, young and old, to come together."

He said the sub-branch would welcome young veterans. With many veteran members aging and unable to fill volunteer executive positions in the sub-branch it is also recruiting a limited number of affiliate members.

To find out more about joining your local RSL sub-branch visit www.rslnsw.org.au



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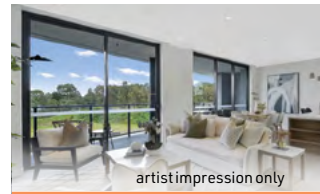
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*Prices provided are the listed property prices and are current as at 1 August 2022. The entry payment & any other amounts payable if you move in depend on any available contract option you select. You will have to pay a departure fee when you leave this village. Services and facilities are current as at 1 August 2022. Furnishings are for illustrative purposes only and are not included in the home. Photos are for indicative purposes only. T&Cs apply. See aveo.com.au/wintergift for details.

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VOICES ARE NEEDED FOR THE Good Men Project

This Project being run by Hills Community Aid, started in 2018 to give men an opportunity to speak out about changing society, to promote respectful relationships and be positive role models for other men and boys.

Men who've participated in the Good Men Project over recent years have loved the opportunity to offer their opinions and contribute to the voice of change.

Ben, a participant in last year's Project said:

"Male stereotypes are often made by the loudest people having the audience. Men with a good heart who show support and compassion for others need to step up to lead and be good role models".



Men aged 14+ are invited to be a part of creating change by calling our Safe Communities Worker on 96398620 or emailing: safecommunities@hca.org.au

Winter Essentials

This is the time to review your comfort in and around home. Cooler temperature can lure us to stay longer in our bed. This is the season when we are going to spend more time indoors and therefore finding a cosy place to sit down and relax is very important.

Have a good look at your bed and pillow. Are they providing you the support and comfort that you deserve during this season? One creative way is to opt for an electric bed that provides a lot of great features including various flexible positions and pressure relief while on bed. If you do not like the idea of an electric bed, have you considered just replacing your existing mattress with an electric mattress? This innovative mattress provides all those wonderful features an electric bed can offer. A comfortable sleeping surface is the first winter essential.

The second winter essential is a rise recliner or a lift chair. It is helpful in two ways: the rising action helps you stand up and sit down independently. The reclining action can make you more comfortable, to the extent of becoming a temporary bed. It is important to know what to look for while selecting a Rise Recliner.

Our third winter essential is a medical grade Australian sheep skin. Along with the comfort it can be an excellent pressure relief.

Check out www.comfortdiscovered.com.au for more information.



OPTUS

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

Existing Lightpole, Wright Reserve, Pye Road, Quakers Hill NSW 2763

Optus Ref: S8428, www.rfnsa.com.au/2763001

- The proposed facility consists of the addition of new 5G equipment and associated works as follows:
 - Installation of three (3) new 5G panel antennas (0.59m long)
 - Installation of three (3) new 5G panel antennas (0.79m long)
 - Replacement of three (3) existing 4G panel antennas (2.53m long) with three new 4G panel antennas (1.83m long)
 - New ancillary equipment including remote radio units, cabling and antenna mounts
 - Reconfiguration of existing equipment on the facility and within the rooftop shelter
 - The existing monopole is 33 metres high, and the antennas will be mounted at the top of the monopole
- Optus regards the proposed installation as a low-impact facility in accordance with the *Telecommunications (Low-impact Facilities) Determination 2018 (Amendment No.1, 2021)* based on the description above.
- Notification is being undertaken in accordance with Section 7 of Industry Code C564:2020 Mobile Phone Base Station Deployment.
- Members of the public may obtain further information on the proposed work, and we invite you to provide written comments about the proposal. Further information and/or comments should be directed to Optus' representative c/- James McIver, Catalyst ONE Pty Ltd; phone: 02 4022 9533; email: consultation@catalystone.com.au and post: PO Box 1119, Crows Nest NSW 1585 by **29 August 2022**.

BUYING A FIRE PUMP?

Buy The BEST



Australian Pump Industries is a local manufacturer of what they claim to be the world's best lightweight portable fire pump.

The Aussie Fire Chief has 25% more performance than competitors and comes with a unique five year warranty.

The Fire Chief was developed for Australian bush firefighting and comes complete with a first world quality Honda with oil alert included. The Chief produces pressures up to 100 psi and flows as high as 450 litres per minute. It also self primes through a vertical lift of 7.6 metres!

The machine's efficiency is generated by the big belly body and the huge 7" one piece impeller. The pump has been a success, not just in Australia but internationally with hundreds being air freighted to the USA to help combat the California fires.

"The Fire Chief outperforms competitors and sells for hundreds of dollars less at a retail level than key competitors", said Aussie's Product Manager, Brad Farrugia. "If you're going to buy a fire pump, don't compromise, buy the best, buy a Fire Chief", he said.

Further information is available from authorised distributors. aussiepumps.com.au

Stroke Survivor By BEV JORDAN

Julian Reddish was only 17 when he was driving along Pitt Town Rd at Kenthurst and suffered a stroke.

"I drifted onto the right side of the road at 80kmh and had a head-on collision," he said. The young driver of the other car was treated for fractures. Julian suffered a broken finger and nose but the red P-Plater's stroke was the main concern.

He says his life was saved by emergency services who were on the scene very quickly. He was airlifted to the emergency department at Westmead Hospital by the Westpac rescue helicopter where he was in an induced coma for 10 days before being transferred to the brain injury unit and then the transitional unit.

"It was as if I was re-born," he says of his 7 months initial rehabilitation. "I had to learn the basics, how to walk and how to talk and think again. I still think and act a lot slower than average and my energy is still affected."

It's been 16 years since the stroke and Julian, who lives in Arcadia, is keen to mentor other stroke survivors. His book, *The Simplicity of Life - Stroke Recovery Guidelines* was published in November last year and he has a Facebook page (Stroke Recovery Guidelines) and an Instagram account (stroke_recovery_guidelines) aimed at helping stroke patients. "It's a lonely road to recovery," he says.

Before his accident he was at Hornsby TAFE studying a pre-apprenticeship course in carpentry, he says he still misses the opportunity to work in building and

construction. He has now trained as a counsellor with the aim of working with stroke survivors and their families.

"I know from my own experience that counselling and seeking support was crucial to my recovery and ability to cope with this huge life change and so I am keen to help others so that they don't lose hope and find ways to live with their disability," he said.

Although every stroke survivor's journey is different, he believes it is possible to recover and enjoy life again. He celebrated his engagement last week.

THE FACTS

A stroke happens when a blood vessel supplying blood to the brain either suddenly becomes blocked (ischaemic stroke) or ruptures and begins to bleed (haemorrhagic stroke).

Either may result in part of the brain dying.

According to Stroke Foundation Australia;

- 27,428 Australians experienced stroke for the first time in their lives in 2020, which equates to one stroke every 19 minutes
- More than 445,087 Australians are living with the effects of stroke.
- Stroke is one of Australia's biggest killers. It kills more women than breast cancer and more men than prostate cancer.



- In 2020, the estimated cost of stroke in Australia was \$6.2 billion in direct financial impact, and a further \$26.0 billion in mortality and lost wellbeing.
- In 2020, 6,535 (24 percent of total) first-ever strokes occurred in people aged 54 years and under.

The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke.

Face Check their face. Has their mouth drooped?

Arms Can they lift both arms?

Speech Is their speech slurred? Do they understand you?

Time Is critical.

If you see any of these signs call 000 straight away.



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*Selected units available. Conditions apply.



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The Hills Shire Council News

Orange Blossom Festival 2022

The Hills Shire Council's Orange Blossom Festival – Lights, Beats and Sweets returns this September!

The community favourite will move into Arthur Whitting Park, Castle Hill from Thursday, 8 September to Saturday, 10 September.

- **Thursday, 8 September – Youth Night**
This evening will focus on our youth with drumming, breakdancing, a DJ and performance by Dauntless Movement Crew featuring acrobatics, parkour and fire.
- **Friday, 9 September – Chill Night**
Friday's stage line-up includes a series of local performers. Local artists can be found throughout the park, delivering busker-style music, appealing to all walks of life.
- **Saturday, 10 September – Family Fun & Movie Night**
Saturday will start with library storytime and include activities such as a reptile show and a magician. When the sun sets, it's time for family movie night; an evening under the stars watching 'Sing 2'.

Get the juice on OBF – visit www.orangeblossomfestival.com.au



2022 Sydney Hills Local Business Awards

The Sydney Hills Local Business Awards returns in 2022, and The Hills Shire Council has jumped on board as a Major Partner of the long-running event, which recognises local Hills businesses doing exceptional work across the region and beyond.

There are several categories including antiques, arts and crafts, cafes, early education, home improvement services, sole operators, travel agency, and many more. There are also the coveted awards of Business Person of the Year, Youth Award, and Business of the Year up for grabs on the night. Council is also proud to introduce a new award category – Disability Inclusion Award, which recognises business owners making their business more accessible and inclusive.

Entries for nominations closed on Wednesday, 10 August 2022, however, the Disability Inclusion Award category will remain open until Wednesday, 7 September 2022. Winners will be announced at the 2022 Sydney Hills Local Business Awards Gala Presentation Evening at Hornsby RSL Club on Tuesday, 18 October 2022.

Community Environment Centre

The Community Environment Centre on Currie Avenue, Annangrove is now open on Saturdays, as well as its usual Thursday timeslot, from 9am - 4pm! The Centre provides a valuable community resource, offering on-site demonstrations, information and research materials, workshops, and practical information sessions for the benefit of local residents and the community.

To find out more and to see how you can volunteer at the Centre or participate in a workshop, please visit the Council website and search "Community Environment Centre".



Making a Submission to Council?

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

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

FREE WATER SPLASHPLAY

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COMMUNITY OPEN DAY

SATURDAY 3 SEPTEMBER 2022

FREE ENTRY!

WAVES POOL PARTY!

You're invited to the Waves Community Open Day on Saturday, 3 September from 10am to 3pm!

The doors will be thrown open and you can try out the brand-new complex free of charge, including the indoor and outdoor pools, fitness centre, water play, and outdoor exercise and leisure areas.

Activities on the day include a meet and greet with Olympic Gold Medalist Brooke Hanson, kids' inflatable fun in the outdoor 50m pool, free coffee, DJ and roving entertainment, free heart health checks, and exercise classes including body pump, body combat, cycle, aqua, and pilates.

The team at Waves will also be available to answer membership enquiries on the day. So come on through! The complex is located at 44 Mileham Avenue, Baulkham Hills.

For more information, dive through to www.wavesfitnessandaquatic.com.au

2022/23 Community Grants Program

Applications for the 2022/23 Community Grants Program are NOW OPEN.

The annual program provides funding between \$1,000 and \$15,000 to projects which fall within four main priority areas, including:

- Events that connect the community;
- Domestic violence prevention and recovery;
- Mental health and suicide prevention; and
- Community participation opportunities.

Applicants must be local to The Hills Shire Local Government Area and provide a community service/s or program/s for the local community. For more information, visit Council's website and search "Grant".

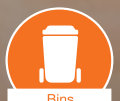
Council Meetings

Tuesday, 23 August 2022 – 7pm.

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

Report it to Council

ANY DEVICE, ANYWHERE, ANY TIME



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

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



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



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60 Kenthurst Road, Dural

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19 Radnor Road, Galston

SOLD



828 Old Northern Road, Middle Dural

9651 2788 | lumbyhampson.com.au

Kate Lumby 0414 620 222
Will Hampson 0414 620 333



Willows Estate

Families looking to upgrade their lifestyle

A glamorous 10.37ha estate at Cattai, backing onto the Hawkesbury River, has sold for an undisclosed price through Lumby Hampson.

The property located at 50 Willows Park Grove was purchased by a Pitt Town family looking to upgrade to acreage living.

Agent Kate Lumby from Lumby Hampson said the purchasers are not alone in their quest to find more space, with land continuing to be a drawcard for families. The price gap between residential and acreage properties has narrowed due to unprecedented value growth in Sydney house prices over the past two years.

"The changeover to buying an acreage is not as high as it once was even with prices stabilising from the market peak," Ms Lumby said. "It is not just Hills residents who are looking, we have received enquiries from right across Sydney."

The property, which had a price guide of \$4.25m, features a five-bedroom homestead with a one-bedroom granny flat plus an 18m x 12m shed.

"The Cattai and Maroota market appeals to people looking for large parcels of land for either horses or running livestock – they also like the recreational side of being close to the Hawkesbury River," said agent Will Hampson.

Other recent Lumby Hampson sales include 20 Bangor Rd, Middle Dural, listed with a price guide of \$2.5m. The Cape Cod-style residence proved popular for residential buyers wanting to make the transition to acreage living.

There was strong competition for 10 Cranstons Rd, Middle Dural with 16 registered bidders when it was auctioned last month. The 1.8ha estate known as 'Merrifield' fetched \$4.7m under the hammer – which was \$700,000 above expectations.

For further information: Will Hampson on 0414 620 333 or Kate Lumby on 0414 620 222



ART WORKSHOP WITH ANDREW ANTONIOU

Draw from Yourself

ANDREW ANTONIOU is a symbolist and intuitive artist, the dream world of the subconscious is the focus of his art.



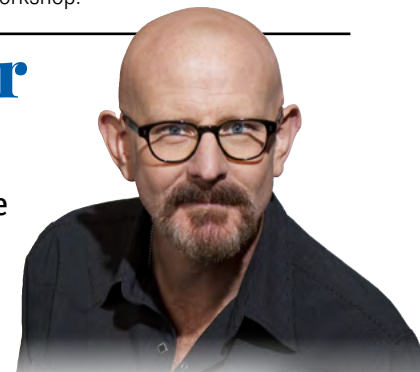
This workshop is an exploration of the imagination using methods of mark making and collage in the medium of charcoal.

These techniques and methods will facilitate your artistic imaginative process to form images that are uniquely individual. The workshop focuses on image discovery rather than invention and best use of the medium of charcoal. There will be a few demos throughout the class profiling Andrew's genius!!!

Sunday 21st August 10am-4pm Fee \$90 . Please call or text to Luce on 0419 496 621 to register for the workshop.

Comedy For A Cause

Paula Jesse is hoping people need a good laugh and will support Comedy for a Cause at Blacktown Workers Club on Friday, August 19th.



Television and radio presenter and well-known stand-up comedian PETER BERNER will be heading the line-up of comedy talent on the night with all funds raised going to flood victims in the Hawkesbury and Camden areas.

The event is being organised by Blacktown City Rotary Club members. Rotarian Paula Jesse said it was going to be a great night of fun with great prizes, raffles and auction items to be had on the night thrown in for good measure.

"The more people we can get along, the more we can raise for flood victims on the night," she said.

Berner is well known in both Australia and overseas, and hosted The Einstein Factor and Backberner on ABC Television and previously hosted the news comedy TV series The B Team with Peter Berner on Sky News Australia.

Also on the comedy bill on the night is Daniel Townes, Bruce Griffiths and Mat Wakefield. Tickets are \$60 each and can be booked at comedyforacause.net/FLOODS

- WHEN: Friday, August 19th
Doors open 6.30pm show starts/show at 8pm
- WHERE: Blacktown Workers Club
55 Campbell St, Blacktown
- WHY: Raising funds for flooded communities

**10 Year
Celebration**

Monthly Specials
start on the 10th
of each month
for 10 days.

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 3c East Market St, Richmond, NSW
 02 4505 1615 | www.banksiayarns.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



AT A GLANCE

NAME: SARAH
 BREED: Domestic short hair
 SEX: Female
 AGE: 4 years
 PRICE: \$49



SARAH is a four-year-old Domestic short-haired cat. Staff at the Hawkesbury Companion Animal Shelter say Sarah is a sweet, gentle girl who is always happy for pats and attention. If you have been looking for a sweet friend to keep you company then please visit the shelter to meet Sarah. 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.

SCOOTER is a happy, friendly dog. According to staff at the Hawkesbury Companion Animal Shelter Scooter would be best suited with an active family as he is always ready for a game of ball. Staff say the 2-year-old gets on well with other dogs playing next to him in the exercise run. If you would like to meet Scooter, bring your family dog and children to make sure they get along. Scooter's adoption price is has been reduced to \$99. The adoption price includes the first vaccination, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: SCOOTER
 SEX: Male
 BREED: Boxer cross staffy
 AGE: 2 years
 PRICE: \$99

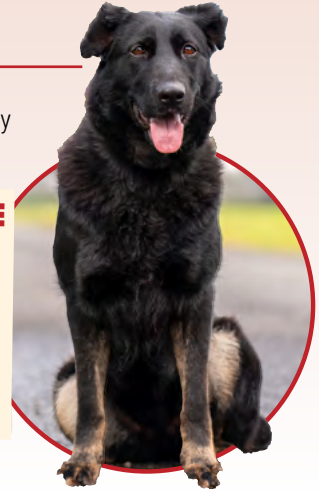


COLLIE is a 5 year-old German Shepherd cross. Staff at the Hawkesbury Companion Animal Shelter say Collie is a very friendly dog with a very loving nature. They say she walks beautifully on a lead and is only too happy to sit when asked. If you feel you can give Collie a loving home please visit the shelter to meet her and bring your family dog and the children. Collie's adoption price has been reduced to \$99 and includes the first vaccination, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: COLLIE
 SEX: Female
 BREED: German Shepherd cross
 AGE: 5 years
 PRICE: \$99



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out and about
with **MICHELLE BYRNE**

National Science Week 2022

As a former Medical Scientist one of my favourite weeks of the year is National Science week. It is a week to focus on and celebrate science and technology across the Country and the incredible achievements of our Scientists and Researchers who continue to put Australia on the map as a global leader in research, innovation and technology.

It is also a week to highlight the continuous interaction we have with science in our day to day living and the important life skills that we learn from science such as creativity, analytical thinking, problem solving, critical reasoning, improving communication skills and understanding how the world works.

Science is all around us, it is in the air we breathe, the cake we make, the plants growing in the garden, the medical treatments we use and the stars we look at in the night sky. More than ever, it is important we instill in our young people a love of science particularly as science and technology will provide the jobs of the future.

This year's theme for National Science Week is Glass: More than meets the eye which celebrates the many roles for glass in our daily lives such as phone screens, windows, glassware in the kitchen and laboratories. The theme also considers the role of glass in the future.

As part of National Science Week celebrations in the Hills, The India Club have organised the inaugural Hills Science and Technology fun day for families to interact with science and to inspire the next generation of young scientists and entrepreneurs. There will be science project displays, 3D injection moulding and printing, robots, PC games, colouring competitions, a virtual reality ride, food stalls, face painting, talks from scientists and so much more. It is a hands-on event and will keep everyone engaged from the very young to the young at heart.

Primary and high school children are also encouraged to get involved and to display a science project. Alexis and Maddie are very much looking forward to our display on DNA and demonstrating to people how to extract DNA from strawberries using common household materials found in the kitchen!

The Science and Technology fun day will be held on Sunday 21 August 2022, at Harvey Lowe Pavilion, in the Castle Hill Showground from 12pm to 4pm. The event is free and everyone is encouraged to attend. For more information or to book your free ticket go to www.trybooking.com/CB000 or call Shubha Kumar, President of the India Club on 0402257588

I would like to thank Shubha and Aksheya Kumar and the India Club for investing in our young people and creating opportunities for them to engage with and pursue science. With the constantly changing world, there is no doubt that we need more scientists with the skills to solve current and future problems.



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Dizziness and Balance

A balance disorder is a condition that can make a person feel dizzy or unsteady. The system in the body that keeps us balanced is the vestibular system, which is in the inner ear.

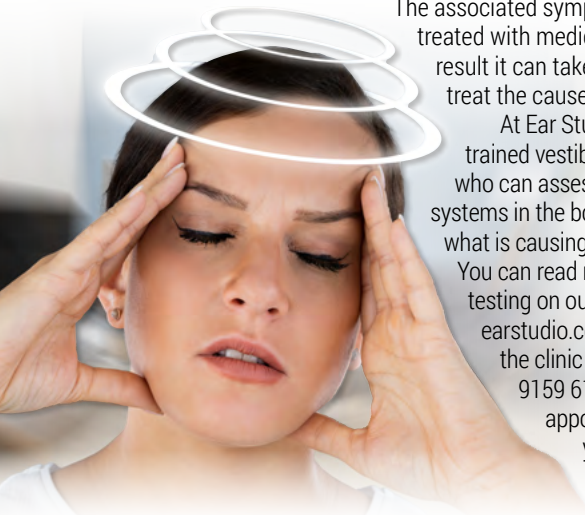
If this system is problematic, it can lead to a balance disorder. This can cause vertigo, the sensation that you or your surroundings are spinning, light-headedness, imbalance, and other symptoms such as nausea and vomiting. These symptoms can also increase a person's risk of falling due to the resulting unsteadiness and imbalance.

The number one cause of vertigo for adults is a condition called Benign Paroxysmal Positional Vertigo (or BPPV). This causes a spinning sensation when a person changes their head or body positions and usually only lasts for up to 1 minute. Up to 30% of adults over the age of 65 years of age will experience this type of vertigo.

The associated symptoms are often treated with medication and as a result it can take years to find and treat the cause.

At Ear Studio, we have highly trained vestibular audiologists who can assess your balance systems in the body to understand what is causing your symptoms.

You can read more about balance testing on our blog at www.earstudio.com.au or call the clinic today on (02) 9159 6122 to arrange an appointment to discuss your balance or dizziness.



Unlucky Jenneke misses out

By LAWRENCE MACHADO

How much does Michelle Jenneke have to do to win a medal at the Commonwealth Games?

The former Cherrybrook Little Athletics member missed out on a bronze by just 0.09 seconds finishing fifth in a world class women's 100m hurdles final.

Jenneke, who has had a bad run of injuries, had a similar experience at the 2018 Gold Coast Games where she missed bronze by a mere 0.01 seconds.

The Dural ace's timing of 12.68 seconds in Birmingham was just 0.03 seconds off the previous Games record but still not enough on the day because of a world class field. Defending champ and world record holder Tobi Anusan of Nigeria scorched home in a Games record of 12.30 seconds.

Australia's 'Dancing Hurdler' was backing up after a superb showing at the 2022 World Athletics Championship where she clocked her personal best of 12.66 seconds.

"I would have liked another personal best, but it wasn't to be today," Jenneke told Channel 7 after the Games final. "To back up my run from worlds, go fast with a slight headwind there... so really happy with that performance. It's just tough when you're racing a field of that quality.

"Fifth in the Commonwealth probably doesn't sound quite that impressive, but I tell you what, with that field, it really is. I had a pretty rough two years. There were times people in my inner circle were saying to me, 'Are you sure you want to be doing this?' And I was just saying back to them, 'I've got more in me'. It shows that I have and I'm really glad I could show the world what I'm capable of," she said.



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Starc leaps through pain for Silver

By LAWRENCE MACHADO

Brandon Starc and Hannah Dodd were among our most successful Hills athletes at the 2022 Commonwealth Games in Birmingham, the two greats bringing home silver medals.

Starc showed amazing courage to beat a painful bruised heel – which kept him out of the recent 2022 World Athletics Championships – to capture the silver, after clearing 2.25m. New Zealand's Hamish Kerr took the gold on a comeback.

"That was tough. That was probably the toughest comp I've ever had," said the Hills local. "I had to withdraw from world champs because of the bruised heel and throughout the comp, besides maybe the first jump, I was feeling every bit of that bruised heel.

"I was taking my shoe off trying to get some sort of relief, taping it here and there, but really I just had to grit my teeth and jump through it.



I don't know what it was, I don't know if it was family or if I just wanted something really bad and I kind of just jumped through it, and somehow I got a medal."

Starc, a former Winston Hills Little Athletics member, did a lap of honour with his baby son Oliver in his arms. He said having his son and wife in the stands helped him push through the pain. He said it was very special to have them in the stands that night.

Katz duo capture bronze

By LAWRENCE MACHADO

Castle Hill's Olympian brothers Nathan and Josh Katz were a part of a very successful Australian judo squad coming home with bronze medals.

Both are members of Castle Hill's award-winning Budokan Judo Club, run by their parents Kerryre and Rob Katz. Incidentally, Rob coached Kerryre when she was a part of the first Australian judo team at the 1988 Seoul Olympics when it was a demonstration sport. Now Rob coaches his two high-achieving sons.

Watching her sons fight was tough for Kerryre who told a reporter: "I was extremely nervous and (there were) lots and lots of tears at the end. I would much rather be fighting but that was a long time ago!"

Nathan, 27, scored a tough win over India's Jasleen Singh Saini to win the bronze in the men's 66kg class.

"I hadn't fought in about six months, I've been injured just constantly," Nathan said. "I hadn't won a match before today since Tokyo 12 months ago so there was a lot of pressure to perform and show that I'm still at this level.

"I don't really think I did that (perform) today but I did show that I'm at this level and I can win medals internationally, so I'm really happy."

Josh, 24, who was one of the favourites, defeated Zambia's Simon Zulu to claim bronze in the men's 60kg event.

"I was here for gold but I'm still excited to come away with a medal for Australia," he said.



For coach and Dad Rob, the medals were just a reward for the hard work his sons put in.

"The boys make a great family story with our judo background and they speak well so this helps," Rob told the *Hills to Hawkesbury Community News* from Birmingham.

"With two gold & eight bronze medals from 11 athletes, this Commonwealth Games was a historic achievement for an Australian judo team. The boys' bronzes were solid achievements and they had to work hard for them. Of course, they both believe, as we do that they have it in them to win gold here, but it doesn't always work the way you want.

"Judo at this level is very unforgiving. Kerryre and I are enormously proud of this and all their achievements. It's the culmination of a lifetime of effort and resilience - their competition day was a good day full of heartache and relief.

"Both boys have represented at the highest level at the 2016 Rio Olympics and then Nathan again in Tokyo 2020. They are now both comfortable at this level and belong there. Just a matter of time before they reach their goals."

BRAVE DODD WINS SILVER

Former champion equestrian rider Hannah Dodd won a silver medal with the Australian Gliders women's 3x3 wheelchair basketball team in Birmingham. The Arcadia local, who never lets adversity stop her from reaching for the stars, was born with sacral agenesis and spina bifida with upper limb dystonia.

Amazingly, Dodd was riding before she could walk. During her sports events, she usually has to contend with injuries but that fails to stop her competitive streak from kicking in.

"While no one ever goes into a gold medal match wanting silver I'm still so bloody proud to be a part of this team," Dodd said after the team lost 5-14 to Canada in the gold medal match. "The little kid in me is giddy at the thought of my first major international medal. The last 10 days have been unreal and I wouldn't want it any other way."

Dodd is one of the most remarkable athletes, competing at the 2012 London Paralympics in equestrian, being the youngest competitor at 20 years. She then switched to wheelchair basketball and won silver with the Australian team at the 2015 World Under 25 Wheelchair Basketball Championships.

And now, she is the proud winner of a silver medal with her talented team-mates.

Hulley finishes sixth

Rouse Hill and Australia's champion Alex Hulley threw 66.26m in the women's hammer throw to finish sixth, a disappointment after her silver at the 2018 Games. This was below her best of 68.83m at the recent World Athletics Championships.

However, looking back, Hulley, 25, will be pleased with her performances at the World Athletics Championships, where she improved her global rankings and did well at Birmingham despite not winning a medal. One of her two coaches, Karyne di Marco said Hulley has plenty to be proud of at the Games.

"You absolutely gave it your all out there today & I am so proud of you," Di Marco said. "You have come so far over the past 12 months & turned your world around so hold your head high!" Hulley finished 18th in the world championships after starting the competition in 32nd place.





Ray Williams MP

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

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

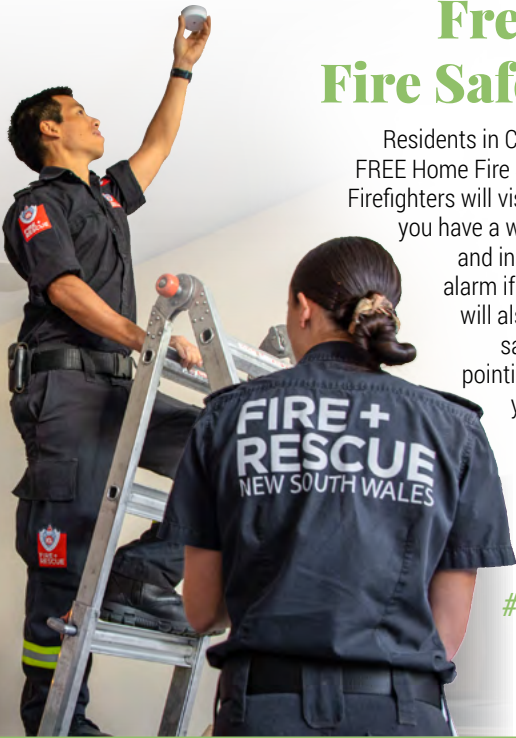
Electorate Office: Suite 202 Rouse Hill Town Centre, 10-14 Market Lane, Rouse Hill NSW 2155
Phone: (02) 8882-9555 Email: castlehill@parliament.nsw.gov.au Website: www.raywilliamsmp.com.au



Free Home Fire Safety Visit

Residents in Castle Hill can book a FREE Home Fire Safety Visit at which Firefighters will visit your home, check you have a working smoke alarm and install a new FREE fire alarm if needed. Firefighters will also discuss home fire safety during the visit, pointing out simple things you can do to reduce your risk. For more information visit: www.fire.nsw.gov.au/winter

#BeSafeNotSorry



Supporting Local Road Safety Initiatives

The NSW Government is enabling community organisations around NSW to help push the state's road toll towards zero with the latest round of the Community Road Safety Grants program opening today. Organisations can apply for \$5000 and \$30,000 grants to help fund their proposed local road safety initiatives. The aim of the program is to support not-for-profit groups, who know the road safety issues in their local communities, deliver targeted programs that can directly address road safety issues at a grassroots level. More information about the program and application submissions can be found at: roadsafety.transport.nsw.gov.au/.../communitygrants/

Energy Bill Buster

The NSW Government's Energy Bill Buster program has opened for applications. This \$128 million program included in the 2022-23 NSW Budget will assist up to 30,000 households access the benefits of solar or energy efficiency upgrades at no cost. It is part of the NSW Liberals and Nationals commitment to supporting families and helping to ease the pressure on household budgets. Households can check their Bill Buster eligibility and apply from Monday at www.energysaver.nsw.gov.au/rebate-swap.

July Floods

Three floods in two years would take its toll on any community, and the Hawkesbury River communities are no exception. Yet despite the July floods having been the worst to hit the Hawkesbury system in more than 30 years, local residents have faced the clean-up challenge with unwavering resilience.

I took Sussan Ley, Deputy Leader of the Opposition, to see the damage to properties and businesses in the Wisemans Ferry area. The Wisemans Ferry RFS took us out on the Hawkesbury River to see first-hand the devastation caused by the floods. Many residents, organisations and businesses had barely finished cleaning-up from the floods earlier this year. The Wisemans Ferry Bowling Club and the Men's Shed were again hit hard.

When surveying the damage at Lower Portland and Sackville North, the damage to the caravan and ski-parks was confronting.

The NSW Government declared the flooding and extreme weather a natural disaster on July 27, 2022. This formality meant flood-affected communities could access government support. These measures, plus the tremendous work being done by the RFS, SES, ADF and community

members, will facilitate a faster recovery.

Those residents, small businesses, producers and community organisations that are impacted by the floods can find information about the available support measures through my website: julianleeser.com.au/resources/flood-support/

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. If you need assistance accessing payments or advice on what you might be eligible for, please reach out to my office for help.



JULIAN LEESER MP

Federal Member for **Berowra**

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120
9980 1822 @ julian.leeser.mp@aph.gov.au
julianleeser.com.au [f](#) [julianleesermp](#)



As your MP, I am here to:

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

Please contact my office if I can be of assistance.

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



Community Infrastructure being delivered in The Hills

It is great to see several Community Infrastructure Projects being delivered.

The Balmoral Road Sports Complex at Kellyville was officially opened Friday 22 July 2022. I was there at the sod turning in March 2021. Unfortunately, I could not be there at the official opening ceremony.

The reserve has four multi-purpose fields for AFL and Soccer including two cricket ovals, and four tennis courts and two multi-use ball courts including lighting. It has an amenities building containing change rooms, public toilets, a kiosk, and a meeting room. A separate building within the park will provide storage for sports clubs. There is car parking for 245 cars, including 6 DDA spaces. Additionally, the park

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

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

✔ Assisting with accessing NSW Government services	✔ Preparing congratulatory messages
✔ Providing Justice of the Peace Services	✔ Attending your local community event

Please contact my office if I can be of assistance.

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

Proudly serving the people and communities of Baulkham Hills, Bella Vista, Carlingford, Castle Hill, Kellyville, North Rocks, Norwest and West Pennant Hills.
Authorized by David Elliott MP, Suite 1, 25-33 Old Northern Road, Baulkham Hills NSW 2153. This publication is funded using parliamentary entitlements.

includes a playground and picnic facilities. It also has an extensive pedestrian and cycling path. There is low energy lighting and water recycling, with preservation and enhancement of the existing woodland on the eastern boundary of the park.

The Waves Aquatic Centre Upgrade which was first proposed in 2017 has finally been delivered with the official opening taking place on Saturday 3 September. It offers a vibrant social and recreational hub for the community. There are several pools, exercise areas, as well as spa, sauna and steam room facilities.

Reminder that Parents NSW Vouchers are available until 9 October 2022. There are 5 x \$50 Parents NSW Vouchers available for each eligible household and can be used 7 days a week for entertainment, recreation activities and accommodation bookings



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E: secretgarden@nwds.org.au

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THE HILLS ARE ALIVE

I got on the bathroom scales the other day and it read 90.5 as I stood there I thought of the local radio station Alive 90.5 and how and when it came to be.

I was involved in its creation and start up of broadcasting more than thirty years ago but not involved when it was first mooted in 1983.

I first became interested in community radio back in the 1970s when I was the Returning Officer for the Werriwa By-election upon Gough Whitlam's retirement from Parliamentary life. As part of an awareness campaign to encourage participation in voting at the by-election, I approached the local community radio station (2CT) at Campbelltown (then part of the Werriwa electorate) and arranged for spot announcements regarding the election and roll closure etc. I had previously, in the 1960s, attended a radio announcing school and worked as a disc jockey at local dances in the Fairfield-Cabramatta area and had built up a sizable record library.

Upon seeing an article in a copy of the Parramatta Advertiser in the late 1980s about the move to establish a local radio station I became involved in what is now Alive 90.5. I joined what was then called the Cumberland Media Association (that was the group name on the Training Manual that I still hold) although I have also been informed by a past Chairman it was always called Cumberland Community Radio hence the call sign of 2CCR. I think that

the Cumberland Media Association came about when Cumberland Community Radio merged with the Hills Community Radio and also Radio West in the late 1980s. Actually, it was a merger of three groups.

In "A history of 2CCR – Cumberland Community Radio" by Mark Drumgold it is mentioned by the author that he thought that Brian Lankow and myself may have been members of Hills Radio however I was never a member of that group. I joined 2CCR after the merger.

My time with 2CCR, I must say, was interesting. In August 1992 the "Hills News" carried a front page story headed "Bloodless coup at 2CCR" and told of Brian Lankow, John Fitzgibbon and myself becoming the new executive of 2CCR. About the time that the station went to air with continuous broadcasting, Ian Maurice telephoned me and indicated an interest in joining the station. The call went something like this. "Hi I'm Ian Maurice" me "Sorry, who?" Ian "Ian Maurice" me "The name's familiar". I think I must have dented his ego somewhat, as he had to explain that he was a sports broadcaster on television. That said he eventually joined the station. The Hills News had another front page headline in March 1993 which read "2CCR rocked by Maurice walk-out" in which Ian Maurice slammed the station. Terry Gaynon, a friend of Ian Maurice, had by April 1993 become the station manager.

After Brian Lankow stepped down as Chairman in 1993, Gary Ridge was appointed Chairman whilst I was Deputy Chairman. Gary left 2CCR to take the position of head of the US multi-national WD40 company and during his time with that company, the company acquired the Solvol soap business claiming that both WD40 and Solvol could be found in workshops everywhere. I then became Chairman of 2CCR in 1994 and during that time the station won an Australia Day award for outstanding community service. In dispute with Terry Gaynon, the Station Manager, over his moves to format the station into a West Coast Jazz (as in a Californian jazz style station) I resigned from the station as I disagreed with the direction it was heading. The Australian Broadcasting Tribunal carried out an inquiry into the station and the station came close to losing its community licence.

Listening to the station in more recent times I am pleased to see that is now more community oriented and not formatted to one particular style of programming. A current Board Member recently suggested to me that I consider re-joining the station, however I find that I do not have sufficient time to get reinvolved at the present. I can appreciate that a formatted station would have better audience retention than a community station but the licence for a station such as 2CCR is for representing the community that it serves.

CUMBERLAND COMMUNITY RADIO INC.

Building 9/92 Seven Hills Road, Balcombe Heights Estate, Baulkham Hills NSW 2153 Australia

 info@alive905.com.au

 www.alive905.com.au



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AS WE WERE

PHOTOS FROM THE PAST

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

All photos for As We Were (Alive 90.5)
 are from my collection with one exception
 Ross Fear and Guest from Alive 90.5



Ross Fear Announcer with guests



2CCR Vintage car



Model T Ford



Ivor Jones with Jo Abi in 1993



Model T Ford

WE LOVE SEEING PHOTOS CAPTURING THE
 PAST OF THE HILLS AND HAWKESBURY AREA.

EITHER EMAIL IVOR AT
IVOR.JONES47@OPTUSNET.COM.AU
 OR WRITE TO
 17 ROSE ST, BAULKHAM HILLS NSW 2153.

Photos appearing on this page in the last issue were donated
 by Emily Sellems (Kitchener) of Baulkham Hills and
 featured photos from her childhood at Kellyville

COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annagrove Environment Centre

02 9654 3571 (Thurs) |
02 9843 0533 (Wed-Fri)

gnolan@thehills.nsw.gov.au

Arcadian Quilters

Meet in Galston Community Health Centre 1st and 3rd Wednesday mornings, evening group 2nd and 4th Mondays.

New members welcome
Carole | 9894 7749

Castle Hill Art Society

Art practice for artists of all ages, either in groups or classes for adults and children. Monthly demonstrations and workshops by well-known artists. Members can participate in exhibitions during the year.

9899 3179 (ans. machine)
www.castlehillartsociety.org.au

Castle Hill Senior Citizens Club Inc.

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

9680 3958
castlehillseniors@gmail.com

Combined Probus Club of Cherrybrook

We are a mixed gender club of over 170 retirees and semi retirees. Meetings on 1st Thursday of each month at the Cherrybrook Community & Cultural Centre.

Ross | 0411 104 863
rossfitzpatrick@icloud.com
www.probusouthpacific.org/microsites/cherrybrook/Welcome

Cumberland Bird Observers Club

The Club conducts 3 outings a month to observe birds in their natural environment. General meetings are held at Castle Hill on the 3rd Tuesday of the month. New members are always welcome.

Peter | 0412 770 757 or Cathy 9809 5668
www.cboc.org.au

CWA of NSW - Galston Branch

Monthly meetings are held on the 2nd Wednesday of each month from 10am at the Galston Health & Resource Centre, Cnr The Glade & 17 Arcadia Rd, Galston.

Nicci Chaney | 0411 058 852

CWA of NSW - Castle Hill Branch

Holds its monthly meeting every 2nd Tuesday at the CWA Hall, 2 Annagrove Road, Kenthurst (off Angus Road) from 10am. We also hold our Craft mornings for members on 1st and 3rd Tuesdays of the month from 10 to 12.

Maureen | 0411 724 925

CWA of NSW - Toongabbie Branch

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

ToongabbieCWA@gmail.com

Dural and District Prostate Cancer Support Group

Meets on the 3rd Monday of the month at the Blue Gum Centre, ARV Glenhaven Green, 599-607 Old Northern Rd, Glenhaven.

Denis | 9629 2645 or Maurice | 9654 2138

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498
www.duralmensshed.org

East Kurrajong School of Arts

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

Ann | 02 4576 5031

Embroiderers' Guild NSW Inc

Hawkesbury Group

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

Catherine | 0413340049
cdelaney1@vtvonn.com.au

Galston VIEW Club

The Club will hold its next Luncheon Meeting on Wednesday 24th August at The Galston Club 21-25 Arcadia Rd Galston at 11am Bookings essential. Guest Speaker Mr Gary Raymond APM, OAM (Ret'd) DIP VET

Merle 9634 2378 | 0412 110 698.

Girl Guides Australia

Great programs for girls 6-18. They meet once a week in groups relevant to their age run by trained Leaders and Unit Helpers.

Margo | 0417 657 433.

Glenhaven Probus Club Inc

Meets 10 am on 2nd Tuesday of each month at Castle Hill Bowling Club.

secretary.glenhaven.probus@gmail.com

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

02 4567 7400
Leanne@mellowcrest.com

www.haat.com.au

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the First Fleeters

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

Hawkesbury West Probus Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond. New Members Welcome

Membership Officer Fay | 0414 341 253
hawkeswest.probus@gmail.com

Hawkesbury Woodcraft Cooperative Ltd

9:30am to 2pm Wed. & Sat.
www.hawkesburywoodcraft.org.au

Graham | 02 4576 1517

Hills District Women's Bowling Club

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

Hills Older Men's Network INC

Meets fortnightly on the first and 3rd Mondays of the month, 10am to 12:30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to chat in a non-judgemental, safe and supportive environment.

Ron | 0424 462 153
HillsOMI1@gmail.com

Hills Shire Symphony Orchestra

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

Hills Toastmasters

Meets every second Tuesday, 7pm. Restore Church: 47 Britannia Rd, Castle Hill. New members welcomed

Terry | 0488 089 951

Hills/Toongabbie Music Club

Meets 2nd and 4th Fridays 7.30pm Northmead Scouts Hall 17 Whitehaven Northmead. Beginners to professionals all welcome.

Allen | 0439 831 531
allendavisguitar@gmail.com

Kurrajong Hand Spun Craft

Come and learn a beautiful old craft at North Richmond Community Centre. Friendly group just bring yourself.

Thursdays at noon.
Margaret | 0403 819 165

Ladies Probus Club of Baulkham Hills

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

Suzanne Dennis | 0412 424 593
ladiesprobusbh@gmail.com

Learning in the Hills

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

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

macquarietownsgardenclub.wordpress.com

National Seniors Australia (Hills Branch)

Meets on the 1st Thurs of each month at Muirfield Golf Club, 58 Barclay Road, North Rocks. 9.30am for 10am. The group has day outings, short tours and interesting speakers. This very friendly group welcomes visitors.

May | 0414 634 572
maybruce@bigpond.com

North Rocks View Club

Northmead Bowling Club, The Windsor Room, 166 Windsor Rd, Northmead. Meetings 2nd Thursday each month at 10.30 am. Visitors welcome.

Pam | 9634 2670 or Margaret | 9872 1405

Norwest Sunrise Rotary Club

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

norwestrotary.org.au

Pennant Hills Mens Probus Club

John | 9487 1385

Pennant Hills Combined Probus Club

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

Lorene | 0429 396594

Pennant Hills VIEW Club

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

Margaret | 9873 2402

Pitt Town Probus Club

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

Denise Fairfax | 0435 447 414

Probus Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

Ken | 02 96296459

Probus Club - Glenorie

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

Wendy | 9653 1022
wendyireneblack@yahoo.com.au

Probus Club - Kellyville Castle Hill Mixed

Meets at 10am on 2nd Thursday of each month at Muirfield Golf Club, Barclay Rd North Rocks. New members welcome.

Pam | 0417 667 067
pamelaloves66@gmail.com

Probus Combined Castle Hill Club

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

Glensy | 0408 160743
donpye@live.com.au

Probus Combined Kellyville Club

Meet 2nd Monday of the month at 10am. At The Glenhaven Community Centre: 76 Glenhaven Road, Glenhaven. New members welcome.

Veronica | 0408 025 577
Susan | 0400 039 308
ken_n_sue@hotmail.com

Probus Club of Winston Hills - Northmead Combined

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

winstonhillspobusclub@gmail.com

RDA (NSW) Tall Timbers Centre

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

Red Cross - Castle Hill Branch

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

0419 431 084.

Richmond/Windsor VIEW Club

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

Christine Walshaw | 0416073483

Scouts Australia - Greater Western Sydney Region

9639 2488

www.greaterwestscouts.com.au

Sleep Disorders Australia - NSW

02 9990 3514 | www.sleepoz.org.au

Soroptimist International The Hills

Meets on the 3rd Monday of the Month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start. Visitors are always welcome.

Cathy | 0435 837 118
sithills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

The Hills Shire Garden Club

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

9624 5034

The Hills District Pipe Band

Practices at Stamford Hall, Balcombe Heights Estate, Baulkham Hills every Wednesday night from 7pm-9pm. The band warmly welcomes new members and gig enquiries.

Instagram: @hillsdistrictpipeband
Suzie Whitaker

pipeband.hillsdistrict@gmail.com
www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

Meets at St. Joseph' Conference Centre on the 4th Monday of each month at 6.00pm (dinner optional) for meeting at 7.00pm.

Robyn | 9639 2742

The Sydney Hills Branch of the Association of Independent Retirees

Meeting on Friday, at Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting commences at 10.45am. The future topics will be Health, Centrelink, Retirement, Technology Safety and others.

Mal Steel
airsydneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

Meetings are held on the 2nd Tuesday of each month at 8 pm at Crestwood Community Centre, Cnr Crestwood Drive and Conway St, Baulkham Hills.

Ted | 0429 790 091
www.bushwalkingnsw.org.au/wanderers

Windsor RSL Fishing Club

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

Les Mison | 0421 821 1990.

Windsor Probus Club

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

Membership Officer Alan | 0407721461 or Secretary Ann | 0414298945

Winston Hills Joey Scouts

9862 8482 | hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

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

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408 |
www.zontadistrict24.org

PUZZLE

CODE WORD

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

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.

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

ANSWERS FROM LAST ISSUE

CODE WORD

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

WORD SEARCH

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

SUDOKU

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

WORD SEARCH

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

IN THE JUNGLE

- | | | | |
|----------|-----------|------------|--------|
| ANACONDA | COATI | JUNGLE CAT | PARROT |
| ANTEATER | COBRA | LEOPARD | PYTHON |
| APES | CROCODILE | MONGOOSE | SLOTH |
| BABOON | GORILLA | OKAPI | TAPIR |
| CAPYBARA | JAGUAR | PANDA | TIGER |

SUDOKU

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

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

PUZZLES

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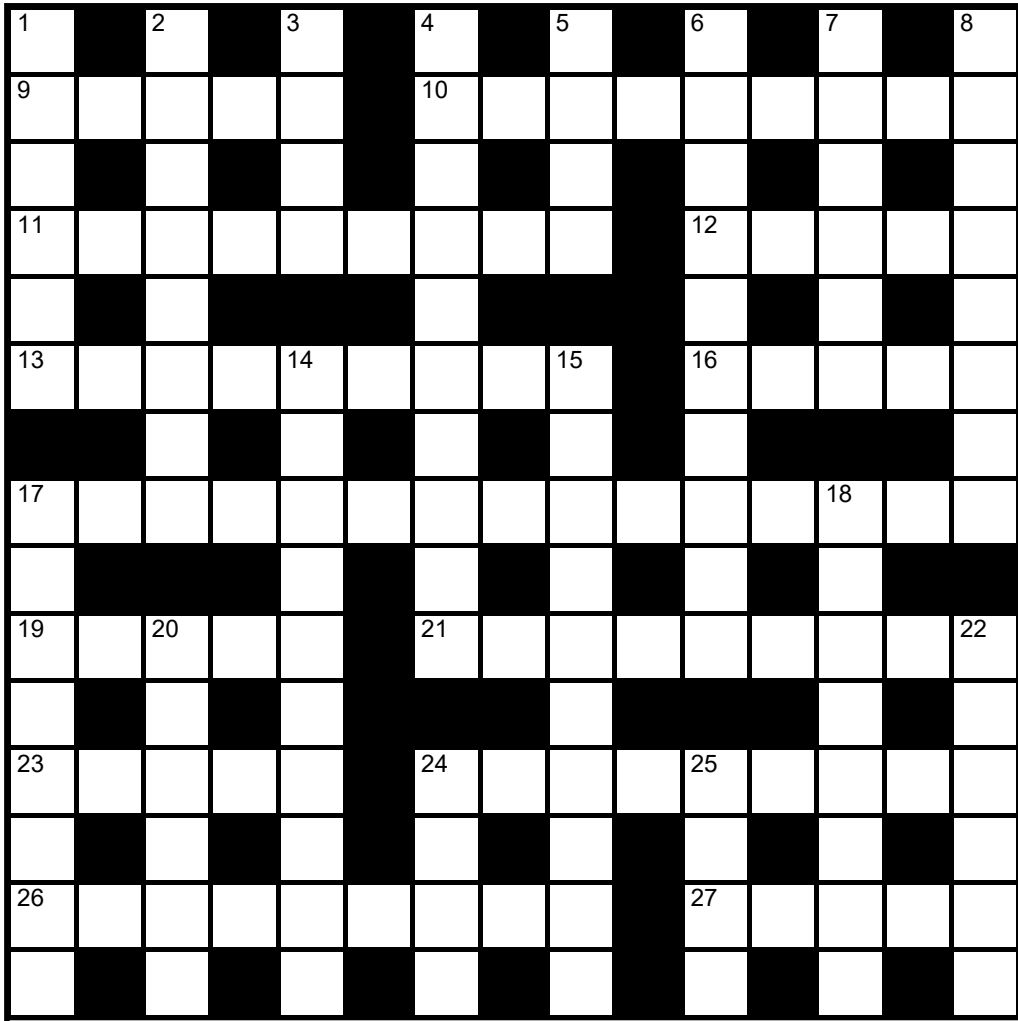
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Across

- 9. Peers
- 10. It's normal to be hammered - priests don't like it (6, 3)
- 11. Paroo River feature internationally important as a wetland (5, 4)
- 12. Sound
- 13. Interplanetary transport
- 16. Coward
- 17. Darwin garden sight (11, 4)
- 19. Diving kit (1, 1, 1, 1, 1)
- 21. Cease operations (5, 4)
- 23. It's nicknamed the "Capital of Latin America"
- 24. Type of pea (5-4)
- 26. Recall past experiences
- 27. Not concealed

Down

- 1. Skiers' challenges
- 2. In all honesty (2, 2, 4)
- 3. Barbecue cooler
- 4. Feeling the pain of others
- 5. Superficially, it's all bark and no bite
- 6. Champion surfer/shaper, father of Noa (5, 5)
- 7. Allocate
- 8. Place for waiting
- 14. Side views on blueprints
- 15. Illustrious people
- 17. Fine, soft goat's wool
- 18. Assistants
- 20. Say! Rum manoeuvres for some (1, 1, 4)
- 22. Natural state?
- 24. One burned but was not consumed
- 25. Board flaw

SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

Answers from last issue

CROSSWORD

1	S	Y	M	P	T	O	M	2	T	I	T	A	N	I	C
3	A	O	U	S	N	L	M	4	K	E	L	E	T	O	N
5	S	K	E	L	E	T	O	N	7	C	H	O	P	P	Y
6	M	A	R	C	10	O	R	P	H	A	N	A	G	E	S
8															
9															
11															
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19															
20															
21															
22															
23															
24															
25															
26															
27															

SUDOKU

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



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