

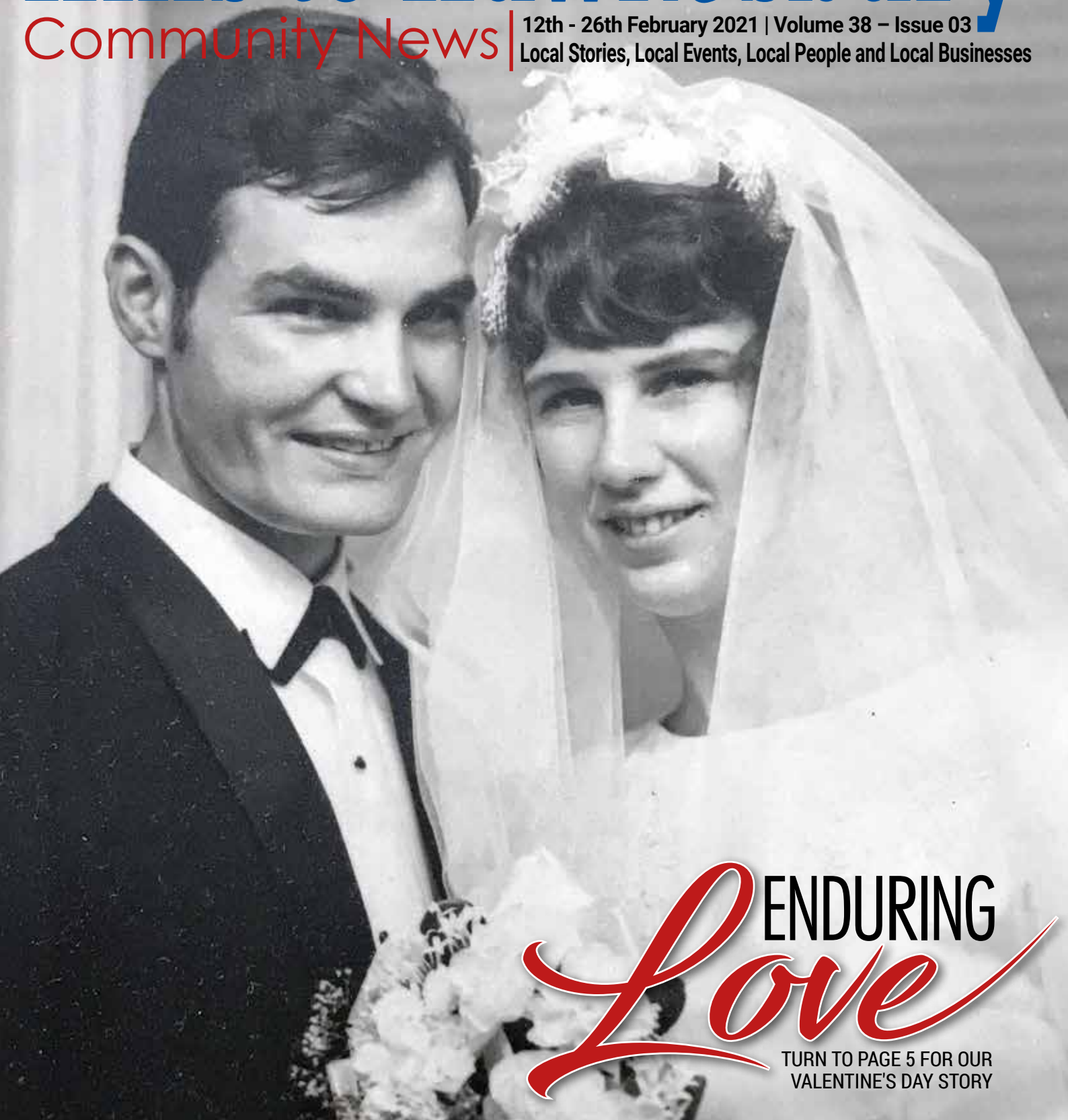
Hills to Hawkesbury

10 000 COPIES/EDITION

FREE

Community News

12th - 26th February 2021 | Volume 38 – Issue 03
Local Stories, Local Events, Local People and Local Businesses



ENDURING
Love

TURN TO PAGE 5 FOR OUR
VALENTINE'S DAY STORY

Alan Oxford's
PLUMBING & ELECTRICAL

Your Total Trade Solution for
Residential, Commercial & Industrial

Plumbing • Electrical • Hot Water

0415 20 33 88

MCARDLE
TREE SERVICES

4 Generations of Tree Experts -
Over 60 years in the Industry.
Knowledge and Expertise you can trust.

Tree Removal
Pruning
Stump Grinding
Land Clearing
Mulch Sales
Firewood Sales

M: 0414 635 650 T: 9653 2205
info@mcardletrees.com.au


THOUGHT ABOUT JOINING LIONS?
Castle Hill Lions warmly
welcomes enquiries

Phone Philip - 0451 188 433

 **Banksia Yarns**

3c East Market St,
Richmond
0401 279 853
02 4505 1615
Hours:
Mon - Fri: 9:30 - 5pm
Sat: 9:30 - 1pm

www.banksiayarns.com.au



MEDAL HONOURS

The prestigious Australian Fire Service Medal has been awarded to two Hawkesbury locals, **Group Captain Ken Pullen** from Kurrajong RFS and Fire and Rescue NSW (FRNSW) **Deputy Commissioner, Jeremy Fewtrell** who lives at Kurrajong Heights.

JEREMY FEWTRELL



Fire and Rescue NSW (FRNSW) Deputy Commissioner, Jeremy Fewtrell, was congratulated on his award by FRNSW Commissioner Paul Baxter who said the AFSM was the highest honour an Australian firefighter could receive.

"For more than 23 years, Deputy Commissioner Fewtrell has provided exemplary service to FRNSW and the NSW community," he said. "With significant experience in field operations, fire investigation and research, community safety, operational capability and strategic capability, he continues to demonstrate outstanding leadership and an overwhelming commitment to keep NSW safe. This award recognises the outstanding contribution Deputy Commissioner Fewtrell has made not only to the NSW community but also to FRNSW throughout his career."

Minister for Police and Emergency Services David Elliott also congratulated Deputy Commissioner Fewtrell for being honoured for his service. "Over the past year we have seen exceptional heroism from our Police and Emergency Services who were on the frontline during the COVID-19 pandemic and the catastrophic bush fires," he said.

"This is an opportunity to recognise those who have put their lives on the line to protect the community – and this honour is a reflection of our gratitude and thanks for their professionalism and selflessness. Deputy Commissioner Fewtrell exemplifies the resilience and mateship that are integral to our community."

Commissioner Baxter said the wonderful work of Deputy Commissioner Fewtrell reflects FRNSW's overriding purpose.

"We are committed to enhancing community safety, quality of life, and confidence by minimising the impact of hazards and emergency incidents on the people, property, environment and the economy of NSW," he said. "As one of the world's largest and busiest urban fire and rescue services in Australia, we are humbled by the prestigious recognition of our people."

"On behalf of FRNSW, I commend Deputy Commissioner Fewtrell, together with all those who have been honoured, on his outstanding achievements."



KEN PULLEN

Group Captain Ken Pullen (blue shirt) has been awarded an AFSM

Group Captain Ken Pullen has been an instrumental part of many firefighting operations across the Hawkesbury, commonly in a planning role due to his extensive knowledge of the area.

He is a well-respected member of the team, offering guidance and advice to all those who seek it.

He has been a member of the NSW RFS for more than 36 years, joining the Yarramundi Brigade in June 1984 and held numerous positions including President and Captain.

In 2006 Group Captain Pullen joined Kurrajong Brigade and has been actively involved in various roles. In 2015, he was appointed to the rank of Group Captain, a position he holds to this day.

His Citation reads:

"Group Captain Pullen has attended numerous fires within the District over his years of service and numerous out of area commitments. He is an integral part of the District Incident Management Team and the District's Training Team. Group Captain Pullen has sacrificed work and family for many weeks at a time on Section 44s. He has fulfilled the planning role sharing his extensive knowledge of the Hawkesbury area."

"Not only has Group Captain Pullen given dedicated service to the Hawkesbury community, he has also obtained qualifications such as Crew Leader, Group Leader, Prescribed Burning Supervisor, Develop Prescribed Burning Plans, Conduct Briefing and Debriefing, Rural Fire Service Assessor, Rural Fire Service Instructor, Rural Fire Service Training Facilitator, Incident Management Planning, Chainsaw Operator Trim and Crosscut and Rural Fire Driver."

"Group Captain Pullen is well-respected in the community and the NSW RFS community." Hawkesbury MP Robyn Preston congratulated him for his well-deserved honour. "Our community is safer and stronger because of those who put others safety ahead of their own. I am proud to congratulate such an outstanding member of our community, who has shown commitment to the people of this state during extremely challenging times."

Hills to Hawkesbury

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

www.hillstohawkesbury.com.au | Facebook @hillstohawkesbury

Owner: Compton Media Group

Publisher: Diana Paton | 0408 011 193

Advertising email: advertise@hillstohawkesbury.com.au

Editorial: contribute@hillstohawkesbury.com.au



DIANA PATON
PUBLISHER
contribute@hillstohawkesbury.com.au
0408 011 193



BEV JORDAN
EDITOR/JOURNALIST
bev@hillstohawkesbury.com.au
0439 034 187



MARK EVANS
BUSINESS DEVELOPMENT
MANAGER
mbevans@h2hn.com.au
0492 975 943



KAREN TAYLOR
ADVERTISING
advertise@hillstohawkesbury.com.au
0499 040 726



LAWRENCE MACHADO
JOURNALIST
lawrence@hillstohawkesbury.com.au
0403 798 686



IVOR JONES
CONTRIBUTOR
ivor.jones47@optusnet.com.au

BUSHFIRE GRANTS

Hawkesbury City Council is offering grants of \$500 to \$5,000 to support communities impacted by the 2019- 2020 Summer Bushfires.

The funding has been made available through the NSW Government's Bushfire Community Recovery and Resilience Fund and and support community groups, joint organisations and not-for-profit groups to undertake projects that enhance social recovery and preparedness activities.

Projects should be community-led events or programs for grass-roots activities that contribute to community recovery and/or resilience including projects that support community wellbeing.

Applications for Round 1 will be received up until Sunday, February 28. There will be more rounds in April and June. Go to bit.ly/2LILVyL for further information

The funding is subject to application and funding availability. For more information, contact Volunteer Coordinator Patricia Sundin on **4560 4444** or email council@hawkesbury.nsw.gov.au



NEW SHOPPING CENTRE

Construction has started on a new Schofields Village Shopping Centre.

The development will feature a Coles supermarket, Liquorland, 15 speciality retailers, including cafes and restaurants, a childcare centre and a medical centre.

It will also create 200 new local jobs.

The 6,080 sqm Schofields development is scheduled to open in the second half of this year. A Coles spokesman said the new precinct will be at the forefront of online shopping technology, debuting a new Coles Online Click&Collect drive through – dedicated lanes where groceries are packed into the car boot within minutes of arrival and without customers needing to leave the car.

Schofields Village will also be an employment powerhouse, creating 200 new

local retail jobs, in addition to supporting approximately 1700 construction jobs during the build.

Coles NSW Development Manager Howard Hathorn said: "Schofields Village will be an outstanding retail hub, offering local residents a one-stop-shop for all their needs.

"This neighbourhood centre will also play a key role in the growth and development of the Schofields community into the future," he said.

"Coles Schofields will feature an in-store bakery, large gourmet deli and fresh produce area, along with a range of speciality shops and 350 convenient car spaces."

For speciality leasing enquiries please call Exclusive Leasing Agents Lou 0432 682 595 and Nick 0401138 814 from Bluemarq Commercial.



SKYLINE SOLAR
"Reducing your cost of living"

TESLA
POWERWALL
CERTIFIED INSTALLER

APPROVED
SOLAR
RETAILER

CLEAN
ENERGY
COUNCIL
MEMBER

1300 759 765
317 Windsor Rd, Vineyard 2765
www.skylinesolar.com.au



DISCOVERY
WEALTH ADVISERS

**WE HELP PEOPLE IN
THE HILLS ACHIEVE
THE RETIREMENT
THEY DESERVE.
LIFE IS TOO
SHORT TO
WORRY ABOUT
MONEY**

CONTACT US:

loujorge@discoverywealth.com.au

0452 393 417

www.discoverywealth.com.au

P-PLATER COPS \$3000 FINE

A provisional driver has been fined more than \$3000 after he was detected allegedly travelling at more than 45km/h over the speed limit on Sunday February 7 at Colo Heights.

Officers from Traffic and Highway Patrol were conducting speed enforcement operations on Putty Road, Colo Heights at about 2.30pm where they detected a Subaru Impreza allegedly travelling 132km/h in an 80km/h zone.

Police stopped the car and spoke to the driver, a 20-year-old man from Londonderry. Subsequent inquiries revealed the driver was not displaying P-plates and was driving a manual transmission vehicle, while his licence only allowed him to drive automatic transmission vehicles.

The driver was issued infringement notices for exceeding the speed limit by more than 45km/h, not display 'P' plates and not comply with conditions of licence. The three offences attract a combined penalty of \$3064 and ten demerit points. As the driver was also the registered owner of the vehicle, the number plates were confiscated for three months and his provisional licence was suspended on the spot for six months.

ARSON ARREST

A man has been arrested and charged over an arson attack on a supplement store at Rouse Hill in November last year and two attacks on the same business at St Marys.

Detectives from the Financial Crimes Squad's Arson Unit established Strike Force Calinda to investigate the three alleged arson attacks between July 2019 and November 2020, which were believed to be targeted and linked.

The Rouse Hill attack occurred on Wednesday, November 25. Emergency services were called to a business at Market Lane, Rouse Hill, following reports of a fire at about 4.30am. The blaze was extinguished by Fire and Rescue NSW and the business sustained significant damage.

Initial inquiries revealed an unknown man allegedly broke the front door with a hammer before setting the premises on fire.

Following the release of CCTV, a public appeal for information and extensive investigations, strike force detectives arrested a 33-year-old man at Rooty Hill on Wednesday, February 3.

Investigations under Strike Force Calinda are continuing and further arrests are expected.



Photo Credit: CareFlight

PARTIAL AMPUTATION

A 66-year-old man trimming the branches of a tree partially amputated his hand with an angle grinder at a Stanhope Gardens on Thursday, February 4.

CareFlight's Rapid Response Helicopter was tasked by NSW Ambulance at 8:35am and landed 15 minutes later in Edgewood Park. NSW Police escorted CareFlight's clinical team to the scene of the incident where NSW Ambulance paramedics were providing initial treatment.

CareFlight's specialist doctor and NSW Ambulance critical care paramedic performed a clinical assessment on the man and prepared him for transport to hospital for emergency surgery. The man was taken by road in a stable condition with NSW Ambulance to Westmead Hospital under ongoing observation from CareFlight's clinical team.

CRASH APPEAL

Police are appealing for public assistance and any dashcam footage of a head-on crash in Seven Hills Road (near Hilda Road) Baulkham Hills on Saturday morning (January 30).

A grey Kia Sportage travelling north west and a blue Nissan Micra travelling south east on Seven Hills Road, Baulkham Hills, collided head-on just before 8.30am.

Both drivers were freed after being trapped and taken to Westmead Hospital.

The Nissan driver, a 31-year-old woman, was treated for arm and suspected internal injuries. The Kia driver, a 36-year-old man, was treated for minor injuries.

CareFlight's Rapid Response Helicopter was tasked by NSW Ambulance at 8.38am and landed less than 15 minutes later on a nearby oval and conveyed by NSW police to the suburban scene nearby.

NSW Ambulance, NSW Fire and Rescue and CareFlight crews worked to free the woman from the wreckage. She was trapped for about 40 minutes.

CareFlight's specialist doctor and NSW Ambulance critical care paramedic performed a clinical assessment on the woman, completed an ultrasound and administered pain relief. She was transported to Westmead Hospital in a stable condition.

Investigators from the Crash Investigation Unit attended and forensically examined the scene and circumstances surrounding the crash continue, investigators are seeking public assistance and anyone who may have dashcam vision from the area near Hilda Road to come forward and call Crime Stoppers: 1800 333 000 or nsw.crimestoppers.com.au.

HORSE FALL

CareFlight landed at Glenorie on Wednesday, February 3 after a 22-year-old woman riding a horse on a private property fell and was trampled, sustaining chest injuries.

CareFlight's Rapid Response Helicopter was tasked by NSW Ambulance at 1pm and landed in a neighbouring property 20 minutes later. The aeromedical team were the first emergency services personnel to arrive at the scene of the incident. CareFlight's specialist doctor and NSW Ambulance critical care paramedic performed a clinical assessment on the woman, including an ultrasound to evaluate her internal injuries, and administered pain relief. Paramedics from NSW Ambulance and NSW Police later arrived and provided additional assistance. The woman was taken by road in a stable condition with NSW Ambulance to Westmead Hospital under ongoing observation from CareFlight's clinical team.



House destroyed at Bligh Park :
Photo by Windsor FRNSW

FIRE INVESTIGATION

Police are appealing for public assistance following a suspicious house fire in Neilson Crescent, Bligh Park on Thursday February 4.

Emergency services were alerted at about 5.20am following reports a house was well alight. Fire crews from Windsor Fire Station and Richmond were called and found the fire well advanced on their arrival. It appeared the fire had been burning unnoticed for quite some time at the vacant house. Officers from Hawkesbury Police Area Command established a crime scene. Police are treating the fire as suspicious and appealing for anyone who was in the area at the time and noticed suspicious activity to

come forward. Police are also investigating the cause of an empty house at Leigh Pl, South Windsor on Saturday, January 30.

Windsor Fire and Rescue NSW along with Richmond FRNSW responded just after 6am and when they arrived saw smoke issuing from the roof and eaves. Fire crews entered the house and located the fire in a rear bedroom. They worked quickly to extinguish the fire and ventilate the building.

Anyone with information about either incident is urged to contact Crime Stoppers: 1800 333 000 or nsw.crimestoppers.com.au. Information is treated in strict confidence.

VALENTINE'S DAY *Love*

by BEV JORDAN

Valentine's Day has always been a very special day for Frank and Margaret Nanninga who were married at Windsor on February 14, 1970.



The heart mirror that Frank made Margaret when they were engaged featuring their initials. It hangs in their living room.

The couple met at a dance at Parramatta Town Hall organised by a Dutch Social group.

Frank was 20 when he migrated from Holland after spending 4 years in the Dutch Navy following school.

He said his father urged him to travel when he left the service.

"When I was about 4 years old my dad and his cousin decided to go to New Zealand. We were on the boat waiting to go when my father changed his mind." "I had a choice of Canada, New Zealand, Australia and South Africa and I picked Australia, six weeks later, I was off."

He flew over in 1965. "I couldn't even speak English when I arrived here," he said.

After working in Melbourne for several years he arrived in Sydney and met Margaret in May 1968. "When I saw her walking on the dance floor, I thought 'that's it'. "We were engaged on Christmas Eve." Margaret was at the dance with a group of friends.

Her parents migrated to Australia when she was 10. The boat trip was six weeks.

The couple discovered they grew up in the region of Groningen Province not far from each other.

Both are amazed they ended up at the same dance. Margaret said: One of my friends said why don't we go to this Dutch dance.

Her parents were keen that the couple wait to marry as they were so young and Valentine's Day 1970 they did.

"My parents lived in Pitt Town and we were married at St Matthew's, Windsor," said Margaret.

The couple have three children, Marcel Troy and Kylie, and four grandchildren, Tayah, Liam, Rhys and Natalie. The couple worked at the Royal Hotel in Richmond in the 80s and lived at Agnes Banks for 36 years. They moved to Riverside Gardens at North Richmond towards the end of last year.

"We are really happy we came here," said Margaret. When you ask what the key to a successful partnership 76-year-old Frank says: "Being honest with each other."

Both believe that good communication and lots of laughs are very important. "We love one another heaps," said Margaret, 75.

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**



ENQUIRIES WELCOME

Please Phone Patricia for an appointment to inspect

PHONE PATRICIA 0447 334 615 or 4571 4545

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

www.riverside-gardens.com.au



Cancer doesn't stop. Neither do we.

Your health and safety are our top priorities.

We're open to provide fast access to cancer treatment.

Don't let COVID-19 delay your diagnosis or treatment.

Our centres

Kingswood Macquarie University Hospital
Tel: 4726 8700 Tel: 9812 3220
genesiscare.com



A PROUD MOMENT FOR HAWKESBURY RFS

Hawkesbury District Rural Fire Service volunteers were the big winners in Hawkesbury Australia Day Awards.

Deputy Group Captain of Hawkesbury RFS Dave Ryan, an RFS volunteer for nearly 50 years, was named Hawkesbury Citizen of the Year and the Community Organisation of the Year Award was presented to Hawkesbury District RFS Volunteers.

Dave was just 12 when he joined the RFS in 1972 with Kangarubi Rural Fire Brigade.

When he moved to the Hawkesbury he joined Grose Vale RFB before moving to Hawkesbury Headquarter Rural Fire Brigade in Wilberforce.

His colleagues said he worked hard with people of the community building relations and further developing the skills of new and existing members. He became Captain in the 1990s and in 2000, became a Deputy Group Captain of the Hawkesbury Rural Fire Service.

His leadership has allowed him to assist and lead teams into many forbidding campaigns. Dave has been on many campaign fires and natural disasters including the 1986, 1994, 2001 Black Christmas fires, 2003 Canberra fires, and the 2009 Victoria fires where he was one of the first set of NSW boots on the ground.

He also spent weeks on end during 2013 Blue Mountains and Bligh Park fires. He also bravely joined the fight against Gaspers Mountain fire.



Dave Ryan is pictured with Superintendent Karen Hodges who accepted the 2021 Community Organisation of the Year on behalf of Hawkesbury District RFS volunteers and Hawkesbury City Mayor Patrick Conolly.

On November 12 in 2019 Dave led a team to safety along with two other group officers after being entrapped in a burn over at Elium Heights where the fires front came roaring out with flame heights of 60 metres and wind gusts high enough to rip metal sheets from buildings.

Dave's decision to stage the crew in Elium Heights allowed every crew member to be able to return home safely. Dave's hard work and logistical management was also shown at Bilpin in December when large number of strike teams of trucks

arrived. He tasked trucks to different properties and saved many more. On December 15, 2019, Dave assisted crews from Headquarter 9 in the extrication of a male having a heart attack on his property as fire impacted.

In his 48 years of service he has achieved the National Bravery Award and Long Service Award. Dave's greatest achievement is inspiring his children and grandchildren. He has gained great respect within the community by sacrificing and giving everything he can.

HIGH NOTE FOR JAMES BRICE

by BEV JORDAN

Being the Musical Director of the Nationally-acclaimed Castle Hill RSL Youth Wind Orchestra (YWO) and North West Wind Ensemble for the past 16 years is a source of great pride to James Brice.

The Castle Hill resident and father of three began playing euphonium at the age of 11 when he started at high school in Victoria. He moved to Sydney in 1996 to accept a full time position with the RAAF Air Command Band in Sydney and lives in Castle Hill.

His wife Nicole was a member of the North West Wind Ensemble for many years and teaches clarinet and saxophone at several Hills schools. It's a musical family with their son Matthew now a member of The Lancer Band after playing with the Youth Wind Orchestra for 10 years. He plays euphonium and trombone. Their daughter Amelia plays trumpet while Rosalie is a gifted dancer.

James has taught thousands of young people to play and it's a job he loves.

"I have been exceptionally fortunate to have contributed to the musical life of many primary, secondary and tertiary students, amateur and professional musicians, through private music lessons, tutorial classes for schools. As the conductor of Castle Hill RSL Youth Wind Orchestra and North West Wind Ensemble I have been exceptionally fortunate to work with and showcase the talents of our amazing Hills District musicians on



James Brice conducting the Youth Wind Orchestra in 2018

countless concert stages, inclusive of annual State and National Championship performances."

He has also taken the bands on two international performance tours, firstly to New York, Chicago, Los Angeles and San Diego in 2010, and a tour of New Zealand – North and South Islands in 2016.

The bands have also released five professional CD Recordings. He said when COVID hit the bands started interactive online rehearsals and motivational

strategies involving 'click track' recordings and interactive direction, and a large number of recording projects releasing a number of collaborative 'Audio Visual - AV Isolation Recordings' between April to October to the world stage.

Through isolation, no rehearsals were missed by his 700 students.

James Brice has been made a Life Member of the NSW Bands Association for service to music and was also joint winner of the Hills Citizen of the Year Award.

A BIG FEW YEARS

by DANIEL FECHNER

I would like to take this opportunity to say Happy New Year to readers and clients who have turned friends over the years.

I remember clearly when my wife Kylie and I celebrated the start of the year 2020 with a coffee on the morning of New Year's eve. We wished each other a MUCH better 2020 as the year that went past was quite challenging for us. We got married just the year before, only 6 months before we started the business EAR STUDIO and even though the terrible fires in 2019 did not affect us directly our mood was down with many thousands of others.

No-one could have guessed that the following year would top it all and on every level.

EXPANSION

Our vision for EAR STUDIO was bigger than our rooms so in December 2019 we took on an office that came up for lease next door. In January 2020 we renovated the new suite and started fitting out the new rooms.

We planned for an opening in late February and employed a new staff member. We looked forward to a great year 2020. Well, you know what came next. In March I had to send my new staff member to work on projects from home and we all scrambled to make EAR STUDIO a COVID-Safe business.

I cannot thank our loyal clients as well as our landlords and the Australian government sincerely enough for the support we have received throughout 2020. Indeed, today I can say it has made us stronger, better equipped, and hopeful we can achieve in 2021 what we had planned for 2020.



Daniel and his new employee, Chelsea

A huge THANK YOU to clients who trusted us in 2020 and chosen to support a small Australian business. We are extremely grateful.

In return we have employed one more Australian person to support us and to increase our portfolio to help our clients.

THE GOOD

While there were many challenges last year, we see that it has brought many good things. People are more aware that we are all human, we found that friendliness and the willingness to help each other has increased noticeably. It has strengthened the Aussie spirit of mateship, something that I, as a German, see as a privilege to experience!

I would like to give a big SHOUT OUT to the Dural Men's Shed members who have been incredible and, even during the pandemic, selflessly supported the recovery of bushfire affected areas in Cobargo and the south coast.

They have collected truckloads of donations, put in their own money and effort, and driven trucks down multiple times per week. Not only did they organise all sorts of products and tools, but they stayed there and physically helped re-build many lives

OUR VISION

Our plan to bring excellent hearing care and technology to the Hills district is unchanged and even 2020 did not manage to change our motivation and desire to be an outstanding supporter of our local community.

With this in mind, we will be working hard on all areas that bring value to our clients. Our rule is that we only do business if what we do adds benefit to our client's lives. Otherwise – we will not do it!

So, thank you, again for all your support and we are looking forward to working with you in this new year 2021.

EAR STUDIO

Passion for Hearing

HEARING CARE in CASTLE HILL

- Free Hearing Assessments and Hearing Aids for Pensioners
- Ear-Wax Removal
- Hearing Aid Services
- Independent and Locally Owned



CALL 02 9159 6122 TO ARRANGE YOUR APPOINTMENT!

Suite 9 / 60 Cecil Avenue, Lawton House, Castle Hill, NSW, 2154

www.earstudio.com.au





Mike Samson & Greg Formby

MIKE SAMSON, A STYLISH FAREWELL

by BEV JORDAN

Trying to have a chat with Mike Samson is a fascinating exercise as every sentence is punctuated by people keen to say hello to the man who has been an integral part of Winston Hills for nearly four decades.

He opened his Mike Samson clothing business at Winston Hills Mall 37 years ago but sadly, for his devoted customers, the mall's longest serving tenant has decided to hang up his jacket and retire at the end of March.

People were shocked when the Closing Down sale sign went up a few weeks ago but retirement has been on Mike's mind since he underwent open heart surgery two years ago.

"I have had a lot of health problems and I need new knees but no-one will operate." He also suffers from arthritis and at 77, he feels it is the right time to retire after almost a lifetime in Men's fashion.

"I started working in a bank when I left school," he said.

While he was at the bank he was approached by a local shopkeeper to help out on Saturday mornings to keep an eye on the stock and so his fascination with retail started.

He left the bank after seven years because he didn't want the constant moves from branch to branch so accepted a job in a local menswear store and managed the head office.

He then moved into men's wholesale for five years but the lure of retail was great.

"I wanted to open up a shop," he told the *Hills to Hawkesbury Community News*. "I lived in Parramatta at the time and (Winston Hills) was only up the road and I thought I could make it work."

He was joined 26 years ago by Greg Formby, a men's clothing rep, who came to say goodbye. "I asked him where he was going to work and he didn't know so he started to work for me."

"Greg is a great person, a great salesman and a huge part of the shop's history."

Mike and his wife Denise have four children and three grandchildren and spending more time with family is top of the retirement wish list. Seeing Parramatta Eels do well is also on the list.

"My customers love coming in and talking about Parramatta," he laughs.

As a member of St Patrick's Parramatta, he has been involved in the church community and also the schools his children attended.

He said his family migrated from Lebanon just after World War 2 and said people were always kind.

"People are very caring of me. If you make people feel good they will return."

He said the COVID period has been hard but thanked his customers and Centre Management for their support.

"It was hard but we were given rental assistance by Centre Management which was a great help as we wouldn't have survived (this long.)"

He says 85 per cent of his customers are regulars."

He says classic items such as, a navy or pinstripe suits never go out of fashion.

His secret to success in business, home and community is listening, and making people welcome.

Mike Samson Clothier is shop 21 at Winston Hills Mall. Call 9674 4237.

MIKE SAMSON CLOTHIER

DRESSING THE MEN OF THE HILLS DISTRICT SINCE 1983...



CLOSING DOWN AFTER 37 YEARS

SUITS & JACKETS - SAVE 30% to 50%

SHIRTS & TROUSERS - SAVE \$15 to \$60

KNITWEAR & SHOES - SAVE 30%

R.M. WILLIAMS BOOTS - \$100 OFF rrp

POLO SHIRTS - SAVE 30%

ALL ACCESSORIES ON SALE!

**ALL STOCK
MUST GO!**

It's been a pleasure to be of service.

Please come in for the final sale & allow us to personally say thank you & farewell.

- Mike Samson -

MIKE SAMSON CLOTHIER
SHOP 21, WINSTON HILLS MALL, CAROLINE CHISHOLM DRIVE, WINSTON HILLS
PH: 9674 4237 | WWW.MIKESAMSONCLOTHIER.COM.AU



Uniting Westmead Seminar:

ASK AN EXPERT ABOUT AGEING SERVICES

Leading advice for seniors planning for their future

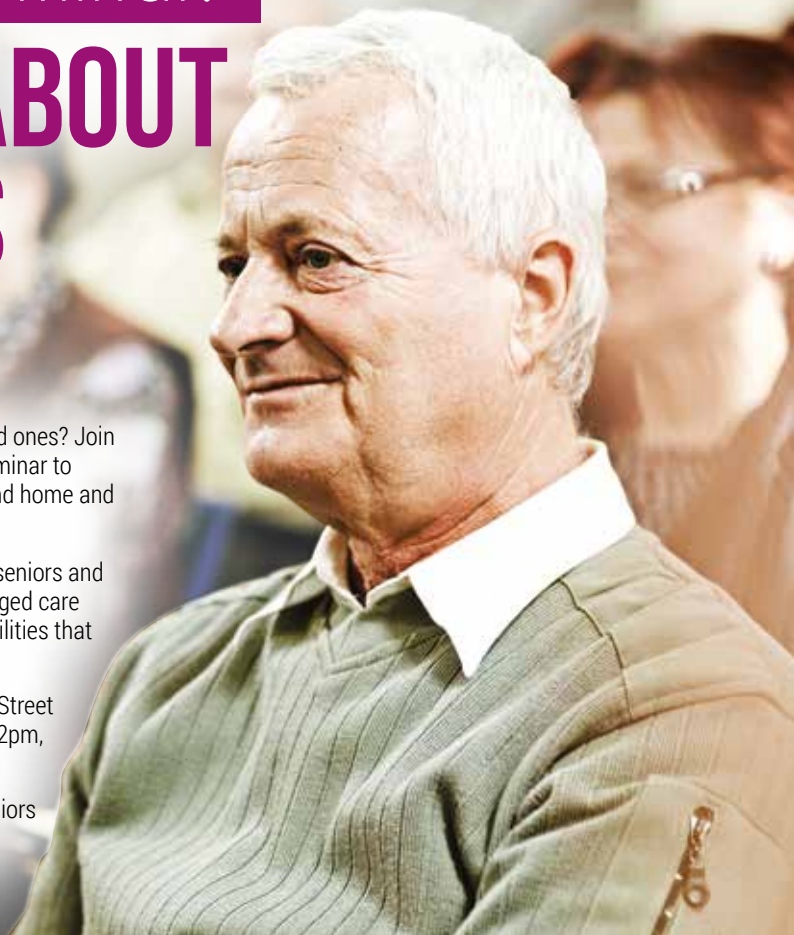
Looking to understand more about the support available for yourself or loved ones? Join the new Uniting Westmead community for an informative 'Ask an expert' seminar to learn more about residential aged care, independent living, assisted living and home and community care.

Whether you're considering a change now, or have questions for the future, seniors and their families are encouraged to attend this free event to learn more about aged care services, ask questions of the expert presenters, and tour the brand-new facilities that include a dedicated seniors' gym, café and community spaces.

The seminars will be held at Uniting's new Westmead Campus at 1 Caroline Street in Westmead. You're invited to attend on Tuesday 23 February from 10am-12pm, or on Thursday 25 February from 6-8pm.

'Ask an expert' seminars are part of Uniting's commitment to supporting seniors in their local communities. By providing the latest information and advice, they're helping older people make informed decisions for their future.

Register today at: uniting.org/events



Uniting Westmead is now open.

Visit today
**1 Caroline St,
Westmead**

Discover our inclusive community, designed for connecting.



Early learning

Long day care that makes every day count



Retirement living

Stylish apartments designed for independence



Residential aged care

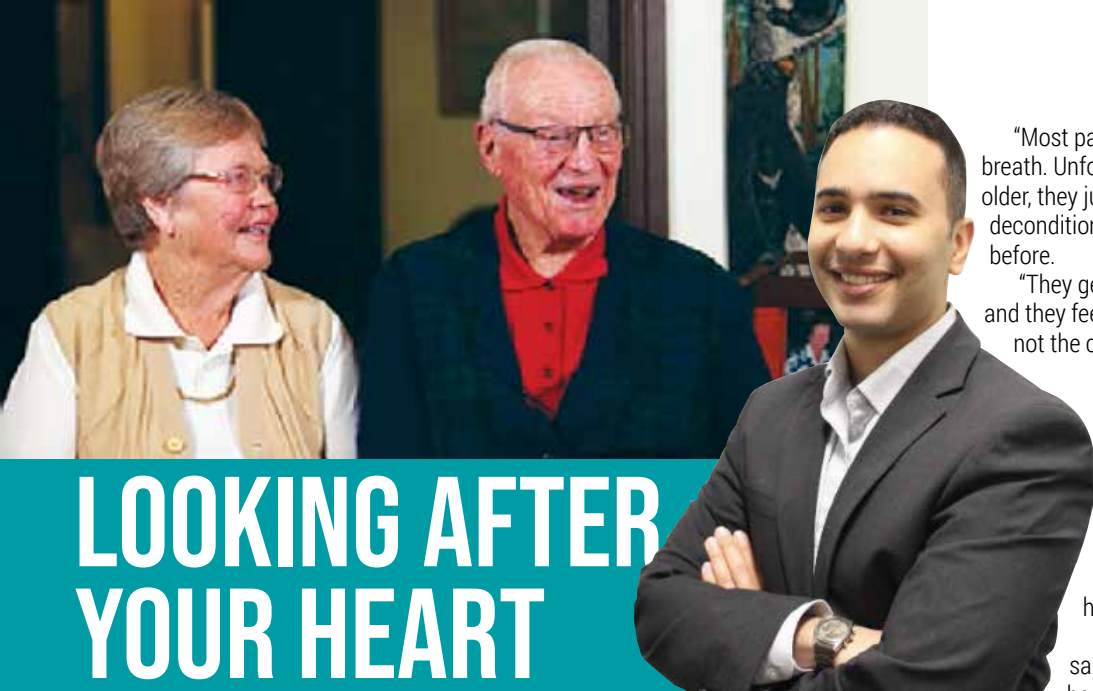
Tailored care that feels like home

Book your appointment

Call **1800 864 846** or visit uniting.org/westmead

© Copyright Uniting NSW.ACT 2021 21-IL-784.FEB21

Uniting



LOOKING AFTER YOUR HEART

Former local policeman David Nelson knows exactly what a TAVI procedure is. The Transcatheter Aortic Valve Implantation (TAVI) replaces a diseased or damaged aortic heart valve and is done to treat aortic stenosis.

The 80-year-old father of four and his wife have been married for over 60 years.

David had some stents put in at Baulkham Hills Hospital back in the year 2000 and in 2011, he underwent heart bypass surgery at Norwest Private.

His family became worried when David would go to bed at night, and have trouble breathing and getting off to sleep.

The only way he could get a good night's rest was sitting upright on a chair in the lounge room with a blanket around him. He would be out of breath just coming to sit at the table to eat.

Cardiologist Dr Jagger referred him to Dr Peter Fahmy at Norwest Private Hospital. Dr Fahmy says Aortic stenosis is a degenerative disease in the elderly population and is usually as a result of calcification building up on the aortic valve.

Slowly the calcification gets worse and worse, resulting in stenosis and narrowing of the aortic valve and resulting in aortic stenosis.

"Most patients would complain of shortness of breath. Unfortunately, when patients are getting older, they just feel it's part of aging that they become deconditioned, and not able to do what they could do before.

"They get more short of breath, they feel fatigued and they feel that this is part of normal ageing. This is not the case.

"These days, the transcatheter approach to valve replacement has been studied significantly. We've shown that in high, intermediate and inoperable risk, that a transfemoral TAVI is better than open heart surgery."

For David, the best thing about having a TAVI is that you don't have to have open heart surgery, and recovery is quicker.

David was in hospital for three days. He said "I was very happy it's done. It was good because it's a good hospital, and they look after you very well".

Dr Peter Fahmy said: "Once you've relieved this obstruction (stenosis), as in put a new valve and treated the aortic stenosis, you can see a significant impact on their quality of life.

Before TAVI David had trouble getting on the mower. He had to pull himself up, and was struggling a bit; he can now get on and start her up. He says he also "has a lot more energy" than before.

His daughter Sue said there had been such a positive change in my dad. It's really been a massive success."

Dr Peter Fahmy's rooms are located at Norwest Private Hospital. To book an appointment call 9633 2244.

Cardiac Rehabilitation

Restores your ability to do the things you want to do.

Join a hospital based day program that will help you recover from a heart attack, heart surgery, stent insertion and permanent pacemaker procedures.

**For enquiries please contact
02 9686 0454. 499 Windsor Road,
Baulkham Hills NSW 2153**



 **The Hills**
PRIVATE HOSPITAL

**New year,
new home...**

Will this be
your year?



WHEN

Limited private appointments are available over the month of February.

WHERE

The Gracewood Retirement Village
8 Free Settlers Drive, Kellyville

RSVP

Call Ali on **1800 116 550** or email us
gracewood@baptistcare.org.au

While we can't all travel as far and wide as we would like right now, we can still enjoy a little luxury closer to home. Where better to travel than to what could be your very own new home this new year?

To celebrate the new year, we'd like to invite you to enjoy an exclusive experience in one of our newly furnished display apartments. Over morning or afternoon tea, you'll get to hear all about the community and spend quality time in the space. Plus, you'll enjoy a private tour of the village and get to see the remaining apartments for sale.

RFS BRIGADES SHARE \$100,000

A major donation for The Fiddler at Rouse Hill is enabling four local RFS Brigades to buy new equipment and supplies.

Cheques for \$25,000 each were presented to the Kellyville Fire and Emergency Public Fund, Rouse Hill Fire and Emergency Fund, Box Hill and Nelson Bush Fire Brigade and Oakville Volunteer Bush Fire Brigade by The Fiddler's General Manager Tara Bonser at the end of last month.

This is the biggest donation the pub has made to date. The Fiddler's general manager Tara Bonser told The Hills to Hawkesbury Community Newsthat the four RFS Brigades were blown away by the donations.

"Giving away \$100,000 in one day to our local brigades is certainly a highlight of my career," she said.

"Making the call to tell one of the local brigades was so heart-warming. On the day we handed out their cheques I met with volunteers from each Brigade. They were so grateful and excited to receive such a substantial amount of money.



Tara Bonser (centre) with representatives from the four RFS Brigades

"It's easy for us to forget that a year ago these brigades and volunteers were fighting for people's homes and livelihoods. These teams sacrificed being away from their families and risked their lives to save those of our local community. It's our turn to support them."

Rouse Hill RFS thanked The Fiddler saying: "The donation will be used to purchase

equipment that will improve the service and response to our community. Our Captain and all members extend their sincere thanks and appreciation to The Fiddler for the very generous donation."

Oakville RFS said: "We are truly lucky to have such supportive residents and businesses in our area.

BOOST FOR JOBS AND HOUSING

Construction is due to commence on a \$5.47 million housing renewal project in the Hawkesbury that will deliver 15 new social homes and support 27 jobs while bolstering local spending on businesses and trades.

The Sunnyside Crescent project will see four ageing properties replaced and transformed into modern homes, comprising 13 two-bedroom townhouses and two one-bedroom villas, both of which will be capable of being adapted for wheelchair access.

The project at Sunnyside Crescent is one of about 50 projects being delivered under the NSW Government's \$400 million Fast Track Housing Construction Package, to help boost economic recovery from COVID-19 in local communities throughout the State.

Hawkesbury MP, Robyn Preston, said: "This housing renewal project at Sunnyside Crescent is supporting local vulnerable people who need the security and protection that goes with having a new home.

"This \$5.47 million investment is also benefitting the local economy and community by prioritising local spending and providing local jobs that'll help keep a roof over the heads of local families and food on their tables."

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 NOW 0492 975 943

Aussie Pumps

WE'RE HIRING! NEW YEAR ... NEW CAREER

We are looking for passionate people to work with our dedicated team servicing the water industry.

We provide a fun, respectful and safe environment with unlimited potential!

SALES CADET

Want a career in sales that's fulfilling and fun? This is a great start with full product and sales training given.

PRODUCT MANAGERS

Join us and build new markets, develop products and generate new customers. Generous remuneration package & loads of opportunities.

EXPERIENCED FITTER

Competent trades person wanted. Age no boundary for this full time role.

SECRETARIES ... PERMANENT & CASUAL

Help us support our managers, cover staff holidays & fill in during busy periods. Join our friendly team.

Send your resume to:
careers@aussiepumps.com.au
More details ...
aussiepumps.com.au/careers/



PANETTA

M E R C A T O



*Huge selection of
deli meats, cheeses
and olives marinated
on the premises.*

THIS WEEK'S SPECIALS

**Maasdam
cheese**



\$17.99 kg

**Single
smoked ham**



\$17.99 kg

**Pirovic cage
eggs 700g**



2 for \$6 or \$3.49 each

While stocks last

9688 7810

**Lower Level Car Park at Stockland Mall
(Olive St entrance) Baulkham Hills**

**Open every day 7am to 6.30pm
Bread and milk available**

WWW.PANETTAMERCATO.COM.AU

PASTICCERIA
PAPA

FRESH LOOK FOR OLD FAVOURITE

A \$550,000 renovation has opened up a multi-purpose facility for community use at Castle Hill.

Allan Drew Funerals building on Old Northern Rd has been gutted and transformed complete with a new internal floor layout, new bespoke furniture and lighting.

The funeral home's chapel was the original St Paul's Anglican Church and has been a local landmark since its completion in 1861.

Location manager and long-time Dural resident Nancy Mackintosh said having the opportunity to completely redesign the facility had been an exciting challenge.

"Only occasionally do you get the chance to start with virtually a clean slate and create a facility the community can use that is also a benchmark for the funeral industry," she said.

"It also means we can continue to serve the Hills district for years to come.

"The renovation was a vision our founder Allan Drew OAM (who sadly passed away in 2019) had for many years so it's wonderful to see it come to fruition."

The new facility which has been designed with catering facilities made it ideal for hosting other functions such as private celebrations or business conferences and community meetings.

"I believe we have moved to the point where people are comfortable with the thought of holding meetings, conferences and even birthday and engagement parties in a

function room attached to a funeral home," Ms Mackintosh said.

Allan Drew Funerals established its funeral home next to the former St Paul's Anglican Church in 1986. Ms Mackintosh said the chapel was also still used for weddings. "We have a lot of local people choosing to use the chapel as they have fond memories of attending Sunday School and family celebrations like weddings and christenings there," Ms Mackintosh said.

The new funeral home includes a 120-seat chapel, three arranging rooms for staff to meet with families, a welcoming reception area, additional waiting lounge area, and updated function room for up to 200 people with modernised catering kitchen.

Ms Mackintosh has worked at the Castle Hill funeral home for 12 years, making the move to the funeral industry 22 years ago after running her own dressmaking business for over a decade. Ms Mackintosh said all aspects of her job gave her satisfaction.

"Leading a wonderful team of 14 employees and helping people at one of their most vulnerable times in their lives is truly an honour," she said. While she may have given up sewing



Nancy Mackintosh

professionally, Ms Mackintosh is still a keen sewer and quilter. "I find the stress of everyday emotions of dealing with grief and sadness can sometimes be overwhelming so every night I sit and do an hour of quilting/embroidery just to recentre my mind. It is very calming and rewarding."

She is also lover of vintage cars and has been restoring her own Hot Rod – a 1936 Chev Sloper – with her fiancé for the past 18 months.

"The creativity involved is a great outlet for re-energising the soul."

RFS COMMISSIONER PUMPED WITH AUSSIE

Australian Pump had the privilege of hosting RFS Commissioner Rob Rogers and his deputy, Bruce McDonald recently at their 2 ½ acre headquarters in Castle Hill.

The team at Aussie Pumps were able to express their appreciation of the magnificent work the volunteers carried out last summer under extreme conditions. Aussie's staff were also working hard to support the community

and Government departments, even deploying staff to affected areas.

"Last summer had certainly been the worst we had experienced in RFS. Unfortunately it won't be the last as the seasons ahead could be dangerous with the urban interface", said Rogers. Mr Rogers and Mr McDonald were walked through the Aussie production floor where the latest run of NSW Fire & Rescue pumps were in

progress. This contract is to supply units for the NSW Fire Community Trailers.

"These trailers are a vital resource used to protect a neighbourhood from flare ups and ember attacks", said McDonald.

Once the fire front has moved through an area it can take hours to mop up, smouldering debris and homes can come under further attack from embers. The trailers provide the equipment to handle this situation. This frees up the fire trucks so they can return to fire front.

The Commissioner and Deputy were also shown the two new models likely to be of interest to the service, the big 4" twin impeller high pressure pump and a long range 6" fast fill transfer pump designed to move large volumes to replenish front line vehicles.

Aussie Pumps is a proud supporter of the RFS and looks forward to continuing to work with them as a NSW based manufacturer of quality fire pumps.



Aussie Pumps

Aussie Pumps' Mal Patel and Brad Farrugia showing Commissioner Rogers and Deputy Commissioner McDonald the latest run of firefighting pumps for NSW Fire and Rescue.

The Hills Shire Council News



Ellerman Child Care Centre receives an upgrade

Ellerman Child Care Centre has recently undergone a number of improvements, including the installation of a new roller door, windbreak roller curtains and Perspex fencing, as well as a fresh coat of paint to the interior of the building.

Making a Submission to Council?

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

New fruit plants were also planted in the eco garden, including a guava and a banana tree, which the children can tend to, and eat and enjoy as part of their daily meals and snacks. The Centre is known for teaching children life skills, including how to grow their own food and cook with healthy ingredients. Solar panels will also be installed at the centre in February.

Ellerman Child Care Centre is a not-for-profit service for children aged from six weeks to five years. The Council owned Centre has a limited number of vacancies still available for 2021.

To make an enquiry, visit www.thehills.nsw.gov.au and search for 'Ellerman Child Care Centre – Dural' in the search bar and complete the online vacancy enquiry form.

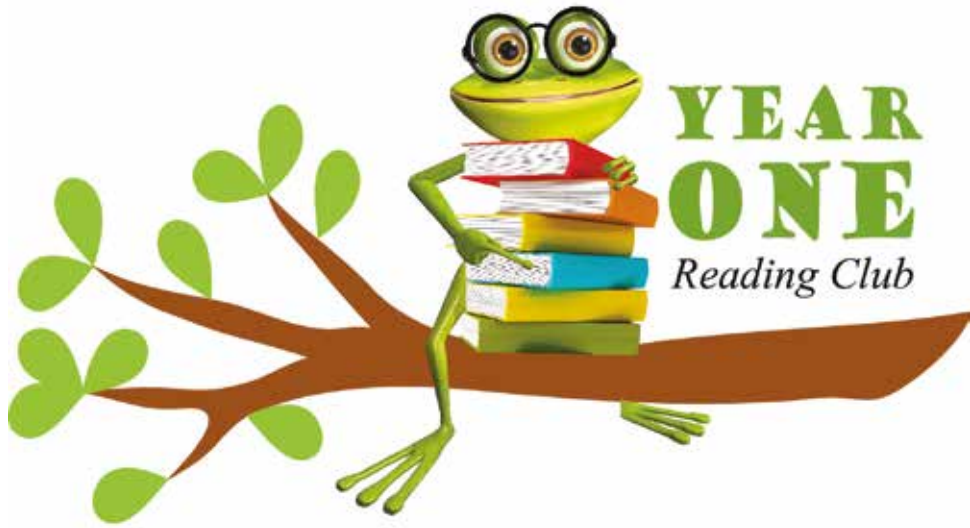
www.thehills.nsw.gov.au | 9843 0555

Make Reading Fun!

The Year One Reading Club is back for 2021. Children attending school in Year One this year are invited to join the club!

The Year One Reading Club is designed to help students make reading a habit. Club members receive a logbook to track their progress and are awarded a sticker each time they visit their local library to borrow. Great rewards are up for grabs.

Improve their reading and develop their imaginations! The Year One Reading Club begins on 1 March, 2021. Visit any Hills Shire Library to join the club or for more information, visit www.thehills.nsw.gov.au/Library



Report it to Council

Did you know you can make an online request to Council? From changing your mailing address to waste and recycling requests, browse through Council's online enquiry forms by visiting www.thehills.nsw.gov.au and searching for 'Report it to Council.'

To make a general enquiry to Council, visit www.thehills.nsw.gov.au and search for 'General Request or Report Form.'

Naming of future reserve and new community centre in Box Hill

Council is proposing to name the future reserve off Nelson Road, Box Hill as Anthony Skarratt Reserve in recognition of the late resident's contribution to the community.

Anthony Skarratt was born in England in 1925. He came to Australia with his parents in 1933 and moved to Sydney in 1946. In 1947 he moved to Box Hill where he joined the local progress association and was active on many sub committees.

Minutes of the progress association meeting of 10 December, 1949 confirmed that Anthony Skarratt had donated land on Nelson Road to the association to establish a community hall.

Naming the new Community Centre

It is also proposed to name the Community Centre in the reserve as the 'Box Hill and Nelson Community Centre'.

The proposal to name the community centre as the Box Hill and Nelson Community Centre reflects the identity of the surrounding community and links with the local Box Hill and Nelson Progress Association.

To have your say on the naming of the future reserve and new community centre in Box Hill, visit www.thehills.nsw.gov.au and search for 'Anthony Skarratt.'

More rugby league playing fields for Kellyville Memorial Park

Kellyville Memorial Park is now in the process of being converted into a Premier Rugby League Facility.

Heavy machinery is now onsite carrying out bulk earthworks to expand the area into two playing fields, which will be known as Fields 1 and 3. The new fields will add to the existing fields onsite, and will be used by the Parramatta National Rugby League (PNRL) as their training facility.

The playing field expansion project is scheduled to be finished by the end of 2021, with weather permitting.

Works already completed by Council as part of the Master Plan for the Park include the construction of a new playing field, refurbishment of two existing fields, construction of a new carpark and access from Stone Mason Drive.

Council has recently entered into a licence agreement with the PNRL for the redevelopment and use of Kellyville Memorial Park as a Premier Rugby League Facility.

To keep updated on the project, visit www.thehills.nsw.gov.au and search for 'Kellyville Memorial Park.'

Council Meetings

Ordinary Meeting: Tuesday, 23 February 2021 – 7pm, Council Chambers

Due to the latest Public Health Order, limited seating is available at Council meetings.



PET ADOPTION DRIVE

On Saturday March 13, PETstock Rouse Hill and PetStock Marsden Park will host local animal rescue organisation DCH Animal Adoptions as part of PETstock Assist's annual National Pet Adoption Day initiative.

Over the past six years, PETstock Assist's National Pet Adoption Day campaign has rehomed more than 12,000 pets over 6 days. This year's initiative will now span the entire month of March in a bid to find even more pets homes, educate the masses and celebrate the entire rescue community.

Australian sporting superstars and animal welfare advocates, Sharni Layton and Peter Siddle, are supporting the month-long initiative to educate Australians on the benefits of pet adoption.

They are no strangers to rescuing animals, each being proud adoptive pet parents to three cats and five dogs collectively – all who have changed their lives for the better.

"Having the opportunity to give our five rescue dogs, quirks and all, a second chance at a loving home has been such a rewarding experience," says Peter. "We were fortunate enough to meet our perfect match on five separate occasions. I encourage all

would-be pet owners looking for a pet to consider adoption and keep an open mind."

For Sharni, it's knowing that she always has the unwavering support from her rescue cats.

"The companionship and support that they've provided in return, especially throughout 2020 and now during the AFLW season, has made such a positive difference to my life off the field."

For more details on PETstock Assist's National Pet Adoption Month visit petstock.com.au in March.



FACE-LIFT FUNDING WELCOMED

The Hills Shire Council is proposing 34 shovel ready projects to be funded under the Federal Government's Local Road and Community Infrastructure (LRCI) - Phase 2 Extension Program.

Council has already received approval for almost \$1.2 million under the economy-boosting program, and will now seek to secure a further \$5.4 million from the Federal Government to fund these projects that were adopted for delivery during Tuesday's Ordinary Meeting of Council.

Hills Shire Mayor, Dr Michelle Byrne said these projects would support jobs, construction and promote economic growth across the region

Projects proposed for funding, include:

- \$150,000 war memorial upgrade at Balcombe Heights Estate in Baulkham Hills;
- \$250,000 reconstruction of netball courts at Ted Horwood Reserve in Baulkham Hills;
- \$215,000 resurface four courts and a remote access control system at Les Shore Reserve in Glenorie;
- \$660,000 renewal of pathways, border edging, stairs, irrigation and park furniture at AH Whaling Reserve Rose Garden in Baulkham Hills;
- \$105,000 playground replacement at Glenhaven Reserve in Glenhaven;
- \$470,000 pavement rehabilitation at Old Glenhaven Road in Glenhaven.

All projects need to be completed by December 31 this year 2021

 **BaptistCare**
AMINYA VILLAGE



A Retirement lifestyle that adapts to you

In the heart of the Hills, surrounded by award winning gardens, Aminya Village is a vibrant community for over 55s where you can live independently, with the benefit of help and support as your needs change.

Enjoy access to a range of community events and facilities perfect for an active retirement, while we take care of the little things like mowing and maintenance.

Hurry, just a limited number of fully refurbished 2 bedroom units available from just **\$550,000**.

Call **(02) 8896 3905** and book your tour today.

6 Goolgung Avenue, Baulkham Hills | baptistcare.org.au/AminyaVillage

Because we care

TACKLING COVID THE FITNESS WAY

by LAWRENCE MACHADO

The impact of COVID has been widespread and no one has been spared with more than two million lives lost worldwide and millions more affected by it. The pandemic has impacted employment, business and the physical and mental well being, which is why maintaining physical activity has never been more important, according to health professionals.

Brett Stewart, Manager, Health, Fitness and Sports at Castle Hill RSL Group (CHRG), said physical activity can not only boost the immune system and reduce the risk of contracting viral and bacterial infections, but can improve your mental health by reducing the stress symptoms such as anxiety and depression.

"While there are many fantastic ways to stay active like going for a jog, or following a routine at home, the consistency and sustained motivation that can be achieved by being a part of a fitness community can help to ensure that the fitness goals you need in order to improve your immune systems can be achieved," said Stewart.

He said Castle Hill Fitness and Aquatic Centre has more than 2,500sqm of space, a wide range of facilities and equipment, classes and trainers available to suit everyone from 15-115 years.

"The staff and members have taken well to the personal responsibility required to ensure the venue is always clean," Stewart said.

"That community has also been critical for many people in returning back to 'normality'. But being able to interact with friends, whether over a coffee after a workout, or by participating in a group fitness class together, the camaraderie and support network it creates are vital for maintaining a regular exercise program that delivers the healthy output needed to fight off disease."

He says a key component to maintaining a healthy active lifestyle to ensure health benefits are met, is to make sure the exercise you are doing is making an impact.

"To achieve any benefits to your cardiovascular system, regular moderately to vigorous activity needs to be maintained, while at the other end of the spectrum, studies have shown that training with too much intensity can have adverse effects," Stewart said.

"Whether it is to ask for advice, be shown how to use equipment, or be given some tips on which exercises will suit your needs, our staff have the expertise and education to help you stay fit and healthy, and can work with you based on your current health and existing conditions."

Details: 9846 1200 or www.chfac.com.au/



2021 SPECIAL

\$30 FOR 30 DAYS

TRY US OUT

AT CASTLE HILL FITNESS



INCLUDED IS A

30 MINUTE KICKSTART PROGRAM

- Goal Setting • Cardio Program • Weights Program
- Sample Week Training Program



SCAN ME TO SIGN UP



OR VISIT

fb.castlehillfitness.com.au/campaigns/30-for-30-days

chfac.com.au

Terms & Conditions Apply

9846 1200

OPTUS

**PROPOSAL TO UPGRADE OPTUS MOBILE PHONE BASE STATION WITH 5G AT:
4-8 Inglewood Place, Norwest NSW 2153
(RFNSA Site No. 2153001)**

- The proposed facility consists of the addition of new 5G equipment and associated works as follows:
 - 3 new panel antennas (2.8m long) at 24.6m in height
 - 3 new panel antennas (0.59m long) at 24.5m in height
 - 12 new remote radio units
 - Ancillary equipment including but not limited to; new mounts, fibre and electrical cabling, 1 GPS antenna
 - Reconfiguration of existing equipment
- Optus regards the proposed installation as a Low-impact Facility under the *Telecommunications (Low-impact Facilities) Determination 2018* ("The Determination"), based on the description above.
- In accordance with Section 7 of the C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information and/or comments should be directed to Daniel Trees of Visionstream at daniel.trees@visionstream.com.au or Locked Bag 2015, South Brisbane QLD 4101 by **26 February 2021**.

ESSENTIA

LUXURY TOWNHOMES



4 BEDROOM SMART HOMES NOW SELLING

A limited number of 4 bedroom Smart Homes are now selling. View today to see the proven Mulpha quality, superior finishes and learn about the new Essentia Wellness Centre, exclusive to Essentia Residents.

SALES & INFORMATION CENTRE OPEN MONDAY - FRIDAY 10AM - 4PM, 36 SOLENT CIRCUIT, NORWEST
DISPLAY HOME OPEN SATURDAY & SUNDAY 11AM - 4PM, 13 STRANGERS CREEK PLACE, BELLA VISTA



ENQUIRE NOW | 1300 312 842
norwestcity.com.au/essentia

Norwest
feel alive

For full terms and conditions, please visit www.essentiatownhomes.com.au. Please note that this advertisement was completed prior to completion of construction. The information herein is believed to be correct but is not guaranteed. Mulpha Norwest reserves the right to alter designs and specifications without notice at any time. Intending purchasers should rely on their own enquiries and see Contracts for Sale. The images are artist's impression for illustrative purposes only and are indicative only. Completed townhomes and wellness centre may vary from the images shown.

FREE FITNESS CLASSES

If you are feeling a bit sluggish the Live Life Get Active free fitness classes are being held at Norwest once more.



Norwest parent developer Mulpha has again teamed up with Live Life Get Active to offer free fitness training sessions to the Norwest community, including business workers and residents.

Every person who signs up to the fitness sessions receives a tailored nutrition plan based on the information they have supplied and their personal goals. The 45-minute sessions will be held Monday to Friday, during school terms, from 12pm to 12:45pm at 4 Century Circuit, Baulkham Hills.

It includes Active X Training from Monday to Thursday and Active Yoga on a Friday. Register at <https://livelifegetactive.com/location/nsw-sydney/baulkham-hills-norwest-markettown-shopping-centre/>

The free fitness classes have been popular with residents and businesses since first commencing in May 2018, with membership growing from 268 in September 2019 to 385 in September 2020.

Live Life Get Active Director and former Australian Olympic track and field athlete, Jane Flemming said: "It's a great way to start the new year by investing in your health and wellbeing, whatever your current fitness and objectives, particularly after the year we've just been through.

"With so many of us working from home, people have realised the importance of taking breaks, getting some exercise and taking time out to relax. You feel better, think better and function better.

Tim Spencer and Mayor Michelle Byrne
limber up at Norwest with Jane Flemming.

"We are thrilled with the range of participants from all ages and cultural backgrounds who appreciate the no-pressure, fun atmosphere created by our highly qualified trainers. Getting up and active can do so much to improve quality of life by reducing the risk of chronic conditions such as heart disease and diabetes and improving our mental wellbeing."

Mulpha Norwest Executive General Manager, Tim Spencer, said: "We are delighted to continue the Live Life Get Active program that has demonstrably improved physical fitness and general wellbeing in the Norwest community.

"It's a great way to get fit, feel good and enjoy connecting with others. This is all part of our vision to provide an environment in Norwest which fosters health and wellbeing. We see the core pillars in achieving a holistic and well-balanced lifestyle being the connection of people to nature and their neighbours," Tim Spencer said. "It's about growing communities full of friendships and establishing a true sense of belonging."

Local Norwest resident Teresa Stirba who participated in the fitness classes last year said being able to go out and do this exercise with a trainer was fantastic. "I would try and do exercise at home but found having an instructor keeps me in check and the friendly group environment is great."

Register at <https://livelifegetactive.com/location/nsw-sydney/baulkham-hills-norwest-markettown-shopping-centre/>

* Live Life Get Active also holds free classes at South Windsor and at Castle Hill sponsored by Wentworth Healthcare and WentWest (Health). For a full list of locations visit <https://livelifegetactive.com/locations/>

Affordable, independent retirement living at its best...



...five acres of tranquil gardens, historic Windsor 10 minutes away or 55 minutes to Sydney.

- Strata villas with private courtyards
- Air-conditioned/heated
- 24 hour monitored call system
- Business hours on-site manager
- Village bus for weekday shopping
- Well appointed community centre
- Walking distance to train station and buses

From \$210,000

To download an **information pack** go to **www.wcv.com.au**

email **sales@wcv.com.au**

or call Brian Crawford on **0448 400 920**

or send this coupon to:
Windsor Country Village, 7 Bandon Road, Vineyard NSW 2765

**WINDSOR
COUNTRY VILLAGE**

Name

Address

Postcode Phone

H2H

PETS OF THE WEEK

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



AT A GLANCE

NAME: ANNIE
BREED:
Domestic cat
AGE: 2 years old
SEX: Female
PRICE: \$30



IVY is a 2 year old female Domestic Short Hair cat. Staff say that Ivy is a sociable girl who is very affectionate. Ivy would like nothing more than to live in a home where she will be given lots of love and affection. Ivy's adoption price has been reduced to \$30 as she is one the featured cats. 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: IVY
BREED:
Domestic cat
AGE: 2 years old
SEX: Female
PRICE: \$30



RECRUITS NEEDED ANTI CANCER DRUG TRIAL FOR DOGS

PHOTO CREDIT:
JAMINRIVERSIDE

The Animal Referral Hospital is recruiting dogs with B cell lymphoma for a Phase IIb trial evaluating a newly formulated anti-cancer drug Monepantel (MPL), by biotech company PharmAust, shown to be safe and effective for dogs that have not undergone any treatment for this cancer.

Lymphoma is a common cancer diagnosed in dogs and currently there's no cure for B cell lymphoma. Lymphoma symptoms can include swellings (enlarged lymph nodes), lethargy, weight loss and loss of appetite.

Chief Scientific Officer of PharmAust, Dr Richard Mollard said: "So far, the initial trials in pet dogs with cancer have proven successful.

"We have shown that the new tablet – when given to dogs at home by their owners – can give very good anticancer outcomes while exerting minimal side effects."

Currently, the best indicated treatment option is chemotherapy, which comes with quite severe adverse events, and unfortunately, relapse can occur within six to 12 months.

"Monepantel is comparatively very gentle. If this trial is a success, PharmAust will embark on a larger Phase III trial," said Dr Mollard. "Going forward, owners of pet dogs with B cell lymphoma will then be given a greater choice of treatment options for their dogs."

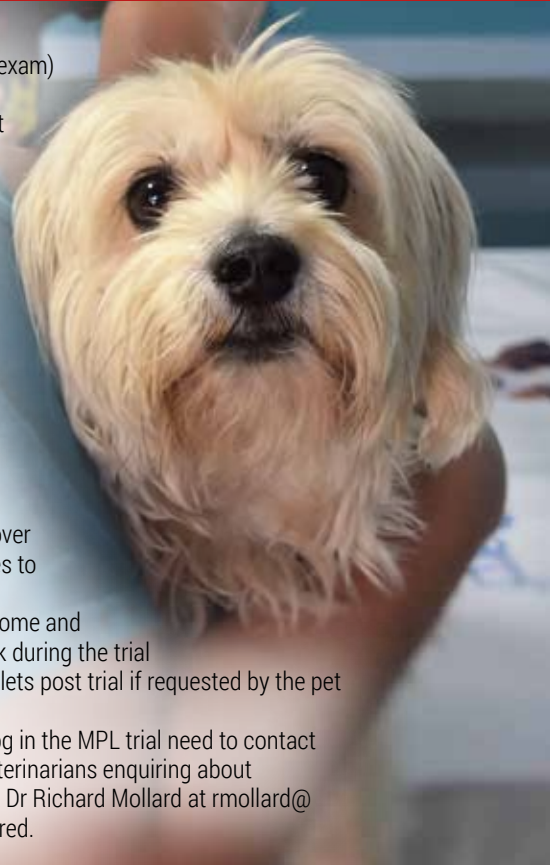
Phase IIb trial criteria include:

- Any stage of lymphoma (based on physical exam)
- Substage A (feeling well)
- Immunophenotype can be pending but must be submitted, and needs to be B-cell based on clinical characteristics
- No previous treatment in the previous 8 weeks, including corticosteroids (prednisolone)
- No other significant concurrent medical problems
- Good quality of life
- The dog should weigh more than 11kg.

Owners will have to transport their dogs to ARH in Homebush and pay the cost for initial consultation for diagnosis. Once the pet is diagnosed with lymphoma, PharmAust will cover all clinical trial costs, including travel expenses to and from the ARH.

The MPL tablets will be administered at home and owners will be asked to keep a simple logbook during the trial period. PharmAust will continue to supply tablets post trial if requested by the pet dog owner and administering veterinarians.

Pet owners interested in enrolling their dog in the MPL trial need to contact their veterinarian for a referral to the ARH. Veterinarians enquiring about patient referrals or trial sites can also contact Dr Richard Mollard at rmollard@pharmaust.com if further information is required.





'ALLO 'ALLO TO A FUN NIGHT

Photos/videos by Samantha O'Hare.

After postponing their production of 'Allo 'Allo last March due to COVID-19, Richmond Players is excited to announce the new dates for this hilarious comedy classic, 12 months later.

"The set was finished, the cast and crew were ready, and we had two final dress rehearsals left before we were due to open to the public," Sean Duff, president and producer of 'Allo 'Allo!, said.

"But the cast and committee agreed that for the sake of the community, we needed to delay the show."

Like many businesses in isolation, the cast turned to zoom and stayed in touch by rehearsing online each month.

But now they are excited to be preparing for a return to the stage in March.

"The show will change slightly from what we had prepared," Mr Duff said.

"We have had a couple of cast of changes, but most of our original cast are still with us. And we now have some new Aussie vernacular – like 'iso' and 'social distancing' that I'm sure we will have some fun integrating somehow into the show.

"It's a comedy that lends itself to incorporating references to popular culture and I think our audience will really love it."



'Allo 'Allo! is a timeless British comedy that promises a night of laughs for audiences who loved the TV show, as well as generations new to the cult classic.

Director, Grose Wold resident, Carol Dicker, has been directing shows for over 20 years and this will be her second production with Richmond Players.

"It is good old-fashioned comedy, with lots of slapstick, physical humour, one-liners and innuendo. What's not to love?" she said.

Performances of 'Allo 'Allo start on March 6 and run until March 27 at Richmond School of Arts. Richmond Players has introduced new COVID-safe measures to ensure their audiences have a safe and enjoyable experience. Tickets are limited, so book early.

Book online at www.richmondplayers.com.au



VALE ANITA FETHERSTONHAUGH

Long time Hills resident **ANITA (NITA) FETHERSTONHAUGH** passed away suddenly after a short illness on January 19, just short of her 90th birthday.

Anita was well known in the area for her lifelong commitment to volunteering in many capacities, including over 20 years with the Castle Hill Branch of the Australian Red Cross.

Anita moved to Dural in 1954 with her husband Bob and their baby daughter Wendy. Kerrie, Robert and Trevor joined them later. Wendy sadly passed away in 1959.

The couple were very involved in the Methodist Church at Dural, and their children's schools. Later they moved to Baulkham Hills and attended St Matthews Uniting Church where they also volunteered. They were also active in The Hills History Group which Anita continued after Bob's death in 2001.

Anita joined the Girl Guides Support Unit at Castle Hill in 1964, when Kerrie became a Brownie, and remained an active member of the Girl Guides for the rest of her life. She was a founding member of The Hills Trefoil Guild in 1982 and received an award for 45 years membership in Guiding some years ago.

She was made a Life member of both the Arthritis Foundation of NSW for her work with Parramatta Arthritis Support Group and SHHH (Self Help for the Hard of Hearing) supporting

those with hearing loss in the Hills and Parramatta areas.

A volunteer with the Castle Hill Branch of the Australian Red Cross for the past 21 years, Anita served as Secretary from 2005 until her recent passing. Red Cross head office presented her with a Service Award in 2017 for her outstanding contribution.

After moving into Anglicare at Castle Hill, Anita added the ARV Computer Club to her list of places to volunteer, enjoying introducing others to computers and enabling them to have contact with their children and grandchildren and boost their self-confidence in their abilities to keep pace with a constantly changing technical world.

Anita was very honoured to be nominated by the International Women Day committee a few years ago, to be included in their "100 Years of Active Women in the Hills" (Community Service).

Anita was a wonderful Ambassador for every organisation she volunteered with, arranging speakers, street stalls for fundraising, or simply giving somebody a lift, she made an immeasurable impact in the lives of those she sought to assist over many years and will be sorely missed by her family and friends alike.

Mountain Beauty

(A TRIBUTE)

By Rosemanry Hayes

To look at beauty of
the curling ferns and lofty gums
Winding our way to valley floor of Megalong
We are in awe looking over the edge to see
Mountain daisies that grow so free
Flittering flashes of coloured birds,
Perhaps the call of a lyre bird.
Sandstone cliffs rising from the valley floor.
Gigantic, bold, guardians embrace
the land below
Ancient beyond time they rise and we in awe
Of this sacred place. And silence.
Magic, mystical Megalong.
Vale Anita, fly free



BUSINESS REGISTRATIONS OPEN FOR DINE & DISCOVER NSW

Eligible businesses in Baulkham Hills can now register to take part in the NSW Government's major economic stimulus program, Dine & Discover NSW.

Service NSW is launching a specialised app for participating businesses, so they scan and track voucher usage over the life of the program. After applying online, NSW businesses will be able to track the progress of the application through their MyServiceNSW Business Profile. Business owners will then receive a step-by-step process on how to get ready.

The program will be rolled out in a few steps to ensure a seamless customer experience. The findings from the pilots will inform the state-wide rollout, expected to commence in March, and will run until Wednesday, 30 June 2021.

For more information on Dine & Discover NSW business registration and eligibility, visit www.nsw.gov.au/covid-19/dine-and-discover-nsw.

ONLINE COURSES ADDED TO SUMMER SKILLS LIST

The number of fee-free Summer Skills training courses available to NSW school leavers in 2021, as part of the State Government's Skilling for Recovery initiative, has expanded.

Enrolments are open for Summer Skills online training in:

- Cyber Concepts;
- Introduction to Working in the Health Industry;
- Construction Materials and Work Health and Safety;
- Mental Health;
- Business Administration Skills;
- Introductory to Business Skills; and,
- Digital Security Basics.

Full details on fee-free courses on offer and their eligibility as part of the NSW Summer Skills program is available at education.nsw.gov.au/campaigns/summer-skills.

More information on the JobTrainer initiative is available at www.myskills.gov.au/JobTrainer/.

The Hon
David Elliott MP
Member for Baulkham Hills
Minister for Police and Emergency Services

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

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

Please contact my office if I can be of assistance.

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

Proudly serving the people and communities of Baulkham Hills, Bella Vista, Carlingford, Castle Hill, Kellyville, North Rocks, Norwest and West Pennant Hills.

Authorised by David Elliott MP, Suite 1, 25-33 Old Northern Road, Baulkham Hills NSW 2153. This publication is funded using parliamentary entitlements.

NSW Government COVID-19 Response

From 12:01 am Friday 12 February, restrictions will ease across the Greater Sydney region including Wollongong, Central Coast and the Blue Mountains:

1 person per 2sqm will apply at all venues except for gyms

A 300 person cap will still apply to all wedding and funerals

Masks will only be **mandatory on public transport** but strongly encouraged in other indoor venues where social distancing isn't possible

Visit nsw.gov.au/covid-19

CALIBRE CONNECT

HILLS LOCAL AREA FAMILY BUSINESS

- ✦ Electrical Fault Finding
- ✦ Lights Power
- ✦ Switchboard Repairs
- ✦ Emergency Electrician

No hidden charges/Honest pricing. Fully licensed and insured

4.9 Google Star Rating

★★★★★

CONTACT MARC TODAY
8898 0207
0400 437 394

www.calibreconnect.com.au

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

Like us on facebook.com/Alivefm90.5

alive^{FM} 90.5
parramatta • holroyd • hills

GOWER POWER FOR THE BULLS

by LAWRENCE MACHADO

Former British Super League player and NRL star David Gower is excited and pumped up on the eve of the 2021 rugby league season with the Hills Bulls. The Bulls, coached by former Irish international and Super League great Mick Withers, should be one of the stronger sides in this year's Ron Massey Cup.

The Bulls are one of the best supported clubs in the competition and have a rich history since it was formed in 1963, with the Gremmo family being involved from the start.

In addition to Gower, the Bulls have former league stars, Tim Robinson (a Hills local), Daniel Harrison, Josh Lewis and Levai in their ranks.

The club's latest signing is 35-year-old Gower who said he is looking forward to their first trials this Saturday against hosts Windsor Wolves.

"I am very excited at being able to play for the Bulls because though there is less pressure than in NRL, it is still a very good competition," Winston Hills star said.

"I am very lucky and grateful to have this opportunity and if coach Michael wants any help, I will be glad to provide it.

"Mike is a very good coach and we have a very strong team this season.



David Gower, right, signs up for the Hills Bulls, watched by Paul Griffin, head of Senior Rugby League.

"While playing in the Ron Massey Cup is not as intense as the NRL or Super League, I do miss the lifestyle of league professionals."

Gower, who was named after English batting great David Gower, was also a handy cricketer himself in his youth, playing for Northern Districts before becoming a professional league player.

Unlike many other league stars, the 190cm tall forward first made a name for himself in Britain, turning out for Salford Red Devils in the Super League before returning to Sydney where he turned out for Wests Tigers, Dragons, Manly and

Parramatta. He played for the Eagles in their grand final loss to Sydney Roosters in 2013. Despite leaving the Eels last year, he continues to be part of their wellbeing and educational team. He also played for NSW City in 2017.

"I don't have many regrets because I have been lucky to play as long as I did," a modest Gower said.

* The Bulls will play their first trial games of the season against the Wolves at their Windsor ground on Saturday, February 13, with the Sydney Shield match at 4pm and Ron Massey Cup tie at 5.30pm.

NEW SOUNDS AT ALIVE 90.5 FM

by DARRYN CAPES-DAVIS

A set of new voices have joined the airwaves at community radio station Alive 90.5 FM to add to the great mix of music, community news, sport and local profiles.

Alive 90.5 FM is always recruiting new volunteers, including presenters who may be new to radio or have moved from other areas of Sydney or beyond.

Youth duo **Matt Thomson** and **Jack Bevan**, fresh out of Castle Hill High School, have just joined the station's ranks.

Growing up, Jack loved playing AFL football and dreamed of becoming a professional player. During high school he acquired new and different passions in music and comedy and after meeting Matt, they soon found that



Dominic Vozzo



Kartik Ayyalasomayajula, aka 'Kiks'

together their humorous dynamic was just the right fit for a radio show.

Matt went through high school dreaming of being a radio host and he became Castle Hill High School's first ever Creative/Performing Arts Captain alongside his best friend Jack Bevan. Matt and Jack are on air on Alive 90.5 FM every Thursday from 2-4pm for the **Afternoon Fun show**.

Having moved from Canberra, **Kartik Ayyalasomayajula**, aka '**Kiks**' uprooted his **Urban Kick Off show** from 2XXfm and is now firmly planted in the schedule at Alive 90.5 FM.

Kiks has been in music and radio for 12 years as a radio show presenter and DJ. He enjoys playing Old School Urban music because it's the music that he grew up listening to and continue to listen to as

it gets him and his listeners into a good mood. The usual segments of the Urban Kick Off show are the Urban Kick Off Countdown, In The Mix, Urban Reversals and Where Are You Now. Kiks hosts the Urban Kick Off show every Wednesday, 8pm on Alive 90.5 FM.

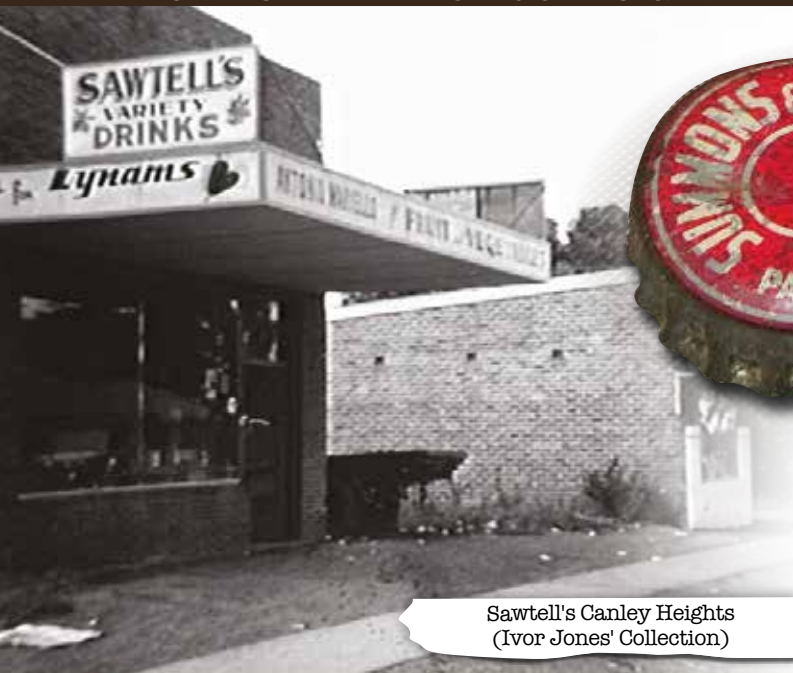
Another DJ who has moved to Alive 90.5 FM is **Dominic Vozzo**. Dominic has worked at various radio stations over the past 32 years including 2RDJ 88.1FM at Burwood, 2CH 1170AM Light and easy at Milsons Point and SWR 99.9AM at Blacktown.

Dominic has always had a love for music and the entertainment industry having run his own Disco business for over 25 years. Dominic presents Tuesday Drive program and his Hit Mix show on a Monday afternoon on Alive 90.5 FM.

TUNE IN: You can tune into Alive 90.5 FM on 90.5 on your FM dial. You can also listen online – www.alive905.com.au/listenlive. **JOIN UP:** Alive 90.5 FM welcomes everyone to join up as a member, with FREE membership until 30 June 2021. www.alive905.com.au/membership.



Youth duo Matt Thomson and Jack Bevan



Sawtell's Canley Heights
(Ivor Jones' Collection)

I'LL DRINK TO THAT

Still in summer, our mind goes back to earlier times. Recently, during a time that my mind went wondering, as it sometimes does, I started to recall that the soft drinks that were available back in the 1950s and 60s seemed to have more flavour than those of today. Whether that is correct or not, who can say.

Back in those halcyon days there was a greater variety in brands and flavours. The only national brands available were those made by either Coca-Cola, Pepsi, Schweppes and the Australian owned Cottee's, although there were somewhere in the vicinity of some 600 soft drink manufacturers across Australia. These ranged from small bottlers in suburban areas and country towns to slightly larger concerns covering regions of a state or perhaps one or two states.

Locally, one of the largest soft drink companies was Summons & Graham whose logo adorned many stores in the western suburbs with

"S & G - the drink that made Parramatta famous". This company was later acquired by Schweppes and renamed SwinG and instead of being sold through corner stores it was sold by way of home delivery. Schweppes went on to acquire other soft drink companies such as "Osborne's" and "Sharpe's" and merged them into the SwinG home delivery service. Another company that I believe had local connections was "Sawtell's" that I understand operated from Northmead for a while. Dale's was another large specialist home delivery service that was based at Cabramatta..

Coca-Cola operated a few other brands including Fanta nationally. During the late 1960s and 70s Coca-Cola swallowed up other companies, including Shelley's in NSW, Kirk's in Queensland and Ecks in NSW and Victoria.

But now to the tastes of some of the drinks that were available in the 1950s and 60s. Cottee's had a range of different flavours which included "Tango", "Coola", "Passiona" etc. whilst some of these names have been retained the taste and appearance of them seems to me to have altered. The "Tango" that I recall was a deeper colour to the Orange of today and the taste was richer. I would say the same about "Coola" which was a lime based drink and what was once Cottee's biggest seller, "Passiona", also seems to have altered. Cottee's no longer exist as soft drink company, the former brands having undergone ownership changes over the years. "Golden Circle" naturally produced a pineapple flavoured soft drink.

Also a favourite of many was Mynor's "G.i" brand of a lime based drink. Mynor was acquired and merged into the Shelley's business that became part of the Coca-Cola empire. G.i was a dark green colour with a rich lime like taste. Another company that became part of Shelley's was "Zyp" which had a distinctive pop or screw cap on their glass bottles.

There were brands that specialised in certain ranges or flavours, Australian Sparking Ales also known as "ASA" produced a soft drink called "Horehound" which is a brewed soft drink. Then there are also those companies that still produce, or once produced, Ginger Beer such as "Stone's". As I have now mentioned brewed soft drinks, just to close off the subject who can remember "Blue Bow" brand soft drinks that were produced by the brewer Tooth's? This brand was acquired by Schweppes back in the 1960s.

MISS GRACE'S QUILT

A rare chance to see a historic quilt made over 130 years ago is being offered by Hawkesbury Regional Gallery from Saturday February 6 until Sunday, April 11.

Miss Grace's quilt was created locally by Sophia Wilbow in the 1880s and is nationally significant. The quilt has been rarely exhibited due to its conservation requirements.

Sophia Wilbow (1829 – 1924) born in Pitt Town, was well known for her needlework skills in the Hawkesbury district and she reputedly made a quilt for each of her seven daughters who reached adulthood; three of the quilts are still in existence.

Miss Grace's Quilt is made entirely by hand using a paper template technique with a tumbling block design.

The outer border of patches is made from the off cuts of nurses' uniforms, as two of the Sophia's daughters were nurses. The other squares were made from material samples purchased from department stores such as Anthony Horderns, as was characteristic in the late 19th Century and early 20th Century trends.

The quilt was donated to the Friends of the Hawkesbury Art Community and Regional Gallery Inc. by Wilbow family descendant Joyce Hedges. Another of Sophia's quilts, held in the National Gallery of Australia collection, was created for her youngest daughter Jane. It is made from a hexagon pattern containing more than 7000 pieces with a print based on a design by well-known British textile designer William Morris. It is believed Sophia worked on the quilt whilst she sat at the side of her dying husband who suffered a long illness prior to his death in 1896.



Miss Grace's Quilt
c. 1890
220 x 187cm
Friends of the
Hawkesbury Art
Community and
Regional Gallery Inc.
Gift of Joyce
Hedges (Wilbow
descendant)

The display of the historic Miss Grace's Quilt at Hawkesbury Regional Gallery will be a thought-provoking contrast to The New Quilt exhibition presented by Quilt NSW which will showcase never before seen contemporary quilts. The modern textile artists in The New Quilt exhibition were invited to Think big, think bold – be adventurous!

The New Quilt 2021 and Miss Grace's Quilt will be on exhibition at Hawkesbury Regional Gallery from Saturday, February 6 Sunday, April 11.

The Gallery is located at 300 George Street, Windsor, on the top level of the Deerubbin Centre. Entry is free. Hawkesbury Regional Gallery opening hours: Monday, Wednesday to Friday 10am-4pm; Saturday and Sunday 10am-3pm. Closed Tuesdays.

AS WE WERE

PHOTOS FROM THE PAST

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



Ford & Coca-Cola. (Google)



S & G Canley Heights
(Ivor Jones' Collection)



Sawtell's Northmead
(Facebook)



Shelley's (Aust. National Library)

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 Wednesday mornings, evening group 2nd and 4th Mondays. New members welcome
Carole | 9894 7749

Australian Sikh Association

0433 580 539
www.asainc.org.au

Bushrangers Hash House Harriers

04 0828 9562

Castle Hill Art Society

Castle Hill Art Society offers a place of art practice for artists of all ages, either in groups of various art media or classes for adults and children. Demonstrations and workshops by well-know artists are held monthly and members can participate in several exhibitions during the year. New members always welcome.
www.castlehillartsociety.org.au | 9899 3179 (ans. machine)

Castle Hill Senior Citizens Club Inc.

Club members invite anyone over 55 to come and meet a very active and friendly group of Seniors who play Carpet Bowls, Cards and Rummikub. Our Club building is on the corner of McMullen Ave. and Old Northern Rd., Castle Hill (opposite the new Metro station) with parking at the rear.
9680 3958
castlehillseniors@gmail.com

Christ Church

An Anglican church located at 26 Pitt Town Road, Kenthurst, has a service at 9.30am every Sunday morning. You are most welcome to join us.
New Minister, Rev. Chris Baxter
0423 119 131

Cumberland Bird Observers Club

The Club conducts three outings a month to observe birds in their natural environment. General meetings are held at Castle Hill on the 3rd Tuesday of the month. New members are always welcome.
Peter 0412 770 757 or
Cathy 9809 5668.
www.cboc.org.au

CWA of NSW - Galston Branch

Our next meeting is Wednesday from 10am. Please join us for morning tea and/or a yummy lunch prepared by the CWA ladies
9653 1056

CWA of NSW - Castle Hill Branch

Holds its monthly meeting every second 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 Tuesday's of the month from 10 to 12. Bring along your lunch if you wish to stay longer.
Maureen | 0411 724 925

Dural Country Club Bowls

04 2131 5074

Dural Galston Probus Club

We are a mixed club for retired and semi-retired people who enjoy friendship, interesting speakers, outings and holidays. Visitors are very welcome.
Tiina Kase | 0428 888 411

Dural Men's Shed

04 0247 8498
www.duralmensshed.org

East Kurrajong School of Arts

First Tuesday each month 10am to 1pm. Bring along any sort of craft activity you're interested in, bring 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

Galston VIEW Club

The Club always welcomes new members and holds monthly meetings. The Club raises money to support The Smith Family Learning For Life Program.
Helen | 9614 1512

Girl Guides Australia

There are great programs for girls aged from 6 to 18. They meet once a week in groups relevant to their age groups which are run by trained Leaders and Unit helpers.
There are Girl Guide groups established at Castle Hill, Kellyville, North Rocks, Baulkham Hills, Crestwood and Galston. To find out more about the best day, time and group for your daughter call:
Margo | 0417 657 433

Glenhaven Probus Club Inc

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

Glenwood Men's Shed

James | 04 0333 8450

Hawkesbury Artists & Artisans Trail

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

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the First Fleeters

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

Hawkesbury Woodcraft Cooperative Ltd

4721 8709

Hills District Women's Bowling Club

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

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

Learning in the Hills

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

Jill | 4575 3858
www.macquarietownsgardenclub.wordpress.com/

North Rocks Evening VIEW Club

Muirfield Golf Club, 58 Barclay Rd, North Rocks.
Toni | 9871 1926 or 0411 693 076, or Margaret on 9872 1405
view.org.au

North Richmond Probus Club

Our meetings are on the second Wednesday of the month at 10.30am at Panthers, North Richmond, Beaumont Rd, N. Richmond. Meetings will recommence on 12th August 2020.
Joan Fewings | 0401813152
northrichmondprobus@gmail.com

Norwest Sunrise Rotary Club

We are a breakfast club and meet every Thursday morning at 7.20am. At the moment it is online but there are COVID-Safe Face to Face Meetings once a month. The Rotary Motto is Service Above Self. If you want to meet like-minded people please join us.
norwestrotary.org.au

Pennant Hills Mens Probus Club

John | 9487 1385

Pennant Hills Combined Probus Club

Pennant Hills VIEW Club has resumed regular meetings on the second Tuesday of each month at Oatlands Golf Club at 11am. Lunch is followed by an interesting guest speaker. Visitors and new members are welcome.
Margaret | 9873 2402

Pitt Town Probus Club

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

Probus Club Of Round Corner (Dural)

Secretary, Julie
PO Box 822, Round Corner 2158

Probus Club of the Hills Inc

Ken | 02 96296459

Probus Combined Kellyville Club

Meets at 10am on 2nd Monday of the month at Moran Aged Care Kellyville, 35 Goodison Street, North Kellyville. New members welcome.
Glenys | 0419 616 431;
Joy | 0416 239 696

Probus Club - Winston Hills Northmead Combined

Meets at 10am at Toongabbie Sports Club, 12 Station St., Toongabbie, 2nd Thursday of the month. New members welcome.
secretary@winstonhillsnorthmeadprobusclub.com.au
Membership Officer | 0421 410 305

Red Cross, Castle Hill Branch

New meeting venue is Wesley Uniting Church, 32-34 Showground Rd. Castle Hill from 10.15A.M. To 11.45A.M. the second Friday in the month. New members always welcome.
8850 7056

Richmond/Windsor VIEW Club

(Voice Interest and Education of Women Club which Supports the Smith Family.) Meets on 2nd Wednesday of the month, 11 am for 11.30 am at Richmond Golf Club, 34 Bourke Street, Richmond
Carol Jackson | 45781510

Scouts Australia - Greater Western Sydney Region

9639 2488
www.greaterwestscouts.com.au

Sleep Disorders Australia - NSW

02 9990 3514
www.sleepoz.org.au

Soroptimist of The Hills

S.I. of The Hills.
Cathy Tracey | 0435 837 117

StAr Association

8850 1269 | www.star.org.au.

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

The Hills Shire Garden Club

9624 5034

The Inner Wheel Club of Baulkham Hills

You are invited to meet each month with a group of friendly ladies who are involved in fundraising for charity and enjoy social activities. Due to Covid, our meeting dates and venue are varied.
Robyn | 9639 2742

The Sydney Hills Branch of the Association of Independent Retirees

Meeting on Friday, at Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting commences at 10.45am. The future topics will be Health, Centrelink, Retirement, Technology Safety and others.
Lauris Rennie | 9634 1186
Pam | 0412 737 234
airsydneyhills@gmail.com

The National Seniors Australia Are you over 50?

9639 1814
www.hillnsa.com

The Hills District Pipe Band

Practices in the Harvey Lowe Pavilion at Castle Hill Showground every Tuesday night from 7.30pm-9pm. The band warmly welcomes new members and gig enquiries. Facebook and Instagram: @hillsdistrictpipeband
Suzie Whitaker
suz801@live.com.au
www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

Meet every second Tuesday in the month at Crestwood Community Centre, Drive, Baulkham Hills at 8 pm
0452 465 906
www.bushwalkingsw.org.au/wanderers

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

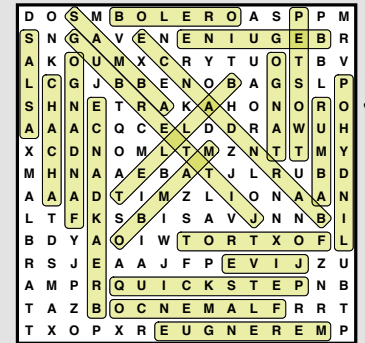
WORD SEARCH

FISHES

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



WORD SEARCH



Answers from last issue

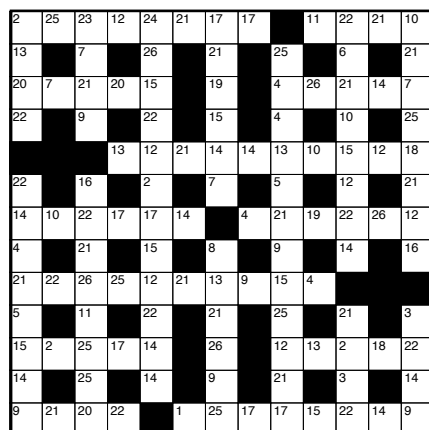
CODE WORD



CODE WORD

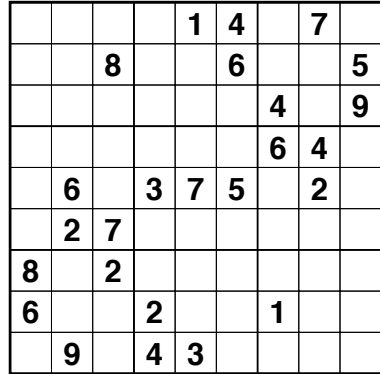
Numbers in the grid (1-26) correspond to each of the letters of the alphabet from A-Z in some order. Solve the puzzle and fill in the letters in the key provided as you find them. Three letters are provided to give you a start.

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

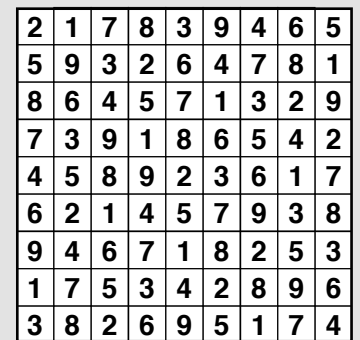


SUDOKU

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



SUDOKU



SECURE YOUR MEMORIAL BY PREPAYING TODAY

A memorial is a place to commemorate a life, a place for coming generations to pay their respects. By planning and preparing you can reserve a special place just for you and your family, so you can always be together.

From 1 February 2021 to 30 June 2021, Castlebrook Memorial Park is offering a discount on new memorial purchases.

SAVE

\$500 PER INDIVIDUAL PURCHASE*

Speak to our friendly team on 9629 1477 and mention the code SAVE2021 to save on your memorial.



CASTLEBROOK MEMORIAL PARK
CEMETERY & CREMATORIUM

*Terms and conditions apply. Visit castlebrook.com.au/save2021 for more information.

PUZZLES

Banksia Yarns



3c East Market St, Richmond

0401 279 853
02 4505 1615

Hours: Mon - Fri: 9:30 - 5pm
Sat: 9:30 - 1pm

www.banksiayarns.com.au

Payless
PAINTING CONTRACTOR PTY LTD
Lic No: 264325C Lic No: 124588C

Domestic - Commercial - Industrial

We Guarantee Your Satisfaction

Pensioner Discount - All Suburbs

Call for a free Quote
Fully Insured

Call Alex:
M. 0408 439 230
Ph. 9899 5760

FERGIES TREE WORKS

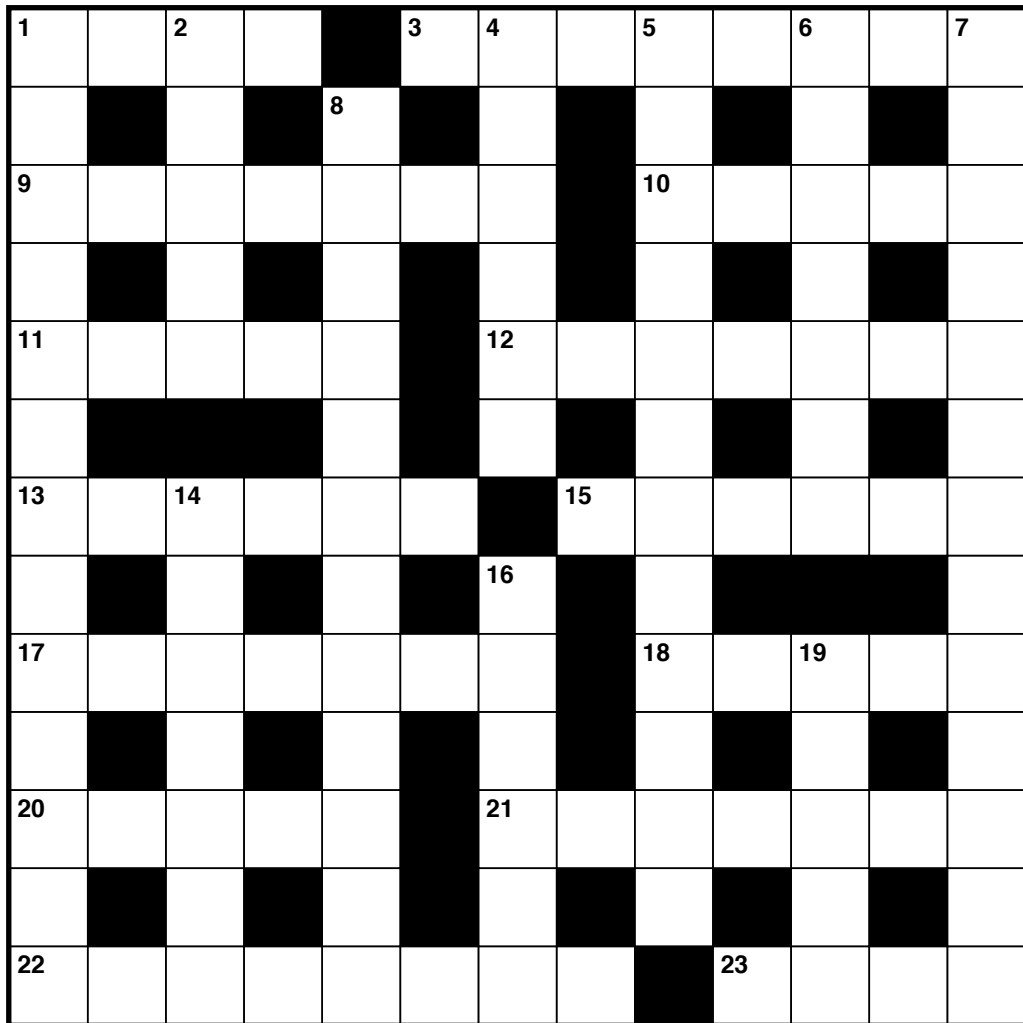


- Tree Removals
- Tree Trimming
- Crane Work
- Mulching
- Tree Pruning
- Land Clearing
- Stump Grinding
- Pruning

No job is too BIG or too small!

Free Quotes No Obligation **Free Advice Fully Insured**

0414 428 707
fergiestreeworks@gmail.com



ACROSS

1. Money that is owed
3. Supervisor
9. Part of an orchestra
10. Floral leaf
11. Takes a break
12. Rubbish
13. Routed (anag)
15. Simple; unrefined
17. Leaning at an angle
18. Latin American dance
20. Existing
21. Selfish person
22. Writer of literary works
23. Gelatinous substance

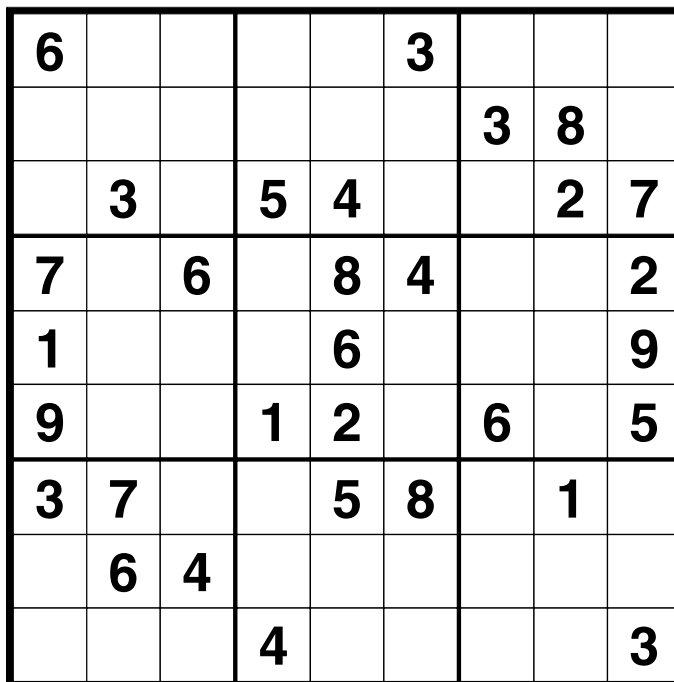
DOWN

1. Disreputable
2. Shouts orders
4. Countenance
5. Consequence of an event
6. Take out
7. Amusement park ride (6, 7)
8. Modestly
14. Totals up
16. Go out of a place
19. Reclining

SUDOKU

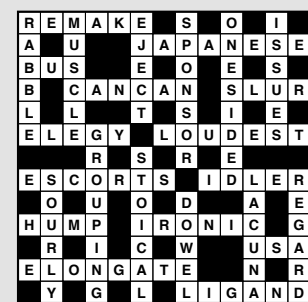
Rating: ★ ★ ★ ★ ☆

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

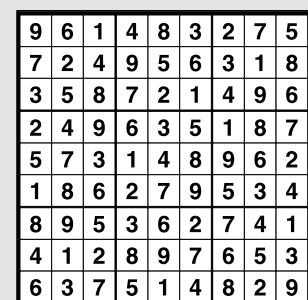


Answers from last issue

CROSSWORD



SUDOKU



All Access

TREE SERVICES

0431 036 842 | 0432 685 811
www.allaccesstreeservices.com.au

All Aspects of Tree Work | Dead & Dangerous Removals | High Climbing
Government Contractors | Land Clearing & Forest Mowing | Stump Grinding
Difficult Access Specialist | Bobcat, Excavator & Tipper | Fire Hazard Reduction

24 Hour Emergency Service

Baulkham Hills Doors

Accredited

GARAGE DOORS & AUTOMATIC OPENERS

1300 76 22 66
Email: sales@baulkhamhillsdoors.com.au

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

ABC SEAMLESS GUTTERING

20% OFF
*CONDITIONS APPLY

GUTTER GUARD | ROOF RESTORATION
METAL ROOFING | ALL TYPES OF
WATER TANKS | GUTTERING INSTALLED

9748 3022 www.abcseamless.com.au

ABC SEAMLESS
EST. 40 YEARS

HOME MAINTENANCE & CARPENTRY

No job too big or too small

Dominic

Licensed Builder

0423 844 586

40 years experience
FREE QUOTES

We specialise in: Carpentry, plumbing, decking, landscaping & much more.

Imagine

a new interior

For all your window coverings - roller blinds, roman blinds, shutters

Specialising in curtains

Jenny Faulder
0416 151 033
jenny@imagineanewinterior.com.au

MASTERCLASS ROOFING

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

CALL 0417 206 371

MCARDLE

TREE SERVICES

4 Generations of Tree Experts - Over 60 years in the Industry.
Knowledge and Expertise you can trust.

M: 0414 635 650 / T: 9653 2205
E: info@mcardletrees.com.au

www.mcardletrees.com.au

- Tree Removal
- Pruning
- Stump Grinding
- Land Clearing
- Mulch Sales
- Firewood Sales

HILL'S DISTRICT PLUMBER

Based in Dural servicing all of the Hill's District

- ✓ 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

02 9199 2024

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

www.reactiveplumbers.com.au

GVT HOME APPLIANCE REPAIRS & ELECTRICAL SERVICES

All Repairs Stoves, Ovens, Cooktops, Rangehoods
Dishwashers, Fridges, Freezers, Washers, Dryers, and more
All Service Guaranteed, All Brands All Models,
All Suburbs 24/7 Service, 25 Yrs Experience

PH: 9629 6750 MOB: 0408 253 646

Spinner's

TEAM OF TRADESMEN

Follow us @1300_SPINNERS

WE ACCEPT

- PLUMBERS
- HANDYMEN
- ELECTRICIANS
- GAS FITTERS
- CONCRETERS
- HOT WATER
- TREE LOPPERS
- PAINTERS
- LANDSCAPERS
- BUILDERS
- ROOFERS
- DRAINS

\$50 CASHBACK* PRESENT TO CLAIM

1300 774 663

DOWNUNDER FENCING

Post and Rail, Stock Fencing, Chainwire and Security Fencing.

Phone 0408 515 018 downunderfencing@hotmail.com

AWNING SOLUTIONS

0435 664 488
sales@awningsolutions.sydney
Unit 9 / 74 Mileham Street South Windsor NSW 2756

ABN 55 614 115 650 www.awningsolutions.sydney

- Channel Awnings
- Auto Awnings
- Straight Drop Awnings
- All Indoor Window Covering
- Rollers, Verticals, Venetians, Panel Glides, Honeycomb, Sheerlite, Plantation Shutters, Screen Doors & more



LIVE-WELL HOMECARE

The care of your choice

Your Care Our Priority **PROVIDING HIGHEST QUALITY HOME CARE SERVICES**



WE DO HOME CARE DIFFERENTLY SO YOU LIVE WELL IN YOUR OWN HOME

Our Speciality

- ✓ Tailored Care Plan to Suit Individual Needs
- ✓ Personal Care
- ✓ Domestic Assistance
- ✓ Transportation
- ✓ Social Support and Companionship
- ✓ Respite Care
- ✓ Hourly/Daily Care/24-hour & Live-In Care

Why Choose Us?

- ✓ Quality & consistency of Care
- ✓ Highly Experienced, Trained and Reliable Care Workers
- ✓ No Basic Daily Fee and No Long-term contracts
- ✓ Zero exit fees
- ✓ Dedicated Care Managers available 24/7
- ✓ No other hidden costs

**Call us today for a Free In-Home consultation to
determine how we can best service you or
your loved ones!**

02 4789 0622

SHOP 14/ 429 HIGH STREET, PENRITH NSW 2750

SERVICING:

Penrith • Blue Mountains
Richmond • Windsor
Hawkesbury • Blacktown
Westmead • Parramatta &
surrounding suburbs

WWW.LIVEWELLHOMECARE.COM.AU