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Dr Mercola is the founder of the world’s most visited natural health website, Mercola.com.

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Try This Healing Recipe for Russian Beet Soup (Borscht)

**Borscht Ingredients:**

- 1 tablespoon butter
- 4 cup of organic, homemade beef stock
- 1 onion – thinly sliced
- 1 tablespoon Sherry (optional)
- Salt and pepper
- Lemon juice – 1 tablespoon

**Instructions:**

1. Over medium low heat, melt butter in a medium size saucepan.
2. Add onions and beets and cook until soft – about 7 or 8 minutes.
3. Add a dash of salt and pepper. Stir in broth.
4. Add a dollop of sour cream if you like.
5. Simmer for about 20 minutes. Then add fresh spinach and Swiss chard.
6. If you’ve never tried beet greens before, don’t let them scare you. They are delicious!
7. Marinate them with lemon juice, herbs, and olive oil.
8. Lightly steam them.
9. Grate them raw over salads.
10. Strengthen your immune system by stimulating the production of antibodies and white blood cells.
12. Help ward off osteoporosis by boosting bone strength.
13. You may be surprised to learn, for instance, that research shows beet greens may:
   - Strengthen your immune system by stimulating the production of antibodies and white blood cells.
   - Fight Alzheimer’s disease.
   - Help ward off osteoporosis by boosting bone strength.
The Men’s Relationship Mastery program

A six-week course aimed helping men to be better versions of themselves will start on April 10 in the Hills.

The Men’s Relationship Mastery program is being run by the Blue Wren Foundation.

Adrian Hanks, Founder and Director of The Blue Wren Foundation, said the program was aimed at helping men to explore, navigate and master their relationships in a more positive and empowering way.

"Men receive grounded and practical skills, tools and insights to help reduce or stop arguments, conflicts and misunderstandings in their relationships."

Men learn how to become more focused and clear about what their real needs are to create a healthier, more harmonious relationship.

The father of six who also has four grand-daughters has over 20 years of experience of working with men in Australia, Europe and Africa.

For details call Adrian on 0400 424 417 and visit the website www.BlueWrenFoundation.com

Castle Hill Women’s Bowling Club Grade 1 Pennants Team’s celebrating winning the 2018 Mitchell District flag. This competition ran twice weekly over 5 weeks and was played between Dural Country Club, The Hills, Northmead, Castle Hill and Pennant Hills. The winning team will now progress to the Regional Playoffs in April, and we wish them well.
CMRC (Community Migrant Resource Centre)

by Bev Jordan | All Photos courtesy by Bev Jordan

State minister for Multiculturalism and Disability Services Ray Williams was special guest of the Community Migrant Resource Centre (CMRC) on Monday to meet staff and program partners.

CMRC which now operates in the North West has spent over 20 years working newly arrived migrants and refugees in Western Sydney.

Mr Williams thanked the staff for all they do. “We are the most culturally diverse nation on earth and the most cohesive …you are the reason we have a cohesive society.”

CEO Melissa Montiero said the aim of CMRC programs was to equip new arrivals with the skills to become fully participating members of the community and give back. Services include settlement advice, community development activities, training, English and employment programs.

There are over 25 bilingual staff. BusinessConnect, which is funded until June, offers advice for new arrivals from the Chinese, Korean, Vietnam and Arabic speaking communities on how to start up a new business in Australia. In the past financial year it has helped 500 clients.

Aurelia Rahman spoke about the settlement services program which she said responds to the needs of recently arrived migrants and helps them achieve community participation.

In the last financial year more than 1500 clients were helped, with English, education and employment the main focus.

She said: “Obstacles include the lack of work experience opportunities.”

The Youth support program is focussed on providing pathways to education and employment.

The Early intervention and program for young families is seeing around 280 families a month as well as running workshops.

The Building safer communities program has been working with the Make Bullying History Foundation to provide programs in local school to foster “healthy attitudes”.

Brett Murray from the Foundation said: “We are teaching (students) what respect is and Investing in the next generation of young people.”

Another collaboration is with the Positive Vibes Foundation which has resulted in a series of workshops at the At The Corner venue in Arthur St, Baulkham Hills.

To find out more visit cmrc.com.au

CMRC

by Bev Jordan | All Photos courtesy by Bev Jordan

Anisha Singh with Teresa and Brett Murray

Mario Rodrigues, Melissa Monteiro and Padmini Howpage (Positive Vibes Foundation)

Michael Xie BusinessConnect with Mini Singh and Uma Menon (CMRC)

Melissa Montiero CMRC CEO with board members Warren Schweitzer (chair) Cornelia Ramsay and Reena Jethi (pictured far right) with Multiculturalism Minister Ray Williams.

UK HISTORY AND HERITAGE

Railway Tour

July 17 – 31, 2018

Join History and Heritage Tours as we immerse ourselves in the age of steam, visiting many of the greatest heritage railways the UK has to offer. This extraordinary tour is more than just a single rail journey, but rather a cornucopia of steam train experiences, from riding on such famous lines as the Romney, Hythe & Dymchurch, Wensleydale, the Bluebell and the Battlefield to travelling on the Severn Valley, the Great Central and the North Yorkshire Moors Railways plus visits to a number of heritage sites, museums, restoration centres and workshops – all topped off with plans to be about the world famous Flying Scotsman as she runs from York to Carlisle.

This is a special tour developed following requests from many steam train enthusiasts and is an absolute must for those who love steam trains and the history of rail or simply for those wishing to sit back, relax and enjoy the beautiful English countryside while travelling aboard those heritage trains.

MONASH - ADVANCE TO VICTORY TOUR

September 26 – October 8, 2018

Battlefield History Tours invites you to join them on the Monash - Advance to Victory Tour as they follow in the footsteps of General John Monash from Messines to the Somme.

It was on 31 May, 1918 that five Australian Divisions were brought under one command as the Australian Army Corps, with Lieutenant General John Monash as the GOC. The AIF went on to achieve some of its greatest victories south of the Somme River against the retreating Germans. The tour will follow that campaign 100 years later, advancing across The Somme to the scene of their final confrontation at Montbrehain.

This tour is a must for anyone interested in ANZAC history, General Monash or with family connections to this significant part of the Great War.

For more information or to register please call 1300 450 436 or visit www.battlefieldhistorytours.com.au

For more information call 1300 450 436 or visit www.battlefieldhistorytours.com.au
The Ponds: A Polished Production

By Carmel Liddell

It is rare for an ingénue to up-stage established luminaries, however one Sydney suburb has done just that. The Ponds was officially designated a suburb in 2007 and although young, does not lack sophistication. The Australian Bureau of Statistics census in 2011, (by using twenty-five variables including income, internet access, number of bedrooms and resident qualifications), ranked The Ponds as Sydney’s most advantaged suburb.

This master planned, world class residential area was so named because of its geography and proximity to Second Ponds Creek. The Ponds was developed by UrbanGrowth NSW, formerly The Land Commission of New South Wales, and is one of the fastest selling projects in Australia.

Upon its completion in 2015, The Ponds $2bn development delivered 4,000 new home sites for an estimated, 12,400 residents by 2017. (The 2016 census revealed that the population had already reached 11,731). Over two million trees and shrubs were planted in and around the site’s seven neighbourhood parks, five ponds, four kilometres of cycle and walk ways, playgrounds, recreation parks with playing fields, netball and tennis courts, schools and retail precinct.

Everything is in mint condition including The Ponds’ superstar, Ironbark Lake. Set in a five hectare park with a continuous lakefront walkway, the artificial lake was originally a farm dam. Its surrounds include boardwalks, a bridge link, barbecue/picnic facilities and in the wings, a best practice water management system. The lake delivers restful water views that are currently enhanced by flowering white water lilies. To the delight of young and old birdlife abounds but please don’t feed the ducks! Though secure in the lead role, Ironbark Lake’s supporting cast of artworks, also deserves a rousing round of applause.

The modern, contemporary creations include an intriguing installation by Queensland artist Jill Chism who named her work, ‘Ponds Dreaming’, (quote) - ‘a metaphor for the changing dreams of residents of The Ponds area from the time of the first settlers until now.’ The artwork comprises six stainless steel and laminated glass plinths which reflect the sun, sky and water. When viewed at various angles from dawn through to dusk, the changing images are simply captivating.

For Best Production, Best Actor and Best Supporting Cast, the winner is - The Ponds!


Young Prize Winning Performers at Bonus Galston Concert

The Galston Concerts offer a special bonus event featuring rising stars on 8 April. Starting 2pm in Galston Uniting Church, 11 School Road, the concert will showcase prize winners as part of The Galston Concerts philosophy of supporting young performers.

- 16-year-old Matthew Brice is a multiple ‘first-placer’ in State and National euphonium championships.
- Cellist Gabrielle Zhong, 12 years old, is a candidate for her A.Mus.A. diploma after just six years of study.
- 17-year-old Alexander Frisina is a member of North Sydney Boys High’s award-winning saxophone quartet and Symphonic Winds ensemble which has toured in Europe.
- 15-year-old violinist Eunice Cheng, of James Ruse High, achieved her A.Mus.A. in 2015 – in both violin and in piano.

The 8 April gala features music by the great J. S. Bach and contrasts in folk, jazz, rock and tango styles – with the famous Swan from Carnival of the Animals as a cello and organ encore.

The concert is FREE to subscribers to the Galston Concerts series.

Other bookings at special rates ($25 adults / $20 seniors / $10 for students / FREE for 12 and under) can be made on www.trybooking.com (search Galston) with tickets also available at the church just prior to the concert.

Enquiries can be made to Helen Jordan, Promotions Coordinator for The Galston Concerts, on 9653 2079 or 0425 339 841.
Hills SES Honoured

It was a great honour to attend the Hills SES Unit 2018 Awards Presentation Evening and 50th Anniversary Celebration.

The event was hosted by The Hills Shire Council, and attended by various local dignitaries who gathered together to present awards to some of the most outstanding volunteers in the local community.

As Minister responsible for Volunteering, it gave me great pleasure to be a part of this event and to present awards to those members who have achieved 15 years of service to the organisation.

Stamp Duty Relief Success

More than 19,000 people secured the keys to their first homes since the NSW Government introduced generous stamp duty concessions in July 2017. This has more than tripled the 5,400 over the same period last year, with strong results continuing into 2018.

Housing affordability is a priority for this Government, and we are driving real outcomes for people in NSW.
The Turnbull Government’s Western Sydney City Deal to provide heavy rail from Badgerys Creek Aerotropolis to St Marys via Western Sydney Airport is great news for residents and commuters of North West Sydney. This $7 billion deal builds on the Turnbull Government’s $5.3 billion commitment to build the Airport and develop the region into an economic powerhouse. This is an important achievement that will benefit the people of NSW, and I highly commend the Government’s leadership in addressing the current and future infrastructure challenges of our growing region.

What is vital now is that we get Stage 2 built as soon as possible. The St Marys to Rouse Hill heavy rail line will open up the Airport to key residential and commercial markets within North West Sydney and my electorate of Mitchell. I will be leading the campaign with residents, local communities and industry bodies to fight for this much-needed infrastructure. A roundtable has been convened with the Minister for Urban Infrastructure and Cities, local Business Chambers and key stakeholders in North West Sydney to discuss these issues further.

The key objectives include the preservation and protection of suitable corridors for future rail connections, as well as value-capture financing to maximise funding in the best interest of taxpayers, landowners and local communities. I will also be advocating for a set timeframe, allowing businesses certainty to plan and invest in the region.

Recognising the significant cost of this project, I have recommended that the NSW Government partners with the Federal Government to consider value-capture financing models used around the world to fund large scale infrastructure projects. It will also be beneficial to incorporate insights learnt from the Sydney Metro project to further uplift the corridor’s economic and liveability potential.

Together we can work towards delivering the North South Rail Link potentially earlier than the current projected timeframe, help realise the aspiration of a 30-minute city for Western Sydney, and bring residents closer to jobs, education and services.


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Call 1800 864 846 or visit uniting.org
In those early days of TV very few people had TV sets in the home. It was estimated, by the end of 1956, 5% of the population of Melbourne had a TV whilst in Sydney it was only 1%. People used to crowd around shop windows to watch TV.

I recall when I first came to Sydney (January 1959) seeing a crowd of people at Cabramatta watching TV through a window on the Hume Hwy at Sunnybrook Wines (now the location of the Sunnybrook Hotel).

Unlike today’s TVs which are flat screen the early TV’s were often called the box due to their square look. Early brands of television were “Precedent”, “Astor” and “Pye” which were usually square shaped whilst more elaborate furniture type cabinets included “Healing” and “Kriesler” most of these brands are no longer made having been absorbed by companies such as “Philips”.

Some of the early TV programs brings back memories of the good times and also the not so politically correct times of the 1950s and 1960s. Shows such as the Jack Benny Show with his sidekick “Rochester” who played Jack Benny’s African American butler, or what about the “Amos and Andy” show or the “Black & White Minstrels”. Such shows would be frowned upon in today’s world. Where even the innocent (in my opinion) Noddy & Big Ears is discouraged.

Early morning before school we would watch shows such as “Mr. Magoo”, “Rocky & Bullwinkle” or “Quick Draw McGraw”. There was an early morning program featuring Rod Taylor giving news and current affairs type coverage. After school the kids would rush home and watch “Andy Pandy”, “Bill & Ben The Flowerpot Men” or “Sooty” with Harry Corbett.

The mum’s at home would have Tommy Hanlon Jnr’s “It Could Be You” to keep them entertained during the day. The evening would be taken up with watching “Pick-A-Box” with Bob and Dolly Dyer or the Jackie Gleeson show. On Saturday we would watch “Captain Fortune” “Bandstand” or “Six O’Clock Rock” and Sunday nights viewing could include the “Sunday Night Movie”. All of these programs were shown in Black and White, or more correctly various shades of grey. I do know that one Sydney company in the 1960s “Ducon Industries” produced a “film covering” that could be attached to the TV screen. As my mother and sisters worked for the company, the company allowed us to use this product which when placed on the screen would reduce the glare and as the film was triple coloured with blue, orange and green also when viewing movies etc would give the appearance of blue skies and green grass etc.

What memories do you have of the early days of television in Australia?

Don’t forget to contribute your memories and also any old photographs that you would like to see published in this magazine’s “As We Were” section.
Collection compiled by Ivor Jones showing life in the Hills and Hawkesbury area during past decades.

Kurrajong Heights Hotel, Kurrajong

Hodges Service Station, Windsor Rd., Northmead (opposite Bowling Club)
Courtesy of Coutts Real Estate

Kellyville Tyre Service & Esso Service Station
Courtesy of Old Service Station Photographs - Australia

Hawkesbury Garage, George St. (Thompson Square), Windsor

Photo of Melanie Scanes (driver) and Melinda Doran (passenger) in a 134 Austin 7 taken at the Orange Blossom Parade (Castle Hill) in 1992
Photo courtesy of Don Scanes of North Richmond.
Tour of Sackville Reach and Wilberforce Cemeteries

Rediscover some of the Hawkesbury’s lesser known cemeteries on an excursion to Sackville Reach and Wilberforce Cemeteries. The small Anglican Cemetery on the riverbank at Sackville Reach was established in the late 1820s, and has over 80 headstones.

A number of the families associated with the Hawkesbury’s riverboat history are buried at Sackville, including Captain Manning, who operated passenger and cargo vessels along the river. Also buried at Sackville are Richard Wall and his two daughters, who were tragically drowned when their boat overturned during a storm, travelling from Windsor to their home at Lower Portland in 1881.

The Wilberforce Cemetery is a little older and much larger, containing over 460 headstones, the oldest inscription dates from 1815. There are thirteen First and Second Fleeters buried at Wilberforce, including Matthew Everingham, who was accidentally drowned on Christmas Day in 1817. We will also visit the headstone of John Wenban, the local schoolmaster, who died in 1859 when he was thrown out of a cart.

Join us on this driving and walking tour and discover some of the stories behind those buried in these historic cemeteries.

The tour will be held on Saturday, 28 April from 9.30am finishing at 11:15am and repeated on Tuesday, 8 May from 9.30am finishing at 11:15am. The cost is $5 per person and bookings are essential. Visit http://hawkesburylibrary.eventbrite.com or call 4560 4460 to book your place.

Organised by Hawkesbury Library Service, the tours are being held as part of the annual Australian Heritage Festival run by the National Trust during April and May. This is Australia’s biggest festival of heritage and culture. For more details visit https://www.nationaltrust.org.au/ahf/nsw
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On Wednesday 14th March, Computer Pals for the Hills, celebrated 20 years. What an amazing milestone.

This group of Computer Pals has over 400 members, making it the largest in NSW and over 120 of those members came along to celebrate their 20th Anniversary.

The Hills Club first started in July 1998, at Oakhill College. In 2001, the Hills Shire Council offered Computer Pals the lease of the Old Caretakers Cottage in the Castle Hill Showground, where they still meet today.

‘Computer Pals for Seniors’ – The Hills, is a ‘not for profit, voluntary organisation’, completely manned by a social group of around sixty volunteers. Not only did it celebrate 20 years of service, but also received an Australia Day Award for ‘Best Community Service to The Hills Shire. So if you, or someone you know, are over fifty five and not working full time, the club has a number of free introductory ‘Seniors Week” open day sessions, for Tuesday April 10th, from 10.30 until 11.30, 11.30 until 12.30, 12.30 until 1.30, and 1.30 until 2.30, at their teaching rooms, situated in ‘The Old Caretaker’s Cottage’ in the showground at Castle Hill, adjacent to The Harvey Lowe Pavilion.

Here you can observe the club in operation, mingle and mix, and enjoy a cuppa with absolutely no obligation. And plenty of parking is available.

‘Computer Pals’ is a place where seniors teach other seniors how to overcome the daunting world of technology, in a no fuss, no pressure, extremely friendly environment, encompassing several courses including a basic, one pupil - one trainer, two hour a week class, plus several more advanced courses, including Advanced Internet, Cloud Computing, Cloud Storage, Google Mail, Password Management, Facebook, Tablets and Smart Phones, Windows10 Features, and much more, including conducting regular group support workshops to help solve your technological problems.

Except during January and December, a monthly meeting for members and friends, including guest speakers and free morning tea, is held on the second Wednesday of the month at ‘The Harvey Lowe Pavilion’, Castle Hill.

Bookings for the open day are essential, and can be made by phoning Jill on 9899 1843, or Connie on 9639 6758. If unable to attend the open day, another visit can be organised.

The website is cphills.org.au and email is cphills@tpg.com.au
Sydney Hills Seniors Week
Tobruk Outback Show
Wednesday, 11 April 2018 | 10:15 AM to 12:30 PM

Join us for our very entertaining Outback Show whilst experiencing the beauty and history of Tobruk overlooking the Hawkesbury River Valley and the magnificent Blue Mountains. The Outback Show for seniors is an exciting experience with skilful demonstrations and performances including:

- Stockmen on Horseback on your arrival
- Hot Billy Tea & Damper around the campfire
- Exciting Duck Show – Exciting Sheep Muster
- Working Dog Display & Yard Work Presentation

- Sheep Shearing Demonstration & Wool room Presentation
- Whip Cracking & Boomerang Throwing Display
- A scrumptious two course BBQ lunch
- Access to the beautiful Tobruk acreage

LIMITED SPACES.
Please make your own way there. Transport is not provided.

WHEN : Wednesday, 11 April 2018 | 10:15 AM - 12:30 PM
LOCATION : Tobruk Sheep Station, 5050 Old Northern Road, Maroota 2756

Novels at Night - Castle Hill Book Club
Thursday, 19 April 2018 | 06:30 PM to 07:30 PM

Castle Hill Library’s newest book club!
Join an informal group who will gather every 3rd Thursday of the month to discuss their latest read.
Discover new authors and new friends in the comfortable surrounds of the library.
All welcome

WHEN : Thursday, 19 April 2018 | 06:30 PM - 07:30 PM
Thursday, 17 May 2018 | 06:30 PM - 07:30 PM
Thursday, 21 June 2018 | 06:30 PM - 07:30 PM
LOCATION : Castle Hill Library, 14 Pennant St, Castle Hill | 21549761 4510

Seniors Workshops

Self- Empowerment for the Wisdom Years
Monday 9 April | 9.30am - 1pm
This workshop will provide opportunities for you to move past patterns and beliefs that get in the way of living a happy and fulfilled life.
Develop strategies to build confidence and become more empowered.

Computers with a Cuppa
Tuesday 10 April | 9.30am - 1.30pm
Do you need help with a smartphone, tablet or laptop? Our volunteers will be here to assist you with all your queries plus some great tips on how to stay safe and informed whilst using technology.

Felting Workshop
Tuesday 10 April | 9.30am - 12.30pm
Have fun with felt making and learn techniques to create 3D objects, joining, blending colours and creating flowers. All materials supplied, morning tea included.

Coffee Appreciation
Thursday 12 April | 9.30am - 11.30pm
Learn how to make a good barista coffee, trial different bean varieties from Auspresso Coffee and practice making your own espresso coffee with the Hills Daily Grind Experienced Barista.

Coffee Appreciation
Friday 13 April | 9.30am - 11.30pm
Learn how to make a good barista coffee, trial different bean varieties from Auspresso Coffee and practice making your own espresso coffee with the Hills Daily Grind Experienced Barista.

Coffee Appreciation
Saturday 14 April | 9.30am - 11.00 AM
Learn how to make a good barista coffee, trial different bean varieties from Auspresso Coffee and practice making your own espresso coffee with the Hills Daily Grind Experienced Barista.

CELEBRATING YOU
Sydney Hills Seniors Week
celebrating you and everything you’ve given — 4-15 April, 2018—

Relax, reminisce, learn and get fit with Seniors Week, including:

Group Exercise Sessions | Bushwalks
Movie Sessions | Roughley House & Tobruk Sheep Station Tours | Talks & Clinics

Bookings & information online: visit Council’s website and search ‘Seniors Week’ in the tab

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

Sunfest 2018
Saturday, 14 April 2018
10:00 AM to 11:00 PM

Enjoy Sri Lankan culture and delicious south asian spices all day.
Sunfest is the biggest Sri Lankan multicultural event which celebrates Sinhala and Tamil New Year.
This family friendly event is free for everyone and includes traditional Sri Lankan rituals, games, cultural show and mouth watering food at reasonable prices.
Everyone is invited and warmly welcomed to this all day event to have an unforgettable experience for the whole family.

WHEN : Saturday, 14 April 2018
10:00 AM - 11:00 PM
LOCATION : Castle Hill Showground, Showground Road, Castle Hill 2154
The Sinhalese Cultural Forum of New South Wales Inc
0421 128 028 | chameera@thescf.org.au
Seniors Week is just around the corner and The Hills Shire Council has put together an action-packed line-up of events, activities and workshops which will have you celebrating everything that makes The Hills such a great place to live, grow and be with family and friends.

This year Council invites you to celebrate the special week, starting on April 3, at a group exercise session at Waves Fitness and Aquatic Centre and Bernie Mullane Sports Complex where you will be challenged with functional movements using bodyweight and resistance exercises.

Listen to a speaker from essential Health Chiro talk about exercise, nutrition and the body at the Health and Wellness Clinic at Waves Fitness and Aquatic Centre, plus gain free access to blood pressure and fitness testing on the day.

Get moving with a physio and gym session at Bernie Mullane Sports Complex where you can engage in an open forum with ‘The Hills Physiotherapy and participate in a workout class.

Learn how to live life to the fullest and how to use meditation and mindfulness to maintain a healthy mind with the ‘how your thinking keeps you young’ talk at your local library.

Indulge in a movie with free screenings of Rampage and Finding Your Feet, both with morning tea provided.

And, discover the benefits of hydrotherapy for arthritis at the ‘Arthritis and Hydrotherapy Treatment’ talk at the Hospital for Specialist Surgery.

Seniors Week runs from Tuesday, April 3, to Friday, April 13.

For more information or to register for one or more events, visit www.thehills.nsw.gov.au and search ‘seniors week’.

Seniors Week in The Hills

Keep yourself safe with the falls prevention workshop where therapists will talk you through essential tips, ideal equipment and simple exercises to avoid injuries.

Explore Sydney’s Garden Shire with a bushwalk at Caddies Creek or Cattai Creek and immerse yourself in the beautiful native flora and fauna The Hills has to offer.

Discover the rich history of The Hills with a tour of Roughley House or experience the Outback Show at Tobruk Sheep Station.

Indulge in a movie with free screenings of Rampage and Finding Your Feet, both with morning tea provided.

And, discover the benefits of hydrotherapy for arthritis at the ‘Arthritis and Hydrotherapy Treatment’ talk at the Hospital for Specialist Surgery.

Seniors Week runs from Tuesday, April 3, to Friday, April 13.

For more information or to register for one or more events, visit www.thehills.nsw.gov.au and search ‘seniors week’.

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Seniors Week at
Winston Hills Mall
9th April – 13th April 2018

Seniors can take part in a number of engaging activities hosted by Winston Hills Mall during Seniors Week between 9th April and 13th April 2018.

Marketing Manager, Nicole Galea, said Seniors Week is an important celebration for the local senior’s community.

“Seniors Week is a great opportunity to recognize the triumphs and wisdom of our senior’s community while taking part in a number of fantastic free events.”

“Many of the seniors in our local community have done extraordinary things for our community and I encourage everyone to join in the celebrations, try something new and meet new people!”

Winston Hills Mall Seniors Week program includes free blood pressure and cholesterol checks in partnership with Terry White Chemmart, live entertainment from The Bush Music Club and afternoon melodies with Fallon along with memoir writing workshops, art & craft workshops and free bingo with lots of great prizes to be won!

All participants aged 55 and over will receive a complimentary small coffee and all day free parking at the mall.

Other Seniors Week activities that form the week of celebrations include knitting demonstrations from the Knitters Guild of NSW and a presentation from The Rose Guru, David Cooper from Swane’s Nursery. For a full program of events, please see WinstonHillsMall.com.au or collect a brochure in centre.
SWITCHED ON SENIORS

DATE: Tuesday, 3 April  
VENUE: Panthers North Richmond  
TIME: Event commences | 10:00 AM  
COST: FREE  
PHONE: 4573 0695  
HOST: Hawkesbury Community Outreach Services Inc.  
CONTACT: Maree Fayne  
DETAILS: Free lunch and entertainment. Book a table for your friends!

CONCERT - CELEBRATING THE 40s & 50s

DATE: Wednesday, 4 April  
VENUE: Tebbutt Room, Deerubbin Centre, 300 George Street, Windsor  
TIME: Concert | 10:30 AM – 11:30 AM  
REFRESHMENTS: 11:30 – midday  
COST: FREE  
PHONE: 4560 4460  
HOST: Hawkesbury Library Service  
CONTACT: Sonia Ward  
DETAILS: Musician, Neil McKenzie, will take you back to the 40s and 50s with some classic songs from that era that will make you want to sing along. Stay for light refreshments afterwards.

PREMIERS GALA CONCERT FOR SENIORS + 2018 NSW SENIORS FESTIVAL EXPO

VENUE: ICC Theatre Darling Harbour  
DATE: Thursday, 5 April  
TIME: Bus departs Richmond Club 8:30 AM, returns approx. 4:00 PM  
COST: Free  
HOST: Richmond Club  
CONTACT: Reception | 4578 1144  
DETAILS: Free for Richmond Club members. Seniors card/ID required at venues. Bookings essential, with bookings opening at 9am on 1 April at club reception. Seats limited. Bring a packed lunch or purchase at venues.

2018 NSW SENIORS FESTIVAL EXPO

It’s right next door to the Premier’s Gala Concert so you can enjoy both occasions on the same day.

The Expo will give you a glimpse into the latest trends and innovations in wellness, health, lifestyle, technology, education, travel and more. With over 50 exhibitors on the day, there’ll be plenty of giveaways, great show bargains and interactive sessions to inform and inspire you.

A NSW Seniors Card or another form of identification is a requirement of entry to the Expo.

FAMILY HISTORY CLASS

DATE: Thursday, 5 April  
VENUE: Hawkesbury Central Library, 300 George Street, Windsor  
TIME: 10:00 AM – 11:30 AM  
COST: FREE  
PHONE: 4560 4460  
HOST: Hawkesbury Library Service  
CONTACT: Michelle Nichols  
DETAILS: Start tracing your family tree at this genealogy workshop for beginners.

MOBILE MATINEE – THAT’S ENTERTAINMENT

DATE: Friday, 6 April  
VENUE: Tebbutt Room, Deerubbin Centre, 300 George Street, Windsor  
TIME: 2:00 PM – 4:00 PM  
COST: FREE  
PHONE: 4560 4460  
HOST: Hawkesbury Library Service  
CONTACT: Sonia Ward  
DETAILS: This film is a compilation of excerpts from MGMs best musicals. The highlights are linked together with commentary from some of MGMs famous stars including Gene Kelly, Fred Astaire and Bing Crosby

HAWKESBURY CANCER SUPPORT GROUP BUS TRIP

VENUE: Blue Mountains Botanical Gardens, Bilpin  
TIME: 9:30 AM – 2:30 PM Tues, 10 April  
COST: Free for members $35 for non-members  
HOST: Hawkesbury Cancer Support Network  
CONTACT: Brenda Harrold | 0417400589  
DETAILS: Bus Trip for cancer survivors, carers and friends visit to gardens and lunch

FREE SAUSAGE SIZZLE AND BLOOD PRESSURE TESTING

VENUE: Hawkesbury Oasis, Church Street and Drummond Street, South Windsor  
TIME: 1:00 PM – 2:00 PM  
COST: Free entry  
HOST: YMCA Hawkesbury Oasis  
CONTACT: YMCA Hawkesbury Oasis 4587 9900 or admin. hawkesbury@ymcansw.org.au

DETAILS: Eligible seniors can also claim one week’s free access but it must be claimed during Senior’s Week April 4-15 free access form available at Hawkesbury Oasis and at www.ymcansw.org.au/promotion/seniorsfestival

MAGIC SHOW AND LUNCH

VENUE: North Richmond Panthers  
TIME: Tuesday, 10 April, 10:30 AM  
COST: $30  
HOST: Peppercorn Services Inc.  
CONTACT: Anne Birchall, CSO Community Wellbeing | 4504 7055

DETAILS: Magic show and 2 course meal. 10:30 AM – 1:30 PM Bookings close 30 March (unless sold out prior)

CURATOR’S TALK AND MORNING TEA

EXHIBITION - NOSTALGIA: IT’S NOT WHAT IT USED TO BE (6 APRIL – 20 MAY)

DATE: Wednesday, 11 April  
VENUE: Hawkesbury Regional Gallery, 300 George Street, Windsor  
TIME: 10:00 AM – 11:30 AM  
COST: FREE  
PHONE: 4560 4411  
HOST: Hawkesbury Regional Gallery  
CONTACT: Kath von Witt  
DETAILS: Come along to morning tea with the Curator to discuss the exhibition and share your thoughts about the ‘good old days’
MORNING TEA & MUSIC, AND HIGH TEA STYLE LUNCH
VENUE: Hawkesbury Leisure Centre
TIME: Thursday, 12 April – Morning Tea & Music at 10:30 AM; Lunch at midday
COST: $10
HOST: Peppercorn Services Inc.
CONTACT: Anne Birchall, CSO Community Wellbeing 4504 7055
DETAILS: Morning Tea and Lunch midday
Bookings close Friday, 30 March (unless sold out prior)

OLD TIME DANCE LESSON
DATE: Thursday, 12 April
VENUE: Stan Stevens Studio, Deerubbin Centre, 300 George Street, Windsor
TIME: 2:00 PM – 3:00 PM
COST: FREE Bookings essential
PHONE: 4560 4460
HOST: Hawkesbury Library Service
CONTACT: Sonia Ward
DETAILS: Mike Watson will teach you (or help you remember) the steps of popular old time dances such as waltz and foxtrot.

THE POPPY PROJECT - LAUNCH
DATE: Friday, 13 April
VENUE: Hawkesbury Central Library, 300 George Street, Windsor
TIME: 10:00 AM – midday
COST: FREE – no bookings required.
HOST: Hawkesbury Library Service
CONTACT: Sonia Ward 4560 4460 for details
DETAILS: Be part of this project that aims to make 2,000 poppies for an installation to commemorate the WWI Armistice Day centenary. BYO needles, crochet hooks and wool. Patterns provided.

FREE SAUSAGE SIZZLE AND BLOOD PRESSURE TESTING
VENUE: Hawkesbury Oasis, Church Street and Drummond Street, South Windsor
TIME: 1:00 PM – 2:00 PM Friday, 13 April
COST: Free entry
HOST: YMCA Hawkesbury Oasis
CONTACT: YMCA Hawkesbury Oasis | 4587 8900 or admin.hawkesbury@ymcansw.org.au
DETAILS: Eligible seniors can also claim one week’s free access but it must be claimed during Senior’s Week April 4-15 free access form available at Hawkesbury Oasis and at www.ymcansw.org.au/promotion/seniorfestival

TECH SAVVY FOR SENIORS
INTRODUCTION TO TABLETS
DATE: Thursday, 19 April
VENUE: Hawkesbury Central Library, 300 George Street, Windsor
TIME: 10:00 AM – midday
COST: FREE Bookings essential
PHONE: 4560 4460
HOST: Hawkesbury Library Service
CONTACT: Sonia Ward
DETAILS: Gain skills in using a tablet. BYO devices essential.

DENPADS™
Denture Cushions
False teeth troubling you?
DENPADS CAN HELP!
They:
▪ Relieve sore spots on tender gums
▪ Hold dentures firm and comfortable
▪ Prevent dentures from moving or clicking

Available at your local chemist
www.denpads.com.au

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Hills to Hawkesbury Living | 30 March 2018

Nutrition for Seniors
Home Instead Senior Care Upper North Shore
have a shared commitment to enhancing the lives of older adults through care and education.

We have proudly partnered with Ngaire Hobbins, Dietitian and Author of Eat to Cheat Ageing (2014), Eat to Cheat Dementia (2016) and Better Brain Food (2017) to bring you...

Nutrition for Seniors:
A guide to healthy habits for eating well with age.

We hope this guide will give you a better understanding of our body’s unique nutritional needs as we grow older, helping you to live and age well.

Call Home Instead on 02 9980 2228 and ask for Tanya or Sue for your FREE BOOKLET
Wishful Thinking on a Cold Autumn Morning

Mary L Smith

There’s a touch of Winter in the air, a cold nip in the breeze,
I feel it ’round by ankles, need a rug around my knees;
and a scarf to warm my neck, some socks for my cold toes;
woolly gloves and jumpers to cover every bit that shows.
I’ve hopped back in my nice warm bed no desire to start the day;
I’d like hot rolled oats for breakfast, not cold, wet, Special K.

That bathroom floor was cold as ice
BENEATH FLOOR HEATING would be nice,
perhaps a bell, that I could ring; for a maid to handle everything.
Or a man, a nice one I could call my own
but, one who’s oats is long-since sown;
not one whose eye would glint with glee,
as he wondered “what’s in this for me”.
Just an ORDINARY MAN, a simple soul,
pleasing me his only goal.

There’d be sweet brown sugar melting on that bowl of creamy oats,
a red rose, in a vase, the poor man, how he dotes.
He’d warm my fluffy slippers, place my gown within my reach
He’d spoil me with a tasty treat, a lovely juicy peach.
And then, he’d go, and I’d relax
while he checked emails and did the tax,
fed the cat or walked the dog
fixed the fire with another log... anything.
Oh!! what joy, if only he could do all these things QUIETLY.
What a lovely Winter I could plan, if I could find such a man.

Don’t miss fun-packed FREE family and community day at SummitCare

Free yoga classes, face painting, music, sausage sizzle, mini health checks, kids’ zoo, information sessions and much more on offer

Free yoga classes, a fashion parade, face painting and a kids’ zoo are just some of the fantastic things on offer when Sydney’s most beautiful residential aged care home, SummitCare Baulkham Hills opens its doors to the local community on Saturday 7 April.

The all-ages event welcomes everyone from the area who may be curious about the décor and layout of the 186 bed home or perhaps take a look at the outdoor areas, the wellbeing centre or pop into the hairdresser. In addition SummitCare is also offering free mini health checks and aromatherapy massage sessions for visitors.

Live music will be playing at Café 117 where the baristas will be creating everyone’s favourite coffees, and there will be a great sausage sizzle on offer too as well as goodie bags to take home.

“We know many locals watched with great interest during construction so we’re delighted to be invite them into our home to see what’s on offer,” said Cynthia Payne, Chief Executive, SummitCare.

“We know aged care can be a bit of a mystery for many people so we are also running educational sessions throughout the day with experts on finances, dementia, health and in home care. We will also have Playgroup NSW on hand as we are keen to start a playgroup for local little ones at Baulkham Hills.

“It should be a great opportunity to have a look around and get to know us and our facilities. We are hopeful locals take advantage of the amenities we have available, not just for residents, but for the community,” Cynthia added.

Date : Saturday 7 April
Time:10am – 4pm
Entry: FREE
Pedestrian access: 5 Bass Drive
Parking: 111 Seven Hills Road

Please note registration for information sessions is essential please call 8865 3600 or visit https://www.summitcare.com.au/summitcare-baulkham-hills-community-day.
SummitCare Baulkham Hills Community Day

Saturday 7th April, 10:00am - 4:00pm. From face painting, to furry friends and sausages with plenty of sizzle, there will be something for everyone to enjoy.

<table>
<thead>
<tr>
<th>Time</th>
<th>Information session host</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>Affinity Wealth (Aged Care financial specialist)</td>
</tr>
<tr>
<td>11:00am</td>
<td>Dementia Australia</td>
</tr>
<tr>
<td>11:30am</td>
<td>Health Strong</td>
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<tr>
<td>12:00pm</td>
<td>Carers NSW</td>
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<tr>
<td>12:30pm</td>
<td>In home care (With SummitCare)</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Playgroup NSW</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Castle Hill Medical Centre</td>
</tr>
</tbody>
</table>

**OUR FUN ACTIVITIES INCLUDE:**

- FREE goodie bag
  *while stock lasts
- FREE mini health checks
- FREE yoga classes (10:00am - 1:30pm)
- Live music at Cafe 117
- Kindi farm
- Sausage sizzle
- Aromatherapy massage
- Fashion parade and stalls
- Face painting and lots more!

Pedestrian access only from 5 Bass Drive, car park located at 117 Seven Hills Road. Alternative parking will also be available on the day.

Admission is FREE however you will need to register by calling 8865 3600 or visit summitcare.com.au for more information.
The Great Outdoors

Start : Sat 07 April 2018 | End : Sun 08 April 2018

Australia's most treasured plant fair will run during the weekend of April 7-8, 2018 at the Hawkesbury Race Club. This year the fair will be bigger than ever with over 80 specialist growers from all across Australia. Long lost plants will be found and taken home to create beautiful gardens and indoor jungles.

There will be thousands of plants, pickles, pots, books, quality garden workwear and delicious food.

Location:
Hawkesbury Race Club,
1 Racecourse Rd,
Clarendon NSW

Bromeliads .... admire them for their colour, texture, flower spikes and numerous varieties, but one thing for sure is that on mass planting they will simply take your breath away.

The Bromeliad Autumn Show will be held at the Federation Pavilion, Castle Hill Showground on Saturday, 14 April between 9:00 – 4:00 PM and Sunday, 15 between 10:00 – 3:00 PM.

Exquisite and rare bromeliads from local, interstate growers and collectors will be on display and also for sale to the public during the Bromeliad Society of Australia's annual autumn show.

This includes a Victorian Tillandsia expert and a grower from Queensland with specifically flowering plants and with Mothers Day just around the corner bromeliads make wonderful gifts.

“This show is not to be missed if you’re a bromeliad enthusiast or just looking for plants that are colourful, drought tolerant and very low maintenance, not to mention their wonderful flower spikes” said Ian Hook, President, BSA.

Bromeliad is the family name. Guzmania, Vriesea and Tillandsia are names of varieties within the family. Aechmea and Ananas (Pineapple) also belong to this family as do Neoregelia, Cryptanthus and Billbergia

“There will be a huge bromeliad display, over 30 plant sale tables that are continually restocked, competitions, books, pots, information and free advice available by experienced growers” he said “There is plenty of parking on site and admission is free to the show” said Ian Hook.

2018 THAI WATER FESTIVAL TOUR
SUNDAY 15 APRIL TO SATURDAY 21 APRIL, 2018

Join our April 2018 tour encompassing the amazing “Thai Water Festival”.
Play golf and take part in the annual Thai New Year Festivities!!!

BOOK NOW! 0468 300 863


Collectors’ Plant Fair 2018

Start : Sat 07 April 2018 | End : Sun 08 April 2018

Australia’s most treasured plant fair will run during the weekend of April 7-8, 2018 at the Hawkesbury Race Club. This year the fair will be bigger than ever with over 80 specialist growers from all across Australia. Long lost plants will be found and taken home to create beautiful gardens and indoor jungles.

There will be thousands of plants, pickles, pots, books, quality garden workwear and delicious food.

Location:
Hawkesbury Race Club,
1 Racecourse Rd,
Clarendon NSW

For further information
call Ian Hook | 0408 202 269
email: ianhook1@bigpond.com or check out the website http://www.bromeliad.org.au
LIVING SUSTAINABLY WALKS AND WORKSHOPS
APRIL – MAY SERIES 2018

GROWING FROM SEEDS
Thursday | 12th April
10:00 AM to 11:30 AM
Helpful ideas on how to sow and grow vegetables and herbs from seed. Tips on choosing, caring for and planting seeds. Trouble shooting hints and ideas provided.

HERITAGE PARK WALK
Saturday | 14th April
10:00 AM to 12:00 noon
Explore the historical areas of Heritage Park on this easy walk. This is a nationally significant site and an important part of our local story. World Heritage Day 18th April.

BELLA VISTA FARM TOUR
Thursday | 19th April
10:00 AM to 12:00 noon
Explore Bella Vista Farm, a site of cultural significance to the nation. Preservation of heritage sites is critical to maintaining our links to the past. Conservation guide.

SCALY BARK CREEK BUSH WALK
Thursday | 26th April
10:00 AM to 12:00 noon
Conservation of our bushlands has many benefits such as providing great walking tracks.

POWER MONITOR
Thursday | 17th May
10:00 AM to 12:00 noon
Understand your energy bills and manage your energy use. Practical advice on learning to monitor your household electricity. Energy monitors provided to residents.

CHEESE MAKING
Thursday | 24th May
10:00 AM to 12:00 noon
Simple cheese making demonstrated. Recipes on how to make cottage cheese, soft and hard cheeses, yogurt, kefir, koumys and others covered in this short workshop.

ORGANIC GARDENING
Thursday 10th May
10:00 AM to 1:00 PM
Discover the many benefits of growing organically such as organic pest and disease control. Knowledgeable presenter with lots of ideas. Compost Week 6th -12th May.

MONITORING CHANGE
Thursday | 31st May
10:00 AM to 11:30 AM
Monitoring changes in our natural environment provides an indicator on how the climate is changing. Learn different methods for measuring and recording these changes.

ROUSE HILL WALK
Saturday | 2nd June
10:00 AM to 12:00 noon
Get to know your local reserves and why it is important to conserve our bushland. World Environment Day 5th June highlights the need to protect our environment.

CWA Castle Hill
Fundraiser
CWA Castle Hill Branch are holding a Mother’s Day Craft Stall at Stanhope Gardens Shopping Centre (in front of Coles) on Friday 20th April. Some lovely gifts and all handmade by the ladies. A small Hospital Support Table with baby knits will also be there.

Anyone with wool or fabric they no longer require and wish to donate, please call on our branch mobile 0411724925 or call at our rooms on 1st, 2nd or 3rd Tuesday of the month - 327 Old Northern Road, Castle Hill (near Brisbane Rd).

Follow us on facebook.com/hillstohawkesbury
Its almost time! The grounds are ready, the displays are set, the rides are being tested and the show bags being filled all preparation for this weekends annual Hawkesbury Show.

There is something for all - the young and young at heart - and it can all be seen this weekends over three days, starting from 9am Friday. With recently modified disabled toilet access and increased disability parking the Hawkesbury Show is suitable for everybody.

Bring the family along to see alpacas, cows, sheep, donkey, cats, mice and ducks. Milk a cow, sit on a tractor, ride on a pony, see wool being spun, learn how honey is made, watch an Emergency Service rescuer demonstration and share a picnic with your family on the lawn. If you seek action this will be the place to try some of the fastest and wildest rides in the country.

On Friday you will see the dog and rat show. The grand parade and official opening takes place on the Saturday at 2:00 PM. On Saturday and Sunday is the very popular wood chopping, cattle, sheep, goats and alpacas. Fireworks grace the skies on Friday and Saturday evening. Sunday is the day for cates and donkeys displays. For full program go to www.hawkesburyshow.com.au

Drop by the NSW police tent, visit the goat shed, try your luck at sideshow alley, takes a look at the antique machinery, try a Chip on a Stick – whatever it is that takes your fancy e sure not to miss it.

Hawkesbury Show is the biggest regional show in NSW. Entry costs: $25 per adult and $15 per child, plus we have family packages. Save time and money and pre-purchase your tickets online. Free packing via Gate 5. Access via Racecourse Rd, Clarendon or catch the train and disembark at Clarendon station.

Come along and be a part of something spectacular!

WIN A VIP PASSENGER RIDE WITH THE D-MAX PRECISION DRIVING TEAM

To enter (over 18’s only), send your name and mobile number to competitions@compton media.com.au

The VIP passenger ride will be on Saturday Night 21st April at the Hawkesbury show

Competition will be drawn at 5:00 PM on Wednesday 18th April

Where the City meets the Country

SHOW DATES 20, 21 AND 22ND OF APRIL

Online tickets available on www.hawkesburyshowground.com.au

Hawkesbury Showground, 40 Racecourse Road, Clarendon

traffic delays are likely to occur

FREE OFF ROAD PARKING AVAILABLE
Health & Wellbeing

Back problems are common, with approximately 8 out of 10 people experiencing back pain at some time in their lives. In most cases the cause is not serious and, with the right guidance and support, people recover without the need for specific treatment or specialist help.

If you are having trouble coping with your back pain or are not managing to gradually return to normal activity, you need to see your doctor to assess your problem and provide advice.

How to manage low back pain?
Low back pain can be helped by many things that you can do for yourself. The best advice is to keep gently active, even if it causes some extra pain. Taking pain relief regularly is important to help you keep moving and in most cases paracetamol or anti-inflammatories are best.

What is Sciatica?
Sciatica is pain that travels down the back of your leg due to pressure on a nerve in your lower back. The pain in the leg is often more severe than the back pain and you may also notice tingling, numbness or weakness in your leg or foot. The early management of sciatica is very similar to managing low back pain and involves keeping moving. It may also be important to discuss what medications are best for relieving sciatica with your doctor.

Are scans necessary for low back pain?
If you have had back pain for less than 12 weeks X-rays and other scans such as CT and MRI are not required. If after four weeks your sciatica is severe, your doctor may recommend scans.

There are some exceptions to these rules and if your doctor has particular concerns, scans may be requested at an earlier stage.

What if the pain continues?
If your back pain is not improving and your pain is severe enough to consider surgery, your doctor may refer you to a specialist or to a hospital. Quitting smoking and losing weight can help your recovery from back pain and also reduce risks associated with having an operation.

When to go to your doctor for low back pain
Occasionally, back pain can be the result of a serious problem. It is important to seek medical advice immediately if you have any of these symptoms:

• Difficulty passing or controlling urine.
• Poor control of your bowels.
• Numbness around your back passage or genitals.
• Numbness, pins and needles or weakness in both legs.
• Unsteadiness when walking.
• Unexplained loss of weight.
• Night sweats, chills, fevers, nausea/ vomiting or unrelenting night pain.

Managing low back pain and sciatica

• Stay active – don’t rest for too long with low back pain
• Bed rest may be needed for sudden and severe pain but only for a very short time, generally no more than two days. Too much bed rest lengthens recovery time and prolongs pain.
• Talk to your doctor about what medication is best for you.
• Keep doing your everyday activities and remain at work
• Back pain and sciatica need not stop you from doing all of the things you want to do. Be aware of the activities that make the pain worse and avoid things like excessive lifting and staying in the one position for too long.
• Exercise for low back pain recovery
• Staying gently active through stretching, gentle exercising and walking will help your back to recover. Begin to exercise regularly, for short periods of time and gradually increase the amount you do as it feels more comfortable.
• Movement helps to stop you back becoming stiff and your muscles from weakening, allowing you to return to normal activity as soon as possible. Even if movement causes some extra pain you will not be harming your back.
• Quit smoking to assist recovery from low back pain

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Lower back pain and sciatica
(continued from previous page)

• Smoking can slow down and interfere with the healing of bones, skin and other body tissues. This means that your recovery time can be slower or less complete if you smoke. If you do require an operation, you will have a much higher risk of complications during and after your surgery. Doctors strongly recommend you should at least eight weeks before an operation.

Scans and low back pain
While back pain can be very painful and disabling, less than 1% of cases are serious. If your doctor has particular concerns, they can request scans earlier.

If you have had back pain for less than 12 weeks, x-rays and other such scans are not recommended.

When scans are not required for low back pain?
• Most scans find no abnormalities or only minor changes.
• People with or without back pain show similar ‘wear and tear’ (arthritic changes).
• Scans do not improve your pain or help you to recover.
• Unnecessary x-rays and CT scans bring risks of radiation exposure.

When scans are recommended for low back pain?
• Your doctor suspects a serious underlying condition in specific muscles in your leg or foot
• Your doctor believes you have nerve compression related to a disc herniation (pushed outside its normal position) which has been present for more than four to six weeks and is severe enough to consider surgery
• Your doctor believes your symptoms are related to pressure on nerves caused by narrowing of the spinal canal (spinal claudication). Scans may then be recommended if your pain has been present for several months and is severe enough to consider surgery.

Costs of scans for low back pain
In most cases a MRI is the preferred imaging option. General practitioners can refer patients for a self-funded MRI with an out-of-pocket cost of between $150 and $300. Individuals are advised to contact radiology providers directly to confirm expenses. Public patients referred from a specialist in an outpatient clinic can obtain imaging at no out-of-pocket cost.

Pyjama Angels

The Pyjama Foundation is urgently seeking more volunteer “Pyjama Angels” like Dural resident Janice Smith* to support children in Foster care.

Over the past 5 years, Ms Smith has worked with 13 year old Jack* to help for an hour a week to help improve his learning.

The Pyjama Foundation has a learning-based mentoring program where Pyjama Angels visit a child for one hour a week to read books, play educational games and work on their numeracy skills. In addition, Pyjama Angels are a positive role model in children’s lives.

Ms Smith said the experience has challenging days, yet is extremely rewarding to be making a difference in these children’s lives.

“Seeing his face light up during reading and learning has been one of my fondest memories” Ms Peak said

“It is very rewarding to help the next generation in many different ways. Simply talking about small problems and basic chit chat has made the world of difference to Jack’s* confidence and communication skills”

There are currently over 30 Foster children in the Hills to Hawkesbury area waiting to be placed with a their own special Pyjama Angel.

The Pyjama Foundation’s National Volunteer Manager, Natasha Hodson believes by making a connection with these children early, and helping their learning, it could enhance their life outcomes.

“Some of our children have been waiting for up to a year for Pyjama Angels, so we are really eager to place new Pyjama Angels with kids in the Blacktown area.”

The Pyjama Foundation’s next training day will be on 5th May 2018.
Volunteer now at www.thepyjamafoundation.com, or email NSW volunteer Coordinator Megan Guenther at megan@thepyjamafoundation.com

*Names have been changed for privacy reasons
The Hawkesbury region boasts beautiful world heritage locations, majestic rivers and more national parks than any other part of Sydney. The Hawkesbury is cradled by four gigantic parks - the Blue Mountains National Park to the west, Yengo and Dharug National Parks to the north and the mighty Wollemi National Park to the north-west.

With the weather cooling down it’s a great opportunity to get out and explore the bush at our doorstep. The temperatures are becoming more pleasant, there still is plenty of daylight and the bush is looking fresh after recent rain.

Many people head straight up to the Blue Mountains to go hiking but the bushwalks around here are just as good and often a lot quieter and more pristine. No need to battle to find a spot to park your car or drive for hours to get to the start of a track.

The Hawkesbury Visitor Information Centre at Richmond stocks the bestselling Best Bushwalks Around the Hawkesbury. At only $6 this very popular guide details all you need to know to make your day in the bush memorable.

Visitor Centre Co-ordinator Mary Harris, a bushwalker with over 35 years walking experience, wrote the guide and walked the routes multiple times. “All the tracks have different personalities and are suitable for people with different levels of bushwalking experience” Mary said. And what would be her pick for a good walk do in autumn? “You can’t go past some of the walks up at Wisemans Ferry at this time of year. For a walk with convict history and great views of the Hawkesbury River the circuit walk along the Great North Walk Road up Devines Hill towards Finch’s Line is a great walk suitable for the cooler months”.

Macquarie Towns Orchestra

The Macquarie Towns Orchestra will hold its next concert at 2pm on Sunday 8th April. It will take place at the St Andrew’s Church Auditorium, 25 West Market Street Richmond. All welcome - Concert fees are $20 for Adults, $15 concession and $5 for children.

This will be a splendid afternoon of fine music.

Hawkesbury TOURISM

The Hawkesbury Visitor Information Centre at Richmond stocks the bestselling Best Bushwalks Around the Hawkesbury. At only $6 this very popular guide details all you need to know to make your day in the bush memorable.

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With the weather cooling down it’s the perfect time to get out and explore the Hawkesbury’s best bushwalking tracks.

This best-selling guide is suitable for beginners, intermediate and experienced bushwalkers.

- Descriptions of 12 of the best bushwalks in the Hawkesbury
- Includes useful maps and advice

Areas covered include the Colo River, Grose River, Wisemans Ferry, Bowen Mountain and Mt Wilson.

Available from the Hawkesbury Visitor Information Centre, 328 Hawkesbury Valley Way (opposite the RAAF base), Richmond
Ph. 02 4560 4620 | Open 7 days a week
Stockland Launches Aspire

A NEW PRODUCT FOR DOWNSIZING AUSTRALIANS

Stockland, Australia’s largest residential developer and a leading Retirement Living provider, continues to meet the changing needs of Australians looking to downsize with its new innovative product - ‘Aspire’ by Stockland.

Aspire is a purpose-built neighbourhood designed for people over 55*, featuring modern, low-maintenance homes, surrounded by high quality community facilities. Unlike traditional Retirement Living, the community is structured under community title, with all costs paid upfront, meaning residents retain all capital gains and complete ownership of their home and land.**

Stephen Bull, Group Executive and CEO of Retirement Living at Stockland, said: “With only 5% of Australia’s population currently choosing to live within a Retirement Village, we were inspired to create a new product to broaden our customer reach and meet the needs of the modern day retiree.

“Aspire is for customers who want to downsize from the big family home but are seeking an alternative to moving into an apartment or a traditional Retirement Living Village.

The first Aspire community is now under construction in the heart of the 198 hectare Elara masterplanned community in Marsden Park. Upon completion, the $65 million community will include 114 single storey-homes, future proofed with wider hallways and doorways.

Aspire at Elara will also feature a luxurious clubhouse for the exclusive use of its residents and their friends, including a resort style pool with a covered alfresco dining area as well as a bar, lounge, gym and billiard room. The first residents are expected to move in by mid-2018.

Located within Sydney’s North West Growth Centre, Elara is 6km from the Schofields Train Station and a 20 minute drive from Blacktown, Norwest Business Park and the Parramatta CBD. The community is well positioned within easy walking distance to the planned Elara Medical Centre, a proposed Childcare Centre and close to local shops and services at the future Elara town centre.

Stephen Bull continues, “Stockland is committed to designing and developing quality communities to reflect the changing needs of all Australians. Our new Aspire product shows our commitment to innovation that goes above and beyond simply meeting the needs of retirees, to surpass their expectations in every way.”

Homes at Aspire by Elara start from $655,000* for a 2 bed, 2 bath, 1 car space.

* Aspire at Elara has been developed under the State Environmental Planning Policy (Housing for Seniors or People with a Disability) 2004 requiring at least one resident to be 55 years or older. The policy also offers housing for people with disability with no age requirement. Homes may be acquired by investors with the condition that tenants meet the policy requirements.

** Residents pay an upfront purchase price for the home incl. stamp duty and a monthly community levy to maintain the community facilities. There is no Deferred Management Fee and residents are entitled to 100% capital gains and retain 100% ownership of their home & land. Ordinary council rates and land tax also apply.

Interested buyers can call a Stockland representative on 1800 72 71 70 or visit www.stockland.com.au/aspire for more information.
Welcome to

ASPIRE

by

Stockland

A new way of living for over 55s

Aspire by Stockland, centrally located in Marsden Park, is a purpose-built neighbourhood designed for over 55s living.

As seen on Channel 9, this new concept gives you the chance to enjoy your brand new home as part of an active local community and own 100% of the home and land.

We have a range of freestanding 2 & 3 bedroom homes now available from $655,000!

VIEW OUR DISPLAY HOME TODAY!

Cnr Elara Blvd & Parish St, Marsden Park | Call 1800 72 71 70 | Visit stockland.com.au/aspire

From Orange Blossoms to Best Sellers

Like so many people, Jenn dreamed of one day having a novel published; so, after leaving our shire in 2004, she began ticking things off her bucket list. She bought a small café in a seaside town, set up a country B&B, and nine years later, after a lot of hard work, House for all Seasons became the #5 top-selling debut novel in 2013.

For this self-confessed tree-change champion, cow lover, and Australia’s nomadic novelist, life is now on the road fulltime in a purple and white caravan she calls Myrtle the Turtle and doing “the big lap very slowly” to find inspiration for more small-town stories.

With her Seasons Collection of four novels already adored by readers - A Place to Remember – a multi-generational saga set on a central Queensland cattle station – has been published worldwide, with the manuscript picked up by the same London book editor behind numerous successes, including Colleen McCullough’s The Thorn Birds.

“I’m delighted Head of Zeus decided to take on another Aussie romantic saga,” Jenn says. “While the story is about two resilient and determined women – a mother and daughter, both needing to find their place in the world – it is predominantly 58-year-old Ava’s story whose desire to remember the past uncovers three decades of secrets and lies.”

Drawing inspiration from the rugged Central Queensland landscape and the intriguing, real-life artist (and acquired savant sufferer) Tommy McHugh, A Place to Remember is already garnering high praise. With her books best described as heartwarming tales of Australian country life and contemporary issues, readers who enjoy family and friendship stories in the style of Monica McInerney and Mauve Binchy will enjoy Jenn’s novels.

Meet Jenn at Dymocks, Rouse Hill on Easter Saturday from 10:30 AM to 1:00 PM.

For more information: www.jennjmcleod.com or Dymocks, Rouse Hill.
CASTLE HILL ART SOCIETY
Charcoal and Ink Portraits of Animals and Birds
by Jeanette Star

Wednesday 2nd May
Jeanette loves to work in various mediums, particularly charcoal and ink and prefers painting in oils. Her subjects are mostly animals, birds and people, but especially horses. She will demonstrate drawing in charcoal and ink using different techniques.

Visitors are welcome to join with the Castle Hill Art Society 7.30pm at Castle Glen Community Centre, 155 Ridgecrop Drive, Castle Hill. Enquiries 9899 3179 | www.castlehillartsociety.org.au

We have a great workshop coming up on 6th May ...

Sue Jokinen “Yupo Paper – ABSTRACT INKS”
Create your own works of art using inks or watercolours on unique “Yupo Paper. Learn how to manipulate the inks or watercolours to create your desired effect. Contact Gayl Finocchiaro on 0409 321 588 for further details.

Putting the flower on the old guy
by Leanne P

I was living at Cooge in a two-bedroom apartment with my son Chris and a Uni student. I have no car at this point of my life. So walking was my only option to buses. This gave me the opportunity to really see the community and who does what. I was totally at peace with myself, internally happiness was quite high.

I would walk down Mount Street with the warmth of the morning shining on me and there sitting in the sun was this old man. Dressed in a brown suit, cane and head down. And you know when you can sense someone is locked in past memory sadness. Just sitting waiting for the moment for God to say “you have suffered enough on earth, come to heaven.”

How long do the old sit and wait I thought?
What can I do to add value to the moment I pass his life?
God said to me, pick a flower and place it on his book!
Well did worthiness kick in for me! Who am I to interfere in his life? I had about five seconds to make a decision. One, walk past and think he will be all right or two, touch the soul of someone’s heart and bring the beauty of nature to his presence’s.

I knew the source of me is love and that is what ‘love’ was asking me to do. So I picked a vibrant flower and gracefully walked towards his man, being aware that I am invading his space. Not wanting to scare him but grace him with angelic presence’s.

As I placed the flower on his book, I looked in his eyes, I could see the lost darkness rise to a radiant smile of light. I know I had touched this old man, in more ways than I will ever know. As I continued walking my internal happiness rose to bliss.

In my mind a moment of perfection was created and God smiled.

Baulkham Hills Art Society Inc.

Monday 9 April- Art Demo
On Monday 9 April at 7pm, Baulkham Hills Art Society will be holding their monthly demonstration at room 1 at the Turner Building in Seven Hills Road (opposite Jasper Road School). Our normal Crestwood room is still being painted.

Jeanette Prout is the featured artist and will give a demonstration on collage artwork using acrylic paints by wash technique. Jeanette has been an art teacher in the Hills District for many years and her work is featured in many Sydney Galleries.

Current members and visitors are welcome to attend.
Further details from Lorraine on 9674 1240
The Countdown is on until the Grand opening of Badlands Pty Ltd at Unit 2/7 Hoyle Avenue Castle Hill. Don’t miss the BBQ and giveaways that will be happening. The official opening of the shops is Saturday 14th April 2018. With BBQ 1pm-3pm.

It has been a dream of Zac’s one of the owners, to open up a Sporting, Hunting and Tactical Store in the Hills area of which he has lived most of his life. Zac has been interest in hunting for many years of his life and has great experience with many brands available in today’s current market.

Having years of experience with current products available he has chosen to sell only the best of the best brands whilst importing many quality brands that have been currently unavailable to the Australian market.

The issue of price and having to travel great distances to stores to purchase hunting and sporting equipment was a great driving force combined with other stores having poor customer service to re-define the Sporting, Hunting and Tactical industry in Australia by bring it closer to The Hills area with exceptional customer service so here it is. Badlands Sporting, Hunting and Tactical Supplies.

Badlands will be carrying the best of the best High Quality brands accompanied by new never before seen brands previously unavailable to the Australian market. They will also be focusing on their online presence and will be open up their online store with a very user friendly shopping experience for all.

**Some of the brands they will be carrying are:**

5.11 Tactical Gear that is not only geared towards Hunting and Tactical but also has great casual and sporting attire as well as boots for everyday use.

YETI is “built for close calls in far-flung Places. Built for tall tales and epic adventures. Built for finding comfort well outside comfort zones. Built for the wild.” “Whether you’re taking it off the map or all the way to your backyard, every YETI product is built for the wild.”

Lucky Shot – “We're not just into making badass barware (though we must say, we thoroughly enjoy it).” “We ran with the idea, dreaming up a full line of products upcycled from repurposed ammo and artillery shells. From shot glasses to jewellery to unique home accessories, you’ll find it all at Lucky Shot.”

Follow us on facebook.com/hillstohawkesbury
**PUZZLE**

**SUDOKU**

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Answers from last issue

**CROSSWORD (page 30)**

**NEW YEAR ... NEW CAREER!**

Aussie Pumps is looking for people with passion and ambition, who want a **vocation**!

We’re Australia’s most progressive water specialist working to ‘Drought-Proof Australia’

We are looking for locos to fill the following roles:

- **Product managers**
  - If you believe in customer service and exceeding expectations then this could be the job for you!

- **Internal Sales**
  - An anchor person, office based, who can excel at customer service & sales support.

Sales/marketing interns

Bright young cadets to assist with market research & internal sales.

Full training, you just need enthusiasm and a willingness to learn!

**Fitters/assemblers**

Casual and permanent positions available. Competent trades people preferred. Age is no boundary!

**Senior/Graduate Engineers**

Hands on role including R&D. Mechaniical aptitude essential, electrical experience preferred.

Casual Secretaries

To cover sickness & holidays as required. Good typing speeds, dictaphone experience preferred.

Send us your resume today

marketing1@aussiepumps.com.au

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**Community Groups**

2nd Castle Hill Rovers
Contact: 0409 221 459
Web: www.gwsrovers.com.au

Annangrove Environment Centre
Contact: 02 9654 3571
(Thurs) 02 9843 0533 (Wed-Fri).
Email: gnolan@thehills.nsw.gov.au

Annangrove Playgroup
Contact: 0434 401 077

Arcadian Quilters
Contact: 9894 7749

Australian Sikh Association
Contact: 0433 580 539
Web: www.asainc.org.au

Arcadian Quilters Inc
Contact: 9894 7749.

Boys’ Brigade NSW
Contact: 896 7247 or 1800 819 704
Web: boys.brigadeaustralia.org

Bushrangers Hash House Harriers
Contact: 0408 289 562

Castle Hill Senior Citizens Club Inc.
Contact: 02 9680 8786

Community Fdn of North West Sydney
Web: www.cfnws.org.au

Cystic Fibrosis Australia
Contact: 1800 635 008
Web: www.cysticfibrosis.org.au

Country Womens Association, Kurrajong
Contact: 02 4572 1317

Dural Men’s Shed
Contact: 0402 478498.
Web: www.duralmensshed.org

Dural Country Club
Contact: 9653 1250 or 9651 4160

Glenwood Men’s Shed
Contact: 0418 949 446

Glenorie Maroota Bioregional Forum
Email: 2archaeics@gmail.com

Hawkesbury Artists & Artisans Trail
Contact: 02 45 677 400
Email: Leanne@mellowcrest.com
Web: www.haat.com.au

Hawkesbury District Agricultural Association
Contact: 4577 3591 (BH)
www.hawkesburyshow.com.au

Hawkesbury Woodcraft Cooperative Ltd
Contact: 4579 6061 or 4721 8709

Hills District Women’s Bowling Club
Jenner Street, Baulkham Hills 9639 2733 Web: www.thehillswomenbowls.com.au

Ladies Tennis Club at Crestwood Reserve
Contact: 9624 2326 or 0432 494 112

Learning in the Hills
Contact: 9639 7918

Lions Club of Windsor Inc
Contact: Vera 0408 420 485

Macquarie Towns Garden Club
Contact: 4575 4095
Web: www.macquarientowns gardenclub.wordpress.com/

North Rocks Senior Citizens Club Inc
Contact: 9980 6813

Pennisant Hills Mens Probus Club
Contact: 9487 1385

Red Cross, Castle Hill Branch
Contact: 02 96296459

Sleep Disorders Australia - NSW
Contact: 02 9990 3514.
Web: www.sleepoz.org.au

The Hills Community Aid and Information Service Inc
Contact: 9639 8620

The Family History Group of the Parramatta and District Historical Society
Contact: (02) 9686 3203

The Hills Learning Centre
Contact: 02 8850 0555.
Email: RSVP info@thehillslc.com.au.
Web: www.facebook.com/thehillslearningcentre

Thursday Ladies Tennis Competition in the Hills District
Web: hillsladiestennis.org

The Hills Trefoil Guild
Contact: 02 9634 4987

The Hawkesbury Nepean Chapter
Contact: Sharon 0419 434 776

Wanderers Bushwalking & Outdoor Club
Contact: 9639 9738
Web: www.bushwalkingnsw.org.au/wanderers

Windsor Country Golf Club - McQuade Avenue South Windsor
Contact: 0429138745

Winston Hills Joey Scouts
Contact: 9862 8482
Email: hsara@optusnet.com.au

Wisemans Ferry Community Men’s Shed Inc
Meeting Tues 9am - 5pm and Sat 9am - 5pm
Contact: Alan Hunt 4566 8111 or Adrian Acheson 0448 833 781

View Club Parramatta
Contact: 96354191 or 88974934

YMCA NSW Community Visitors Scheme
Contact: 9633 8209
0402-255-193

Zonta Club of Sydney
Contact: 9484 2700 or
0414 641 408
Web: www.zontadistrict24.org
Events

WHAT’S ON IN THE HILLS TO HAWKESBURY AREA

Saturday 31st March
Easter in The Hills Party
All in All Parties & Events - The Hills would like you to enjoy a event for the community to celebrate Easter! There will be a DJ & games for children, crazy hair station, Easter crafts, egg hunt & a visit from the Easter Bunny.
10.30am - 12pm at Baulkham Hills Community Centre, 300 Windsor Road, Baulkham Hills 2153. Call 0432916142. Visit www.allnallparties.com.au

Sunday 1st April
Bella Vista Farm Open Day & Free Spirit Markets
The doors of the historic homestead are being thrown open with tours by The Friends of Bella Vista. Our volunteers from the Friends of Bella Vista farm are available to chat and answer any question about the Farm and its history, and relax in the gardens of the Farm or bring a family picnic lunch to enjoy. Explore the homestead and farm buildings.
9am - 2pm at Bella Vista Farm Park, Elizabeth MacArthur Drive, Bella Vista 2153. Call 0419 262 850. Visit www.bellavistafarm.com.au

Tuesday 3rd April
Sydney Hills Seniors Week - Fit4Seniors Exercise Classes
Fit for Seniors classes challenge senior citizens to functional movements using bodyweight and resistance exercises. 10:30am - 11:15am at Waves Fitness and Aquatic Centre, 44 Milleham Avenue, Baulkham Hills 2153. Call 02 9843 0555. Visit www.wavesfitnessandaquatic.com.au

Tuesday 3rd, 10th April
Be Employed in Community Services - Accredited Skill Set Course
This skillset set is for women in the Hills who are and who have been away from work and study. This skillset is offered as a partnership between CMRC and TAFE NSW. 9:30am - 1:30pm at CMRC, 16 Arthur Street, Baulkham Hills 2153. Call 02 9687 9901. Visit www.thehills.nsw.gov.au

Wednesday 4th April
Volunteer Training - Senior First Aid
Provide First Aid is a comprehensive 1 day course that will give you the knowledge and skills to help an ill or injured person until the arrival of medical assistance.
9am - 5:30pm at Annangrove Hall, Currie Avenue, Annangrove 2156. Call 02 9843 0555. Visit www.thehills.nsw.gov.au

Hills Grammar Open Day
Families are welcome to register for a 9.30am or 10.30am Principal’s welcome and student-led tour of the campus.
Refreshments and showbags provided.
9:30am - 12:30pm at Hills Grammar School, 43 Kenthurst Road, Kenthurst 2156. Call 9431 5111. Visit www.hillsgrammar.nsw.edu.au

Let’s Talk About…Food Allergies and Anaphylaxis
For those interested in understanding food allergies, Allergy & Anaphylaxis Australia will provide information on how to support family, friends and colleagues living with food allergies. Suitable for grandparents and carers.


Helping Teens with Risky Behaviours
This group is for parents under stress due to their teen engaging in risky behaviours including experimentation with drugs, unsafe sex and school refusal. The group will give parents support and ideas about how to address these issues and maintain their relationship with their teens.
6pm - 9pm at Richmond Neighbourhood Centre, 20 West Market Street, Richmond, NSW 2753. Call 02 4588 3555. Visit www.rnc-neighbourhoodcentre.org

Thursday 5th April
Living Safely with Pets - Feathered Friends
Ever wondered what bird you have just spotted? Discover the birds of the Sydney region - their great diversity, unusual behaviour and features.
10:30am - 1:30pm at Community Environment Centre, Currie Ave, Annangrove Park, Annangrove 2156. Visit www.thehills.nsw.gov.au

Castle Hill Book Club
A love of reading brings this group together. They select, read and discuss a wide range of books. Meetings are held the 1st Thursday of every month. This book club is currently at capacity.
10:30am - 12pm at Castle Hill Library, 14 Pennant Street, Castle Hill 2153. Visit www.thehills.nsw.gov.au

Google For Business Demystified
If you are wanting to attract new and better quality leads that are looking for businesses like yours right now, then this workshop is going to be amongst the best investments of your time this year.

Optimise Your Social Media Strategy
This is a content-rich and hands-on workshop that will help you to be looking for businesses like yours right now, then this workshop is going to be amongst the best investments of your time this year.

English Conversation Classes - Vinegar Hill Memorial Library
The Hills Shire Library Service in partnership with Mission Australia presents English Conversation Classes at Vinegar Hill Memorial Library.
9am - 12pm at Vinegar Hill Memorial Library, 29 Main Street, Rouse Hill 2155. Call 8889 5200 Visit www.thehills.nsw.gov.au

Saturday 7th April
SummitCare Community Day
Free, fun community day for all ages - face painting, yoga classes, music, sausage sizzle, kids’ zoo, fashion parade, aromatherapy massage and much more.
10am - 4pm at SummitCare, 5 Bass Drive, Baulkham Hills 2153. Call 02 9281 2230. Visit www.thehills.nsw.gov.au

Sunday 8th April
Free Bushwalks Program - Breakfast with the Birds
The old scribbly gums and dense under storey plants in Fred Caterson Reserve provide homes for many birds which are seen in our local gardens.

Monday 9th April
Free Workshop for Seniors - Self-Empowerment for the Wisdom Years
This workshop will provide opportunities for you to move past patterns and beliefs that get in the way of living a happy and fulfilled life.
9:30am - 1pm at Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills 2153. Call 9639 7918 Visit www.thehills.nsw.gov.au

Tuesday 10th April
Free Workshop for Seniors - Computers with a Cuppa
Do you need help with a smartphone, tablet or laptop? Our volunteers will be here to assist you with all your queries plus some great guests with information on how to stay safe and informed whilst using technology.
9:30am - 1:30pm at Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills 2153. Call 9639 7918 Visit www.thehills.nsw.gov.au

Monday 11th April
Tech Savvy Seniors: Introduction to Smartphones
Learn the basics of how to navigate your way around a smartphone with a touchscreen. Bring your own device. Participants must be 60 years or older.

Wednesday 11th April
Dural & District Prostate Cancer Support Group
Group Discussion (No obligation to participate come and enjoy the evening). Refreshments provided. SPEAKER: Dr. Tim Hartwig - Physiologist - Exercise therapy for all stages of Prostate Cancer.
7pm for 7:15 pm start at Blue Gum Centre ARV Glenhaven Green, 599-607 Old Northern Rd, Glenhaven 2169-2645 or 9654-2138

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Sat: 9:30 - 1pm
shop@banksayarns.com.au
banksiayarns.com.au

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Ph. 9989 5760

What type of music does the Easter Bunny like?

Hip Hop!

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The Hills Shire Library Service in partnership with Mission Australia presents English Conversation Classes at Vinegar Hill Memorial Library.


Visit www.thehills.nsw.gov.au
**THURSDAY**

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2:20
1:10
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Doctor Who
5:00
12:00
Play School
7:00
3:25
Doctor Who
2:00
12:30
ABC News At Noon
12:00
Antiques Roadshow
10:00
6:00

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**SATURDAY APRIL 14, 2018**

| 9:00 | ABC News Weekend Sunrise | Gold Coast 2018 Commonwealth Games: Day 10 |
| 10:00 | NINE | Riverboat |
| 11:00 | NINE | Breakfast |
| 12:00 | ABC | Good Morning America |
| 14:00 | ABC | One Plus One |
| 16:00 | ABC | ABC News Update |
| 18:00 | ABC | ABC News |
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**ACROSS**

1. Envious
5. Risque
9. Bootlicker
10. Plough (into)
11. Guild
12. First letter of word
13. Amassed, ... in
15. Crave, ... for
17. Pointed teeth
20. Disfigure
21. Radio frequency (1,1,1)
23. Unhealthily overweight
27. Multiple-birth babies
30. Trussing
32. Scoops (out)
33. Muddle
34. Monk’s garb
35. Filled pasta
36. Emotionally unmoved (3-4)
37. Most corpulent

**DOWN**

1. Kitchen appliances
2. Raid
3. Exotic flower
4. Endurance
5. Depending
6. Wild
7. For each person, per ... 8. Opening mouth wide
14. Slipped up
16. Delegate
17. Back & forth, to & ... 18. Formerly named
19. Take legal action
22. Sordid
24. Dear
25. Exhibitionist (4-3)
26. Bighead
28. ... Hepburn 29. Fortified wine
30. Casual garment (1-5)
31. Consume (alcohol)

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