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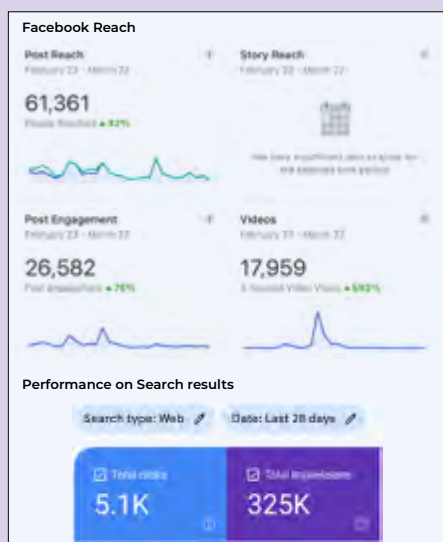
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Hawkesbury City FC win against the odds

By TONY BOSWORTH – EDITOR, HAWKESBURY POST



Despite their playing fields and equipment on Bensons Lane submerged three times in the past year – and having to use tennis courts, concrete, and ovals to train on – Hawkesbury City Football Club has beaten the adversity in a big way.

The Under-16 representative side has won both the minor Premiership and the Grand Final in their group by sheer grit and determination.

The battle over the past four years to get to the Premiership included the 2019 Black Summer bushfires, the 2020 and 2021 COVID pandemics which saw two seasons cut short, and then the 2022 floods which effectively wiped out both playing fields and equipment.

But they never stopped believing and this year has seen them rewarded.

Club accolades include winning the Under-16 minor Premiership on the way to the Grand Final victory, having the NPL3 1st Grade Coach of the Year in Dean Bertenshaw, and Player of the Year, as well as Goal Keeper of the Year.

Club administrators were forced to evacuate the club house three times after the grounds and grandstand were completely submerged each time but the players stayed grounded by turning up week after week to games, training and functions at a variety of other venues.

"The club's performed really well considering the position it found itself in," 1st Grade Coach, Dean Bertenshaw, told us.

"We didn't have adequate training facilities [because of the floods] and had to play so many games away from home due to the grounds being flooded and closed pretty much all year. We haven't been able to play on our home turf since January. The water sits out there [at Bensons Lane] and really hurts the pitches. But we expect the players to be strong and resilient, and they

were. They have been training on tennis courts and bits of concrete and it's hard to maintain the pressure in tricky conditions, but we've done it as a team and played 30 matches."

Coach Bertenshaw says the parents and carers deserve a big shout out too and had been instrumental in the teams' success, with not only the Under-16s performing at the top of their game but the 1st Grade team also fighting hard and just getting pipped at the last hurdle, coming in second in their final.

"They're just good kids," says Dean, "and the parents understood the position we were in and we all stuck together. It's all about enthusiasm and backs against the wall all the time but they were rewarded for it in the end.

"I'd like to thank all the parents, because they are the ones who have to get the kids to multiple training venues and keep it alive for us until we can rebuild our facilities and they are always the first ones to put their hands up and be there for working bees. That will help us rebuild."

It's a big job, with fencing, dugouts, scoreboards and the pitch to all be either rebuilt or heavily restored.

But despite all the challenges placed in their way, the Coach says, "we're glad the players have stuck by us and we're looking forward to the next season."

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

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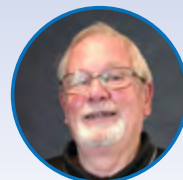
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The Hills to Hawkesbury Community News has been serving this area for nearly 40 years. It's name may have changed over the decades but the commitment to providing a free service to the community is still at the heart of what this hyper local fortnightly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

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

Medical Precinct Expands

By BEV JORDAN

Work to expand the medical precinct at Norwest is taking another huge step forward with Development Applications for two more purpose-built health and commercial buildings set to be lodged with Hills Shire Council by Mulpha.

Stage 2 will be submitted early next year. The buildings will be opposite Norwest Private Hospital and next to Mulpha's landmark wooden building The Bond on the corner of Elizabeth Macarthur Drive and Norbrik Drive.

Mulpha, Norwest's parent developer, has just announced that construction of The Bond, the first of the three purpose-built health buildings, has reached its highest point.

The next-generation timber building is due for completion at the beginning of 2023 and includes a \$10million world class cancer treatment centre for Genesis Oncology which will have the capacity to deliver more than 14,000 treatments to 800 patients a year.

All 64 strata suites have been sold to a mix of owner-occupiers and investors in the healthcare sector.

As well as Genesis Oncology; core leases in the Bond building have been secured by fertility specialist Dr Antony Lighten for an IVF clinic and reproductive surgery and psychology and allied healthcare provider Talbot Centre.

The Bond has been designed using state-of-the-art cross-laminated timber (CLT) technology for the 1,600sqm floorplates, walls, and stairs, as well as traditional laminated timber columns and beams for the frame.

Mulpha's Head of Developments Tim Spencer said the cutting-edge building had been purpose-built to enable tenants to capitalise on the growing health and wellness trend and demand for medical services in the fast-growing northwest corridor.

"In addition to offering design flexibility and unique aesthetics, these new-age timber technologies have incredible strength and efficiency, and the potential to be carbon-neutral over their lifecycle, something increasingly attractive to blue-chip clients.

"For patients, it means they have a more comprehensive one-stop shop for their healthcare needs where they don't need to travel too far for multiple specialist treatments."

Buildcorp Managing Director Tony Sukkar said the state-of-the-art building established "a new industry benchmark".

"The Bond is Buildcorp's fourth mass timber project. Our team has developed and implemented more than 20 proactive safety and quality initiatives for The Bond, while navigating all the impacts of COVID-19 and wet weather."

The Bond will comprise ground floor retail, six floors of commercial office building, a childcare facility, basement carparking and short-term visitor parking. Childcare provider Kinda-Mindi has secured a 15-year term.



Artist's impression of The Bond

Riverside GARDENS



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FAREWELL TO COMMANDER

Detective Superintendent Jim Stewart was farewelled last month when he retired after nearly 40 years of police service including five years at Hawkesbury Police Area Command.

He joined the NSW Police Force as a trainee in January 1980. He served in Western Sydney for 11 years before resigning in August 1991.

Four years later, he re-joined as a Detective Probationary Constable, climbing the ranks. He was appointed Hawkesbury Police Area Commander in 2017.

Det Supt Jim Stewart was known for his 'country style policing' and involvement with the community.

Photo NSW Police Facebook

MARINE RESCUE

Hawkesbury Marine Rescue is urging water users whether in a tinnie, cruiser, yacht, kayak, canoe, or a jet ski to use the free Marine Rescue App when out on the water.

A spokesman said it is important for people to Log On whenever they are heading out on the water and to Log Off when they return, either using the free app or by calling the base on VHF Channel 16.

She said: "If you don't Log Off as planned, we will start searching for you."

In the previous 12 months Marine Rescue NSW had the second highest number of rescues on record, with 3,905 rescues and 8,599 people delivered safely to shore.

The Hawkesbury Unit alone has performed 70 rescues over the past 6 months, seeing a total of 192 people being brought safely to shore. The 50 members of the Hawkesbury Unit have invested 6,144 volunteer hours. Using the free Marine Rescue App to log on and off is free.

When users Log On via the App and choose the live safety tracking option their position is updated in the vessel tracking system every 30 minutes. This means that in an emergency Marine rescue crews will have a starting point



for a search operation, saving valuable time when minutes can mean the difference between life and death.

If the fish are biting and you decide to stay out longer, simply call the base on VHF Ch 16 or use the Marine Rescue App to update your arrival time and remember to Log Off when you're back on shore.

For more information visit www.marinerescuensw.com.au

DRINK DRIVING

High Range Drink Driving Arrest from RBT 0.245 At 34-year-old man will appear in Parramatta Local Court later this month charged with High Range Drink Driving after returning a reading of 0.245 (almost five times the legal limit).

He was arrested after being stopped by Hills Police Performing RBT on Windsor Road at Rouse Hill. His licence was immediately suspended.

CAR JACKING ARREST

A 19-year-old man has been arrested for a Carjacking that occurred on the 24th September Rouse Hill Town Centre.

The Colyton man was arrested at Quakers Hill. The alleged car jacking and assault occurred at 1.20am on Saturday 24th September. A 34 year old man was delivering milk to nearby premises when he was confronted by two males, and assaulted. A short time later, a 62-year-old man driving a Nissan Tida Hatch stopped to pick up his son at Rouse Hill Metro station. One of the men assaulted him and stole the car - leaving the other male behind.

The 62-year-old car owner was taken to Blacktown Hospital for minor head injuries, and released later that day. Police recovered the stolen vehicle in Shanes Park the following day.

SELLER BEWARE

Police are again warning people selling items via Facebook Market Place or Gumtree not to invite potential buyers to their home after several incidents where the item for sale has been stolen.

Police have recently had reports of iPhones being snatched and trail bikes being stolen after they were advertised.

Sellers are advised to meet potential buyers outside a police station, a Metro stations or major Fast Food outlet that are well lit and have CCTV.

SERVO ROBBERY

Hills Detectives are investigating a robbery that occurred at a service station on Windsor Rd at Baulkham Hills at 1.30am on Monday, Oct 3rd.

A man dressed in black with his face covered entered the service station and robbed the attendant. He stole cash and cigarettes. No-one was injured.

Police are asking anyone driving in the vicinity at the time to please check their dashcam. Anyone with information about this incident is urged to contact Crime Stoppers or <https://nsw.crimestoppers.com.au>. Information is treated in strict confidence.



HOUSE FIRE

Hills Police, Fire and Rescue NSW and RFS Units responded to a house fire at Alan St, Box Hill Saturday, October 1st. No-one was injured but the house was destroyed. Investigations into the cause are being conducted.



New Warning System

By BEV JORDAN

NSW State Emergency Service marked the beginning of the official storm season (October to March) by launching the new Australian Warning System for floods and tsunamis at Thompson Square, Windsor.

The Australian Warning System is a nationally consistent, three-tiered approach which gives residents clearer advice and warnings in the lead up to severe weather events.

The three levels are Advice (yellow), Watch and Act (orange) and Emergency Warning (red). NSW SES Commissioner Carlene York said the new approach will better support communities by providing greater clarity.

"Early warnings save lives. Our new warnings will contain very clear action statements to enable the community to make safe decisions," she said.

"If you live in a community that has received flood warnings in the past, it is important to learn how the NSW SES warnings are changing, and prepare for what action you will take when a future disaster strikes."

- ▲ **ADVICE 'Stay Informed'**: an incident has started. Stay up to date in case the situation changes.
- ▲ **WATCH AND ACT 'Prepare to evacuate'**: conditions are changing and you need to start taking action now to protect you and your family.
- ▲ **EMERGENCY WARNING 'Move to higher ground'**: the highest level of warning. You may be in danger and need to take action immediately.

Impacted communities will continue to receive flood warnings through the NSW SES website, NSW SES social media channels and by listening to local ABC radio stations. The NSW SES experienced its busiest year yet, responding to over 50,000 flood and storm related jobs.

Hills unit Commander Daniel McGovern said: "It's been an extraordinarily wet year ... unfortunately, this coming storm season is not going to be any different. A third La Niña event has been confirmed, which means it is quite likely the east coast of NSW will experience a wetter than average season."

"Already saturated catchments mean any additional heavy rainfall could result in renewed riverine and flash flood risks."

Hawkesbury City Mayor Sarah McMahon urged residents to familiarise themselves with the warning system.

"Living with the risk of floods is sadly a way of life in the Hawkesbury, but there are simple ways to ensure we are prepared and stay safe in an emergency," she said. "Make sure your family has an emergency evacuation plan, and that you are all familiar with it. And keep a careful eye on warnings from NSW SES and follow their advice."

Minister for Emergency Services and Resilience and Minister for Flood Recovery, Steph Cooke said: "I understand news of more rain on the way is sobering to hear, that's why as we enter storm season, I call on communities to make sure they are aware of their risks and prepare early."

She said preparing an emergency evacuation kit and making safe decisions including not driving through flooded roads and leaving your property when requested to, are simple ways to stay safe.

For information on the new warning system and emergency preparedness, visit www.ses.nsw.gov.au If you need SES help call 132 500.



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Young cello virtuoso from Castle Hill

BY GISELA HORNER

When you first meet Jack Theakston, you are aware of his thoughtful, quiet demeanour. Jack is 16, a tall, mature, young man, who prefers to play his music rather than indulge in conversation.

Jack attends The Hills Grammar School. He is on a full Music Scholarship which he auditioned successfully for when only nine. Historically, the school only takes scholarship students from Year 7. However, Jack was an exception and was accepted in Year 4. He likes school, is academically bright particularly in Maths, Science and English. He enjoys playing basketball, volleyball, reading and board games. He would like to pursue a music career, but for now is keeping his options open.

When COVID hit, Jack coped well

through Years 8 and 9 in the school lockdowns as he was able to practise his music for two to three hours every day and found doing home school not a hardship, even though the internet was 'very sketchy' at times. Now back in normal school hours, he devotes at least an hour and half every day for practise.

Jack has a scholarship with The Rising Stars program at the Conservatorium of Music, 'a dynamic performance-based music education program providing gifted school-

age students with specialist tuition in a supportive environment that helps develop their musical and artistic skills and performance opportunities'¹. Jack auditioned playing 'Élégie' in C Minor by Faure, a beautiful slow piece highlighting cello accompanied by piano. He went straight into the Senior Level aged nine. He was studying both organ and cello at the Con, but organ tuition has ceased due to more time needed for Year 11 studies. He continues with the cello tutored by Susan Blake.

Jack avoids the term 'child prodigy' but others have recognised his pure talent. He plays a rare Virgilio Capellini cello (the last one made in Cremona, Italy) and a Guillaume bow, both of which are on permanent loan to him. Through his sponsorship, Jack is recognised as the youngest to ever receive an instrument of this value and quality.

Jack's supportive parents, Deborah and Tim, recognised Jack's ability around the age of three. He could read novels before he began kindergarten and at six, Hanna Oblikov, became Jack's teacher. Seeing his potential, she was prepared to teach such a young pupil and Jack began with a 1/4-size cello. By seven, he was also playing piano and organ. From 12, he progressed to a full-size cello.

Jack is the youngest of five children, Laura (a nurse), Matthew (chef), Jessica (at Uni doing Maths/Science) and Samuel (landscaper). His siblings are not particularly musical but all are doing well in their pursuits and living independently. Although Jack is the youngest,

¹ The Conservatorium of Music website
² <https://www.qyo.org.au/2022/jcnycc>



he is very independent, a seasoned traveller and has already undertaken performances too numerous to mention here.

Recently Jack has been successful in being selected to perform recitals at the National Youth Concerto Competition in October in Brisbane. NYCC is recognised as the most prestigious competition in Australia for string soloists aged up to 18, established by Queensland Youth Orchestras². Jack will be playing a selection of four pieces including 'At the Fountain' by Davidov; Sonatas by Hindemith and Francoeur and 'Romances' by Schumann.

Jack belongs to two chamber groups – 'Bajeshka' – a piano quartet who will embark on a trip to NYC to perform at Carnegie Hall in June 2023. The second group, 'Piccolo' – a string quartet, have won a 12-month mentorship with the Flinders Quartet and will be undertaking this in Melbourne in 2023 along with studies for Year 11; a somewhat busy schedule that would daunt most people.

Although he claims to be shy, Jack has already performed at many concerts. Once he is on stage, he is unphased. He reflected on his music and said: "When I play cello, I feel a sense of euphoria and you can escape reality".

A very wise head on young shoulders. We wish Jack success and a continuing glowing musical career.



'Piccolo' photo courtesy Deborah Theakston

Raising Dam Wall Critical says Premier

A proposal to raise the Warragamba Dam wall by 14 metres has been declared Critical State Significant Infrastructure (CSSI).

Premier Dominic Perrott said the project is deemed essential to NSW for economic and social reasons saying the proposal to raise the Dam wall would save lives, save properties and would help future-proof Western Sydney from flood risks.

"First and foremost my number one priority as Premier is protecting NSW communities and we know from the independent flood inquiry that the best way to protect communities downstream is to raise the wall," he said.

"This declaration reinforces that raising the dam wall is the most effective long-term flood mitigation strategy to help protect residents across the Hawkesbury-Nepean. This region has been hit hard by floods and we are committed

to progressing this important project to make sure residents have genuine flood protection into the future."

Hawkesbury MP, Robyn Preston said that raising the Dam wall will provide a flood defence for the residents of Hawkesbury.

"This announcement puts people first. It is about protecting lives, people's homes, property, businesses, farmers, their stock and the infrastructure that is severely damaged by floods."

Minister for Planning and Minister for Homes Anthony Roberts said the CSSI declaration would not impact the rigorous assessment and stake holder scrutiny the proposal would need to go through.

WaterNSW will respond to the feedback and issues raised in submissions and its Preferred Infrastructure Report, before a

comprehensive assessment is undertaken in accordance with the Environmental Planning and Assessment Act.

There have already been about 2,000 submissions to Water NSW regarding the proposal to raise the dam wall.

Some critics are concerned about the heritage impact and environmental impact of raising the dam wall and others that the project will allow more development in flood prone areas.

Opposition leader Chris Minns has said the costs for the proposed project are "astronomical" saying "45 per cent of floodwaters do not come over the top of Warragamba, they come down the Grose, Colo and Nepean Rivers."

He said it was important not to increase the population living on the floodplains.

MS Fundraiser on Track at Galston By ANNETTE MADJARIAN

It was while watching the Bathurst 1000 car race one evening that Allie Thackray and her husband Evan had a “crazy idea” to combine model railways with fundraising for Multiple Sclerosis (MS).

The Board of Hornsby Model Engineers Co-op Ltd, who operate the Galston Valley Railway, “excitedly accepted” their proposal and dubbed it The Galston500... an exciting annual endurance event featuring teams operating 5-inch gauge miniature trains over a combined total of 500 laps of the 1km Galston Valley Railway track – all in one day!

This year, The Galston500 will be held on Saturday 29th October, starting at 10am.

The aim is to complete a minimum of 500 laps (500km) before 10pm that night.

Allie, 47, has been a volunteer at Galston Valley Railway since 2016.

She was diagnosed with MS in 2013, six months after her younger sister Liz, was diagnosed with MS. Her brother Neil, 50, is experiencing MS symptoms but has not been diagnosed.

There are 25,600 Australians living with MS. As yet, there is no cure.

In Australia, MS affects three times more women than men.

Allie said she was confronted by the lack of information and support offered to the newly diagnosed. “At the time, there was little information offered and the few treatments available, were either daily injection or monthly infusions.”

“Now with the support of fundraising events like The Galston500, research in Multiple Sclerosis has led to a number of advancements in treatments,” she said.

Since its inaugural event in 2018, The Galston500 has donated more than \$21,000 towards Multiple Sclerosis research. Unfortunately, due to COVID, the 2020 and 2021 events were cancelled. Allie and her husband Evan – who were married at the Galston Valley Railway in 2017 – are hoping this year’s event will be bigger and better.

For Allie, the event not only raises money for MS Research, but also raises awareness within the community about the Hornsby Model Engineers.

The Galston Railway regularly operates the second Sunday of each month, from 10am to 3pm.

WHAT: The Galston500

WHEN: 10am Saturday 29th October

WHERE: Galston Valley Railway site, 29 Mid Dural Road, Galston.

COST: \$10 for adults, children under 18 are free. Rides on the train cost \$3.50.

For more event information, go to www.galston500.com



Allie Thackray (seated) with Hornsby Model Engineers PR Officer Jennifer Barnett-Baistow

Model Shipbuilding Expo

Retired engineer Evert van Oeveren has become an enthusiastic boatbuilder on a small scale.

The Castle Hill resident turned to building model ships after moving into a Castle Hill retirement unit with his wife Cathy. In the past eight years he has built 8 ships and is now working on a model of the 17th century Dutch sailing ship the Duyfken. The models, which range in scale from 1:80 to 1:50, take almost a year to painstakingly put together.

Evert has turned the second bedroom of his Castle Hill home into a workroom and the china cabinets now showcase his model ships including the Titanic and the Cutty Sark.

He is one of several locals who are members of the Sydney Model Shipbuilder’s Club which will be hosting The Sydney Festival of Model Shipbuilding on the weekend of October 15th and 16th at Wests Ashfield Leagues Club.

Evert will be exhibiting three of his models: a Dutch Botter - traditional fishing boat from The Netherlands, a model of the schooner Virginia and the Belgium training ship Mercator.

There will be about 100 model ships on show at the free expo, from Ocean Liners to fully rigged sailing ships, miniatures, ships in bottles and radio-controlled replicas of famous vessels.

The Expo is being hosted by the Sydney Model Shipbuilders Club who are keen to introduce people of all ages to their passion. There will be talks and demonstrations during the event.

WHAT: Model Ship builders Expo

WHEN: 15th -16th October 10am to 4pm

WHERE: Wests Ashfield Leagues club, 115, Liverpool Rd, Ashfield.

For more information visit www.smsc.org.au

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Mounting anger over Council's failure to repair roads

By TONY BOSWORTH – EDITOR, HAWKESBURY POST

Back a while ago a pensioner got in touch with us at Hawkesbury Post, very upset and telling us he'd just had to spend over \$800 getting his car repaired after hitting a deep pothole on Greggs Road, Kurrajong, which Hawkesbury Council had failed to repair for months.

Being a pensioner, he could ill-afford such a payment and given he wasn't at fault that just made it sting more.

But there's zero hope of any compensation from Hawkesbury Council, even though they are responsible for providing road repairs.

At the September Council meeting, Liberal Mayor Sarah McMahon brought a lengthy Mayoral Minute before the chamber, which asked staff for "an update on the 2020-2023 roads program including anticipated timing and funding," and a "plan to address the immediate state of potholes across the local government area".

The Mayoral Minute pins the blame for lack of repairs and good roads on a backlog of repairs over the last decade, poor tracking and recording systems, poor quality past work, and small number of trained staff, NSW skilled workers and shortage of road-base, the sheer scale of the issue, and the fact they apparently have too few staff able to sign off on finished repairs.

It's not clear how the report will speed up repairs, given the issues Council says it has.

We've received a barrage of emails, messages through social media, and phone calls from residents in just about every Hawkesbury suburb complaining about dangerous potholes and poor road surfaces, about the delay getting flood and rain-damaged roads repaired.

Residents – many recently hit with a rates rise voted through by Hawkesbury councillors – are demanding to know why there seems so little action.

Most of the roads in the Hawkesbury are the responsibility of Hawkesbury Council, with the exception of main roads such as Bells Line of Road and most of Windsor Rd, which falls to the RMS and Transport for NSW to repair. You can take your pick from a long list if you want to talk unrepaired roads but one which has been an issue for literally years is Old Pitt Town Rd.

Resident Kelly from Pitt Town – most people do not want their full names published for fear it could put their road repairs on the back-burner, or even further back on the back-burner – pointed out the seriously pock-marked road is, "the only exit for 5500 Pitt

Town residents should they need to evacuate immediately".

And of course that is a very real possibility, once again, given we could be looking at another flood event soon, with the La Nina weather pattern returning and Warragamba Dam sitting at 100% full.

Kelly has been regularly reporting the dire condition of the road to Council since at least 2018 – we've seen the email trails - and to individual councillors, including Mayor McMahon who told her in August, "we need to act". Kelly says, "there are lots of promises but zero action. There just aren't excuses left anymore."

At the September Council meeting the Mayor said there was, "no hiding from the fact we do need to address the road situation".


She said that at the October meeting there should be a list of roads, what needs to be done and when it will take place, and which pool of funding repairs are going to come from.

Cllr Eddie Dogramaci said he was wondering if he should sue the Council he sits on for damage caused to his car after hitting a large pothole. He also claimed the Council were "doing nothing".

But Cllr Mary Lyons-Buckett said, "we are trying to do the best we can do," and she thanked Council's Infrastructure department, "for doing their best in very trying circumstances. It's very challenging and it's also very easy to understand the frustrations of our community when they do approach us and they are critical of us".

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


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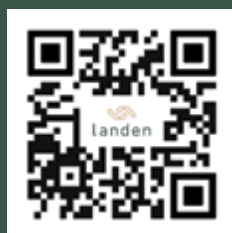
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☆ SATURDAY 29TH OCTOBER 2022 ☆

SCARECROW FESTIVAL

Entries are invited for our **SCARECROW COMPETITION**

The prize categories for Scarecrows are:

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Comfort Discovered, the Assistive Technology Specialists, conducts a series of seminars called, "Live Life Better: Seminar for Seniors", to spread awareness about the various solutions that are available today to face the challenges as we grow older.

Comfort Discovered, with a wide range of solutions for independent living, home care and daily living aids can guide you to the most appropriate solutions. The team has extensive experience and knowledge on solutions for Arthritis, Falls Preventions, Managing Parkinson's, Aids for Daily Living, Home Care, Mobility Equipment, My Aged Care, etc. Visit the easily accessible showroom with covered parking, wheel chair accessible toilet and option for trials to find out more. For the convenience of the participants, Comfort Discovered is accepting booking for Groups to conduct "Live Life Better: Seminars for Seniors" in the comfort of their own residential community, be it a Retirement Village, a Gated Community or an Aged Care Facility. The social coordinator or the person responsible for organizing similar group events are encouraged to make such bookings.

For more information and for booking please call 1300 662 880, email: events@comfortdiscovered.com.au



out and about

with **MICHELLE BYRNE**

Lynwood Country Club located in the beautiful Hawkesbury offers panoramic views of the Blue Mountains and it is the perfect place for a game of golf or a gathering of family and friends. We were delighted with our recent visit to celebrate Sophie's 3rd birthday. It was a quiet Sunday with live music, and a small animal petting zoo for the kids to enjoy. My daughters had a wonderful time patting the rabbits, guinea pigs and laughed when the baby goats attempted to eat their jackets. The ducks were also a favourite. The playground was also a hit and my daughters and their cousins had a blast running around for hours.

The food was also fantastic and it was wonderful to see other local families enjoying the venue and food as much as we did. There is under cover outdoor seating for you to enjoy the views of the golf course whilst eating your meal. Indoor seating is also available. The staff are incredibly friendly and very helpful. The club also offers a range of weekly and special events as well as school holiday activities for the kids. There is literally something for everyone to enjoy.

Although I am not a golfer (yet!) I can see why it is a popular venue for golf. The golf course is set on 230 acres of natural wetlands and natural features such as undulations and natural rough. It also has incredible views of the mountains and is very picturesque.

The history of the site is also fascinating. The history of the site dates all the way back to the 1800s. Pitt Town which is one of the 5 historic towns established by Governor Macquarie in 1810 and it is thought Lynwood House was built around 1814 by John McDonald who acquired the land in the early 1800s. McDonald operated a horse-powered grain mill which may have also been located on this property. To this day the historic Lynwood House remains one of the oldest surviving houses in Pitt Town and is still located on the property. It is incredible the amount of history we have in the Hills and Hawkesbury and is certainly worth exploring.

If you haven't enjoyed a meal at the Lynwood Country Club it is well worth a visit. We enjoyed it immensely and are looking forward to exploring more of the Hawkesbury and its venues very soon.



You're invited to our Spring Open Day

Will retirement living suit you?

An Open Day is a great way to get a sneak peek of the lifestyle you could look forward to. Come along with family and friends, enjoy free refreshments, entertainment and activities, and feel one step closer to finding the community that's right for you.



Explore our community



Inspect our display home



Discover our social activities



Chat to our First Step team

Aveo Bella Vista

28 Norbrik Drive, Bella Vista

Saturday, 15 October (10.30am-12.30pm)

Win \$10,000

towards groceries & fuel for a year!*

Take the First Step and scan to RSVP



Call us on (02) 8909 0410 or visit aveo.com.au/openday



To ensure the health and wellbeing of residents and staff, we are conducting Open Day events in accordance with the required COVIDSafe plan. Aveo are requesting that all attendees to Aveo communities are vaccinated against COVID-19 to protect the residents and staff in our communities. RSVP is essential. *T&Cs apply - see website for full details.

Plantlife Galston

There is plenty of talk in our local area about an exciting new nursery that has opened in Galston Village behind The Vintage Pantry. The owners, Mark and Stalo are anything but new to the nursery game with extensive knowledge and experience in the local nursery area.

Mark has over 35 years of experience and can guide you in making the right plant choice for your garden or inside your home.

Set on an elevated site, the nursery is packed with plants, pots and beautiful giftware hand-picked by Stalo you won't find anywhere else.

"Only opening 3 months ago, our customers are amazed by the variety, quality and value for money that they receive at PLANTLIFE Galston.

After a year of so much rain, now it's warming up and is the perfect time to get into the garden. It's time to fertilize, replant those plants that didn't make it or are struggling. Time invested now will ensure a spectacular display

right through the warmer months. Lawns need aerating and a good slow-release fertilizer to boost them after a long and wet winter.

Now is the perfect time to plant summer veggies and with prices in the supermarkets continually rising, maybe it's time to grow your own. Lettuce, tomatoes, cucumbers, zucchinis and spinach, there is nothing better than picking your own fresh produce from your own garden.

Spring is the time to refresh your home, come into PLANTLIFE Galston to pick up some

new homewares, maybe a Tilley candle, spring inspired napkins, a new vase or to find that perfect gift."

Stalo and Mark would like to welcome both new and old customers and friends to PLANTLIFE Galston. Come and stroll beneath the trees at 353 Galston Road, Galston in a relaxed and friendly atmosphere. The nursery and giftshop are open 7 days 8am to 4pm where you will find everything you need for your garden.



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Locals Lost for Words

By Bev Jordan

For LEEANNE and her 19-year-old daughter HOLLY, taking part in the new SBS Australian documentary series, *Lost for Words*, was a huge step and one they are both so grateful to have taken.

The Bligh Park residents are two of the nine people featured in the second season of the documentary series which returns to television screens on Wednesday, 12th October at 7.30pm.

The program highlights the challenges facing the 7 million adults in Australia who don't have the basic literacy skills and 9 million who lack numeracy skills needed in everyday life. The nine "students" in *Lost for Words* undergo a nine week intensive course.

Leeanne says she was always making silly mistakes (she once paid \$4,000 to Telstra instead of \$400) and kept making mistakes.

It was when she booked tickets for the Powerhouse Museum instead of her younger daughter's dance concert that she realised it was not something to be made light of.

"I went to show my tickets at the door and I had bought the wrong tickets.. which is something I do all the time." She said fortunately someone in the queue had spare tickets for the sold-out concert so they did get in.

She said she was re-telling the story to her family when her brother Colin took her aside and told her about the SBS program *Lost For Words*.

"As soon as I watched the trailer for the first Season I knew I had to call them," she says. "I had to change the narrative for my family."

The mum of three, John (20), Holly (19) and Ella (13) did complete Year 12 but says she had a lot of help from her sister who used to write assignments for her.

She says her mother struggled with learning, she had trouble writing and she could see that her daughter Holly was struggling too.

Although LEEANNE works at a primary school canteen, she has memorised the change to give the kids and makes a game out of their school orders by having them spell them out.

Making the decision to be part of the series meant she "had to let go of all my baggage for nine weeks. It was about changing my mindset." She said doing the show with Holly was a great experience.

Holly left school in Year 10, works part-time at McDonalds and is studying her Certificate III in Health and Fitness but struggles to fill in forms.



While she is fiercely determined that her learning difficulties will never hold her back from reaching her goals, they have impacted on her confidence: "I have told myself I am not good enough every day of my life."

She says she hopes that by being honest on the show it will help other people seek the help they need.

"I have always accepted that I have struggled and I wasn't afraid to show that because there are a lot of people out there who are struggling," she says. Following the show she says "I am surprised how much my self-confidence has improved."

Leeanne says the changes she has seen in Holly since the course are "amazing".

Holly says it has changed the way she thinks about herself..

"I would say to people who are struggling and don't think they are good enough that there is not just one way to do things.. you don't have to fit into a certain box."

Leeanne says if anyone is triggered by anything they see in the show they should reach out. "That's the biggest step," she says "reaching out and getting help, it doesn't matter how old you are."

The other "classmates" in *Lost for Words* include 72-year-old grandmother Barbie who just wants to learn to read and write her grandchildren's names.

Literacy advocate, Jay Laga'aia who hosts and narrates the three-part documentary series says: "The first season of *Lost For Words* triggered such an outpouring of support from the viewing audience that it really reinforced the decisions made by our brave first batch of adult students to put their fears to the side in order to face their demons and take back a part of their lives that they hid from the community, co-workers, friends and even family."

Jo Medlin, President of the Australian Council for Adult Literacy, said: "Season 1 of *Lost for Words* had an unprecedented effect on the world of adult literacy! We continue to be contacted by hundreds of viewers inspired to take the first step to improving their literacy, and others who have been shocked by the reality of adult literacy in Australia and are asking how they can help."

Lost For Words premiers on SBS and SBS on Demand on Wednesday, October 12th at 7.30pm.

The Hills Shire Council News

Awarding Community Spirit

Residents are invited to nominate a deserving community member who has excelled or contributed to the greater Hills Shire community, for the 2023 Australia Day Awards.

Awards are presented in five categories:

- Senior Citizen of the Year (65 years of age and older)
- Citizen of the Year (25-65 years of age)
- Young Citizen of the Year (24 years and under)
- Community Group of the Year
- Environmental Citizen of the Year

Nominate on Council's website, search "Australia Day Awards". Nominations close 4pm, Friday 2 December 2022.



Come On Down for an Evening with Larry Emdur

One of Australia's most popular and enduring TV personalities, Larry Emdur, is coming to the Pioneer Theatre on 17 November to discuss his memoir *Happy As* – a book full of stories of Australian Summers in the 1970s and '80s and the magic of family!

Visit www.pioneertheatre.com.au for more information and to grab tickets!

What else is on at the Pioneer Theatre?

- Legally Blonde (30 September - 9 October) - Theatre/Musical
- UNITE IGNITE Songfest (5 November) - Live Music
- Fanna-fi-Allah Sufi Qawwali (11 November) - Live Music



Start Mapping Your Pre-loved Treasure Hunt



The annual Garage Sale Trail will now run over two weekends (12-13 and 19-20 November) making it even easier to extend the life of your stuff, or to find the ultimate pre-loved gem.

Registration is now open and it's made easy with sellers receiving a free listing on the national map, sale tips, promotional resources and touch-free PayPal QR code payments.

For shoppers, it's Australia's biggest preloved treasure hunt with up to three million items up for grabs, ranging from vintage vinyl to epic nostalgia items.

Households, schools and community groups across The Hills can now register their Sale for the Trail.- visit Council's website and search "Garage Sale Trail" for more information.

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.'

Council Meetings

Tuesday, 11 October 2022 – 7pm.

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



Mayor Dr Peter Gangemi at Roxborough Park Rose Garden's 50th Anniversary.

Roxborough Park Rose Garden Celebrates Golden Jubilee

First established as a local park for residents by Council in 1972, Roxborough Park Rose Garden at Baulkham Hills is celebrating its 50th anniversary with a complete refurbishment.

Mayor of The Hills Shire, Dr Peter Gangemi officially opened Stage 1 of the upgraded local landmark on 23 September 2022, exactly 50 years to the day after the original garden was established.

Stage one of the works included the instalment of a new rose arbour, main staircase, concrete pathways, steel edging, seating and a feature sandstone area.

The revamped garden is considered to be one of the largest of its kind in Sydney and is home to over 4,000 roses and 80 different species.

Blue Gum High Forest Restored

The NSW Environmental Trust, in collaboration with The Hills Shire Council, has completed a significant project to restore the Blue Gum High Forest within Castle Hill Heritage Park.

With a grant of \$81,030 from the NSW Environmental Trust as well as in-kind contributions provided by Council, the site has undergone a significant transformation, with the regrowth of native plants following the removal of thick, woody weeds that previously took over the banks of the creek.

The project also saw the removal of 0.6ha of woody weeds, such as Privet and Lantana, from along the creek and regular bush regeneration was also carried out to help the native plants regenerate.



Report it to Council

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Barking Dogs

Cycleways

Potholes

Maintenance

Bins

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.'

Let's Build a Terrarium

Children aged 2-10 are invited to learn how to build a moss terrarium. They will discover just what moss is and what lives inside it through a combination of discovery and hands-on activities!

This fun and educational experience is run by the Cattai Hills Environment Network's subgroup, The Hills Eco Kidz and will be taking place at Council's Community Environment Centre in Annangrove on Friday, 14 October 2022.

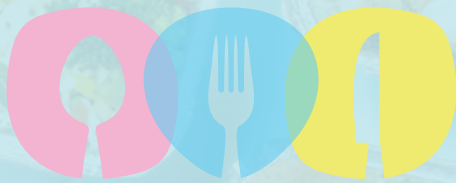
For more information, visit Council's website and search "The Hills Eco Kidz".



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



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The Hills Annual Charity Ball

By BEV JORDAN

Volunteers, supporters, politicians and community leaders were all in attendance at the The Hills Annual Charity Ball run by Biviano's at Dural on August 25th.

It was the first time since COVID restrictions hit two years ago that the popular fine dining establishment has been able to hold its annual gala event which, this year raised funds for three charities: Foster Care Angels, Riding for the Disabled NSW (Tall Timbers Centre) and The Grace Centre for Intensive Care at Westmead Children's Hospital

Special guests included Julian Leeser MP, Federal Member for Berowra; Hills Mayor Dr Peter Gangemi; Michael Edger Hills GM; Hills Police Commander Supt Darrin Batchelor; newly elected President of the NSW Liberal Party Maria Kovacic, Hornsby Mayor Philip Ruddock; former Hills Mayor Dr Michelle Byrne and the Presidents of both the Sydney Hills Business Chamber and the Dural Business Chamber.

Speakers urged diners to dig deep for the three charities which had been unable to fundraise during COVID. Over \$30,000 was raised on the night.

Owner Raj Kumar said the event was about connecting the community with the work of charities which it has done since 2016.

"The reasons this charity event is unique is due to the strong advertising and promotion

campaigns for six months, before and after the event, connecting these charities with our VIP and distinguished guests at the event plus fundraising on the night, it is about having lots of FUN."

This year 225 VIP guests enjoyed a 4-course silver-service dining experience plus special live entertainment with opera singer Marrianna Poghosyan and Robert Kubiak and dancing late into the night.

Since the first Gala dinner in 2016, Biviano's has raised nearly \$300,000 and has also worked to raise the profile of all the charities it has supported.

All three charities have been supported by Biviano's before.

Kelly Doyle from Foster Care Angels said: "We are so grateful to Bivianos for supporting us once again. Much needed funds were raised and we were able to share our work and make connections with the Hills community...we can't thank Mag, Raj, Hannah and the team enough."

Nicole King from Riding For Disabled said: "It costs \$1200 a year to run the program for

one rider and on top of that we have the cost of feeding each horse and maintaining the facilities.

"The gala event was a great opportunity to showcase to the community how we make a difference to our participants and we are so grateful for the money raised which will enable us to continue providing our programs."

Jeena Joyan, Westmead Children's Hospital fundraising manager said it was a "wonderful" fundraising effort by the Biviano's team.



Deanne Galea

Melbourne Cup

Tuesday 1st November 2022

Join us for a gourmet grazing table and flowing canapes in The Heartw followed in restaurant by an exquisite 3-course luncheon

11:30 AM TO 4:00 PM	\$130.00 PER PERSON	BEVERAGE PACKAGE INCLUDED TO 3PM
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BEST DRESSED PRIZES | LIVE COVERAGE OF THE RACE SWEEPS | LUCKY DOOR PRIZES | DJ & MC

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Wednesday | 19th October
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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: RAMBO
 SEX: Male
 BREED: American
 Staffordshire
 AGE: 1 year 6 months
 PRICE: \$99



RAMBO is a sweet dog with a very happy, soft nature. According to staff at the Hawkesbury Companion Animal Shelter Rambo would be suited to a family that will have the time to give him the exercise and basic training he needs to settle him into a new home. Staff say that Rambo has been good with other dogs while playing next to them in the exercise yard but if you are interested in adopting him bring your family dog to the shelter to meet him so that staff can be sure they are going to get on well together. Rambo's adoption price has been reduced to \$99. The adoption price includes the first vaccination, microchipping, desexing and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

EMERALD is a four-year-old Domestic short-haired cat. Staff at the Hawkesbury Companion Animal Shelter say Emerald is a friendly girl who is always looking for some affection. If you would like to meet Emerald then please visit the shelter. Her adoption price has been reduced to \$49 and includes the first vaccination, desexing, microchipping and lifetime registration.



AT A GLANCE

NAME: EMERALD
 SEX: Female
 BREED: Domestic
 short hair
 AGE: 4 year
 PRICE: \$49



TAHNEE is a one-year-old Domestic short-haired cat looking for a loving home. Staff at the Hawkesbury Companion Animal Shelter say Tahnee is a sweet little girl who just loves to be around you. Her adoption price has been reduced to \$49 and includes the first vaccination, desexing, microchipping and lifetime registration. Please visit the Shelter to meet her.

AT A GLANCE

NAME: TAHNEE
 SEX: Female
 BREED: Domestic
 short hair
 AGE: 1 year
 PRICE: \$49

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

MAXIMUS Brings One Stop Concept To The Hills

Time to upgrade to a garden watering system with wifi technology?



Need a pump station for the farm? Or a water treatment system to filter well, mains or rain water? Blown the hose of your hydraulic equipment and desperate for a replacement hose assembly? Got a fire kit yet?

Well, you can shop for all these – and much more – at the new MAXIMUS Trade Centre in Dural. Bringing irrigation, hydraulic and industrial products and services together in one business at one location is a paradigm shift for the traditionally standalone businesses. MAXIMUS Trade Centre opened last July at Hills Mowers & Irrigation.

"A one-stop hub makes perfect sense for our community" said business owner Joe Fahim. "The area is evolving but we're still known for our acreage properties, farms, market gardens, nurseries. The one customer is likely to need solutions across our irrigation, hydraulic and industrial offerings," he added.

Joe knows what he's talking about.

He has lived and worked in the Hills for over 40 years. He was an electrical contractor first, then irrigation installer for lawns and gardens. His Hidden Fence Pet Containment business boasts 2000 installations. Hills Mowers & Irrigation is Joe's new baby.

"We've been busy filling the shelves with hundreds of products to meet customer needs popular in Spring," said Joe.

MAXIMUS Trade Centre is open 7 days at 598 Old Northern Road.
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Aussie Talent Quest

Excitement, innovation, mixed with loads of motivation is what the Hills District big success story Aussie Pumps, is all about.

The company's philosophy of producing better products at a fairer price than the big corporates or multi-nationals has paid off!

"We keep growing, inventing, and developing products that are better than anything else produced in the world", said Aussie Pumps Chief Engineer, John Hales.

"To continue that surge and keep the momentum up, we need to develop talented people for a wide range of positions. It's a live wire operation with a great team of people and where there is never a dull moment" said Hales.

Got something to give? Join the Aussie team and build a career! Call Linda-Sue Karkowski 8865 3500 or visit aussiepumps.com.au/careers/



Falls Risk Prevention starts here

In the 2018 Australian Health Report it was revealed that falls are the leading cause of injuries resulting in death. Overall, falls were accounting for 37% of all deaths in Australia.

According to the World Health Organisation (WHO) a fall is “an event which results in a person coming to rest inadvertently on the ground or floor or other lower level”.

Over 70% of falls occur in a person's residential environment. There are many different causes for a fall, but ultimately it comes down to the fact a person is losing their balance to a point where they cannot recover their footing. Gravity takes care of the rest, resulting in a fall.

The human body operates a very complex and sophisticated system to keep us in balance. This allows us to ride a bike, balance on a ledge, get out of bed and walk through the bathroom at night, even with the lights off.

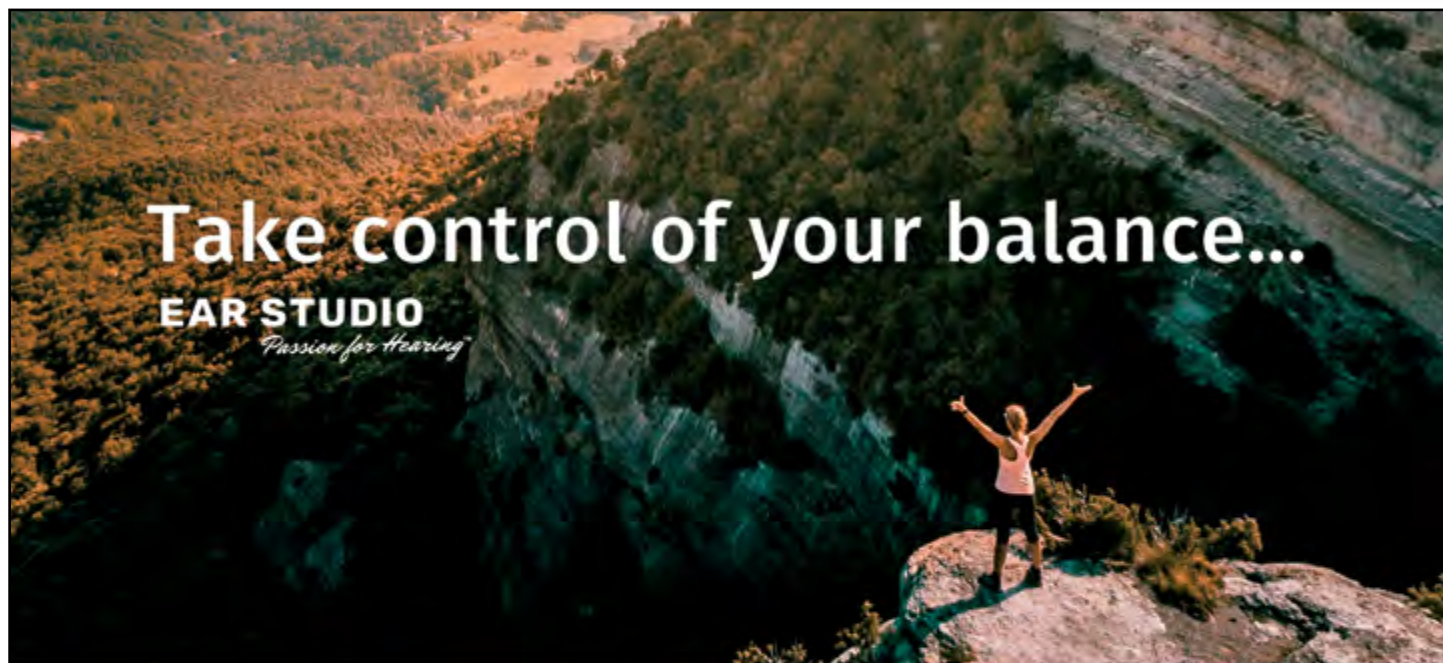
The brain takes information from the feet, ankles, knees, hips and spine which then combines the information together with what the eyes see and what the inner ear senses (the balance organ). There are over 20 separate ‘sensors’ which help the brain to maintain balance.

Multiple things can affect one or more sensors of this system and the body has difficulty maintaining balance. The most common contributors include the use of some specific medications or using several at once, losing parts of our hearing (and with that also parts of the Vestibular System – the balance organ), vision impairment, muscular-skeletal issues such

as strength and flexibility and other diseases, for example Diabetes.

Falls prevention is especially important to us at Ear Studio, because our founder Daniel lost his own grandfather due to a fall. In our view the first step to reducing the risk of falling is knowledge. Knowing which factors influence your balance is a great starting point. Based on the NSW Health system we have put together a comprehensive falls-risk assessment that incorporates general questions about your health as well as high-tech measurements of your balance functions. With this we can guide you in the right direction and together with your GP, work on improving your balance and thereby reduce your risk of falls.

To learn more or book your appointment please visit www.earstudio.com.au and go to falls risk assessments or call us on 02 9159 6122.



**For more about our Falls Risk Assessment or to book online
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Blacktown City Mayor Tony Bleasdale OAM and councillors with Vernon Cross, family members and Riverstone Little Athletics representatives.



Vernon Cross humbled at sports field honour

By LAWRENCE MACHADO

One of Riverstone Little Athletics' most passionate members, Vernon Cross, has been honoured with a sports field named after him.

Never one for accolades when he started volunteering at Riverstone Little Athletics' first season in 1982, he is now the toast of the town after the Vernon Cross Field was unveiled at Riverstone Park.

The new field was recently opened by Blacktown Mayor Tony Bleasdale in front of delighted family members, Riverstone LA and councillors Moninder Singh, Julie Griffiths and Kushpinder Kau.

Mayor Bleasdale said folks like Cross are the backbone of the community, the volunteers who get on with the job without asking for praise or reward. "He's the definition of a true volunteer, driven by giving back to his community and making his local club the very best it can be," Mayor Bleasdale said. "They are the smiling face that greets everyone on club night, the mentor for up-and-comers, and the inspiration to all.

"Vernon's service is unique and it's only fitting that this field be named in his honour. Generations of runners, jumpers, throwers, hurdlers and shot putters owe Vernon their thanks.

Vernon, 77, is very humbled by it all. "It's a very nice gesture and this is something I never expected when I got involved at Riverstone LA in 1982 because of my daughter Charmaine," Vernon said. "My wife Althea was pretty excited too (with the field) while my grandson Harrison can't get over this because not everyone gets an award like this. "I love doing this job and I am now a mentor, having been club president for about 16 years and the Championship Officer for zone, regional and state carnivals until 2020."

Cross, who has another grandchild, Isla, showed his community spirit as a student at Blacktown Boys High School where he sold books and pens during the lunch hour and ran the library.

Last year, Cross received the prestigious Distinguished Long Service Award from The Voice of Sport NSW.

Among the other honours he has received were the coveted Volunteer of the Year by Athletics NSW, the Russel Magennis Award for Riverstone Schofields Sports Person of the Year and the Rouse Hill Times Service to Sports Award.

Cross, a life member of Riverstone LA, has overseen a new club house and equipment storage area, as well as upgraded long jump pits, discus and shot-put rings.

He represents the club at the Riverstone Schofields Memorial Club's sports council and Riverstone Park committee, where he also serves as president.

Riverstone LA counts Michael Barber, the husband/coach of two-time world javelin champion Kelsey-Lee, and Olympic silver medallist and Commonwealth Games gold medallist Melissa Wu, among their famous alumni.



Vernon and Althea Cross

Hills United can hold their heads high

By LAWRENCE MACHADO

Hills United FC fought all the way before losing their FNSW League One Women's grand final by a solitary goal in extra time to Gladesville Ravens, but they can hold their heads high.

It was a heart-breaking loss for the debutants who deserved to lift the trophy after an amazing year where they finished second in the regular season to the Ravens and then stormed into the grand final in style.

The Ravens won the recent finale 1-0 at Football NSW's Valentine Park, Glenwood. It was an extra-time goal from Zoe Zaczek which sank the brave Hills team, who had tried everything in a vain bid to break through the defence.

Hills United FC coach Alan Tasses was disappointed but appreciated the never-say-die attitude of his players.

"It was a fantastic game," Tasses said. "We had plenty of chances but couldn't take them.

"Both teams didn't want to give an inch which is typical of a final. The club are really happy with our progress in the first year and making the grand final was amazing.

"The club have supported the girls and the girls have shown their support through their effort."

Hills United FC captain Desiree Galea, who retired after the final, and team-mate Alix Roberts both missed chances at putting their team ahead in the first half.

At the other end, Hills goalkeeper Sarah Easthope made saves to keep the score line blank as the Ravens threatened to break free.

In the second half, Roberts created a scoring opportunity, finding substitute Isabella Sciberras, who, however kicked right at Ravens custodian Romina Parraguirre. In another close miss, Aisling Davidson clipped the post with her effort as luck deserted the Hills outfit.

In the first period of extra time, the Ravens sealed their title when Maggie O'Reilly's cross



The brave Hills United FC team finished runners-up.

was tipped by Hills keeper Easthope into the path of Zaczek who slotted the ball in, as her team-mates celebrated.

Hills United FC never gave up with Sciberras hitting the post while Ellen Berios struck wide with her effort. There was one last chance for the Hills but substitute Kaylie Shannon was unable to find the net.

Ravens defender Astreia Denby won the Player of the Match award.

Ravens coach Andrew Galbraith said: "It was a fitting finale to a long season. The two top teams fighting it out to the end. A real final and a struggle."



Ray Williams MP

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Phone: (02) 8882-9555 Email: castlehill@parliament.nsw.gov.au Website: www.raywilliamsmp.com.au



Summer Sport Savings Available

With summer sport just around the corner, the NSW Government is encouraging families to boost their budget by downloading their Active Kids and First Lap vouchers. Active Kids provides families of school-aged children with two \$100 vouchers per year towards the cost of sport and active recreation fees. First Lap provides children aged 3-6 years old, who are not at school, with a \$100 voucher per year towards the cost of swimming lessons. Download them now via the Service NSW website or app.

Seniors Urged to Check for Unclaimed Money

Older Castle Hill residents are encouraged to check for any unclaimed money owed to them by using Revenue NSW's online unclaimed money service. It is a free service to help get money back in the hands of its owners. The forgotten money held by Revenue NSW includes share dividends, trust accounts, refunds, commissions, deceased estates and money from a range of other sources. For information visit: <https://www.revenue.nsw.gov.au/unclaimed-money>.

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.

For information visit: www.energysaver.nsw.gov.au/rebate-swap.

Active Kids and First Lap Vouchers Available

With summer just around the corner, now is the time to start thinking about getting your children active. Summer sport registrations have officially open and swimming season here. Families are being encouraged to take advantage of the enormously successful Active Kids and First Lap Voucher programs, making sure kids are keeping healthy and having fun without breaking the family budget.

School-enrolled children in NSW can access two \$100 Active Kids vouchers each year which will go towards the cost of sport and active recreation fees. The First Lap program provides eligible NSW families with children aged 3-6, not enrolled in school, with one \$100 voucher to offset the costs of swimming lessons. Getting kids out of the house and active is important

for health and wellbeing. Signing your child up for sports helps them to make new friends and learn important skills.

Now is the perfect time to download your vouchers for the kids and have some fun in the sun. Whether it's dancing, cricket or learning how to swim, the Active Kids and First Lap vouchers make it easier for young kids all over NSW to have access to even more ways to stay happy and healthy.

NSW families have embraced the Active Kids and First Lap programs, as part of more than 70 Government savings to help ease cost of living and boost household budgets.

I encourage NSW families to head to the Service NSW website or app and redeem your child's vouchers today.



ROBYN PRESTON MP

MEMBER FOR HAWKESBURY

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- Update your electoral enrolment details
- Send a congratulatory letter for anniversaries and birthdays of significance
- Provide you with details on how to apply for government grants

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T: 02 4578 0300 E: hawkesbury@parliament.nsw.gov.au

Hip Hop Talent

By ANNETTE MADJARIAN

The Lil Groovers all-girl hip hop dance group recently strutted their stuff on the television show Australia's Got Talent, receiving "yes" votes from all the judges.

The dancers, aged between five and 14, are students of Rouse Hill hip hop dance school Base 181 Studios, which is co-owned by Justice Crew member Samson Smith.

Samson is passing on his impressive skills and experience to the next generation of what he calls b-girls (break dancing girls) at his dance studio. The 36-year-old Baulkham Hills resident was part of the talented dance group Justice Crew, who won Australia's Got Talent in 2010.

Samson said his Lil Groovers received four 'yes' votes from judges in this year's Australia's Got

Talent competition impressing with their energy dance performance.

The group, up against tough competition, were ecstatic with their achievement, even though they didn't progress further in the show.

"I've had an amazing dance career that's given me so many life skills and opportunities, I want to give my students the same amazing experience," said Samson.

He said break dancing, an athletic style of street dance, is traditionally performed by male dancers or b-boys however his b-girls are proving they can do better.

Base 181 Studios co-owner and director Chantal Curmi said breakdancing is growing in popularity among the young female dancers, thanks in part to the success of the Lil Groovers and the addition of break dancing in the Olympics.

For information about classes at Base 181 Studios, visit base181studios.com. Australia's Got Talent will be airing on Channel 7 soon.



Charlie and the Chocolate Factory

Based on the Novel by ROALD DAHL Songs from the Motion Picture by - Leslie Bricusse & Anthony Newley Licensed Exclusively by Musical Theatre International (Australasia)

For more than 50 years Roald Dahl's story of "Charlie and the Chocolate Factory" has been capturing imaginations everywhere. After a 2 year break from shows during COVID-19 and with a new movie rendition coming early 2023, what better time for Dural Musical Society to share Willy Wonka's delightful yet semi dark chocolate world. With an extraordinary turn out at auditions, it seems that it was the right decision, attracting the likes of Laith Tucci, Jason Spindlow, Brodie Miles, Paisley Motum and Peter Dowler to fill the leading roles of Willy Wonka, Charlie Bucket and Grandpa Joe. There are two talented groups of children who alternate as Golden Ticket Winners, each fighting a strong competition to get their hands on the final prize, all the candy. Riley Thompson, Karl Elbourne, Alex Kirk and Jenny Day fill the shoes of the proud Golden Ticket Winners' parents who find themselves on a whirlwind of activities as their children's behaviour leads them into unexpected consequences.

Kate Gandy, a regular Dural Musical Society Director has brought along Musical Director, Jessica Manning, and Choreographer, Gabbi Hamilton, to create a powerhouse all female production team. All bringing years of musical theatre experience along with them, you are sure to see the magic of the Willy Wonka chocolate world come to life. With insanely up beat tunes such as 'Strike That Reverse It' all the way down to power ballads like 'Pure Imagination' the music by Marc Shaiman brings the audience on a thrilling and colourful ride. This story by David Greg based on the novel by Roald Dahl is something the cast of Dural Musical Society cannot wait to share with you.

Be sure to come and join in on the magic.

PERFORMANCE DATES Dural Soldiers Memorial Hall, 604 Old Northern Rd, Dural (opposite Redfield College)

Evening Performance Dates: 14, 15, 21, 22, 28, 29 October at 7:30 p.m.

Matinee Performance Dates: 16, 22, 23, 29 October at 2.00 p.m.

Adults: \$30 Children/Concessions: \$20

Bookings through our website: www.duralmusicalsociety.org

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RIGHT ROYAL MEMORIES OF A PAST CORONATION

I recently read that, due to my age, I would be just one of around 13% of the population of Australia who have now lived through part of the reigns of three monarchs.

My memories of King George VI are very dim as I was around six years of age at the time of his death. A year later at the age of seven I have great memories of the Coronation of Elizabeth II. As a school child I can recall being taken along with other children of the same age in a school group to a local cinema to view the Coronation on the big screen. Whilst the UK had television since 1936, believe it or not, very few households had TV in 1953. It was mostly the wealthy that had TV at that time. That was why the school in my area had arranged for its student to go to the Cinema to view the start of the new Elizabethan age in the UK.

It was a time for celebration and joy as less than ten years earlier the country was at war with air attacks on cities, towns and villages alike subjected to bombing raids from Germany. The rationing of food and fuel had continued after the cessation of the war in 1945 for a few more years. The death of George VI in 1952 and the official start of the new Elizabethan reign gave hope that the past misery was now over. The British public looked forward to what was hoped to be a much more prosperous future. The pomp and ceremony of the Coronation made Britons feel proud just as the most recent

funeral of her majesty Elizabeth II also did Britain proud with its organizational skills being shown on the world stage.

Residents in the street in which I lived at the time also gathered together and organised the biggest street party I had ever attended. Tables were laid along the centre of the road which was closed off to traffic. Bunting and flags were strung across the street from lamp post to lamp post which helped create a true party atmosphere. As a child I eagerly sought out the delicacies of my choice, cake, trifles, jellies, biscuits ice cream and the like. School children were also presented with glass beakers (drinking glasses) emblazoned with pictures of the new Queen and her new insignia bearing the motif of E11R.

But just as the end of WWII had heralded the start of the breakup of the colonial empires of Europe with the granting of independence of many colonies. Britain broke up its Indian empire by granting India, Pakistan, Burma and Ceylon independence in 1947 and also its hold on Palestine by the creation of the independent states of Israel and Jordan. The British colony of Newfoundland joined the Canadian Federation in 1949. The new Queen was to see

many former colonies become independent in their own right. The colony of the Gold Coast became Ghana, Tanganyika and Zanzibar became Tanzania, Nyasaland became Malawi, Northern Rhodesia was to become Zambia, Southern Rhodesia became Zimbabwe, and many other colonies also gained independence whilst Hong Kong reverted to part of China and in the United Kingdom, Wales and Scotland became self-governing countries within the UK. It was pleasing to me personally to see our new King Charles III also give a speech to the Welsh parliament in the Welsh language and to announce to the world that Prince William would become Prince of Wales using the Welsh term for Prince of Wales, "Tywysog Cymru". Such actions point to me that King Charles would seek to be a continuing unifying force for the United Kingdom just as his late mother Elizabeth II was. His visit earlier this year as Prince Charles to the West Indies also indicated to me that he is also mindful of republican sentiments throughout the Commonwealth recognising the wishes of many to remain in the Commonwealth but without their governments and Governor-Generals being subservient to the monarchy in the passing of legislation.

Alive with Music By LEONIE DIXON

Thank you, you make my ears very happy. I live in Doonside and work in West Ryde. You make the trip to and from work more fun. When I put the radio on it's to listen to music, news and quick traffic updates, but mostly MUSIC. Your station is great am & pm driving with such a terrific groovy cross section of eras, styles and artists. I never know what I'll hear next, but it won't be predictable.

It was lovely to receive this feedback from a listener, and I think appropriate to introduce this month's article on Alive music. Station music is selected for inclusion in the 90.5 library by Frank Dengate and Roger Brand who are very dedicated to the task and have broad musical knowledge. They have both enjoyed great diversity from a young age and are comfortable in many genres. The music library has been selected based on the following criteria:

1. A broad variety to suit a wide range of listeners across the 20-70 age groups with an emphasis on 50-60, in an interesting mix not generally heard in Sydney.

2. A mix that can be utilised by presenters who do not have their own music and benefit from the inclusion of wider choice.

Music forms included are.

A good selection of 60s, 70s and 80s as well as a sampling of 50s. Some Old R&B, new R&B styles, ballads and a sampling of country forms, some Blues, Roots and Folk and the inclusion of emerging forms of Independent Music- 80s to Present. When adding songs it is important that they are compatible with the broad concept of the mix already created but also reaching out into many styles to maintain a cohesive element

throughout in a "We take you out then bring you back" idea.

Just a little bit of the history of music on Alive. When the station first went to air the Board decided to provide a format of smooth jazz during certain daytime hours and overnight. There were some night-time programs as well. Smooth jazz was a radio format created about 1980 in the USA and it rapidly spread to other parts of the world. Jazz continued under the Chairmanship of Graham Johnson until he stepped down in 2006 and the incoming board decided to widen the scope of the music library to include other genres. While smooth jazz was popular with listeners it was not a great commercial success. Today little remains of smooth jazz on Alive 90.5. After 27 years, Graham still presents jazz in his Early A.M. Attitude and Night Moves programs. Other jazz shows include Sunday Brunch with Paul Savrimoutou and Sunday Grooving with Rayjeana Pringle.

AS WE WERE

PHOTOS FROM THE PAST

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Welcome to Bupa Baulkam Hills

Bupa Baulkam Hills is a modern care home set in the heart of the Hills district, Sydney. Less than 30 minutes from Parramatta, only a short distance from Blacktown and close to the M2, this home consists of 144 beds, with a variety of care units. Our primary goal is placing our focus on the health, lifestyle and wellbeing of our residents.

Our General Manager invites you to an open day at Baulkam Hills on the 13th and 14th of October from 10am - 4pm.

Ever thought of a career in Aged Care? Come and join us for a tea/ coffee and cake and see our Care Home and meet our General Manager. We can offer you a same day interview if you are interested in applying to work at our lovely Care Home.

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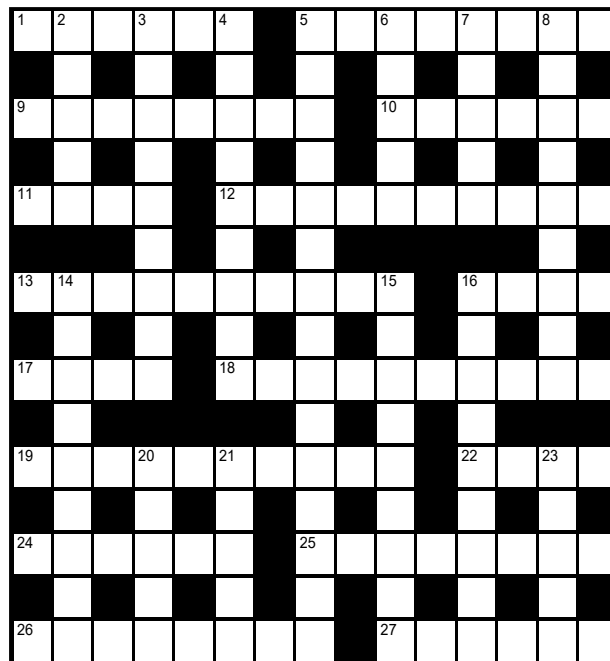
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 - "The --- have it!"
 - Leaving the home front (6, 4)
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 - Pigeon talk
 - Slip
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 - Proceed independently (2, 2, 5)
 - Large salt pan adjacent to the Flinders Ranges (4, 5)
 - Ecstatic
 - Underground worker (4, 5)
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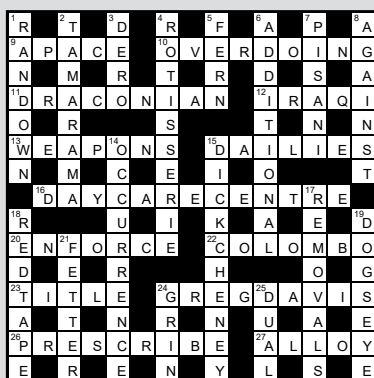
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5	9	4	2	6	3	7	8	1
8	6	2	1	7	5	4	9	3
7	3	1	4	8	9	2	5	6
4	8	6	5	9	2	1	3	7
3	1	7	6	4	8	9	2	5
9	2	5	3	1	7	8	6	4
2	5	9	7	3	4	6	1	8
6	7	8	9	5	1	3	4	2
1	4	3	8	2	6	5	7	9

TECH SAVVY SENIORS

A free Tech Savvy Seniors technology workshop is available at the Community Hubs at Colo Heights and St Albans this month.

Eligibility includes seniors (aged 60 and above) or Aboriginal or Torres Strait Islander seniors (aged 50 and above). Bring along your own smartphone or tablet. Bookings are essential via www.hawkesburylibrary.eventbrite.com or call the Library on 45604460 to book.

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