

Hills to Hawkesbury

10 000 COPIES/EDITION

FREE

Community News | 2nd – 16th June 2023 | Volume 40 – Issue 11
Local Stories, Local Events, Local People and Local Businesses

choicepharmacy

MATT'S SKIP BINS
02 4708 2927

www.mattsskipbins.com.au

SOLARAY
SMARTER SAFER SOLAR

We'll do the solar.
You do the saving.

Get A Quote



1300 525 451

SolarMadeEasy.com.au

PaintX
Sydney

RESIDENTIAL & COMMERCIAL
PAINTING

Affy Elgami

CALL NOW FOR A FREE
NO OBLIGATION QUOTE
0423 533 883

TAKE PAIN OUT OF PAINT
WITH AFFY & HER TEAM

Lic. no. 3885452

**BLIGH VETERINARY
SERVICES CENTRE**



(02) 4587 7177

693 George St,
South Windsor

www.bvsc-sydney.com.au



**HOME MAINTENANCE
& CARPENTRY**
No job too big or too small

Dominic

Licensed Builder

0423 844 586

FREE QUOTES



40 years
experience

Alan Oxford's
**PLUMBING &
ELECTRICAL**

Your Total Trade Solution for
Residential, Commercial & Industrial

Plumbing • Electrical • Hot Water

0415 20 33 88

WHEN EXPERIENCE MATTERS... EST. 1956

TREE REMOVAL | PRUNING
STUMP GRINDING | LAND CLEARING
MULCH SALES | FIREWOOD

MCARDLE
TREE SERVICES

0414 635 650

INFO@MCARDLETREES.COM.AU

Choice Pharmacy Box Hill is now open!

FOR THE FULL STORY SEE PAGE 13



You can now read our stories on

Google News

If you like reading the latest news all in one place, well now you can. The Hills to Hawkesbury Community News is now featured on Google News. With the Google News app (or via a web browser) you can now read local, national and international news all in one place. Just search our name, then 'follow' us. Often we carry the same local stories as some of the larger outlets, but ours are free and not behind a paywall.



If you prefer other channels to read news, we are also now on Telegram. Search our channel "Hills to Hawkesbury Community News". The nice thing about Telegram is you see all our news in date order. Unlike Facebook who use an algorithm so THEY decide what you see in your news feed. You can also read our latest news on twitter.

Why Advertise with Hills to Hawkesbury

Having our news published on different platforms means we are consistently increasing our website traffic month on month. Last month 20,000 readers visited our website. So if you are thinking of advertising with us, this means your ads will be seen by up to 20,000 users per month. In March our website was shown in search results to 706,000 potential new readers, who clicked through to our website 16,200 times.

Performance on Search results

Search type: Web Date: 1st March – 30th March 2023

Total clicks

16.2K

Total impressions

706K

Soroptimist Event

The beanie and scarves drive in the Hills is on again with Soroptimists International of the Hills appealing for new or nearly new winter warmers.

Last year the women's service group collected over 1000 items for people in need including blankets and socks.

The collection will span the month of June and will be distributed to people in need in the area. For drop-off points contact either Lesley on 0412 484 728 or Jan on 0439 417 576.

The club is also asking students and schools to submit applications to take part in the Soroptimist International of The Hills public speaking competition.

The annual competition for High School students is run as part of Orange Blossom Festival celebrations in September and will be held on Saturday, 9th September at the Glenhaven Community Centre.

With a strong focus on education for women and girls topics for both Junior and Senior Sections have been chosen to build on the Theme for International Women's Day 2023 relating to access to digital technology.

Winners

from 2022 Senior Sections were invited to speak at this year's International Women's Day Breakfast.

Soroptimist International is a vibrant dynamic organisation for women working through service projects to advance human rights and the status of women.

The word Soroptimist comes from the Latin words *soror* meaning 'sister' and *optima* meaning 'best'.

The Competition has always received strong support from teachers at a number of local High Schools and is an excellent opportunity for students to try out their public speaking skills, and address the meaningful topics chosen.

For more information email the Club at sithehills@gmail.com



Public speaking winners from 2022 Aarya Sambyal and Mia Fogolin with SI Hills President Cathy Tracey.



Soroptimists International of the Hills

Hills to Hawkesbury

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

www.hillstohawkesbury.com.au | Facebook @hillstohawkesbury



DIANA PATON
PUBLISHER

contribute@
hillstohawkesbury.com.au
0408 011 193



TANYA COOK
ADVERTISING

advertise@
hillstohawkesbury.com.au
0499 040 726



BEV JORDAN
SENIOR JOURNALIST

bev@
hillstohawkesbury.com.au
0439 034 187



JOSH KERWICK
JOURNALIST

news@
hillstohawkesbury.com.au
0491 655 192



IVOR JONES
CONTRIBUTOR

ivor.jones47@
optusnet.com.au



GISELA HORNER
EDITORIAL CO-ORDINATOR

contribute@
hillstohawkesbury.com.au

Owner: Compton Media Group
Publisher: Diana Paton, Adelphi Printing Pty Ltd
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.

Good for Business

By BEV JORDAN

Businesses in the Hills Shire are being urged to fill out the 2023 Performance Sentiment Index (PSI) survey to provide a snapshot of business confidence in the region.



The Hills Shire Council and Sydney Hills Business Chamber have partnered with McCrindle since 2015 to produce the PSI.

The 21-question survey of business owners and managers takes 10 minutes to complete and measures the three key indicators on a scale. It measures current performance (actual earnings, expenses, staffing numbers) as well as sentiment – forecast costs and growth and expectations of the six months ahead.

The results of all 21 questions across the three measures indicate whether business conditions, performance and sentiment are in the positive zone (improving, rising, advancing, accelerating) or the negative zone (slowing, falling, deteriorating, collapsing). The average of the three main measures gives an overall Business PSI score.

The 2022 PSI score for the Hills was 6 showing improving business confidence and was a huge rebound from the 2020 score of -45 which reflected the effects of COVID-19.

There were also negative scores in 2018 (-3) and in 2019 (-2).

The 2022 survey showed that people enjoyed operating their business in The Hills because of its proximity to the main centres and public transport.

Work/life balance was an important positive factor. The Hills is seen as a family friendly region and owners and employers enjoyed working in a positive and neighbourly environment.

Hills Shire Mayor Peter Gangemi said the 2023 PSI survey was a vital one for local businesses to get involved in as the short survey will provide beneficial feedback on how Council can further support the local business community.

"I am calling on local business owners to participate in the PSI survey to help shape a stronger Hills business community."

"We want to see our business community reach even greater heights, and one way we can do this is to understand their challenges and sentiments. Helping to remove roadblocks, providing education pathways and advocating to remove red tape will help our businesses to

be the best they can be. This also means we can keep people employed, support local families and help businesses become more sustainable."

Kerrie Sheeves, Chairman of Sydney Hills Business Chamber said: "More than ever before is it important for us to gain insights into business sentiment and the issues that keep people up at night," she said.

"The Hills PSI survey is as much an annual health check on our business community as it is an important planning tool for both Council and organisations like Sydney Hills Business Chamber as we develop the right programs and tools to support economic growth and business success in our community."

The PSI is open until Friday, 30th June at 5pm. Feedback from the survey will also help inform the format of Council's business series, workshops and initiatives for the following year.

For more information or to access the survey, visit Council's website, www.thehills.nsw.gov.au, and search 'Hills Business Performance Sentiment Index (PSI) Survey'.

Riverside GARDENS



RETIRE IN STYLE TO NORTH RICHMOND

If you are over 55 and looking to relocate to the semi rural area of the Hawkesbury why not consider us? We are a small retirement village offering security, companionship, comfort and independent living. If you live alone and worry about safety and security come and see us.

- Secure gated property
- Security cameras
- Vital Call in every home
- Affordable costs
- Spacious community centre
- 8km from Hawkesbury Hospital
- Walk to shops, health professionals and bus stop
- Nearby scenic walks along the Hawkesbury River foreshore
- Pet friendly



THE VILLAGE CONSISTS OF 48 X 2 AND 3 BEDROOM VILLAS AND 6 X 2 BEDROOM APARTMENTS

**ENQUIRIES
REGARDING RESALES
ALWAYS WELCOME**



Please Phone Patricia for an appointment to inspect

PHONE PATRICIA 0447 334 615 or 4571 4545

Email: pcampbell2@mac.com

34 Beaumont Avenue North Richmond 2754 (opposite Panthers North Richmond)

www.riverside-gardens.com.au



CAREFLIGHT MISSION

A man in his 40s was airlifted to Westmead Hospital following a crash on Bell's Line of Road at Bilpin last week (Thursday 25th May).

He was airlifted to hospital in a serious but stable condition after his vehicle left the road and struck a tree on Bell's Line of Road.

The Mounties Care CareFlight Rapid Response Helicopter was called in by NSW Ambulance shortly after 2pm. The man was retrieved from his vehicle by a local off-duty police officer, who directed the CareFlight helicopter to land in his adjacent paddock,

where the crews met NSW Ambulance paramedics and NSW Police.

NSW Ambulance paramedics worked alongside CareFlight's medical team to treat the patient. CareFlight's specialist doctor and NSW Ambulance critical care paramedic performed a clinical assessment including ultrasound, and provided pain relief and treatment for injuries to the back and torso.

The CareFlight helicopter then flew the patient to Westmead Hospital in a serious but stable condition.

WINDSOR CRASH

Police are appealing for dash cam footage of a multiple vehicle crash in Vineyard on Monday (29th May)

Emergency services were called to Windsor Road, Vineyard, near Perth Street, at around 3.30pm following reports of a multiple vehicle crash.

Officers from Riverstone Police Area Command attended and found a minibus, a truck and a Subaru sedan had collided.

NSW Ambulance paramedics treated the driver of the minibus for lower body injuries, and the two passengers – a 16-year-old boy and a woman believed to be in her 40s.

Paramedics also treated an 82-year-old male driver of the Subaru and the 32-year-old female passenger.

The four adults were taken to Westmead Hospital and the 16-year-old boy to the Children's Hospital at Westmead, all in stable conditions.

The truck driver was uninjured.

Officers from Riverstone Police Area Command have commenced inquiries into the circumstances surrounding the crash.

As inquiries continue, anyone with dash cam footage or information is urged to contact Crime Stoppers on 1800 333 000

LUCKY ESCAPE

A trail bike rider had a lucky escape following a collision with a truck on Annangrove Rd, Rouse Hill at 4am on Tuesday 30th May.

Police say that two trail bike drivers rode out onto Windsor Road from Annangrove Rd in front of a semi trailer.

One of the trail bike riders was run over however police say he miraculously survived despite not wearing a helmet or protective guards.

The other trail bike rider left the scene. The driver of the truck was taken to hospital for mandatory testing.

The injured rider was conveyed to Westmead in a serious but stable condition. Anyone with information about the other rider is asked to call Crime Stoppers NSW on 1800 333 000.

PORSCHE WRECKED

Five people ran from a stolen Porsche after it crashed at 7.30am on Sunday 21st May near the intersection of Windsor Rd and Samantha Riley Drive Beaumont Hills.

Three males and two females left the vehicle. A male and female were arrested at the scene.

A police dog and POLAIR tracked two males to Kellyville Metro station. With the assistance of the Metro Security they were tracked to Tallawong Station where another Police Dog was waiting for them as their carriage door opened.

The second female seen at the scene has not yet been traced. The Porsche was allegedly stolen from Collebee.

GEL BLASTER WARNING

A P Plater has been arrested in possession of Gel Blasters at Castle Hill.

He was arrested at 3.30pm on 20th May near Castle Hill Metro and charged with two counts of Unlawful Possession of Firearms and will appear in Court next month.

The day before (19th May) a 21-year-old Kellyville man was charged with Unauthorised Possession of a Firearm after he was found in possession of a replica assault rifle (Gelblasters) in his car near Showground Station, Castle Hill at 5pm.

Gel blasters are illegal in NSW as they are considered replicas.

NSW is participating in an ongoing National Firearms Amnesty to reduce the number of unregistered firearms in Australia.

In NSW the amnesty allows for: firearms or firearm related articles to be registered, supplied or surrendered to a participating firearm dealer without fear of prosecution.

Ensure you contact the participating firearms dealer or your local police station, prior to attending the location with a firearm, firearm related article or prohibited weapon.

Before taking a firearm to a participating firearms dealer or a police station, make sure the firearm is unloaded and where possible, remove the bolt or other method to render the firearm safe. Place the firearm in a gun bag or wrap in a blanket. Ammunition can be taken at the same time as a firearm; however, it must be stored in a separate bag, box or container.
<https://www.police.nsw.gov.au/online.../firearms/amnesty>



In a life threatening emergency dial 000

New Aussie Citizens welcomed during Hills Citizenship Ceremony

There were plenty of smiles and cheers during the latest Hills Shire Citizenship Ceremony.

The ceremony occurred at The Hills Shire Council's Administration Building in Norwest on Monday, May 16.

Approximately 253 new citizens took the final step in their citizenship journey after moving to Australia from countries as far as Sri Lanka, India, the Philippines, Iran, Vietnam and many more.

The David family of Castle Hill were thrilled to take the pledge during the ceremony.

Mohan and Patrice David moved to Australia from England with their two children Emerald and Alexander after enjoying a family holiday to the land down under more than 11 years ago.

"We've embraced Australia as our home, and it made sense to do this step and become Australians," Patrice said. "We are enjoying everything about Australia."

Mohan said they moved to The Hills to be closer to family and friends and described their new home as 'family-friendly.'

Alexander said he enjoyed the greenery of The Hills Shire.

"There's a lot of nature and wildlife in this area, which is nice to see," Alexander added.

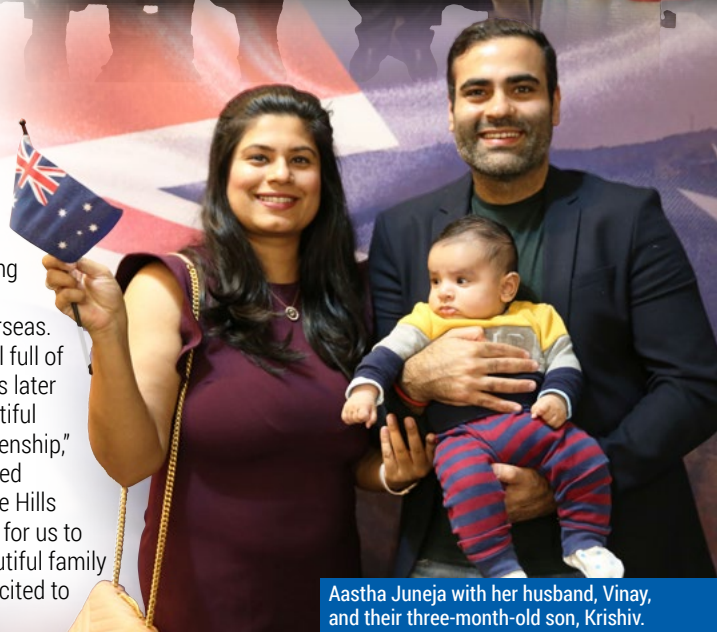
The night also proved significant for Aastha Juneja who was celebrating her new citizenship with her husband, Vinay, and their three-month-old son, Krishiv.

Aastha moved to Australia almost five years ago after getting married.

"It was my first ever trip overseas. I came here as a naive young girl full of ambition and here I am five years later with my beautiful baby, my beautiful husband and my Australian citizenship," Aastha said. "I couldn't have asked for more! As young migrants, the Hills provided excellent opportunities for us to start our family home. It's a beautiful family environment, and we are very excited to live our life here."



David Family



Aastha Juneja with her husband, Vinay, and their three-month-old son, Krishiv.



Trevor Leslie
Real Estate

GOLD CLASS

WHY LIST & SELL WITH US!!

- World Class Service
- Complex Record Sales
- Residential Sales
- Sales Hills to Hawkesbury
- Auctions, Exceeding Expectations

Considering selling?

Call Trevor Leslie
9686-7999

0427-230-556

realestate@trevorleslie.com.au

www.trevorleslie.com.au



Brave head shaved, Jaime Berglin, Joel Sedger and Sharon Capizzi.



Headshave trio



Damien MacRae and Barbara Stewart cutting the ribbon



Hope lights the night

Relay for Life 2023

By BEV JORDAN

Hope shone brightly at the 22nd annual Hills Relay for Life held at Castle Hill Showground.

Thousands of people were involved in the 24-hour community event which raises funds for Cancer Council research grants and support programs.

The \$250,000 target was reached even before the Candlelight Ceremony of Hope began on Saturday, May 20th at 6pm.

Chair of the Hills Relay for Life Organising Committee Lisa Carruthers said the new \$300,000 target will be beaten following the Relay Gala dinner at Castle Hill this Saturday, June 3rd.

Lisa said the local community had been amazing in supporting the Hills Relay For Life which looks like being the biggest Relay for Life event in the State.

Teams included schools, youth groups, service organisations, churches, local businesses and teams of family and friends who all walked to make a difference to people on their cancer journey

Six high school teams, Glenwood High, Castle Hill High, Crestwood High, Rouse Hill Anglican College, Kellyville High and Kings School took the track and raised over \$55,000 between them.

Lisa said: "Our relay is such a mix of ages, we have babies and toddlers, students, parents and grandparents all taking part in this fantastic community event.

"The schools add such energy. Our first lap for Survivors and Carers is such an important lap for us all to see."



Pipers survivors and carers lap

Cancer survivor Damien MacRae was guest speaker this year and spoke about how he was living proof of the importance of research. Damien was guest speaker in 2017 when he was given just six months to live.

He said the true heroes were the researchers and carers.

Federal Member for Mitchell Alex Hawke MP spoke in Parliament House to congratulate the Hills Relay For Life volunteer organising committee saying it was an amazing community event. He has had a team in the Hills Relay For Life for the past 15 years.

"I'm told by the Cancer Council that the Hills Relay For Life is probably the largest in Australia and that the relay that has raised the most money, which is a very significant achievement from the Mitchell community," he said.

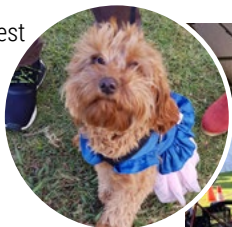
"Relays for Life are to recognise and celebrate local cancer survivors, patients, their carers and to honour and remember everyone who's been lost to cancer and to raise that vital money for research and funds in the ongoing progress that we are all making as humans against an insidious disease that takes so many. "It's a great privilege to represent such a generous and charitable community." He said he looked forward to participating in this event for many to come.

Planning has already started for next year's Hills Relay For Life which will be held on May 18th/19th 2024.

Lisa Carruthers said: "In the past 22 years The Hills community has raised nearly \$6 million for cancer research and support programs that have benefited the local community.

"We would like to thank everyone in our amazing Hills Community for their support this year." The Thank You function is on Tuesday 27th June.

Donations can still be made until the end of June at <https://www.relayforlife.org.au/event/hills-2023/home>



Hills Mayor Peter Gangemi on the Trek cycles 24-hour challenge



Bollywood lap



Box Car rally fun with sponsor Ray White Castle Hill



2023 Hills Relay For Life cheque presentation

AOES

An ASP Level 2 Electrician:

- ✓ Overhead service work
- ✓ Underground service work
- ✓ All types of metering installations
- ✓ Fast, reliable service
- ✓ Fully certified EWP bucket truck

Accredited with Ausgrid, Endeavour Energy & Essential Energy.
Let us help complete your installation!

CALL US NOW 0419 689 425

info@aoes.com.au
www.aoes.com.au

neca MEMBER Since 2004
 national electrical and communications association
 Lic No: 227436C

ATTENTION:

EMPTY NESTERS

Dreaming of an idyllic lifestyle

CHOOSE AN OVER 55'S LIFESTYLE VILLAGE!

Laurieton, Mid North Coast, NSW

- Mild climate, peaceful, beautiful beaches & scenery
- Minutes to shopping, medical & centres

THE LAURIETON AREA HAS SO MUCH TO OFFER:

BEACHES, BOWLS, FISHING, GOLF & A RELAXED LIFESTYLE

Live 10 minutes away from the local Bowling Club & Golf Club

Visit & inspect our lovely home, situated in a bushland setting

Ideally situated directly opposite The Club House, 2 pools & Bowling Green & Gym

- King size master bedroom with en-suite
- Walk-in robe
- Double size 2nd bedroom with built-ins
- Bathroom, lounge, kitchen
- Dining room plus a TV media room,
- Sunny rear garden and a 1 1/2 garage

PRIVATE SALE

PRICE: \$625,000

NO EXIT FEES, RETAIN CAPITAL GAIN

Possible eligibility for Govt. assistance with maintenance fees.

Contact Don or Shirley 0418 966 362 or 02 6559 6137

Iranian Artist Living Her Dreams Locally

By JOSH KERWICK

Quakers Hill resident Shiva Dadvar is living her dream of working as an artist after fleeing her home country of Iran due to religious discrimination, having recently completed a mural along the Bondi Beach Sea Wall.

Shiva secured the opportunity through Waverley Council's United To End Racism art competition: "One month after I registered for that, I got a message from one of the members in Council, asking me to send them more photos of my artwork," she says. And after that, a congratulations email - I won the competition."

The Bondi mural is adorned with the phrase 'Ye are the fruits of one tree, and the leaves of one branch.' The striking array of colours mixed with combined imagery of birds, butterfly wings and sharp geometry represents Shiva's goals as an artist; her hope for the world to come together and heal.

A chance to display her art for millions of people was impossible to imagine for Shiva in Iran; she is a follower of the Bahá'í Faith, a group that is subject to intense religious discrimination in Iran.

"One of these types of discrimination is that you can't go to university if you are Bahá'í," Shiva says. "There is an underground Bahá'í university, but it has a very small number of courses, and art is not one of them." Despite not being able to formally pursue an education in art, Shiva was still able to explore her creative side and even sell artworks with help from her supportive mother.

When she was an adult, Shiva left Iran with her husband and daughter to escape discrimination and pursue tertiary education. The family spent five years in Turkey, awaiting acceptance into either the United States, Canada or Australia depending on which country was taking refugees at the time.

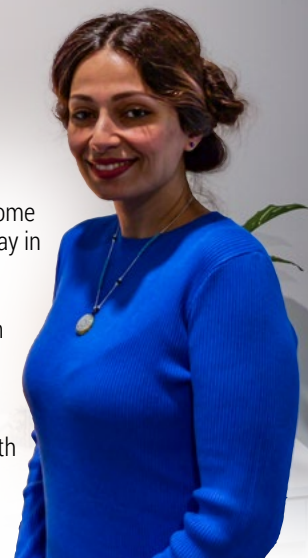
When Australia was accepting refugees three and a half years ago, Shiva didn't know which country would have been the best for them. "Obviously when we came here, we noticed that here is better because of the weather," she says. "And because of the government as well."

After completing a tertiary preparation certificate, Shiva had heard about TAFE through settlement services, finding it much more practical than traditional university education. "You get ready for a job much easier and inserted into the market if you choose a course in TAFE. So I applied for a Certificate III in Fundamental Design, and I found it very useful for one who wants to start in art." Soon after completing the course in 2021, Shiva was able to win the mural competition.

The skills that Shiva gained from the course are evident in the Bondi mural. Influenced by the surrealist works of Frida Kahlo and Salvador Dalí, her work evokes a strong feeling through its unique mixture of imagery. Shiva also has a particular interest in architecture, incorporating into the piece geometrical shapes that pervade buildings like Persian mosques and Mona Vale's Bahá'í Temple.

Many of Shiva's artworks are conceptualised first in the studio she has set up in her Quakers Hill home. The desk she works at is lined with an extensive array of pencils, and hanging overhead are notable inspirations such as the Mona Vale Bahá'í Temple and rainy streets seen through windows drenched with droplets.

Art has always been a true method of expression for Shiva: "I always think to myself, that I always could talk with my art in the way that I could



not talk with words. Art is some instrument, some way you can talk about something you can't say in your words."

One project that Shiva will express her feelings through is an artistic commemoration of ten Bahá'í women who were killed 40 years ago in the wake of the Iranian Revolution. "They were executed because of their belief in improving the community and society. The 18th of June is the memorial day, and the Bahá'í community asks people around the world to create art to remember them by," she says. In addition to being a talented visual artist, Shiva is also a classical Persian dancer, and is looking to create video clips that incorporate both painting and dance into a piece that "will help to remember them."

Shiva's ability to navigate her thoughts through art is extremely impressive and important, and she is pleased to be able to use the skills she learnt at TAFE in her work. "In music, singing, media or visual arts, you have to be the very best of yourself. And if you work with your heart and soul, you can find your place," she says. Now able to fulfil her lifelong dreams, Shiva has found hers.

Follow Shiva on Instagram to stay up to date with her work: www.instagram.com/shivart._/



GREAT CAREERS



Aussie is growing.
Join us for the chance
to grow yourself
helping others.

Call us for info on

- Sales
- Admin
- Engineering
- Production

Aussie Pumps
aussiepumps.com.au | 02 8865 3500

New Youth Ambassadors Keen To Get Started

By JOSH KERWICK

Deanna Stevens and Eva Pulvirenti are the Hills Shire's Youth Ambassadors for 2023 and 2024, the latest two young people elected to represent the youth population of The Hills.

The Hills Shire Youth Ambassadors program has long been a wonderful opportunity for young people to lead their peers in The Hills: hear from Deanna and Eva as they share how they became Ambassadors, as well as what they hope to bring to their year-long roles.

DEANNA STEVENS

Although she has extensive experience as Marian Catholic College's Wellbeing Leader, life-time Hills resident Deanna was surprised to receive an email that she had made it as a finalist for the Youth Ambassador program. "I wasn't aware my school nominated me until I received an email congratulating me for being a finalist and inviting me for an interview."

Despite the surprise nomination, Deanna is greatly appreciative for the opportunity to represent The Hills.

"Youth Ambassadors play a vital role in representing, empowering, advocating for and engaging with the youth. I am grateful for the opportunity and will strive to have a positive lasting impact on the lives of young people in our community."

Deanna is eager to get started, and has a number of goals to fulfil in her time as Ambassador. "My goal is to challenge the social stigmas surrounding sensitive issues such as climate action, suicide prevention and inclusivity. To this end, I plan to educate youth and educators on fostering a welcoming environment that promotes diversity, equality and acceptance for individuals of all races, genders, sexualities, and abilities."

Deanna told Hills to Hawkesbury Community News: "Young people in the Hills can get more involved with their community by exploring their passions and connecting with like-minded individuals. Whether that be through sports, band or the arts, there are so many opportunities for people to connect if they only look."

EVA PULVIRENTI

Eva was inspired to apply for the role after seeing the work of the Hills Shire Council and previous Youth Ambassadors in assisting young people. "I have always been passionate about thinking about what I can do to contribute to my community in

making it a safe, inclusive and rich community. I hope to use this space as a platform for young people in the Hills to express their ideas and concerns on issues that affect them."

Having been an active member of the Hills Youth Army and an engaged student at Santa Sophia Catholic College, Eva knows firsthand how important it is for the young members of our community to have their say. "Given the opportunity, young people want to make a positive difference in their community, so it's important to have roles like the Youth Ambassadors to encourage their participation in our community."

While expressing her appreciation for her nomination to the position, Eva took the time to acknowledge the many people who applied to the Ambassador role. "There were many wonderful applicants and finalists who had outstanding commitment and involvement in The Hills Shire community. It's so refreshing to see so many motivated young people that really care about what happens in their own backyard."

Eva's hopes that she can help make The Hills better for all of the youths of our community: "I feel greatly privileged to be picked for this role. I look forward to working with the finalists and youth of The Hills in advocating for our needs and ways we can continue to make our area a safe, engaging and connected place."

Keep an eye out for Deanna and Eva in the community - they'll be helping to organise events for young people and speaking at Council meetings to relay the thoughts of their peers.

GenesisCare Norwest New specialised centre for radiation oncology services

Now open

GenesisCare has opened a new cancer centre located adjacent to Norwest Private Hospital.

At GenesisCare Norwest, you have access to a team of radiation oncology specialists with extensive experience in their areas of expertise – providing consulting, radiation therapy and access to allied health.

The new centre offers the latest in techniques and technology combined with compassionate care to ensure the best possible patient experience and outcomes.

Patients will receive rapid access to well-coordinated, patient-centred care delivered by a multidisciplinary team of cancer-specific experts close to home, including: radiation oncologists, nurses, radiation therapists, physicists, allied health specialists, and a comprehensive team of support staff.



Scan QR code
for more
information

Where to find us

8 Elizabeth MacArthur Drive
Bella Vista NSW, 2153

Contact us

Tel: (02) 8811 8400
norwest@genesiscare.com

genesiscare.com

*Any medical procedure or treatment involving the use of radiation carries risks, including skin irritation and associated pain. Before proceeding with treatment, you should discuss the risks and benefits of the treatment with an appropriately qualified health practitioner. Individual treatment outcomes and experiences will vary.



Dural Locals Raise \$30,000 with Variety Bash!

By JOSH KERWICK

A local group of four men, known as Team Inferno, recently completed a journey through regional New South Wales to raise funds for disadvantaged kids.

The Team, which comprises Mark Engall, Adam Bell, Mark Vint and Dave McMillian, set off on Sunday 21st May alongside 300 other drivers to partake in the NSW Variety Bash. This 2,160km rural adventure delivers essential equipment and items to schools in regional areas, all while raising money for the children's charity Variety.

For Mark Engall, who has been the owner of Engall's Nursery for nearly three decades, this is his fifth time taking part in a Variety Bash. "I did a couple of the big B to B Bashes that go all around Australia, and that's where I got the thirst for it," he comments. After that Bash, Mark found a 1984 Ford Falcon hearse online pre-decorated with flames that would form the foundations of Team Inferno.

"I thought, 'That would be an awesome Variety car,'" says Mark. "We did a Facebook post, and one of our friends named it the Falcon Inferno because of the flames, and then everything else we've got since then is obviously flame-related." The Fairlane Inferno, the team's second car, was brought in two years ago by Mark Vint after also loving the Bash experience. Just as impressive as the flames are the

innumerable stickers that line the doors and windows of both cars. Each one represents a sponsor for the Team, many of whom are locals or work in the nursery industry alongside Mark Engall. "We're up to over \$30,000 now raised with our two cars, and a lot of those businesses have donated \$500 or \$1,000. Considering the economic times, I'm really amazed that they've done that well this year."

Fruit trees from Mark's nursery are included in the supplies for each stop along the road, and he is proud to be able to bring a part of his nursery to the schools that the Bash visits. He says: "Every school we visit, we're giving four fruit trees to them - a mandarin, orange, blueberry and fig tree. A lot of other teams give away a box of books or something like that. I thought, well, I've got fruit trees, and every school would love a fruit tree!"

On one of the last nights of the Bash, Team Inferno received the 'Wheelchair Cup' for their achievement in raising \$30,000 for Variety. Mark says taking part in the Bash is an invaluable experience for Team Inferno: "It's uplifting for the communities we visit, especially the



From L to R: Adam Bell, Mark Vint and Mark Engall with their Inferno cars



Mark Engall holding the Wheelchair Cup trophy

schools. It's just great to go for a drive in the country with three hundred mates. We really enjoy it, and you're making money for charity as well. Yeah, it's awesome." The smile on Mark's face with the Wheelchair Cup indicates that this Bash will be far from his last.

Missing Link of Norwest Cycleway to be Built

Cycling through Norwest Business Park will become much easier and safer thanks to a brand-new 2.6km shared pathway along Norwest Boulevard.

The Hills Shire Council has secured \$3.1 million under the NSW Government's Get NSW Active program to construct the shared pathway for pedestrians and bike riders, linking existing paths on Windsor and Old Windsor Roads.

Mayor of The Hills Shire, Dr Peter Gangemi said the new pathway will transform the way people move around Norwest, which is home to thousands of businesses, two metro stations (Bella Vista and Norwest), two hospitals, shopping complexes, multiple cafes and restaurants, schools and education providers and family homes.

"This new shared pathway will mean that those who live in, work in or visit Norwest can hop on their bike and ride from one end of the park to the other," Mayor Gangemi said.

"It means fewer cars on our roads and encourages more people to ride to and from work, to functions or meetings, to bus stops, or even the metro stations.

"This shared pathway completes a vital missing link within Norwest Business Park, and

I know this news will be welcomed by many of our residents and cycling groups who have been calling out for better cycling infrastructure."

The soon-to-be-built almost three-metre-wide shared pathway will be located on the southern side of Norwest Boulevard and connect to the Shire's broader cycleway network.

"It also links up to the 12km Greenway Cycleway that extends from Bella Vista to Rouse Hill Town Centre and the 40km M7 Cycleway that goes all the way from Baulkham Hills to Prestons in southwest Sydney," Mayor Gangemi said.

"We've seen more and more people taking up this mode of transport, especially during the COVID-19 pandemic, and we want to encourage more of this. Cycling is also an inexpensive mode of transport, it's a great form of exercise and good for our environment. I would like to thank the NSW Government for their contribution to this project, which will provide more options for people to travel safely."

The Get NSW Active program provides funding to local councils, such as The Hills Shire, to create more opportunities for people to walk or cycle.

NSW Minister for Transport Jo Haylen said this will be a transformative project that will give people another way to travel through Norwest and Bella Vista.

"The \$3.1 million investment will make it safer for people to walk and cycle to and from the Norwest Business Park and easier for everyone to access public transport," Ms Haylen said.

Bike North president Phillip Hart represents one of the largest cycle groups in the state and said he is extremely pleased to hear about the new shared pathway.

"Congratulations to The Hills Shire Council on gaining funding for this important piece of active transport infrastructure. It will hopefully assist Council in achieving its objective of more people riding more often," Mr Hart said.

Construction of the cycleway is expected to start before Christmas 2023.



Cultures of the Hills #2

In celebration of 'The World Day for Cultural Diversity for Dialogue and Development', Hills Community Aid is partnering with the Community Migrant Resource Centre and The Hills Multicultural Network to host Cultures of The Hills #2.

This wonderful free event provides the community with the opportunity to learn about and celebrate some of the key cultural groups in The Hills Shire through stories and cultural activities. This year a panel of guest speakers will feature people from First Nations, Filipino, South African and Malaysian cultures. There are also some great performances and creative activities planned.

WHEN: Thursday 8 June 10am-1pm

WHERE: Pioneer Theatre Castle Hill, Level 1/14 Pennant St, Castle Hill NSW 2154.

Numbers are limited. Registrations are required. Go to <https://hca.org.au> or call 96398620 for assistance to register online.



Philippine Dance Ensemble

FREE

Cultures of The Hills #2

Celebration - Thursday 8 June 10am-1pm

Arrive from 9.30am for tea/coffee

'In celebration of The World Day for Cultural Diversity for Dialogue and Development', join us to learn about and celebrate some of the key cultural groups in The Hills Shire through stories and cultural activities.

Following a sold out Cultures of The Hills event in 2022, we're proud to be hosting a second event highlighting First Nations cultures, Filipino, South African and Malaysian cultures.

Registrations required.
Please scan below to register or call 96398620 for assistance to register online.



Scan for tickets



Pioneer Theatre and Community Centre
14 Pennant St, Castle Hill NSW 2154
(near Castle Hill library with limited parking onsite)



Aged care that's personal



Ann loves to cook moussaka and share it with her friends.

Everyone has something that brings them joy, for Ann it is cooking. With Anglicare residential aged care, Ann can indulge her passion because person-centred care is what we're all about.

Talk to us about caring for the one you love.

anglicare.org.au/AgedCareCastleHill
or call 1300 111 278



CASTLE HILL ART SOCIETY

Expressive Watercolours

Tanya Bailey, an award-winning artist will be demonstrating her work on Saturday 10th June at 2.30 pm at Castle Glen Community Centre, 157 Ridgecrop Drive, Castle Hill. Tanya works exclusively in watercolour across a range of subjects including portraits, architectural subjects and landscapes. She experiments with techniques old and new, different pigments, and a range of papers and surfaces. Her landscape works are inspired by parks, countryside and bushland, working en plein air and finishing works in her studio. She has exhibited in numerous group and solo exhibitions in Sydney and overseas.

Castle Hill Art Society (CHAS) was established in 1967, to promote, encourage and facilitate the practice of the visual arts in the Hills District of Sydney. For more enquiries please call 9899 317 or check out our website www.castlehillartsociety.org.au



Some of the Aussie Pumps team.

Come Join Us

Aussie Pumps is a local manufacturer of self-priming pumps that help combat bushfires, floods, and droughts. The company is famous for its ethical approach to business and for its engineering excellence.

Staffed by locals, the company operates with a "family" approach that encourages career development in engineering, marketing, administration, and accounting.

"Our policy is simple, 'great products, fair prices'. We are not anti-cooperation but, we're certainly not scared of any of the big multi-nationals either", said Aussie Pump's Chief Engineer John Hales.

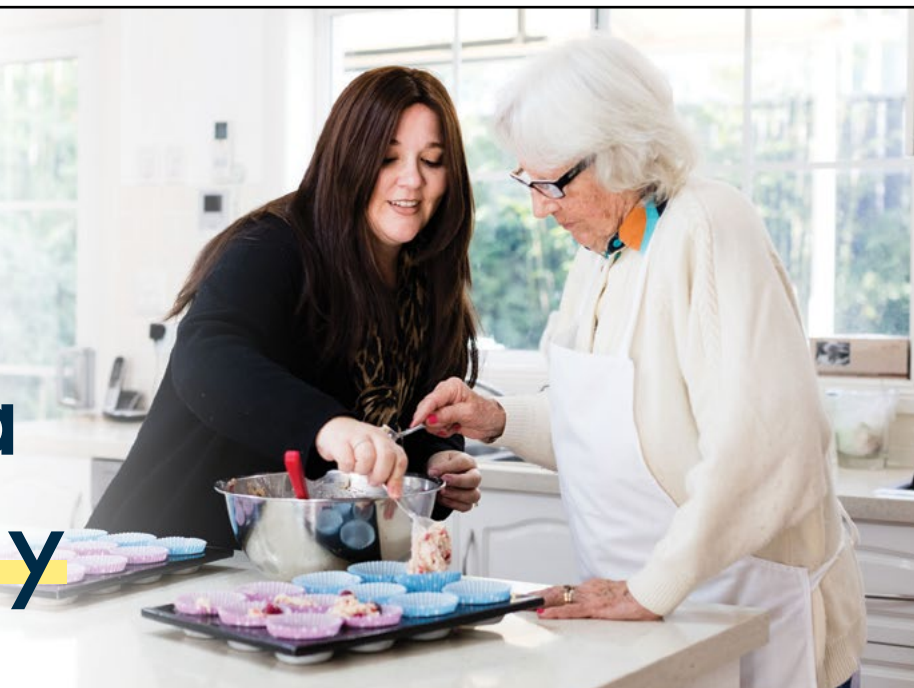
Aussie Pumps is looking for locals to join the sales and customer service teams. They offer on the job full training and the chance to develop a rewarding career. Where everything you do helps somebody, somewhere.

For further information contact Linda-Sue Karkowski on 8865 3500 for a company profile and to organise an interview.



GROUP HOMES
AUSTRALIA

Doing Dementia Differently



Group Homes Australia is a unique, social model of care for people living with dementia. If you, or someone you know would like to learn more, we would love you to visit our new Castle Hill home to show you how we're doing dementia differently.

Castle Hill Homes Now Open



1300 303 261

grouphomes.com.au



Choice Pharmacy Box Hill: Where Health, Beauty, and Community Converge

Choice Pharmacy is not your average pharmacy. It is a vibrant community hub that offers exceptional service and an extensive range of products to cater to your health, beauty, and wellness needs. With a dedicated team of experienced pharmacists and staff members, Choice Pharmacy goes above and beyond to provide superior care and expert advice to its valued customers. Whether you're in search of health products, vitamins, cosmetics, fragrances, skincare, haircare, or unique gifts, Choice Pharmacy Box Hill has it all, at great prices too.

At Choice Pharmacy, we believe in creating a welcoming and beautiful shopping experience for our customers. We understand that confidence plays a vital role in building loyalty, and we strive to instil that confidence in every interaction. With over 20 years of experience in the pharmaceutical industry, we have honed our practices and standards to maintain an impeccable reputation and foster essential relationships in a highly competitive market. Currently, Choice Pharmacy operates 11 stores across Australia, including the bustling community of Box Hill in New South Wales.

The journey of Choice Pharmacy Box Hill is intertwined with the story of Ali and Jasmine, the powerhouse couple behind its transformation. Drawn by the allure of the Box Hill community, they traded the breathtaking south coast for the hills and suburbs, envisioning a remarkable new chapter filled with endless possibilities. Ali, a passionate pharmacist, and Jasmine, an aspiring graduate, recognized the incredible potential that Box Hill held within its embrace.

Inspired by the enchanting community and the sense of belonging it exuded, Ali and Jasmine set out to redefine Choice Pharmacy Box Hill as more than just a health destination. They envisioned a place where beauty, fragrance, and health would harmoniously unite, creating an unparalleled experience for all who entered. With Ali's unwavering dedication to health and Jasmine's



profound love for beauty, Choice Pharmacy Box Hill began to bloom into a captivating haven.

Within its walls, Choice Pharmacy Box Hill has curated a selection of products that cater to the unique needs of its local customers. Beyond the traditional pharmaceutical lines, the pharmacy proudly offers a wide variety of cosmetics, fragrances, skincare products, and gifts. These products are carefully selected based on a stringent set of criteria to ensure they meet the highest standards and appeal to customers of all backgrounds. Whether you're in search of renowned makeup brands like SLA Paris, Napoleon Perdis, Designer Brands Cosmetics, or Natio, our friendly staff members are always ready to recommend the perfect beauty product for you.

Choice Pharmacy Box Hill aims to be more than just a store. It is a place where the best of healthcare and the allure of beauty come together to create an extraordinary experience. Our team of community-based pharmacists possesses a wealth of knowledge and expertise, ensuring that you receive the best advice, suggestions, and service during your visit. Additionally, Choice Pharmacy Box Hill offers a range of services to cater to various needs, including blood pressure checks, medication consultations, prescription reminders, and even baby nurse services. We are proud to be a part of the National Disability Insurance Scheme (NDIS) and the National Diabetes Services Scheme (NDSS), and we also provide free local delivery services.

Ali and Jasmine, along with their daughter Noora, invite you to embark on a journey of health and beauty at Choice Pharmacy Box Hill. Step into a world where your well-being is celebrated and your unique needs are understood. It is a place where vitality and elegance converge, and the vibrant community thrives. Come and experience the wonders that await you at Choice Pharmacy Box Hill, where health, beauty, and community intertwine seamlessly.



📍 Shop 1, Carmel Village 745 Windsor Rd, Box Hill NSW 2765
☎ 02 8608 2271
📘 choicepharmacyboxhill



out and about
with **MICHELLE BYRNE**

Bidjigal Reserve



Bidjigal Reserve, named in commemoration of the Bidjigal people (part of the Darug Nation) is a beautiful piece of paradise in the bustling Hills and Parramatta areas. The reserve itself is 186 hectares in size and lies in the suburbs of Castle Hill, North Rocks, Northmead, Baulkham Hills, West Pennant Hills and Carlingford.

What is special about the reserve is the opportunity to appreciate the history of the area, to reconnect with nature and to enjoy some time away from the business of modern living. Bidjigal Reserve is home to a diverse array of native and natural fauna as well as Aboriginal artefacts including caves and rock shelters. The reserve also contains a number of walking tracks including shorter and easier trails to longer and more difficult tracks.

The Platypus Track, the easiest track available, is brilliant for families with young children, novice bushwalkers or people just looking for an easy peaceful walk. This was the first time I had taken my daughters bushwalking

and despite their initial protests that it would be boring, it ended with requests to return to the Platypus Track again soon.

The Platypus Track is accessed by walking along fire trail on the left at end of Excelsior Avenue, Castle Hill and is well sign posted. The track itself starts by walking along a concrete path which soon turns into a well graded gravel path. Here we enjoyed the avenue of Turpentine trees and the incredible views from the ridge line down into the valley below. It was at this point one of my daughters asked for complete silence so we could appreciate nature and listen to the birds.

The descent down into the valley and to Excelsior Creek consisted of a steep track of rough sandstone steps which even my 3 year old managed. The creek itself is picturesque with the sandstone rocks, Water Gums and ferns growing along the banks. Our favourite part of the walk was the creek crossings including stepping stones over Excelsior

Creek, a rustic bridge to again cross Excelsior Creek and concrete stepping stones over the Coachwood Creek. Interestingly, enough the Coachwood Creek is located near a weir called Loch Bruce which was built and used by residents in the 1930's as a swimming spot, again illustrating the important role Bidjigal Reserve has played over many generations.

Back up out of the valley was steep in parts but once complete we enjoyed a well earned rest in the picnic area at the start of the track which includes a grassy area to sit, tables and chairs as well as a wood BBQ.

The Platypus Track is 2.1km in total and took us approximately 1.5 hours but there are places to rest along the way. Public toilets and a playground can be found at the nearby Eric Mobbs Reserve.

If you haven't explored Bidjigal Reserve, then I encourage you to do so. You won't be disappointed.

Craft Alive

23 – 25 JUNE

HAWKESBURY SHOWGROUNDS

WWW.CRAFTALIVE.COM.AU

Hills volunteers support Kids with Cancer

Each year, hundreds of volunteers visit Kids with Cancer Foundation's offices for volunteering days, helping to pack thousands of Care Packs – which are filled with healthy snacks, activities, small games and toys, and hand-written cards of support – which are sent to children's hospitals right across Australia to help take kids' minds off cancer treatment.

From January 2022 to April 2023, Kids with Cancer Foundation have had over 50 groups of volunteers help to pack over 7000 Care Packs. The volunteers include Hills community members from all walks of life, school-aged children, business team-building groups, seniors, special interest groups and more.

Many local businesses get involved including tech companies, a hearing-aid company, a beauty and wellness company, pubs and hotels from the public communities network and bank, an ongoing supporter of Kids with Cancer, donating 40 Care Packs to Randwick Children's and Westmead Children's every month.

Regular Seniors volunteers include Probus groups, a group of avid crafters, whose members make knitted, quilted, and crocheted blankets, dolls and other items for the children being treated at Westmead Children's Hospital.

Even the youngest Hills community members are getting involved, with children

from a sports program and school-holiday Care Packing programs.

Kids with Cancer Foundation CEO, Todd Prees, said: "Our volunteers are our lifblood. It is only through the help of our volunteers that we are able to send hundreds of Care Packs to kids with cancer all around Australia every week, and the help of volunteers in holding fundraising events is absolutely essential to supporting our programs, which help make today easier for kids with cancer and their families. We are thrilled to have more businesses coming on board to participate in our team-building volunteering days, as well as through other programs such as regular workplace giving – and we hope to continue to grow our business partnerships into the future."

To mark National Volunteer Week (15 to 21 May), Kids with Cancer Foundation held a morning tea for its volunteers on Thursday 18 May. The team of volunteers even chose to

pack Care Packs to fulfil a delivery to Westmead Children's Hospital while enjoying coffee, tea and baked goods.

To learn more about Kids with Cancer Foundation, or to get involved, visit www.kidswithcancer.org.au

Kids with Cancer Foundation was established in 1998. For 25 years it has been making today easier for kids with cancer and their families, providing direct financial assistance to families in the form of payments for mortgage, rent, transportation, utilities and other bills or by supplying much needed grocery vouchers, whitegoods, wigs and sometimes funeral expenses. Kids with Cancer Foundation funds clinical hospital staff, including paying the salaries for oncology fellowships, clinical nurse specialists and social workers, as well as contributing to the funding for research and hospital infrastructure.



Volunteers at Kids with Cancer Foundation's offices in Castle Hill

• MON & TUE DINNER •

FEED *the* FAMILY

SHARED FAMILY MENU

CHOICE OF ONE
FAMILY SIZED

PASTA

BOLOGNAISE,
BOSCAIOLA OR PUTANESCA

CHOICE OF
TWO LARGE

& PIZZAS

MEAT LOVERS, MARGHERITA,
HAWAIIAN OR SUPREME

FOR ONLY

\$50

MEMBERS PRICE



Lynwood
GOLF & COUNTRY CLUB

www.lynwoodcc.com.au

The Hills Shire Council News

A step in the right direction

The NSW Government's Get NSW Active program has enabled the construction of an additional 300-metre concrete pathway outside Annangrove Public School, providing better and safer access for students, guardians and teachers.

This program aims to increase walking and cycling across the state and will also fund the soon-to-be-built Norwest shared cycleway for pedestrians and bike riders along Norwest Boulevard, connecting the existing paths on Windsor and Old Windsor Roads.



Annangrove Public School captain Humna with her mother and P&C member Safura Kamran, Mayor Gangemi, P&C Secretary Melissa Riddle, Annangrove Public School Captain Victoria and P&C member Suzie Bailey.

Planning for Growth

All small businesses strive to grow and generally end up growing in directions that they did not anticipate. This can create unexpected and uncontrolled outcomes that increase stress on the owner and management.

This workshop is designed to assist business owners in understanding how to consolidate their business in times of rapid and unexpected growth.

The workshop is on Tuesday, 13 June from 6pm – 9pm. Scan the QR code below to register.



Let's be friends!



Do you enjoy socialising and have a love for books and libraries? Come along and join the Friends of The Hills Library!

Join one of their monthly meetings at Castle Hill Library where people come together, listen to guest speakers and make new friends.

To learn more, visit Council's website and search 'Friends of The Hills Library'.

Walk for the World

To Celebrate World Environment Day on Saturday 3 June, join us for a guided walk (and free BBQ lunch) in Castle Glen Reserve.

Learn and explore the natural world around us and reconnect with nature and your community.

For further details and to register, head to Council's website and search 'Walk for World Environment Day'.





Feed our wildlife

Help feed our sick, injured and orphaned local wildlife by joining our 'Growing Food for Wildlife Working Bee'.

Learn about native gardening, local flora and fauna, and connect with locals.

The working bee is held every second Saturday of the month from 10am – 1pm with the next one taking place on 10 June.

If you would like to help our local wildlife visit Council's website and search 'Wildlife Working Bee'.

Help Shape Council's Vision for the Future

Council's Vision for the future of its strategic centres at Norwest, Castle Hill and Rouse Hill have been drafted along with the Economic Growth Plan. They are now available for viewing and comments on the website by searching 'Help Plan For The Future'.

If you are interested in exploring what each draft plan entails and would like to help shape the final strategic documents, you are invited to attend one of our in-person consultation sessions and workshops.

The first two facilitated workshops are for the:

- **Draft Norwest Precinct Plan**
Thursday, 1 June 2023 from 7pm – 9pm at Council Administration Centre, 3 Columbia Court, Norwest.
- **Draft Castle Hill Precinct Plan**
Thursday, 15 June 2023 from 7pm – 9pm at Pioneer Theatre's Rebellion Room, 14 Pennant Street, Castle Hill.

Head to Council's website and search 'Help Plan For The Future' to RSVP and to see the full extent of the consultation activities.



FREE Microchip Check & Dog Tag



Bring your pup along to Bella Vista Farm on Sunday, 4 June from 9am – 2pm for a FREE microchip check. You will also receive a FREE personalised dog tag with your dog's name.

Council Meetings

Tuesday, 13 June 2023 – 7pm

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



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



THE HILLS
Sydney's Garden Shire



DINING OUT

ADVERTISE WITH US...

Call Tanya 0499 040 726 or email advertise@hillstohawkesbury.com.au

DOWNLOAD THE HILLS CLUB APP & RECEIVE A COMPLIMENTARY CAKE OF THE DAY!



SCAN TO DOWNLOAD



AVAILABLE FOR REDEMPTION AT THE HUB BETWEEN MON 2ND JUNE AND MON 5TH JUNE

THE HILLS CLUB
THE HUB OF THE HILLS
WWW.HDBC.COM.AU



FREE BOTTLE OF SOFT DRINK WITH EVERY \$75 ORDER!
FREE SALT & PEPPER CHICKEN WINGS WITH EVERY \$100 ORDER!
(6 PIECE SERVING)

Find us at Carmel Village Shopping Centre
Cnr Windsor Road & Mount Carmel Drive,
Box Hill NSW 2765
(02) 9622 4487



HILLS PALACE
CHINESE KITCHEN

*Offers available for limited time

NOBLES
Autumn
MENU

Something for Everyone

02 9680 3800

1 Salisbury Rd, Castle Hill NSW, 2154



NOBLES
RESTAURANT & BAR

THE HILLS LODGE
HOTEL & SPA

DURK'S
CAFE + EATERY
BOX HILL

**NOW OPEN 7 DAYS
BREAKFAST, LUNCH
& DINNER**



#SEEYOUATDURKS
@durkscafe | durkscafe.com.au
Cnr Windsor Road & Mount Carmel Drive, Box Hill NSW 2765



Café Saturdays
The Banana Bread Shop



Open Monday to Saturday
7:00am - 4:30pm
Sunday 8:00am - 4:30pm

0458 772 304 | Shop 3/22-24 Kenthurst Road, Dural



THE BANANA BREAD SHOP

Cannoli & Coffee

PANETTA
MERCATO

\$7

**OPEN EVERY DAY
7AM TO 6.30PM**

9688 7810
LOWER LEVEL CAR PARK AT GROVE SQUARE
(OLIVE ST ENTRANCE) BAULKHAM HILLS

WWW.PANETTAMERCATO.COM.AU



Alex Keene

a local's Culinary Journey



How do you approach food?

Working closely with suppliers to source the best quality ingredients. I let the produce speak for itself in a dish and don't over complicate with numerous components. I'm rather 'old school' with my approach to cooking as in I love old traditional Italian dishes but exercised with precision.

Describe your culinary journey?

I began my training in an Italian kitchen where English was not spoken, and I was quickly taught the language and culture. This standard of work ethic gave me the opportunity to work alongside a list of highly regarded chefs. I spent 4 years at the 2 Hatted Ormeggio Restaurant at the Spit working my way up to Sous Chef was where I honed my fine dining skills.

I was given the rare opportunity to cook for celebrities along the likes of Marco Pierre White, the Roco brothers (owners of El cellar de can roco) John Howard and catering for the Oatley family was another highlight of my career. An appearance on MasterChef also boosted my career.



In 2015, I opened Via alta alongside Alessandro Pavoni (owner of Ormeggio, Chiosco and Amare) and Bill Drakopoulos (owner of Sydney restaurant group) who trained me in the operations required to run a successful restaurant. The restaurant was recognised by the SMH and placed in the good food guide after having a very positive review from Terry Durack.

What awards have you received throughout your career?

In 2014, I was awarded young Italian chef of the year, this resulted in me receiving an all-expenses paid trip around Italy with a Sommelier tasting amazing wine and eating too much authentic Italian food. I was also awarded a short scholarship to attend ALMA, a world-renowned culinary school outside of Parma where I completed courses in wine and cooking.

What do you strive to do with your menu?

I like to change seasonally and have a menu with diversity. My menu will rarely have 2 dishes with the same ingredients.



Momento
HOSPITALITY

SARINO'S

Level 1, 36 Brookhollow Avenue Baulkham Hills 2153

02 8884 2828 | www.sarinos.com.au

AT A GLANCE

NAME: RADAR
SEX: Male
BREED: American
Staffy
AGE: 10 years
PRICE: \$49



RADAR is an older well behaved boy who will be just happy to spend his time with you. Staff at the Hawkesbury Companion Animal Shelter say Radar is a very relaxed older boy who is really just looking for a family to give him a lovely home to retire in. If you feel you can give Radar a caring home that he deserves please come to the shelter to meet him. As one this week's featured dogs his adoption price has been reduced to \$49. The adoption price includes the first vaccination, desexing, microchipping and life-time council registration.

Hawkesbury Council's Rehoming Organisation
Number is: R251000145.

PIXIE is a loving little girl. Staff at the Hawkesbury Companion Animal Shelter say Pixie just loves attention. If you would like to offer Pixie a new home please come to the shelter to meet her. As cat of the week her adoption price has been reduced to \$29. The adoption price includes the first vaccination, desexing, microchipping and life-time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: PIXIE
BREED: Domestic
short hair
SEX: Female
AGE: 2 years
PRICE: \$29



Persimmon and White Chocolate Tart With Pistachios

By MEREDITH PANETTA (from Panetta Mercado – Baulkham Hills)

INGREDIENTS

For the chocolate pastry

150g chilled cubed butter
90g golden caster sugar
250g plain flour, plus extra for dusting
50g cocoa powder
1 egg

For the filling

300ml double cream
200g bar white chocolate, chopped
1 tsp vanilla bean paste
2 eggs, beaten
For the syrup and fruit
50g golden caster sugar
½ vanilla pod
1-2 persimmons,
cut into slices 1cm thick
(you need 6 slices in total)
4 tbsp finely chopped pistachio,
to serve

METHOD

STEP 1

Heat oven to 200C/180C fan. Put all the pastry ingredients except the egg in a food processor. Add a pinch of salt and pulse until it has the consistency of chunky crumbs. Turn the motor back on and crack the egg in. Let it run until the mixture forms a ball, then remove.

STEP 2

Roll the pastry out on a floured surface and use to line 6 x 8cm individual tart tins. Put in the freezer for 5 mins until hard. Line with baking parchment and baking beans. Place on a baking sheet, bake for 15 mins, then remove the parchment and baking beans. Bake for another 5 mins, then remove. Reduce the oven to 160C/140C fan/gas 3.

STEP 3

To make the filling, put the cream in a heatproof bowl and microwave on High for 1 min, or heat over a pan of water. When hot, add the chocolate and stir until melted, then add the vanilla and eggs, whisk well, then pour into the tart cases. Bake for 10 mins, then cool at room temperature.



STEP 4

Meanwhile, make the sugar syrup for the fruit, put the sugar, vanilla pod and 75ml water in a small saucepan. Heat until boiling, then simmer for 5 mins. When it's syrupy, remove from the heat and add the persimmon. Put back on the heat for 1 min, then remove and cool to room temperature.

STEP 5

Just before serving, add a slice of persimmon and a sprinkle of nuts to each tart.

Former Hills hooker Dolly now an English rugby star

By LAWRENCE MACHADO

Former Kenthurst local Nic Dolly is lighting up the English rugby fields after barnstorming his way into the national squad. The powerful hooker played for Dural and Eastwood Rugby Club, where current Australian Sevens coach John Manenti nurtured his talent.

Dolly, 23, visited England in 2017 and was spotted by the Sale rugby scout to become one of the surprise success stories. Qualifying for England through his maternal side, Dolly plays for Leicester Tigers in the English rugby premiership.

Dolly represented the Barbarians (coached by current Australian coach Eddie Jones) against the Rest of the World in London last Sunday. The Barbarians won 48-42 with former Wallaby Israel Folau scoring a try for the World XV.

"Individually, selfishly, I don't know how many people can say they've done it (played for the Barbarians)," Dolly told Talking Rugby Union. "So, to get the opportunity to run out on Sunday and play again, just to play well and play at a high level against high-quality players, that's what it is all about."

Dolly, a former student at Marian Catholic College, had the right support from Manenti who

told the Sydney Morning Herald: "I had to push to get him eligible to play Colts as he was underage and needed dispensation."

"He was small but was tough as. We discussed his going overseas as a learning opportunity, never could we have imagined what might end up happening."

"He's an Eastwood junior and Colt and we are incredibly proud of him."

He turned out for the English Under-20 team before being selected by then-England coach Eddie Jones in the exciting 27-26 win over South Africa in November 2021.

"I have got a really good relationship with Eddie," Dolly said. "Ever since he first called me up for my first couple of camps to give me my first cap, I am definitely grateful for what he has done for me and the opportunities he gave me."

"I am sure at the time people were saying 'he has only played 10 or so games in the Prem' and I was on the bench against one of the best



Nic Dolly in his Barbarian shirt.

teams in the world in South Africa. All I can say to Eddie is thank you.

"I want to play as many internationals as I possibly can and I understand that is going to take a lot of hard work and I have got to re-establish myself, but that is something I am willing to do and put everything in that basket."

Eastwood are slated to move to the Hills within the next two years in what should be the biggest rugby union boost for the district.



The in-form Hills United Under-18s NPL Youth team defeated Sydney FC 4-0 and Wollongong Wolves 3-1. Picture: Courtesy HUFC Facebook

Smith brace keeps Hills United on top

By LAWRENCE MACHADO

Prolific striker Mitchell Smith scored a brace to keep Hills United firmly perched at the top of the FNSW League One Men's championship after beating table dwellers Central Coast United 2-1 last weekend.

Smith scored in the 35th and 63rd minutes, before being substituted at the tail end of the game by Daniel Padoani. Zac Pezzutto equalised for Central Coast in the 49th minute but Hills United regained the lead when Smith struck again.

Smith has a stunning strike rate this season, with 11 goals from 14 matches.

Hills United are enjoying one of the best-ever football seasons and are seven points clear at the top, with 39 points, with one game in hand. St George (33) and SD Raiders (32) are second and third in the 16-team competition.

However, Hills United have three games in a week, which will be pretty challenging and physical for their squad.

They encounter fifth-placed Inter Lions FC on Saturday, June 3, at 7pm, at Landen Stadium, fourth-placed Bonnyrigg White Eagles on Wednesday, June 7, at 7.30pm, and complete their hectic schedule by facing the formidable SD Raiders in the match of the week on Saturday, June 10. The fixture, at Ernie Smith Reserve, Moorebank, kicks off at 7pm.

Meanwhile, the Hills women (27 points) have picked up from where they left off last season to stay close to the leaders, UNSW (32) and Central Coast Mariners (30).

Hills United missed a chance to close the gap when they were held to a 1-1 draw by Nepean FC last Saturday. Isabella Sciberras scored an 11th-minute goal to cancel out the fifth-minute strike by Nepean's Ella Joyce.

The Hills United women's side are guests of Mt Druitt Rangers at Popondetta Park this Sunday, June 4, at 3pm, followed by a game against South Coast Flame at Bella Vista Public School ground on Sunday, June 11, at 3.45pm.

It has been a very productive week for Hills United with their Under-18s clocking off with two straight wins over Sydney FC and Wollongong Wolves. They lie fifth on 27 points in the table behind leaders Western Sydney Wanderers (39).

The Hills boys will now host Newcastle Jets on Saturday, June 3, at 3pm, keen to maintain their streak.

As your Federal MP, I am here to help.

- ✓ Assisting with accessing Federal Government services
- ✓ Attending your local community event
- ✓ Arranging congratulatory messages
- ✓ Helping you resolve federal issues, including NDIS, NBN and Centrelink

Please contact my office if I can be of assistance.

**ALEX
HAWKE MP**
FEDERAL MEMBER FOR MITCHELL



📍 Suite 8, 23 Terminus Street, Castle Hill NSW 2154 📞 9899 7211 ✉ alex.hawke.mp@aph.gov.au 🌐 www.alexhawke.au 📘 AlexHawkeMPMitchell

Authorised by Alex Hawke MP, Liberal Party of Australia, 8/23 Terminus Street, Castle Hill NSW 2154.

2023 HILLS RELAY FOR LIFE

The 22nd Annual Cancer Council Hills Relay for Life was held on Saturday 20 and Sunday 21 May 2023, at Castle Hill Showground. I have had the privilege of attending for over 15 years along with members of my community to raise vital funds toward cancer research.

A successful relay like the Hills Relay does not come together overnight. The Hills Relay committee have been preparing for over 9 months. I would also like to congratulate and thank the Hills Relay for Life volunteer committee, Chair Lisa Carruthers, Michelle Patterson, Jaime Berglin, David Hand, Lynne Pike, Ruth Didsbury, Alison Harper, Katie Didsbury, Bryan Mullan, Feona Hennes, Jenny

Glover, Karen Cunningham, Renae Dean, Michelle Byrne, Denise Daynes, Bev Jordan, Angela Pike and honorary committee members, Jacqueline and Victoria Lee, for their hard work and dedication in organising a fantastic community event and raising money for such a worthy cause in the process. Thank you also to the hardworking cancer council representative, Yvette Haines.

I had the opportunity to speak in the Federal Parliament about the incredible success of the 2023 Hills Relay for Life. To read my complete speech visit www.alexhawke.au.

OPPORTUNITY TO RECOGNISE A LOCAL OUTSTANDING ACHIEVER FOR AN ORDER OF AUSTRALIA

Anyone can nominate someone to be recognised for an Order of Australia. The Mitchell electorate has a wonderful volunteer workforce in our community and there are many who deserve to be recognised for their outstanding contribution.

On Australia Day, throughout our nation 517 people were recognised for an Order of Australia. I encourage you to nominate an outstanding, inspirational volunteer for recognition in the Order of Australia. For further information please visit www.gg.gov.au



Take control of your balance...

EAR STUDIO
Passion for Hearing



**For more about our Falls Risk Assessment or to book online
Contact us 02 9159 6122 or scan the QR code**

Located inside Lawton House
Suite 9-10 / 60 Cecil Ave, Castle Hill NSW 2154

www.earstudio.com.au | reception@earstudio.com.au





As your Federal Member, 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.



JULIAN LEESER MP
FEDERAL MEMBER FOR **BEROWRA**

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120
 02 9980 1822
 julian.leeser.mp@aph.gov.au
 julianleeser.com.au
 julianleesermp

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

RIISING COST OF LIVING HURTING LOCAL FAMILIES AND BUSINESSES

As I have spoken to people across the electorate recently, the issue I have heard about more than any other is inflation and the rising cost of living. The Government's budget may have returned to surplus but, for so many families and businesses in our community, their budget remains in deficit.

Families are increasingly having to consider where to cut back, just so they can pay their mortgages and buy their groceries. Local businesses are getting hit with a double whammy, with higher costs of running their business and reduced demand from customers. Too many local business owners are having

to question whether they can even continue running their business.

It is deeply concerning to hear about how many hard-working members of our community are doing it tough. Inflation is not just an economic issue – it also takes a real human toll on the livelihoods and mental health of Australians.

Lessening that burden must be the number one priority for every Parliamentarian. I know it is certainly at the forefront of my mind. On behalf of our community, I am advocating for measures that will meaningfully and practically reduce the cost of living across our electorate.

For instance, I want the Government to place a greater focus on reducing electricity prices, so local businesses can keep operating and families can pay their bills. I also want to see the Government take up the Coalition's proposed increase in the number of Medicare-subsidised psychology sessions from 10 to 20, as it was under the previous government. That would reduce costs for families while also genuinely saving lives, especially as people navigate this challenging economic period.

Please contact my office if you would like to share with me how your family and your business are affected by the rising cost of living.

SCHOOLS LEADERSHIP PROGRAM

The New South Wales Parliament recently invited secondary school leaders from all NSW high schools to participate in the Secondary Student Leadership Program. It was an honour to be able to meet with the leadership groups from several local high schools of the Castle Hill Electorate. There were more than 100 year 12 students in attendance and I was able to meet with the leadership teams from Castle Hill High School, Oakhill College, and Baulkham Hills High School.

This program recognises the leadership roles of students in secondary school, and it provides them with the opportunity to meet their elected representatives. The program gives them a chance to develop their knowledge of constitutional and parliamentary processes including the role of the Governor. Seventeen Legislative Assembly members

attended to meet with the students who were able to hear from members and parliamentary officers who answered the students' questions on leadership. The students attended question time in both chambers and then proceeded down to Government House for a tour and a chance to meet the governor.

The Secondary Student Leadership program has been running for more than 25 years in conjunction with Government House and is a very good opportunity to educate student leaders and perhaps inspire a few on the way.

It was lovely to meet and talk with these bright young men and women from my wonderful electorate. A big thanks to the students from Castle Hill High School, Oakhill College, and Baulkham Hills High School.



Baulkham Hills HS students



MARK HODGES MP
MEMBER FOR **CASTLE HILL**

AS YOUR STATE MP, I AM HERE TO:

- Help you with any State Government matters.
- Assist in accessing NSW Government services, assistance or grants.
- Provide Justice of the Peace services.
- Arrange congratulatory messages.

Suite 1A, 25-33 Old Northern Road, Baulkham Hills NSW 2153
 9686 3110
 castlehill@parliament.nsw.gov.au



MEMORIES OF A 10 QUID POM

A program that has been shown on the Stan streaming service called "The Ten Pound Poms" purports to tell the story of migrants from the UK to Australia back in the 1950s. As a member of such a group at that time I have my own memories of settling in a new country far from what was my homeland.

At the age of eleven I embarked on a voyage of adventure to far off Australia that took me across the seas during which I encountered different lands and cultures to those I had been used too. It broadened my life experiences and education. After around five weeks of sea travel and seeing "Flying Fish" my family reached the shores of Western Australia for a very quick visit to Fremantle where younger sister and I placed our toes in the waters of the Indian Ocean for the very first time. Later that day we re-boarded our ship "Fairsea" and travelled on to Melbourne.

We crossed the Great Australian Bight where we hit the heaviest seas that we had ever encountered with waves breaking over the decks. It was, to me, all part of this adventure of a lifetime.

Life on board the ship was so different in the 1950s. Families were split with men and boys sleeping in quarters segregated from the females. My father and I were deep in the bowels of the ship and up at the front whilst my mother and two sisters shared a cabin with another woman and her daughter at mid-ships.

Despite the information that had been provided by Australia House in London in

many brochures depicting what we would find in Australia awaiting our arrival, very little actually turned out to be correct. Information that had shown "happy migrant families living in detached homes with nice gardens" was actually replaced by hostels that were converted military camps where families were housed in Nissen Huts. The huts would normally accommodate two or possibly three families. We had communal shared toilets, laundries and bath houses. Meals were served in Community halls. Large halls or Nissen Huts served as Youth Centres, Post Offices or Community Shops. None of the huts were serviced with air-conditioning and were hot in summer and cold in winter. In the first hostel we lived, the hostel adjoined an abattoir with millions of flies, animal smells and in the midst of a heat wave where temperatures of more than 100 degrees Fahrenheit. In the 1950s there was hostility directed at migrants by many Australians who felt their jobs and lifestyles were threatened by the hundreds and thousands of newcomers.

I found that one teacher at my local school particularly disliked the migrant children from the local hostel. What caused her dislike of migrants I never found out but such actions can and did lead to colour the views of others. Australians, I found, generally have a great sense of humour as do many migrants from various other countries. I have lost count of the times that I was called a "bloody pom" or told



Me again at Cabramatta Migrant Hostel in 1959.



My first home in Australia (1958)

that "poms would only wash a few times in a year". I took such comments in jest for a vast majority of the time, however there would be times that such comments would wear very thin. You could usually tell by the tone of speech whether it was an intentional insult or said in jest.

I guess also the problem of accents has also led to misunderstandings for many. Whist Britons, Australians, New Zealanders, Americans and Canadians all profess to speak English different terminology and sounding of vowels etc can cause confusion between people. Despite being brought up in England for the first eleven years of my life I cannot fully understand what some other English person maybe saying. Thankfully television today provides sub-titles in text form that can be read and can possibly be something that I can write about in a humorous form sometime in the future as I have noticed many grammatical and spelling errors in the sub-titles.

Still the fact that a vast majority of migrants stayed and "made a go of it" and have contributed to make Australia what it is today speaks volumes of the success of the migration programmes of yesterday and hopefully for the country's future.

**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



**YOUR SOUND
COMMUNITY**

CUMBERLAND COMMUNITY RADIO INC.

Streaming Worldwide on

tunein



Like us on facebook.com/Alivefm90.5

**Alive
90.5
FM**

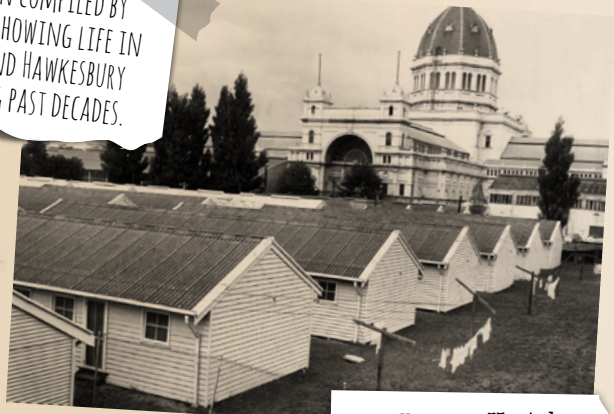
AS WE WERE

PHOTOS FROM THE PAST

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



Child in photo (Ivor)
on board Fairsea



Melbourne Hostel



My bedroom at Cabramatta Migrant
Hostel back in 1959





Back Row Lachlan Edwards, the Hon. Matt Kean, Kristina Taylor. Front Row Luke Lanetta, Jessica Edwards, Tegan Edwards

High Achievers at Dural Scouts



1st Dural Scout Group recently held their Annual Reporting night where the Committee reported the events of the last year. Several Regional Scout Leaders and The Hon Matt Keane, Member for Hornsby were present and praised the Group for their on-going success.

After the formal reports were presented, Group Leader, Simon Edwards, announced the youth members who were the top achievers for the year and had excelled in the "Scout Award System". Matt Keane congratulated each in turn. The outstanding achievers were: Luke Lanetta (Joeys), Jessica Edwards (Cubs), Kristina Taylor (Scouts), Lachlan Edwards (Venturers) and Tegan Edwards (Venturer Queen Scout). The Queen's Scout Award is the highest award in the Venturer Scout section and carries an outstanding reputation within Scouting and the Community world-wide.

Each year only a few Venturer Scouts achieve this prestigious award, which is presented by the Governor and Chief Scout of New South Wales, as a representative of the Queen, at Government House. Tegan joins the list of over 40 Queen's Scout recipients at 1st Dural since 1963.

Dural Scout Group has vacancies for Girls and Boys from 5 to 25 years. Joeys (5yo), Cubs (8yo), Scouts (12yo) and Venturers (16yo). Please contact Phirooza: 0411 731 976 or phirooza@bigpond.net.au or Simon: thewolf_1stdural@bigpond.com



OPEN DAY AT BELLA VISTA FARM

This Sunday, 2nd June
0900-1400

Corner of Elizabeth Macarthur Drive and
Norwest Boulevard, Bella Vista



BROMELIAD SOCIETY

The next Bromeliad Society of Australia meeting on 10th June will host Guest Speaker, Helen Lovel. Helen has fifteen years' experience as a Horticulturalist, as well as farming with husband Rick. They run Black Angus cattle on their farm situated on the Loddon River in Eddington, Victoria.



Helen promotes the importance of biological fertiliser by day, working for Neutrog, a leading organic fertiliser producer and writes stories by night (when she's not helping to calve a cow!). She is passionate about her large country garden and can never get enough of visiting gardens - always looking forward to the Spring and Autumn open garden seasons.

The regular meeting activities will also feature competitions, plant sales, a raffle, Show & Tell and a more recent activity called "Show", for people who would like to share a plant with others without it being critically judged or discussed.

The meeting commences at 12noon, held in the Federation Pavilion, Castle Hill Showground, off Showground Road into Doran Drive, Castle Hill.

For further information please contact Ian Hook, President of BSA on mobile 0408 202 269, email: ianhook1@bigpond.com or refer to www.bromeliad.org.au for the latest updates.



GET MORE CUSTOMERS WITH GOOGLE ADS

Today a growing number of people search online for products and services.

IS YOUR BUSINESS TAKING ADVANTAGE OF THESE SEARCHES? If not, give us a call, message or email us.

☎ 0408 011 193
0410 400 098

✉ info@kintye.com.au

🌐 www.kintye.com.au

We are  **Google Partner**

We can also run ad campaigns on Facebook, Bing, LinkedIn and other online platforms.

SOLARAY
SMARTER SAFER SOLAR

14 years experience
Award-winning installer
Smart Solar & Battery Storage

☎ **1300 525 451**

We'll do the solar. You do the saving.

Get A Quote



SolarMadeEasy.com.au

COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

☎ 02 9654 3571 (Thurs) | 02 9843 0533 (Wed-Fri)
✉ gnolan@thehills.nsw.gov.au

Arcadian Quilters

Meet in Galston Community Health Centre 1st and 3rd Wed mornings, evening group 2nd and 4th Mon. New members welcome
Carole | 9894 7749

Baulkham Hills Probud

Meets 1st Thurs of the month 1.30pm Muirfield Golf Club. Visitors welcome. Activities each Thurs.
Betina | 0419 595 007
✉ probus56830@gmail.com

Bonsai Society of Australia

Club meetings 1st Tues of the month 7.30pm; West Pennant Hills Community Centre, 42 Hill rd West Pennant Hills.
Ingrid | 0409 963 438

Castle Hill Art Society

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

Castle Hill Senior Citizens Club Inc.

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

Combined Probud Club of Cherrybrook

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

Computer Pals for Seniors – The Hills

A non-profit club run by volunteers dedicated to providing low-cost tuition for Seniors in a friendly atmosphere, enabling them to stay safe online & become proficient in the many facets of computing.
Colin Wright | 0479 137 131 ✉ cphills.org.au

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 Tues 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

Meets 2nd Wed each month at the Galston Community Health Centre, cnr The Glade and 17 Arcadia Rd, Galston. 10am followed by business meeting and BYO lunch. Craft day 4th Wed each month. Visitors welcome.
Jann | 0439 222 217 or Patricia | 0412 948 787

CWA of NSW – Castle Hill Branch

Holds its monthly meeting every 2nd Tuesday at the CWA Hall, 2 Annangrove Road, Kenthurst (off Angus Road) from 10am. We also hold our Craft mornings for members on 1st and 3rd Tuesdays of the month from 10 to 12.
Maureen | 0411 724 925

CWA of NSW – Toongabbie Branch.

Monthly meetings held 1st Tues of the month at Toongabbie Girl Guide Hall in Junia Avenue Toongabbie from 10am. We also hold craft mornings for members on 1st and 3rd Tues of the month from 10-12.
✉ ToongabbieCWA@gmail.com

Dural and District Prostate Cancer Support Grp

Next 2 meetings 15th May and 19th June 7.00pm at the Blue Gum Centre, ARV Glenhaven Green, 599-607 Old Northern Road, Glenhaven
Denis | 9629 2645 or Graham | 8677 7896

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498 www.duralmensshed.org

East Kurrajong School of Arts

1st Tues each month 10am to 1pm. Bring along any sort of craft activity you're interested in, bring pencil/s 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 Grp

May 3rd Tues 16th, 10-2, 4th Tues 23rd, 6-10 at Windsor Library. Bring your own project or join the workshop – Start with a Stitch. Beginners upwards \$10. Bookings essential.
Catherine Delaney | 0413 340 049
✉ cdelaney1@vtown.com.au

Friends of Hills Library

Meets 2nd Tuesday of the month at Castle Hill Library. New members welcome.
Lesley Nelson, President - 0478 000 925

Galston VIEW Club

The Club who raises money for The Smith Family "Learning for Life program" holds its monthly lunch meeting on the 4th Wednesday at The Galston Club 21-25 Arcadia Rd Galston. 11am.. President Lesley | 0413 996 783

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 Probud Club Inc

Meets 10 am on 2nd Tuesday of each month at Castle Hill Bowling Club.
✉ secretary.glenhaven.probus@gmail.com

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

02 4567 7400 www.haat.com.au
✉ Leanne@mellowcrest.com

Hawkesbury Camera Club

Club meets at 7.30pm on the first 3 Wednesdays of the month at the Richmond Club, Francis Street, Richmond.
Facebook Hawkesbury Camera Club.
www.hawkesburycameraclub.com.au

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the 1st Fleeters

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

Hawkesbury West Probud Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond.
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 ✉ HillsOM1@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 2nd Tues, 7pm. Restore Church: 47 Britannia Rd, Castle Hill. New members welcomed
Terry | 0488 089 951

Hills/Toongabbie Music Club

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

Kurrajong Hand Spun Craft

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

Ladies Probud Club of Baulkham Hills

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
✉ ladiesprobushb@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

The Club meets at 2 pm on the 1st Thurs of the month, in the Tebbutt Room of Hawkesbury Central Library at Windsor.
macquarietownsgardenclub.wordpress.com

National Seniors Australia (Hills Branch)

Meets on the 1st Thurs of every month at Baulkham Hills Sports Club Renown Rd, Baulkham Hills at 9.30am for 10am. New members welcomed.
May | 0414 634 572
✉ maybruce@bigpond.com

North Rocks View Club

Meetings 2nd Thurs each month at 10.30 am. The Vikings Club, 35 Quarry Rd, Dundas Valley.
Pam | 047 420 4080 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.
maybruce@bigpond.com
norwestrotary.org.au

Pennant Hills Mens Probud Club

John | 9487 1385

Pennant Hills Combined Probud Club

Meets at Hotel Pennant Hills every third Monday of the month at 10am. New members and visitors welcome.
Lorene | 0429 396594

Pennant Hills VIEW Club

Meets for lunch on 2nd Tuesday of each month - Oatlands Golf Club at 11am. A short meeting, a two course lunch & an interesting guest speaker. Visitors & new members welcome. On the 4th Tues of the month a social outing is organised.
Margaret | 9873 2402

Pitt Town Probud Club

Meets at 10:00am on the 2nd Tues of the month at the Pitt Town and District Sports Club, 139 Old Pitt Town Rd Pitt Town. New members welcome.
Denise Fairfax | 0435 447 414

Probud Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probud Club of the Hills Inc

Is a mixed club and meets at the Galston Club 21-25 Arcadia Road, Galston on the 2nd Wed of each month commencing at 10.30 am. New members welcome.
Ken | 02 96296459

Probud Club – Glenorie

This Club meets every 4th Wed at 11.00am at Glenorie RSL Club. New members are welcome.
Wendy | 9653 1022
✉ wendyreneblack@yahoo.com.au

Probud Club - Kellyville Castle Hill Mixed

Meets at 10am on 2nd Thurs of each month at Baulkham Hills Sports Club, 11 Renown Road, Baulkham Hills 2153. New members welcome.
Ian Sandercock | 0419 567 608
✉ patiansandercock@bigpond.com

Probud Combined Castle Hill Club

General meetings 3rd Tues of the month at 10am at Cherrybrook Community Centre.
Glenys | 0408 160743
✉ donpye@live.com.au

Probud Combined Kellyville Club

Meet 2nd Mon 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

Probud 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.
✉ winstonhillsprobudclub@gmail.com

RDA (NSW) Tall Timbers Centre

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

Red Cross – Castle Hill Branch

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

Richmond/Windsor VIEW Club

Richmond/Windsor View Club Meets every 2nd Wednesday of the month at The Richmond Club. VIEW (voice, interest and education of woman) supports the Smith Family and Learning for Life
Trish Carter | 0417 010 619

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 Wednesday of the month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start.
Cathy | 0435 837 118 ✉ stitiehills@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/thehillsllearningcentre

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..
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

Next meeting Friday 5th May , 2023. Welcome to Members and Visitors. Guest Speaker will be Judy Christian From COTA "Ageing Well" followed by Our Investors Discussion Group meeting at 12.30pm. Do you have a Retirement Income Plan?
Mal Steel | ✉ airdsneyhills@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.bushwalkingsnsw.org.au/wanderers

Windsor RSL Fishing Club

Meets on the last Tues of the month at Windsor RSL club at 6.30pm. The club has been established for over 40 years and welcomes new members. It holds regular fishing outings including in land water and deep sea fishing.
Les Mison | 0421 821 1990.

Windsor Probud Club

Meets at 10am on the 1st Wed of each month at Windsor Golf Club, McQuade Ave, South Windsor.
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

FERGIES TREE WORKS



Please call Nathan & Lisa for all your winter garden needs

No job is too BIG or too small!
Free Quotes • Free Advice
No Obligation • Fully Insured

0414 428 707
fergiestreeworks@gmail.com

**WE BUY
ALL TYPES
OF CARS AND
TRUCKS**



In any condition,
any year make or model,
registered/running or not.

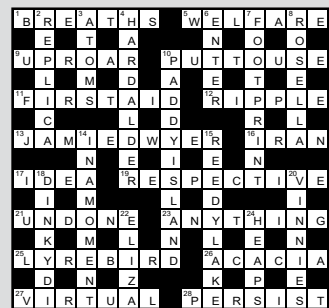
TOP CASH PAID

WILL COME TO YOU

Call Wal
0425 304 475

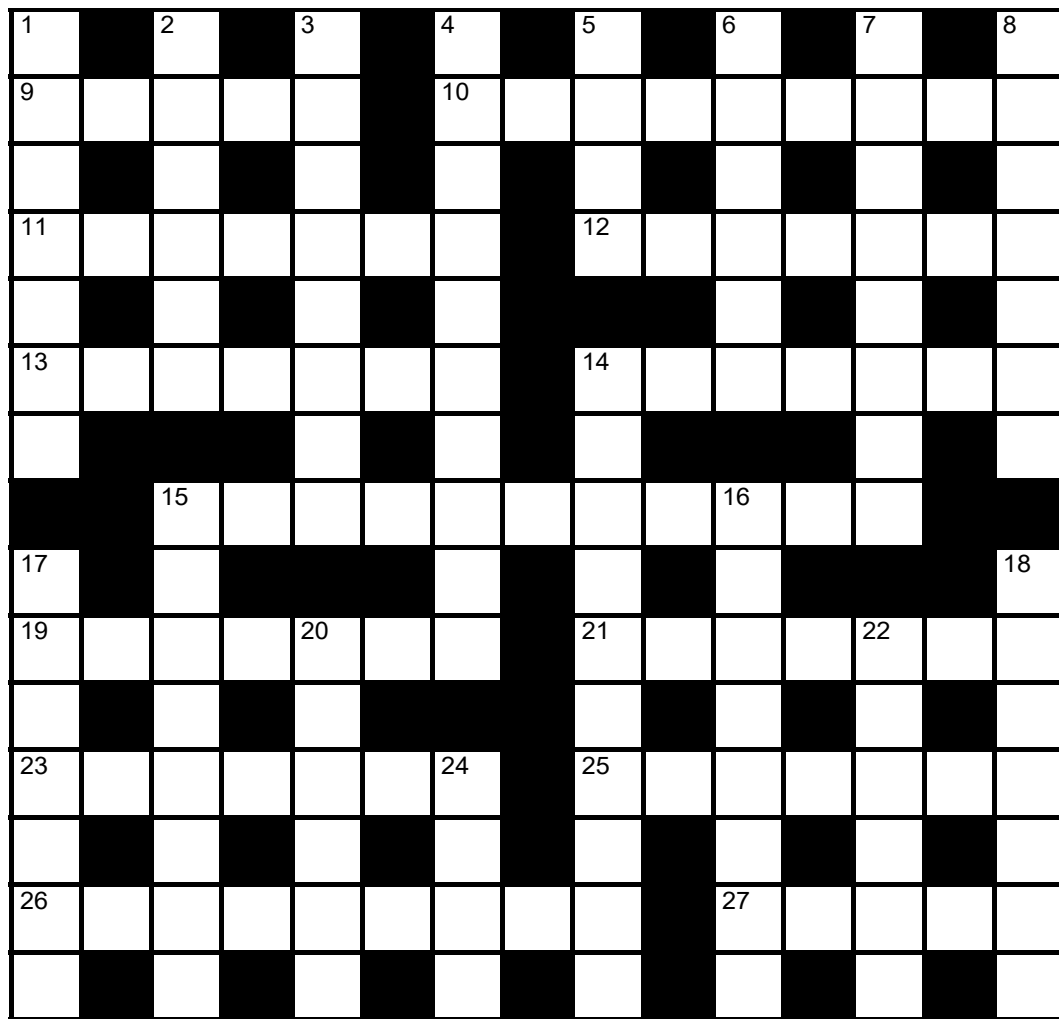
Answers from last issue

CROSSWORD



SUDOKU

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



Across

9. Like Little Boy (1-4)
10. Clearing (4, 5)
11. Begin (4-3)
12. Cooling drink (4, 3)
13. Disputed region between Pakistan and India
14. Waldorf salad necessity
15. Juggler banished Cal to a settlement in Nepean Bay, SA (6, 5)
19. Lewd
21. Affair of the heart
23. Misery
25. Iconic Volkswagens
26. Former national rugby player and heavyweight boxing champ (4, 5)
27. Adult insect

Down

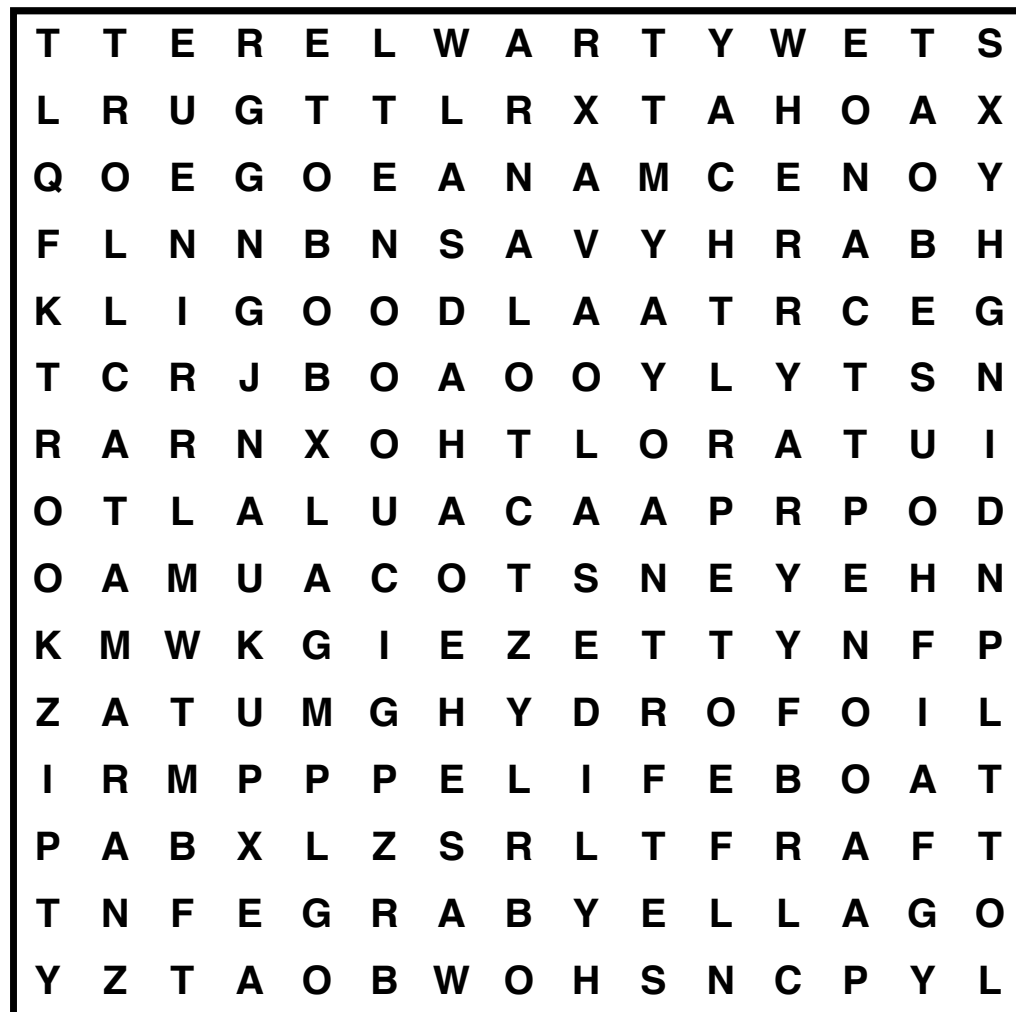
1. Hawaiian surfing site
2. Compels
3. Irregular
4. Association of sports teams (10)
5. Pickle place
6. Additionally (2, 4)
7. Old Man ---, edible shrub
8. A word to the whys?
14. Worn by those over the eight? (6, 4)
15. Those in the know
16. Don
17. Designer of 25 Across
18. On thin ice (2, 1, 4)
20. Sizing up
22. Ottoman ruler
24. Free from doubt



You can pick up a copy of the
latest Hills to Hawkesbury
at Jess' Cafe,
Castle Mall
Food Court,
Castle Hill



BOATS



**BARGE
CANOE
CATAMARAN
DINGHY
FERRY**

**GALLEY
GONDOLA
HOUSEBOAT
HYDROFOIL
LIFEBOAT**

LONGBOAT
LUGGER
RAFT
SCHOONER
SHOWBOAT

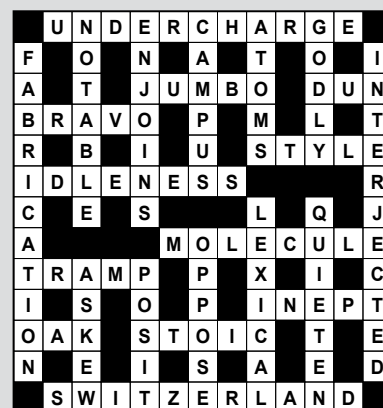
**SLOOP
TRAWLER
TUG BOAT
WHERRY
YACHT**

Answers from last issue

CROSSWORD

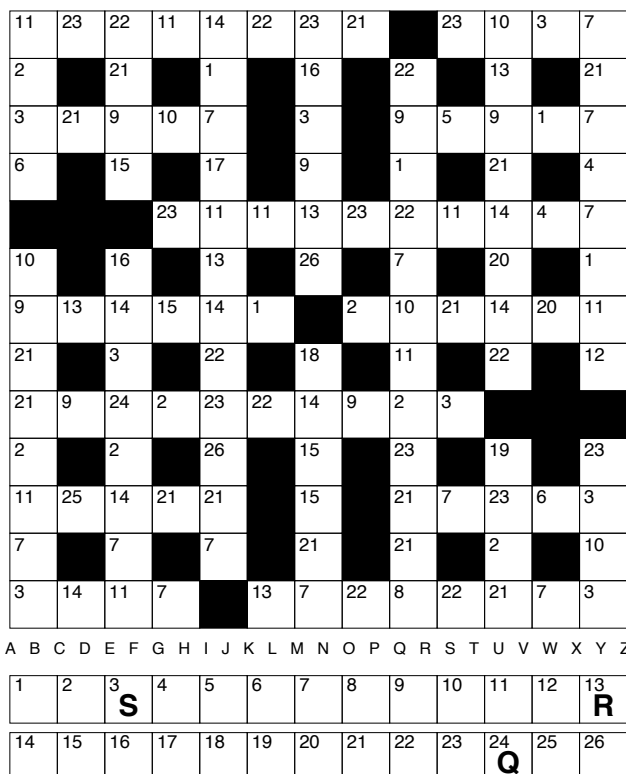


CODE WORD



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

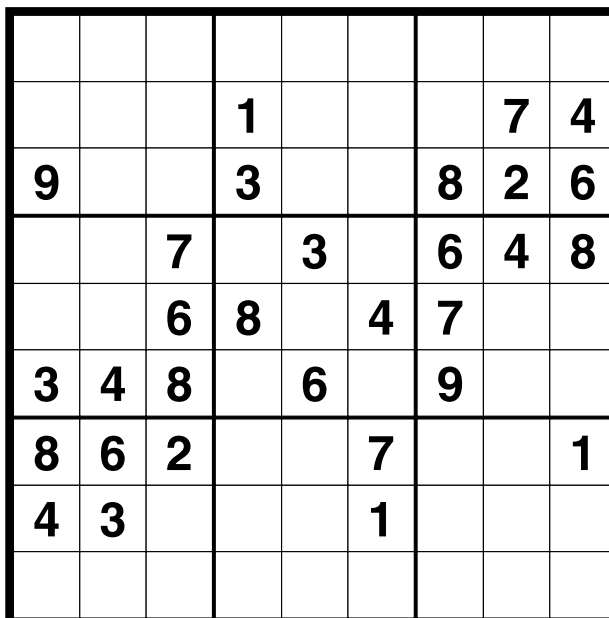
CODE WORD



SUDOKU

Rating: ★ ★ ★ ★ ☆

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





ORGANISED Cleaning

FULLY ORGANISED TO ACCOMPLISH YOUR CLEANING

Professional cleaning services

- ✓ Regular or one-off Cleaning
- ✓ Spring Cleaning
- ✓ Move in / Move out Cleans

Call **Organised Cleaning** to do your domestic or commercial cleaning

OrganisedCleaning.com.au ☎ 0404 554 247

LOCAL PLUMBER

- ✓ 24/7 **EMERGENCY** Service
- ✓ Ontime Reliable Plumbers
- ✓ Plumbers You Can Trust
- ✓ All Work Guaranteed

CALL NOW **9056 8107**

\$0 CALL OUT **SAME DAY SERVICE** **\$50 OFF** **YOU APPROVE THE PRICE BEFORE WE BEGIN**

WWW.PUREPLUMBINGPROS.COM.AU VISA 10% DISCOUNTS

Blocked Drains
Hot Water
Burst Pipes

MASTERCLASS ROOFING

- Roof Repairs
- Broken tiles
- Rebedding
- Fix Leaks
- Repointing
- Replace Valleys

NEW Guttering

☎ **CALL 0477 198 690**

FENCING

ALL TYPES OF RURAL FENCING

ADAM COX

0418 424 031

CORNERSTONE RURAL FENCING & CONSTRUCTION SERVICES

SYDNEY GUITAR REPAIRS

WE PROVIDE SETUPS, REPAIRS, RESTORATIONS AND REFINISHING OF ALL TYPES OF GUITARS AND OTHER STRINGED INSTRUMENTS.

CALL DAVID ON **0414 524 041**

Unit 7B, 256F New Line Rd, Dural
sydneyguitarrepairs.com.au

Sydney Guitar Repairs

LOCAL HILLS TO HAWKESBURY ELECTRICIAN

All Electrical Work

Best Prices & All Work Guaranteed

Seniors/Pensioners Discount

Phone and Data

Switch Board Repairs

Mention this ad and get **\$50 off**

24/7 EMERGENCY SERVICE

LIC273594C

PH: 4505 4588

MATT'S SKIP BINS

02 4708 2927

MATT'S SKIP BINS

www.mattsskipbins.com.au

HILLS DISTRICT PLUMBER

- ▶ Google 4.9 Star Rating
- ▶ Guaranteed 24/7 Fast Response
- ▶ Lifetime Labour Warranty
- ▶ 15% Seniors Discount
- ▶ On Time, No Mess or you Pay \$100 Less

Leaking Taps • Blocked Drains
Leaking Toilets • Burst Pipes • CCTV Inspection
Hot Water Systems • Pipe Relining

REACTIVE PLUMBING

02 9199 2612

www.reactiveplumbing.com.au

LIC 257984C

THE Locksmith CLINIC

- Emergency Lockouts
- Re-Keying Services
- Car Keys
- Master Key Systems
- Safe Servicing
- Key Fobs for gate and garage doors

PO Box 240 Kenthurst NSW 2156
0482 062 212 | hello@thelocksmith.clinic
www.thelocksmith.clinic

MASTER LOCKSMITHS

WHEN EXPERIENCE MATTERS...
ARBORIST EST. 1956

MCARDLE TREE SERVICES

TREE REMOVAL | PRUNING
STUMP GRINDING | LAND CLEARING
MULCH SALES | FIREWOOD

0414 635 650

INFO@MCARDLETREES.COM.AU

- ✓ 4th Generation Expert Arborist
- ✓ Fully Licensed & Insured
- ✓ 24 Hour Emergency Service

ADVERTISE WITH US

Get your business details out to over **20,000 residents** each month.

Lock in your advertising for 12 months, and just let the work flow in. Local people prefer using local trades and services.

Call 0499 040 726

BAULKHAM HILLS DOORS

E&D Accredited

GARAGE DOORS & AUTOMATIC OPENERS

1300 76 22 66

Email: sales@baulkhamhillsdoors.com.au

- Sales
- Installation
- Service
- Repairs to Most Major Brands

CRESTWOOD PLUMBING

LICENSED PLUMBER, DRAINER,
LP GAS FITTER

Family Owned & Operated • 60 Years Experienced

24 HR EMERGENCY SERVICE

CALL 0409 421 249

Lic. No. 114636

Budget

ANTENNA INSTALLS

Problem with your reception?
We'll fix it from **\$49.**

CALL NOW 0415 152 123

Cheapest prices guaranteed!

REFRESH PAINTING & CO

Your Local Painter

All Internal and external
Commercial and residential

Free Quote

0433 025 464 | SEAN.REFRESH@GMAIL.COM

PERGOLAS • GAZEBOS • DECKS • CARPENTRY

Custom Designed Outdoor
Home Improvements
Renovations and Repairs

0419 253 659
goannagully@yahoo.com.au

Solatec
HILLS DISTRICT

Lic 33721

Tree Removal Large & Small

Climbing Expert & Qualified Arborist

Available locally

Trees Down Under

CALL JOE TODAY
0475 463 597
treesdownunder.com.au

Call Us Now SAME DAY SERVICE

LOCAL HILLS TO HAWKESBURY PLUMBER

All Plumbing Work
Best Prices & All Work Guaranteed
Seniors/Pensioners Discount
Blocked Drains and Pipes
Hot Water Repairs

Mention this ad and get **\$50 off**

24/7 EMERGENCY SERVICE

LIC273594C

PH: 4505 4589

J & C RANDO P/L
PROFESSIONAL PLASTERER

SERVICES

- Gyprock plastering, Repairs, Cornices, Roses
- Ornamental Ceiling Panels, Suspended Ceilings
- Partition Walls

All types of repairs, small or large.
Home, Office, Shop, Extensions, Granny flats

JOE RANDO
MOB: 0412 238 668

A.B.N. 20.003189624 License No. R72770- (License: Joe Rando)

ABC SEAMLESS GUTTERING

GUTTER GUARD
METAL ROOFING
WATER TANKS

ROOF RESTORATION
ALL TYPES OF GUTTERING INSTALLED

20% OFF
*CONDITIONS APPLY

9748 3022 www.abcseamless.com.au

A B C SEAMLESS
EST. 40 YEARS

HAVE COMPUTER PROBLEMS? WE CAN FIX IT!

OUR SERVICES

- Friendly on-site service
- PC teaching
- Supply new & used computers
- Virus/Repairs
- Network/Internet
- Speed-up

CALL 0422 576 061

FT COMPUTER MATTERS

ft@ftcomputermatters.com
www.ftcomputermatters.com

Experienced Microsoft Certified System Engineer

MOBILE APPS • WEBSITES • SOCIAL MEDIA • ADWORDS/SEO

vibe Marketing

Ignite your Digital Presence!

vibe-marketing.com.au Tanya 0413 953 000

WRAP IT. PROTECT IT.

TD WRAPS provides a professional, high quality and efficient service to help protect your luxury vehicle and watercraft against scratches, UV damage, wear and tear.

LUXURY VEHICLES & WATERCRAFT
PREMIUM PROTECTION
TD WRAPS

0412 778 419 enquiries@tdwraps.com.au www.tdwraps.com.au

ADCAPRY
ARCHITECTURAL GLASS DESIGNS

SHOWER SCREENS • MIRRORS • SPLASHBACKS
BALUSTADING • GLASS POOL FENCING

YOUR LOCAL SHOWER SCREENS SPECIALIST

- Frameless and semi frameless
- Fully custom made
- Very competitive prices
- Hinged and sliding
- Fully guaranteed, 20 yrs exp.
- FREE measure and quotes

www.adcapry.com.au

CALL US 1300 501 487 / 0421 782 005

Norwest Quarter

BY MULPHA



Artist impression. Indicative only and subject to change.

More room to relax.

With apartments that are up to 46% larger than other Norwest developments you'll get more of everything you're looking for at Norwest Quarter.

Giving you more. It's in our nature.

1 bed apartments from \$655,000*
2 bed apartments from \$890,000*
3 bed apartments from \$1,650,000*

norwestquarter.com.au | 1300 103 580



*Price correct as at 29/05/2023