

Hills to Hawkesbury

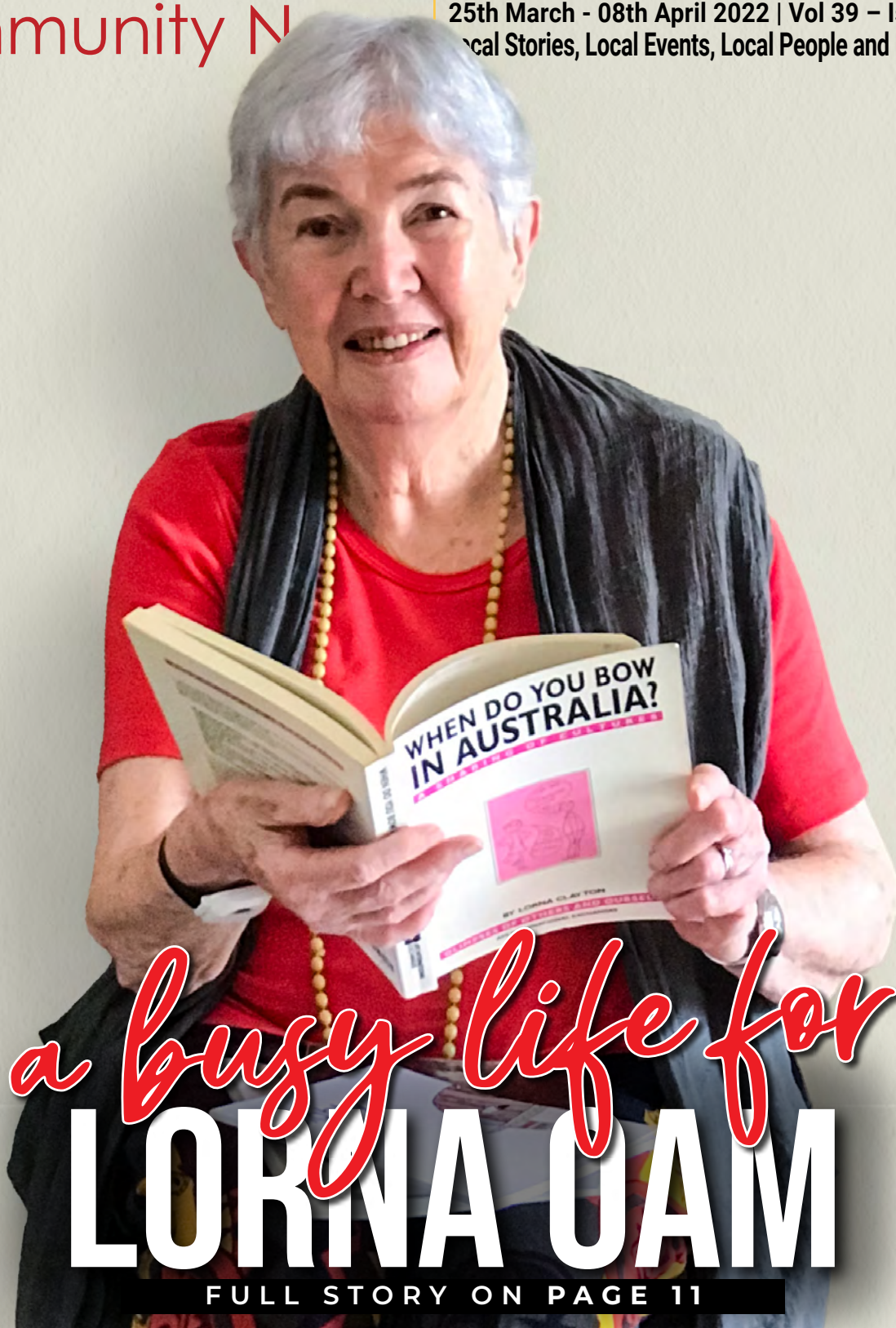
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25th March - 08th April 2022 | Vol 39 - Issue 06

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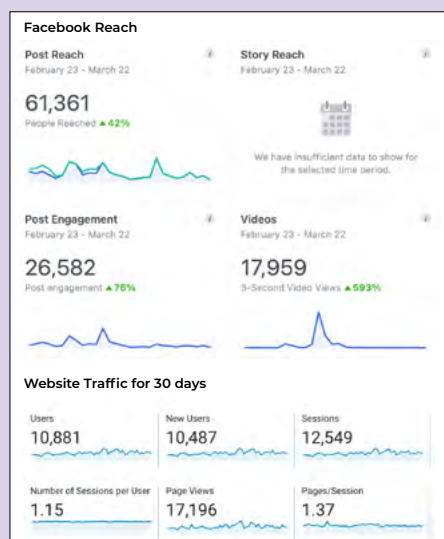
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If you want cost effective local advertising with online advertising included, please let us show you what you can achieve. Our advertising executive, Karen Taylor, would be happy to call or visit you to discuss your needs. Her contact details are 0499 040 726 or email advertise@hillstohawkesbury.com.au.



NEW HEADSPACE ON THE WAY

A new headspace service is to be established in the Hawkesbury to provide additional mental health support for young people.

Funding for the new service was set aside in the 2021-22 Federal Budget as part of the Government's \$2.3 billion National Mental Health and Suicide Prevention Plan which will see the Nepean Blue Mountains Primary Health Network receive over \$4.4 million over four years from 2023-24 to commission headspace Hawkesbury.

Headspace is aimed at young Australians aged 12 - 25 and offers free or low-cost support for mental health, physical and sexual health, work and study, and alcohol and other drug use.

Federal member for Macquarie Susan Templeman welcomed the announcement but slammed the delay for getting a headspace service for the region, saying the Government has had nine years to commit the funding to a service in the Hawkesbury.

"They could have done this after the bushfires. They could have done this after the first flood. Or the second one. They could have done this during lockdown. But no. They waited for an election," she said. "Mental health services save lives. Holding out on them costs lives."

Liberal Senator for Western Sydney, Senator the Hon Marise Payne, said that the new centre will be a critical resource for young people in the Hawkesbury.

"By providing specialist care in a safe and friendly youth-focused environment, headspace Hawkesbury will play a critical role in supporting young people to address complex mental health issues," she said.

Services are co-designed with and for young people to ensure that they are relevant, accessible, and delivered in a safe, confidential, and youth-friendly environment.

Establishing a headspace centre requires extensive community consultation with young people, their families, friends and local services to determine what is required for each community; completion of tender activities; securing and fitting premises; staff recruitment and training; and granting of approvals, among other processes.

It is estimated that one in four people aged 16 to 24 experiences some form of mental illness every year and that 75 per cent of mental health issues developing before the age of 25.

Assistant Minister to the Prime Minister for Mental Health and Suicide Prevention, David Coleman, said the headspace network is at the heart of the Government's vision for youth primary mental health services.

"With a focus on early intervention, headspace works with young people at a crucial time in their lives to provide the best possible health care and support, reducing the duration and impact of mental illness and helping them achieve their full potential."

Australians looking for support throughout the COVID-19 pandemic can access the Beyond Blue Coronavirus Wellbeing Support Service any time via telephone at 1800 512 348 or online at coronavirus.beyondblue.org.au.

Anyone experiencing distress can seek immediate advice and support through Lifeline (13 11 14), Kids Helpline (1800 55 1800), or the Government's digital mental health gateway, Head to Health (www.headtohealth.gov.au).



Hills to Hawkesbury

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DIANA PATON
PUBLISHER

contribute@
hillstohawkesbury.com.au
0408 011 193



KAREN TAYLOR
ADVERTISING

advertise@
hillstohawkesbury.com.au
0499 040 726



BEV JORDAN
SENIOR JOURNALIST

bev@
hillstohawkesbury.com.au
0439 034 187



TONY BOSWORTH
EDITOR/JOURNALIST

HAWKESBURY POST
Info@hawkesburypost.com.au
0414 236 142



IVOR JONES
CONTRIBUTOR

ivor.jones47@
optusnet.com.au



GISELA HORNER
EDITORIAL CO-ORDINATOR

contribute@
hillstohawkesbury.com.au

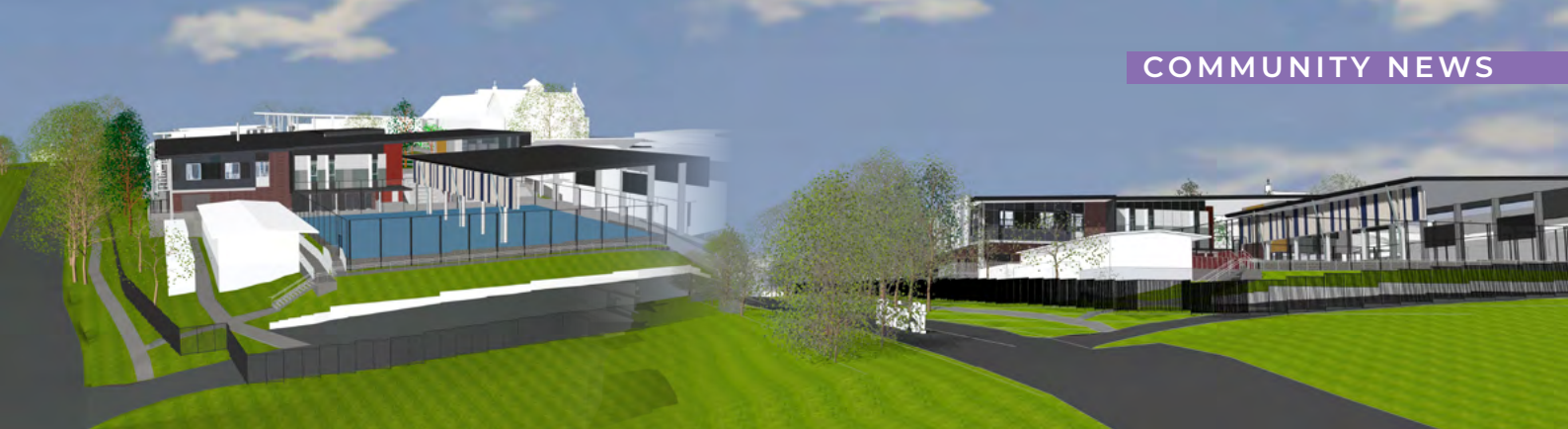
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The Hills to Hawkesbury Community News has been serving this area for nearly 40 years. It's name may have changed over the decades but the commitment to providing a free service to the community is still at the heart of what this hyper local fortnightly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

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



GILROY COLLEGE EXPANSION

By **BEV JORDAN**

Plans for a \$20 million expansion at Gilroy Catholic College at Marie St, Castle Hill will be determined by the Sydney Central City Planning Panel in the next few months.

The Development Application for the construction of Phase 2 of the college's expansive upgrade was lodged with the Hills Shire Council at the end of last year.

The proposed new building will be a two-storey research and creative learning centre with a focus on Science, Technology, Engineering and Mathematics (STEM), Visual Arts, Sport Science and a new canteen facility.

The building has been designed to integrate into the Marie Street streetscape of the Gilroy campus and complement their existing buildings.

The demolition of the single and double-storey buildings known as 'Block' D & Block 'E', as well as the Marie Street frontage, will be

required as part of the project. New landscaping will also be included in the project.

Block D is currently used for music, Drama and TAS (Technology and Applied Studies). Block E is general-purpose classrooms. Appropriate temporary accommodation will be provided during the building works. The recently completed Block G will also provide new Inquiry hubs.

Principal Cheryl Merryweather said: "We're so excited about the potential of these exciting new facilities to support student learning. Great opportunities to cultivate creativity and build skills in research will set these young people up to make a strong contribution to our communities."

Construction will commence late 2022 / early 2023 pending approvals.

Mrs Merryweather said student safety is a priority for the school along with working

hard to prevent disruptions to families during construction.

Phase One was approved by Hills Shire Council in 2019. The \$19 million expansion for Phase One included the demolition of an existing block of classrooms and a demountable and the construction of a new three-storey building housing 16 new classrooms and general learning areas.

Gilroy Catholic College was founded in 1980 with 12 staff members and 137 students enrolled in Year 7 and is named after Cardinal Sir Norman Thomas Gilroy, the first Australian-born Cardinal and the first Cardinal to be knighted since the Reformation.

Gilroy now has more than 1000 students and 90 staff. It was founded on the site of St Gabriel's School for hearing impaired students which occupied the site from 1922.

Riverside GARDENS



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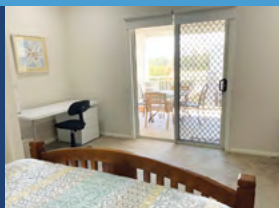
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Farewell to Det Chief Insp Brett Guyatt
Photos from Riverstone Police Area Command.

FAREWELL TO BRETT

After over 40 years in the NSW Police Force Detective Chief Inspector Brett Guyatt (pictured) retired on March 17th and was honoured with a ceremony at Riverstone Police Station.

His long and distinguished career, which spanned 40 years and 9 months of service in the NSW Police Force, saw him move throughout the state and up the ranks, commencing in 1981 at Castle Hill. He also worked at Mount Druitt, Penrith, Hawkesbury, and Riverstone Police Area Commands.

On March 17th he was honoured with a "march out" from Riverstone by his Police family for the last time. Detective Chief Inspector Brett Guyatt was a well respected Officer at Riverstone Police Area Command.

ARMED ROBBERY PLEA

Police have released CCTV images as part of an appeal for public assistance following an armed robbery at a pharmacy in The Ponds last week.

A man entered the pharmacy on Riverbank Drive, The Ponds, armed with a large knife and threatened two employees, demanding cash at about 7.30pm on Thursday, March 17th. At the time there were more than 20 customers inside the store.

When attempts to open a cash register failed, the man fled the scene on foot.

Officers attached to Riverstone Police Area Command attended and, with assistance from Mt Druitt Police Area Command and the Dog Unit, commenced a search of the area.

The two employees – a 17-year-old boy and 24-year-old man – were not injured.

As part of the investigation, police have released CCTV images of a man they believe can assist with their inquiries.

He is described as being about 180cm tall and was wearing a black jumper, black pants, black shoes, with blue disposable gloves, black sunglasses and a black piece of material covering his face.

Anyone who recognises the man, or has information about the incident, is urged to contact Riverstone Police or Crime Stoppers on 1800 333 000.



DRIVER CHARGED

About 10.45am on Saturday March 12th Riverstone Highway Patrol Officers were patrolling Vinegar Hill Road, Kellyville Ridge and noticed a black coloured Audi travelling at a speed above the posted 50km/h speed limit.

Police stopped the vehicle and spoke to the driver. After conducting enquiries police established that the driver was driving with a disqualified drivers licence.

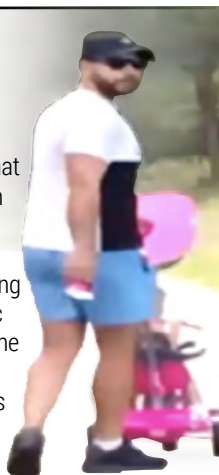
As a result a 46 year old male from Kellyville Ridge was charged with 'Drive whilst Disqualified 2nd offence'. He is due before Blacktown Local Court on April 4th.

DO YOU KNOW THIS MAN?

Riverstone Police are investigating an assault that occurred at about noon on Sunday February 13th at Jonas Bradley Oval, The Ponds. Police are requesting assistance from the public in identifying the male in the attached picture.

If you can identify this person, please contact Riverstone Police Station on: (02) 9838 2199 or Crime Stoppers on: 1800 333 000 OR nsw.crimestoppers.com.au.

Quote Police Reference Number: E:86749264



GRANTS FOR FIRST RESPONDERS

FRRR (Foundation for Rural Regional Renewal) is encouraging eligible groups to apply to its Volunteer Emergency Services Fund (VESF) program to support local volunteer emergency services groups and first responder organisations in communities affected by the 2019/20 Black Summer bushfires.

The VESF grants are available to local volunteer emergency services groups and first responder organisations in the Hawkesbury LGA.

The volunteers themselves are critical to these outcomes and we encourage projects that build not only the skills of this unpaid workforce but wellbeing support to sustain their efforts.

Thanks to the generous contribution of a private donor, grants of up to \$25,000 are available to strengthen local emergency response capabilities, based on identified community need and priorities, including to support volunteers' wellbeing and mental health.

Applications close 5pm AEST April 28th with grants to be announced in July 2022. Find out more about the program at: <https://frrr.org.au/volunteer-emergency-services-fund-grant-program/>

BREAK-IN ARREST

A man and a woman have been charged over an alleged aggravated break and enter in Castle Hill earlier this year which resulted in a man being stabbed.

Police say that a man and a woman allegedly forced entry into a home on Gilham Street, Castle Hill at about 9am on Thursday, January 27th before a 22-year-old man was restrained with cable ties and a second occupant, a 55-year-old man, was stabbed in the neck.

Police have been told the intruders then stole cash before fleeing the scene.

Officers attached to The Hills Police Area Command attended the Gilham St home, where a crime scene was established..

The 55-year-old man was taken to hospital in a critical condition and has since been released.

Following inquiries and a public appeal for information, a 31-year-old man and a 36-year-old woman were arrested at Burwood Police Station on Tuesday, March 22nd and charged with special aggravated break and enter and commit serious indictable offence – wound.



In a life threatening emergency dial 000

SALVOS: WORTH THE WAIT

After 15 months of operating, The Salvation Army church complex at 6a Edwards Road Nelson will be officially opened and dedicated on Saturday, April 2nd "come rain, hail or sunshine".



The Salvos Rouse Hill Corps centre at Edwards Rd, Nelson.
Photo Reitsma Constructions

A spokesperson for the Salvos in the Norwest region said: "Neither COVID, inclement weather, or any other unforeseen eventuality will cause us to reschedule this event for the fourth time since we gained occupancy in late 2020".

The Salvation Army's National leaders, Commissioners Robert and Janine Donaldson will be special guests over the dedication weekend.

They will preside at the official opening ceremony on Saturday April 2nd at 10am and will be joined by The Hills Mayor Peter Gangemi, and community and Salvation Army leaders. The Donaldsons will lead a worship service at 10.30am on Sunday April 3rd

and will attend the monthly AccessABLE event at the centre at 3pm for families and children living with disabilities and complex medical needs..

The formal blessing and dedication service for the Nelson Centre has been postponed three times since the keys were handed over by the builders, Reitsma Constructions, in October 2019.

Multiple ministries and community events have commenced and established in the past 15 months including Sunday services, a monthly service for families, carers and young people with special needs – AccessABLE church - a range of welfare assistance, group meetings for

all gender and ages, as well as weddings and funerals.

The 2.5-hectare site is the regional base for the Salvos emergency service c (SAES) catering vehicles which are currently at the front line in the Hawkesbury flood region feeding essential workers and evacuees.

The weekly Community of Hope food pantry continues to distribute essential food items and fruit and vegetables each Friday morning to an average of 45 families.

More information on activities and how you can be involved is available by phoning 8878 0143 or visiting www.salvationarmy.org.au/sydneynorwest/.

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HILLS COUNCIL'S WOMEN OF THE YEAR

Five outstanding winners have been named in The Hills Shire International Women's Day 2022 Awards.

The awards, organised by The Hills Shire Council, celebrate the achievement, success, strength and resilience of women, and the unique and positive contributions they make to supporting the community and include two dedicated local teachers.

Hills Woman of the Year - Rose Garofano

Rose Garofano has been a passionate and dedicated teacher in the Hills area for over 15 years. She's had a strong impact on young people who've struggled at school - mentoring them and motivating them to finish school, and gain credentials to help them with their next career pathways.

She is also a strong female leader who has advocated for women at risk through her fundraising efforts and has also participated in a number of community events and fundraisers, including the Mother's Day Classic, Hills Relay for Life, International Women's Day and a White Ribbon Day walk.

Community Woman of the Year - Beena Rizal

Beena Rizal has been a mathematics teacher for 20 years. In this time, she has been a pillar of support to her students. She helps her students during her breaks - assisting them with their enquiries, supporting them and offering her room as a safe space where they can voice their academic struggles.

She has tutored hundreds of students across The Hills to achieve top results, and attend selective high schools and university. And also spends time providing support to students across six local schools.

Senior Woman of the Year - Carol Harding

Carol Harding is passionate about women's rights, in particular, women and children living a life free of violence.

Carol has supported countless women and children to escape family and domestic violence and homelessness through her decades of work at St Michaels Family Centre, The Hills Domestic Violence Prevention Network and on the Board of The Sanctuary.

Carol is also a foster mother and has donated much of her time to supporting sporting teams and organisations through various roles, including coach and sitting on the executive board.

Young Woman of the Year - Sophie Hirst

Sophie Hirst is a volunteer and tee-ball coach. She played at the NSW State Championships in 2020 and after suffering a serious leg injury in 2021, overcame that to play again in the Club Teams in 2022.



(L + R) Former Mayor of The Hills Shire Yvonne Keane AM, Rose Garofano, Sophie Hirst, Hills Mayor Dr Peter Gangemi, Beena Rizal and Carol Harding.

In 2021, she was awarded the Ray Williams Encouragement Award and was also the Sport House Captain during school.

Business Woman of the Year - Professor Nicole Brooke

Professor Nicole Brooke is the CEO at the Australian Community Industry Alliance (ACIA), which advocates for quality management in aged and community care, and disability.

In addition to this, she has helped out locally, participating in community events and fundraisers. She has also assisted countless organisations and government departments on positive and groundbreaking initiatives that aim to create change.

Hills Mayor, Dr Peter Gangemi congratulated all the finalists and winners saying they were an inspiration.

"We had so many strong applicants, which is a testament to this community and all the women working hard to make a difference and to pave the way for future generations," he said.

IWD BREAKFAST IN THE HILLS

For the past 40 years Soroptimist International of the Hills District, a female community service group, has been working in the Hills District to raise awareness of, and provide funding for, issues relating to domestic violence, older women's homelessness, female leadership education and environmental waste management.

Club President Jacqui McLachlan said after a year of Covid-related disruptions and cancellations, members were excited to restart their advocacy and fundraising work with their annual IWD Breakfast, aimed at igniting interest in issues affecting women in the local community.

Keynote Speaker at last week's event held at Rydges Norwest was Lucy Brogden AM, who presented challenging facts and statistics from the 'Sydney Women's Fund - Portrait of Sydney

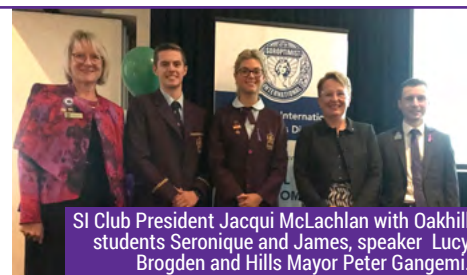
Women 2021' report by Dr Rebecca Huntley and Kate Whelan.

"Not only did Lucy provide the audience with an update on how Sydney women coped and functioned through the pandemic, but she also encouraged everyone to support people in one's inner circle struggling with mental health issues.

She stated that "we cannot expect people to be able to ask for help - when they are themselves not coping", said Jacqui.

Hills Mayor Peter Gangemi shared with the audience, The Hills Council's vision and commitment to listening to, and strengthening, the vital work of the local community support organisations.

The audience included a large number of female students from Castle Hill High School and Oakhill College senior students Seronique



SI Club President Jacqui McLachlan with Oakhill students Seronique and James, speaker Lucy Brogden and Hills Mayor Peter Gangemi.

and James who shared their views on the positive culture being created by their school to address gender bias.

Throughout the presentations, the audience members were invited to image their Future Perfect world, to consider the facts and opinions presented and find Small Steps that will help to **#BreakTheBias**.

Profits from the IWD breakfast were directed to the Sydney Women's Fund and the Hawkesbury's Helping Hands - Flood Relief efforts. For details about the Sydney Women's Fund visit www.sydneymensfund.org.au.

The Soroptimists announced that in 2022 they would be involved in a women's homelessness project in Kenthurst and a female leadership program in a local high school.

Soroptimist International of The Hills District meets monthly. To find out more visit the club's Facebook page at www.facebook.com/sithehills/



Soroptimists International of the Hills Members with Lucy Brogden centre

SHARING A DREAM

Aerospace Engineer and pilot Renee Wootton held a room of 194-people spellbound as she spoke of her childhood, air cadets, study, her career and her dream of being an astronaut.

The 28-year-old proud Tharawal woman was keynote speaker at the Western Sydney International Women's Day breakfast held on March 8th at the Novotel Sydney Parramatta.

The audience included senior students and teachers from 13 Hills and Western Sydney Schools.

Distinguished Guests included Lord Mayor City of Parramatta Cllr Donna Davis who welcomed all present, giving a short history of advances of women since colonial days of the Female Factory; Hills Mayor Dr Peter Gangemi who spoke about the Hills Shire and what he hoped the future may be for residents; Emeritus Mayor Dr Michelle Byrne; Patricia Lawson OAM and Barbara Horsfield OAM.

Co-organiser Kaye Amies said Renee delivered

a brilliant and inspiring address, which was much appreciated by the audience.

Renee told of her life growing up in an Australian country town of 100 people, her school and university life and interest in aeroplanes which started as a 15-year-old in the Australian Airforce Cadets.

She learnt how to fly aircraft, take them apart and then rebuild them.

Renee has delivered and led Australian Aviation projects for the past nine years and has been recognised for her innovative approach and excellence in engineering, her volunteering, her vision to improve female representation in the engineering and aerospace fields and working towards finding ways to make flying as ecologically sound as possible.

Kaye Aimes said: "Renee was quite inspirational. One of the things that she said to the students was that they should work hard, and if they don't like a subject they are doing they should work extra hard to overcome the difficulties they are experiencing."

At the event members of Zonta Club Sydney Hills presented the ZONTA International Young Woman in Public Affairs Award (YWPA).



(Pictured L-R) Jessica David, Rania Shehryar and Sayuni Wijayatunga with winner Isabella Neville from Hills Grammar.

Highly Commended Awards were presented to Jessica David from Tara Anglican School for Girls, Rania Shehryar from the Australian International Academy (AIA) and Sayuni Wijayatunga from James Ruse Agricultural High School. The Winner was Isabella Neville from Hills Grammar, who will now go on to the District 24 level of the competition.

The Winner of District 24 level goes on to compete at the International level.

Last year Australia had an International winner in Eloise Amirtharajah from Ballarat in Victoria.

The Zonta Club of Sydney Hills wishes Isabella further success as her application progresses in the District and International levels of the Award.



Renee Wootton

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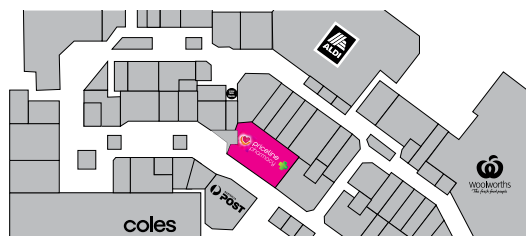


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A LUXURIOUS NEW TAKE ON APARTMENT LIVING UNVEILED AT NORWEST

Apartment living in Sydney's northwest is set to be redefined by a newly launched boutique development overlooking Castle Hill Country Club. The project, known as Alpha & Omega, is the final residential release within the popular Infinity Park project at Norwest. It comprises 49 high-end apartments, set across two six-level buildings.

Architecturally designed by Turner, the apartments will form a smaller neighbourhood within the resort-style master planned community that includes a magnificent oasis-like swimming pool.

Alice Jennings, Design Manager for developer Haichin Group, said the interiors – also created by Turner – deliver a more personalised and intimate approach to apartment living.

"There is nothing in Norwest like Alpha & Omega in terms of size, and its finishes and fixtures have been tailored to reflect that this is a bespoke and premium offering," Ms Jennings said.

"Each apartment will have a feeling of luxury throughout from the stone countertops in the kitchens to even the choice of mirrors in the bathrooms. There is a hint of opulence and attention to detail that makes these properties very special."

Alpha & Omega also give buyers great versatility with apartments featuring a 'loggia' which is accessed either internally or from the balcony. This 'bonus space' can be configured in a variety of ways – including as a home office, art studio, gym, or barbecue/outdoor kitchen.

The two and three-bedroom homes, which are being sold with a choice of colour schemes, also come with two parking spaces.

Residents will enjoy exclusive access to Alpha & Omega's beautifully-landscaped rooftop terraces, offering tranquil vistas across the adjoining fairways of Castle Hill Country Club. They will also be able to take full advantage of Infinity Park's superb outdoor space which also includes lush tropical gardens, hardwood sun decks and reflective areas.

Infinity Park is conveniently located just moments from Norwest Metro Station and within easy reach from Castle Towers. Its display suite is now open, located on the ground floor at 10 Century Circuit, Norwest. For more information or to book an inspection call 0455 120 777.

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Hills based company Australian Pump Industries are looking for new recruits as demand for quality Australian designed products increases.

"At Aussie Pumps, we're seeing a surge in demand for our products both in Australia and overseas", said Aussie's Sales Manager Brad Farrugia. "We're looking to recruit individuals who want a sales career in the vital, dynamic water industry! Full on the job training will be provided. We train our staff to put the customer first, from product development through to customer service. We're proud to be an Australian manufacturer and we're proud of the products we've developed," said Farrugia.

Located on a 2 ½ acre site in the Hills Norwest Commercial area, with onsite parking, good public transport links and many retail businesses nearby, Aussie Pumps certainly offers many benefits.

Further information on employment opportunities available check the careers section of the Aussie Pumps website <https://aussiepumps.com.au/careers/> Or contact Linda-Sue Karkowski on 8865 3500

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Disclaimer: The particulars are set out as a general outline for the guidance of intending purchasers and do not constitute an offer or contract. All descriptions, dimensions, references to conditions and necessary permutations for use and others details are given in good faith and are believed to be correct, but any intending purchasers should not rely on them as statements or representations of fact, but must satisfy themselves by inspection or otherwise to the correctness of each item, and where necessary seek advice. No third party supplier or their agents has any authority to make or give any representations or warranty in relation to this property.

RUBBISH AND RECYCLING

Eight giant skips of electronic waste were collected at Castle Hill Showground during Hills Shire Council's most recent E-Waste Drop off event.

It was one of Hills Shire Council's most successful E-Waste Drop Off events to date, with 1373 attendees taking the opportunity to recycle old and unwanted electronic waste – an increase of almost 300 more compared to last year's event.

The skips translated to 40.9 tonnes of e-waste that could be recycled during the February E-Waste Drop Off event at Castle Hill Showground on February 19.

Recycling and kerbside pickups are just some of the waste questions that Hills Shire Council is currently asking residents about. There is an online service and pop-up sites where residents can talk to council staff about the future of their waste collection and disposal services.

The next sessions are:

- Grove Square Baulkham Hills on Sunday, March 27, and Wednesday March 30;
- Norwest Marketown on Sunday, March 27;
- Glenorie Shopping Village on Saturday, April 2; and
- Dural Mall on Saturday, April 2

Council is working on its long-term waste management strategy and action plan, called a Resource Recovery Delivery Program (RRDP), which will provide strategic direction and actions for future waste services and guide Council in the transition to a FOGO (Food Organics and Garden Organics) collection service.

The new FOGO waste service, which was mandated by the NSW Government, will see residents placing food waste in the green-lid bin along with garden organics instead of in the red-lid bin.

This will see more waste diverted from landfill and may include a change in how bins are collected.

Hills Shire Mayor Dr Peter Gangemi said Council wanted to hear from residents on how they would like waste and recycling managed – now and into the future.

"Our residents are so passionate about our environment and keeping our region a wonderful place to live, work and play. They



Just one of the 1,373 cars filled with E-Waste that visited Castle Hill Showground

also have a vested interest in how Council and its contractors plan to meet waste targets, including reducing waste and recycling.

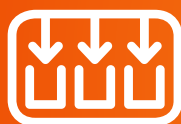
"We are working on our long-term plan that aims to meet State Government targets, but also provides best value and service to our residents," he said.

To have your say online, visit The Hills Shire Council website, thehills.nsw.gov.au, and search "Let's talk rubbish". Results from the 10-minute online survey will help to determine the way waste services will be delivered across The Hills Shire.

"We want to see how we can work together to make our waste, recycling and green waste services as efficient as possible, whilst also being environmentally conscious and cost effective in the process," he said.

Waste matters

Drop off your household problem waste for recycling



Community Recycling Centres

You can drop off for free:

Gas bottles	Fire extinguishers	Paint
Fluoro globes and tubes	Car batteries	Household batteries
Motor oils	Other oils	Smoke detectors
Computers and Televisions	Clothing Donation Bin	Cardboard and paper

Your Community Recycling Centre is located at:

**Hawkesbury City Waste Management Facility
1 The Driftway, South Windsor**

Hours: 8am-4pm, 7 days a week (excluding Public Holidays)

For more information call

**Hawkesbury City Council on (02) 4560 4444 or visit
www.epa.nsw.gov.au/recyclingcentres**

Only household quantities accepted.



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



THE POWER OF WORDS

By BEV JORDAN

Today, Friday (March 25th) will be a busy day for Lorna Clayton as the Glenhaven Writers' Festival hosts the acclaimed authors and sisters, Jaclyn, Nicola and Liane Moriarty who will be joined on the program by Auntie Di O'Brien, author of *Daughter of the River Country*.

Lorna, who established the Glenhaven Writers' Festival seven years ago, will also be presenting a couple of items alongside the other members of The Living Choice Glenhaven Writing Group.

It will be a proud moment for the 85-year-old who can now add OAM to her name after being named in the Australia Day Honours List for services to the community through a range of organisations including U3A (University of The Third Age), Northcott School, St Gabriel's School for Hearing Impaired Children and AFS International/Intercultural programs.

"I was stunned to receive the letter saying I had been nominated and would I accept," she told the *Hills to Hawkesbury Community News*.

"It seems so strange to be getting a pat on the back for things that give me so much pleasure. Volunteering has enriched my life. I have been able to give something to other people that maybe they didn't have," she said.

After leaving school Lorna trained to be a teacher and hadn't been teaching long when she married and then started a family.

The busy doctor's wife and mother of three volunteered at local schools and in the P&C before volunteering her teaching skills to help hearing impaired children speak.

During her many years of volunteering with the AFS student exchange program she mentored teenagers from around the world.

"It was a thrilling time," she said. "There would be up to 200 students from all over the world each coming to live with an Australian family for a year."

It was her role to talk to them about what to expect. Nearly 40 years on she is still in touch with some of the participants via Facebook.

Her involvement sparked a fascination with cross-cultural awareness (or the lack of it). The result was a book she titled: *When Do You Bow in Australia?* ... a question one of her Japanese exchange students had asked her. Published in 1984 it has been used as recommended reading in various tertiary institutions.

At U3A she tutored several courses including English Conversation, Upstaging Ageing, Writing Creatively and Cross-cultural awareness.

It was there she co-ordinated a collection of stories by U3A members one called *Old Enough To Know Better ... too young to resist* and a second called *Many a Good Tune*.

Lorna has also played clarinet and read poetry at nursing homes. A keen poet she says poems are best read out loud.

She and her husband Max loved attending the Sydney's Writers' Festival and so when they moved to Living Choice Glenhaven eight years ago Lorna wanted to know if there was a Writers' Festival or Writing Group in the retirement village ... thanks to her work there is now.

Her life advice is: "Make the most of what you have while you have got it."



The Greengrocer and I

BY LORNA CLAYTON

(Having one day caught each other's eye as a passing dog slowly piddled on the gleaming new car of a self-important personage)

He knew that I knew
and I knew that he knew
that no-one but we two
had seen what we saw.

So it is that thereafter
the ghost of shared laughter
lurks up in the rafters
and outside the door

\of the greengrocer's shop
and the memory can't stop
for we have a connection
we didn't before.

YEAR ONE READING CLUB IS BACK!

Start your Year One student's reading journey with the support of The Hills Shire's Library Service's Year One Reading Club.

The Club is designed to help students in Year One improve their overall reading skills and develop their imaginations through literature. It also encourages students to become habitual readers and to discover more at their local library.

Mayor of The Hills Shire, Dr Peter Gangemi said the program was a great way for students to keep reading outside the classroom. "By making regular visits to the library, reading becomes an enjoyable habit for children and helps build on the literacy skills developed in kindergarten," Mayor Gangemi said. "This is a fantastic initiative that promotes a lifelong love of learning and reading, and Council is proud to support this."

Children will receive a logbook when they join, then a sticker each time they visit their local library branch to borrow a book. After receiving two stickers, club members begin to collect rewards.

Year One Reading Club is available until 31st October 2022.

To join the Year One Reading Club, simply head to one of The Hills Shire Library branches (Dural, Baulkham Hills, Castle Hill and Vinegar Hill Memorial Library at Rouse Hill Town Centre) and sign-up.

For more information, visit: www.thehills.nsw.gov.au/Library.



BOOK NOW FOR FLOOD WASTE COLLECTION

Council's Flood Waste Collection registration is now available on Council's website by clicking on the yellow tile 'Dropping Your Waste at the Tip' or the direct link hawkesbury.bookable.net.au/#/ Booking is essential for all waste drop offs.

There will be a focus this year on Flood Waste Collection from the kerbside during the recovery which will increase the speed and efficiency of the clean-up process.

Residents are encouraged to move their waste to the kerbside of their property and separate the flood waste into specific piles:

- e-waste
- metals
- mattresses
- chemicals or other hazardous materials (<20L or <20kg)
- other flood waste.

No ineligible waste on your kerbside will be collected and you will be responsible for the removal. If you have advised that you are physically unable to take flood waste from your property to your kerbside, we will contact you soon to discuss what assistance may be available.

Recyclable waste can be placed in your yellow-lidded bin or taken to the Hawkesbury Community Recycling Centre. See www.hawkesbury.nsw.gov.au/for-residents/waste-

and-recycling/waste-management-facility for what can be accepted.

Food waste can be disposed of via your red-lidded bin. When handling any refuse which has been contaminated with flood water or mud, personal protective equipment must be worn, especially gloves. After clean-up, protective clothing should be washed, and people should shower within the hour for health and safety.

Waste Management Facility open for all Hawkesbury residents

The Hawkesbury City Waste Management Facility is open for all Hawkesbury residents. All visits to the Waste Management Centre to drop off waste require a booking. Bookings for the Waste Management Facility can be made online <https://hawkesbury.bookable.net.au/#/> or by calling the Customer Service Team on 4560 4444.

Flood Waste will be accepted at the Waste Management Facility free of charge for flood affected residents only. Charges apply for other waste that is not flood waste and for residential properties that are not flood affected. Waste will be checked at the gate. Loads containing asbestos will be rejected.

For guidance on how to manage waste that does not fall into one of the above categories please visit EPA NSW storm and flood updates 2022 at <https://www.epa.nsw.gov.au/news/news/2022/nsw-storm-and-flood-updates-2022>

Register for Council Flood Recovery updates at

www.yourhawkesbury-yoursay.com.au/fih2021/survey_tools/register1

Additional flood related information can be found at www.hawkesbury.nsw.gov.au Click on All Flood Related Information.

HAWKESBURY FLOOD RECOVERY CENTRES

Hawkesbury Flood Recovery Centres are now operational as the Hawkesbury community moves from the response phase of the flood to the recovery phase.

Flood affected residents can book waste removal at www.hawkesbury.nsw.gov.au

Road damage at www.hawkesbury.nsw.gov.au/_resources/forms/roads-reporting-form

For help and support available to all flood affected residents in the Hawkesbury, visit our Flood Recovery information – Hawkesbury 2022 (click on the blue flood information banner) at www.hawkesbury.nsw.gov.au

To receive our flood recovery updates register your details so we can stay in touch and offer ongoing support during recovery at www.yourhawkesbury-yoursay.com.au/fih2021/survey_tools/register1

Individuals, families, small business owners, farmers and all flood affected people are encouraged to come to one-stop locations to

access information, support and help in many areas including clean-up services, financial help, insurance and legal support, business support, mental health and well-being support and how to access to grants and programs that are available.

The Mayor of Hawkesbury, Councillor Patrick Conolly has commended the mammoth effort put in by the NSW State Emergency Services and all the emergency services crews, community volunteers, charity and food services during the flood and now in the flood recovery.

"Hundreds of people have already come along to our Recovery Centre at South Windsor and we have now opened another Recovery Centre at Wisemans Ferry which is helping

our community. The dedicated community recovery centres provide face-to-face support for our residents who have been affected by this natural disaster. Come in and have a chat with our friendly volunteers so that you can get help from a range of services offered by Service NSW and many other agencies all in one location. They can help with registering for emergency accommodation, replacing damaged documents, booking flood waste collections, accessing mental health services and more.

"With thousands of Hawkesbury residents needing waste disposal after the floods, we are getting waste contractors out as quickly possible," Mayor Conolly said.

For more information on all available disaster assistance, please contact the Disaster Customer Care Service at Service NSW on 13 77 88 or online via Service NSW www.service.nsw.gov.au

out and about

with MICHELLE BYRNE



Golden Ridge Farm in Dural, is probably one of the last working farms for people to visit in Sydney; providing the perfect place for families to get hands on experience of farm life, create lifetime memories and support a family owned business all at the same time!

Having been in the Nye family for over 40 years, this picturesque piece of the Shire has been operated by local mum of three Alisa Nye for the past 21 years.

The moment you walk through the door you are welcomed by the super friendly staff who are passionate about what they do and the welfare of their beautiful animals. Two very well-trained farm dogs are also there to greet you!

Inside the barn presents an opportunity to pat calves and milk a dairy cow. The pond area sees a myriad of ducklings enjoying the water, as well as chicks. My two-year-old daughter Sophie squealed with delight when she was able to hold a duckling, cuddle a chick and pat a super soft rabbit. Seeing her joy these new experiences was the highlight for me!

Outside there are over 200 animals including goats, donkeys, pigs, cows, alpacas, deer, roosters, hens, ducks and horses. All can be hand fed as you leisurely stroll around the grounds and take in the ornate surrounds. For those looking to further enhance their farm experience, for an additional charge you can collect eggs in the chook yard, bottle feed a baby animal, enjoy a pony ride or operate a digger in the "diggerzones".

There is also a nature play area for kids, along with a modified old tractor that kids can climb on. Picnic tables are provided so you can enjoy

a picnic you've brought from home or you can also purchase food and drinks from the on-site kiosk which is open on weekends only.

With all the activities packed-in we were exhausted by the end of our visit but glad for the opportunity to learn about farm life. We were also pleased to do have done our bit to support a local business and an incredible business woman.

As it is a farm experience it's best to take an old pair of enclosed shoes and a change of clothes for little children that like to explore! Bookings are essential. Group tours can also be arranged or the farm can come to you. With Easter coming up Golden Ridge will also be holding Easter Egg hunts from 11th -18th of April and I know my daughters are particularly keen to visit the Farm again during these dates.

Golden Ridge Farm is well-worth the visit and I encourage you all to go and see Alisa and her crew for an uplifting and educational experience!



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The Hills Shire Council News

NSW YOUTH WEEK 2022 4-14 APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 9am to 11am ARISE & SHINE - CELEBRATING YOU! @ Rouse Hill Library, Rouse Hill Town Centre	5	6	7	8 END TERM	9 4pm to 6pm TIME FOR TRIVIA @ Pioneer Theatre, Castle Hill Library	10
11 9am to 3pm ARISE & SHINE - CELEBRATING YOU! @ Rouse Hill Library, Rouse Hill Town Centre 3.45pm to 5pm DIGITAL CREATIVE WRITING WORKSHOP @ online via Zoom	12 3pm to 5pm CLOTHES SWAP @ Stamford Hall, Balcombe Heights Estate	13 9am to 12.30pm SKATEBOARD WORKSHOPS & COMMUNITY JAM SESSION @ Balcombe Heights Estate Skate Park 10:30am to 12:30pm BUSH & MIND NATURE EXPERIENCE @ Hills Basketball Stadium, Fred Caterson Reserve	14 3pm to 6pm 3 ON 3 BASKETBALL COMP @ Hills Basketball Stadium, Fred Caterson Reserve	15 GOOD FRIDAY	16 EASTER SATURDAY	17 EASTER SUNDAY
18 EASTER MONDAY	19	20	21 3pm to 7:30pm SNAP RUN & OUTDOOR CINEMA @ Castle Hill Showground	22	23	24

Youth Week is back and bigger than ever!

The Hills Shire Council is proud to support a number of FREE activities for young people across the Shire during Youth Week 2022 (4 - 14 April).

From Trivia Night to action-packed activities such as 3 on 3 basketball competitions and an outdoor fun run, to workshops about digital writing and body image, there is something for everyone!

To browse through the events and to register, visit www.thehills.nsw.gov.au and search for 'Youth Week.'

Council Meetings

Tuesday, 12 April 2022 – 7pm.

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

Let's talk rubbish!

Have your say on your waste service

14 March – 3 April

To access the survey please visit www.thehills.nsw.gov.au

THE HILLS
Sydney's Garden Shire

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



With the help of Local Land Services, Council activated Castle Hill Showground as a flood evacuation centre for horses, livestock and domestic animals. 50 horses have been cared for at the centre, as well as two dogs and a cat.

Initiatives approved to help flood affected residents and businesses

Hills Shire Councillors have unanimously approved a suite of initiatives to help residents impacted by the recent floods to recover and rebuild their homes and lives.

The package includes waiving fees on Development Applications (DAs) in flood affected areas, as well as relinquishing application fees for sewage management systems.

In addition to this, Council will look to waive fees for work associated with flood clean-up, and prioritise DAs, construction certificates and other applications associated with flood support.

Council will also suspend application fees to help caravan park operators get back to business sooner. And where possible, Council will allow property owners to reasonably restore and repair their land to its pre-flood condition.

For more information about flood recovery in the Hills, visit www.thehills.nsw.gov.au and search for 'Local Emergency Management.'

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.'

Report it to Council

ANY DEVICE, ANYWHERE, ANY TIME



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

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



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



THE HILLS
Sydney's Garden Shire

\$480M PROMISED FOR COMMS TOWERS UPGRADE AND ST ALBANS MAKES 'ELIGIBLE' LIST FOR FIBRE TO THE HOME

BY TONY BOSWORTH | EDITOR HAWKESBURY POST

A big announcement by Communications Minister Paul Fletcher on peri-urban areas – that's how the Hawkesbury is referred to – having access to higher speeds on NBN fixed wireless services or greater data limits on Sky Muster satellite services.

It's a two and a half year program, NBN Co tells us, so don't expect instant changes.

On the same day as the \$480 million Federal government announcement, NBN itself revealed the additional suburbs which will get the opportunity – at extra cost – to get their NBN fibre to the actual premises, though the only Hawkesbury suburb mentioned for that in today's list is St Albans.

NBN says the list of "eligible premises announced today are located in parts of the following suburbs and towns", and includes St Albans. There is no firm date for the actual connection but NBN Co is spending \$4.5 billion with the aim of getting 8 million premises across Australia 'eligible' by the end of 2023 for fast fibre to the home.

North Richmond was added to the eligible list in May 2021 for the faster, more efficient, optional fibre to the premises.

It leaves large areas of the Hawkesbury still without the fastest NBN fibre to the premises, though the intention is to roll it out at extra cost to all homes eventually.

When the NBN system was first announced by Labor, fibre to the premises, or to the home, was the default option.

The \$480m government announcement points to an upgrade to extend the coverage range from telecomms towers, and is separate from the FTTN rollout announcement.

Minister Fletcher said his government's announcement recognised "the importance of investing in critical infrastructure such as the NBN to meet the demands of our growing economy and help Australia reach our goal of becoming a top 10 data and digital economy by 2030".

"By using the latest 4G and 5G wireless technology, this upgrade will extend the coverage range from a tower, and allow higher speed services to everyone served by the tower," said the Minister for Communications, Urban Infrastructure, Cities and the Arts.

"This means more people can be served by NBN fixed wireless; it means higher speed services on the NBN fixed wireless network; and it means higher amounts of data can be used by households and business customers."

Certainly, in theory, the upgrade announced today should see some benefits for those currently using the satellite-based Sky Muster system for their communications, though the Minister didn't mention how many in the Hawkesbury use Sky Muster, which utilises one of two available NBN satellites in areas where there is no fixed fibre.

"The upgrade will expand the fixed wireless footprint coverage by up to 50 per cent, enabling 120,000 additional premises to access

fixed wireless services instead of Sky Muster satellite services," Minister Fletcher said.

That 120,000 number is across NSW.

The total cost of the network upgrade is \$750 million, with the remaining \$270 million being contributed by NBN Co out of its own funds.

Macquarie MP Susan Templeman says it is not immediately clear how this latest tranche of money – it will be officially announced in the upcoming Federal Budget – will benefit the Hawkesbury specifically.

Ms Templeman, who has long campaigned for better communications across the Hawkesbury, said of Minister Fletcher's statement, "any belated improvement to Hawkesbury NBN is obviously welcome, but it's not clear exactly what the local benefit will be."

"The main thing people want to see is expanded fibre and better mobile service, but they also want telecommunications that are more robust given the natural disasters we face."

"During the floods, wireless towers failed and left people without any communications because they're not built to withstand the conditions."

"I want to see a more robust telecommunications service as well as improved speeds, and that still means we need much more fibre in the system."

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

HAWKESBURY FLOODS LOST AND FOUND RETURNS AGAIN IN BID TO REUNITE OWNERS WITH THEIR POSSESSIONS

BY TONY BOSWORTH
EDITOR HAWKESBURY POST

Another heartbreaking flood has hit the Hawkesbury, which brings yet another search for lost possessions scattered throughout the Hawkesbury, and sometimes even further afield, carried off by raging flood waters.

And as he did last year, which was its first successful outing, Cumberland Reach resident Richie Benson has once again activated the Facebook page Hawkesbury Floods Lost and Found in an effort to reunite people with their possessions.

You can find it here. The page has grown by 850 members since the beginning of the floods, bringing the total group strength to an impressive 6300. "This year, we have seen possessions including kayaks, fridges, tables, farm equipment,

water troughs, skis, boats, jet skis, pontoons, water tanks and "Spencer the Rhino" just to name a small handful," says Richie.

"One story which really stands out to me," he adds, "is a photo of a young boy – who is now 30 years old – with his dog. It was in Lyn's river house at Wilberforce and sadly washed down the river and got caught on Diane's neighbour's wharf at Danger Island near Brooklyn. Lyn and Diane are in contact and are arranging a return of the prized item. In amongst all the devastation, this is such a rewarding story alongside so many others we are seeing daily."

So if you've lost something in the floods, get on the Hawkesbury Floods Lost and Found page now and see if you can get reunited.



Norwest Quarter

BY MULPHA



Artist impression. Indicative only and subject to change.

Beautiful homes that don't cost the Earth. (It's in our nature)

Norwest Quarter is a bold mixed-use masterplan, a fresh start, and a ground-breaking neighbourhood that will begin with Banksia and Lacebark residential apartment buildings on Norwest Quarter's Solent Circuit.

**Hassle-free sustainably driven apartments in this Zero Carbon precinct
are launching in March.**

Enquire now to learn more.

Mulpha Sales & Experience Centre
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norwestquarter.com.au
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Norwest
feel alive 



Hills Rotaractors, Madeleine Govender and Erin Faulkner with Norwest Sunrise Rotary President Mercedes Durante, Tania Mace, Rotary District Governor Lindsay May and Krissie Webb from the organising committee.

WELL CONNECTED

Over 300 people attended the Hills Community Connect event at Castle Hill Showground on Sunday, March 20th.

The four-hour event featured stands from 40 Hills community groups and services.

The event was organised by Norwest Sunrise Rotary Club with a grant from Hills Shire Council to give residents an opportunity to connect with the many varied groups in the area under one roof and for the groups to meet each other.

Visitors included Hill Shire Mayor Peter Gangemi, Deputy Mayor Mark Hodges and councillors Frank De Masi, Mitchell Blue and Rosemarie Boneham plus Rotary 9685 District Governor Linday May and his wife Tania Mace.

All stallholders went into a draw for a double pass for the Pavilion Theatre donated by Castle Hill Players.

Norwest Sunrise Rotary Club plans to make Community Connect an annual event.



Mayor Peter Gangemi and Councillors Blue and Boneham speak to volunteers from Riding For the Disabled (Tall Timbers)



Members of Hills Domestic Violence Prevention Network with Patron Michelle Byrne



Castle Hill Art Society had art on show



Hills District Rural Fire Service volunteers with local CWA members.



Crowds of browsers at Community Connect ... a market day for local organisations



Hills Relay For Life was one of 40 stallholders



Hills Harmony male singers sang for the crowd



Castle Hill Players Gina Willison and Annette Snars hand over Pavilion Theatre passes to winning stall holders Castle Hill Lions Margot and Charles McGuirk.

THE SOUND OF JOY

BY BEV JORDAN

PETER MADDEN from Beaumont Hills was 59 when he started losing his hearing a few years ago. The hearing in his left ear went first and then he couldn't hear at all.

"They gave me hearing aids at first but after 6 months it wasn't helping at all," he said.

Peter was a tour coach driver but because of his hearing loss he was unable to do his job.

"I lost my job ... I lost all confidence and I started to feel useless," he said. From being a sociable person he became almost a recluse before receiving a bilateral Cochlear implant at Norwest Private Hospital by Dr Vanaja Siva Ear, Nose and Throat Surgeon.

Peter said having both implants done has enabled him to enjoy life again.

"When I couldn't hear I just withdrew completely, I couldn't go out with my family or friends. I can now converse with people."

As a keen caravanner and kayaker he can also appreciate the sounds of nature again.

"It's great to hear the birds," he said. "I can hear the rain and I can hear the surf when I walk near the ocean (with my wife)."

He's also back driving tour coaches again and enjoying life.



Peter Madden from
Beaumont Hills

MERVYN THOMPSON from North Richmond lost his hearing after stumbling over long grass and hitting his head on his property last year.

The 84-year-old farmer sustained a skull fracture and immediately lost his hearing in both ears.

His wife Gloreen said her husband was seeing a farrier attending two of their horses when the accident happened.

"He hit the left side of his head and he lost his hearing straight away," she said.

He was seen by Dr Siva who recognised he was in a bad way and urgently needed a cochlear implant to restore the lost hearing.

She operated to remove bone fragments from his ear and installed the cochlear implant.

Mervyn told the Hills to Hawkesbury Community News he is feeling 100 percent better.

"I am glad I had it done," he said.

"I can talk to people now."

Gloreen said before the implant people would have to write notes to her husband. The couple run cattle on their property and Mervyn is back on the ride-on mower and looking after the farm.

"It took a while to get used to it but he is happy now," she said. "He likes hearing the news."

Fortunately their farm is on the high side of North Richmond so hasn't been impacted by the flooding.

Dr Siva's passion for ear and hearing restoration surgery has motivated her to establish a multi-disciplinary program at Norwest Private Hospital.

She told the *Hills to Hawkesbury Community News* that the growing need for Cochlear hearing implant services in the area is only expected to increase with the expanding ageing population.

"Hearing loss is a silent disability that affects not just the individual but their families and their friends", said Dr Siva who is urging locals to keep an eye out for friends and loved ones who may be experiencing hearing loss and encourage them to seek help.

She says early identification and treatment of hearing difficulties can improve quality of life, relieve them from deafening social isolation and help to lower the risk of cognitive decline.



Mervyn Thompson from North Richmond

"Hearing loss has been identified as the single most modifiable factor that contributes to cognitive decline associated with dementia in the latest research. Even mild hearing loss has a significant impact", she said.

"Sadly, only around ten percent of people who would benefit from a Cochlear implant have one. This means there's a vastly unmet need for people in our community struggling daily to communicate with loved ones," she added.

"There has been a significant advancement in hearing implant technology over the past 40 years. We can now provide this cutting-edge hearing and ear technology to restore the vital sense of hearing through our Hearing Restoration programs," Dr Siva said.

Unlike hearing aids, which make sounds louder, Cochlear implants do the work of damaged parts of the inner ear (cochlea) to provide sound signals to the brain.

Surgical hearing restoration options include the cochlear implantation, bone anchored and middle ear devices which achieve useful hearing when conventional hearing aids are ineffective or cannot be used due to various ear conditions.

HEALTHY MINDS FORUM

Over 100 teenagers from three schools attended a Young Healthy Minds Forum on March 9th at the Pioneer Theatre Castle Hill. It was the 6th annual Young Healthy Minds Forum held by the Positive Vibes Foundation. The forum for high school students focused on where and how students could seek help, empowering them to make a difference, meet new people and have fun at the same time. Speaker, Mitch Farrel, gave a heartfelt talk on his own mental health journey.

A Q&A panel comprising Mitch, student counsellor Lachlan Gage, psychologist Ashley Ramirez and Dr Tanveer Ahmed answered the students' questions on mental health.

Each school group then presented to the forum the initiatives they would take back to their school communities to change attitudes to mental health and promote positive mental wellbeing.

Positive Vibes Director Mario Rodrigues said: "In the past year, the community has found itself in the midst of COVID, with QR code check-ins, PCR and Rapid Antigen Tests,



followed by lockdowns and uncertainty around everchanging COVID rules.

"And for students, the added challenges from home study and perhaps family pressures due to isolation have not helped. All this makes the Young Healthy Minds Forum paramount in helping them focus on improving their positive mental wellbeing. Feedback from staff and

students alike was extremely positive and the initiatives they plan to take back to their school communities showed they had learned much at the Forum."

The forum was facilitated by Burn Bright and supported by The Hills Clinic, the Hills Shire Council and the Australian International Academy.

'COOL' COMPETITIONS TO CELEBRATE YOUTH WEEK

Hornsby Shire Council is calling on high schools in the Shire to submit a short Youth Week themed essay for the chance to win free ice cream for their school. The **"It's Up to YOUTH: Ice Cream Social"** competition is part of a program of 'cool' free events marking National Youth Week 2022. Established in 1989, National Youth Week is an opportunity for people aged 12 – 24 to come to together and celebrate, share ideas, attend live events, have their voices heard, showcase their talents and celebrate their contribution to the community.

From 30 March – 12 April other great events include social

media workshops and a special youth edition of the successful *Alone, Together* photography exhibition.

To be in the running to win an ice cream feast from Retro Birdie, schools need to submit a 100-word essay on the 2022 theme **"It's Up to YOUTH"** by 4 April.

Young people can social media workshops on Wednesday 6 April from 4pm-6pm and Tuesday 12 April from 12pm-2pm at Hornsby Library. These engaging courses will teach students how to use social media as a business tool. Free pizza and drinks are included. Bookings are essential as places are limited and filling up fast.

The *Alone, Together* Youth Photography Exhibition from 30 March – 10 April at the

Wallerobba Arts and Cultural Centre is another chance to experience the winning entries of the 2021 competition showcasing ordinary people's shared experience of the COVID pandemic. This special youth version reflects the mood of the young people of Hornsby Shire during this time including Aayush Chitnis, whose photo *The faces of quarantine* won the Youth category. The exhibition will be shown along with the Young Artist Exhibition presented by Hornsby Arts Society. A special opening event will take place on 1 April at 6pm.

"Hornsby Council is proud to once again partner with the NSW Government to present an exciting and engaging program of events for Youth Week, celebrating our young people and their achievements," said Hornsby Shire Mayor Phillip Ruddock AO.

"We thank the Department of Communities and Justice for their grant of \$5200 which Council has matched. 2021 was a particularly challenging year for young people and we are excited to provide them with the opportunity to come together to reflect on shared experiences, celebrate their potential, learn new skills and most importantly have fun."

Council's annual drug and alcohol-free Youth Week events are part a suite of initiatives to support and empower young people, which also includes the Mayor's Youth Trust Fund, the Hornsby/Kuring-gai Youth Network, skate parks, sports facilities, events and performances.

For information about Youth Week events and bookings -Visit www.hornsby.nsw.gov.au/youthweek2022. For more information about Council's Youth programs visit Youth | Hornsby Shire Council (nsw.gov.au)



COUNCIL CELEBRATES YOUTH WEEK THIS APRIL

Trivia, a digital writing workshop, outdoor cinema, clothes swap event, African drumming, mindfulness, skateboarding and a fun run are just some of the FREE activities happening as part of The Hills Shire's Youth Week 2022 program.

The celebration, which starts on April 4 and continues through to April 14, provides young people aged 12 to 24 years, with the opportunity to share their ideas, attend live events and showcase their talents, as well as celebrate their contributions to region.

This year's Youth Week theme – "It's up to YOUTH" – is fitting. The Hills, the rest of NSW and even around the world, are going through some really difficult times. Yet, our young people remain resilient in the face of adversity and hardship. In fact, they are taking action to help their local community and to also inspire their peers and others to do the same.

Mayor of The Hills Shire, Dr Peter Gangemi said "This Council is getting behind Youth Week. It's our way of saying 'thank you' to our young people for all their hard work, especially throughout the last few years, which have been nothing short of tough," Mayor Gangemi added.

Events happening as part of Hills Shire Youth Week celebrations include:

Trivia Night at the Pioneer Theatre on Saturday, April 9 at 4pm – 6pm

Join your friends for a fun Trivia Night out, hosted by The Hills Shire Youth Army. Participants are invited to register a table of eight or join a table. Great prizes can be won, including vouchers. Suitable for ages 15 - 24 years.

Arise and Shine – Celebrating You! at Vinegar Hill Memorial Library at Rouse Hill Town Centre on Monday, April 11 at 9am – 3pm

Hills Community Aid are hosting a fun day of workshops, including African drumming, Polynesian Dance and teaching the Haka. The day features both morning and afternoon electives.

Digital Writing Workshop, Online, on Monday, April 11 at 3.30pm – 5pm

Begin your journey to digital writing and interactive literature with the Digital Writing Workshop. This online workshop is perfect for those wanting to learn more about writing, and using the necessary tools to turn their concepts into a well-formed piece.

Clothes Swap at Stamford Hall, Balcombe Heights Estate on Tuesday, April 12 at 3pm – 5pm

The Clothing Exchange invites people to bring the clothes they value but no longer wear to exchange for those they will. Bring your family and friends to Stamford Hall in Balcombe Heights Estate and get ready to update your wardrobe.

Mind and Nature Experience at Hills Basketball Stadium, in Fred Caterson Reserve, on Wednesday, April 13 at 10.30am – 11.30am
Uniting Care will take attendees through a meditation and then a nature walk. They will also showcase the positive effects of being immersed in nature. Suitable for ages 12-18 years.

The 3 on 3 Basketball Competition at Hills Basketball Stadium in Fred Caterson Reserve on Thursday, April 14 at 3pm – 6pm

Get your team together for the 3 on 3 (four can be in a team, with the extra person as a sub) Basketball Competition at Hills Basketball Stadium. Register a team, or be allocated to a team. The winning team will then compete against Hills local police. Suitable for ages 14-24 years.

SNAP Run & Outdoor Cinema at Castle Hill Showground on Thursday, April 21 at 3pm – 7.30pm

Raise awareness of "Youth Homelessness Matters Day" by running (or walking) at the SNAP Run + Outdoor Cinema 2022 event. Register to join the SNAP run where you will race around the Showground and enjoy fun activities at the pit stops along the way. After the SNAP run, enjoy the outdoor cinema with a movie screening, free food, juice bar, ice cream truck and activities. This event is suitable for 12-24 year olds.

Totem Skate Workshop at Balcombe Heights Estate Skate Park on Wednesday, April 13 at 9am to 12.30pm

Council has teamed up with Totem to put on three FREE workshops for beginners and intermediate skaters at Balcombe Heights Estate Skate Park. The day will also include a freestyle jam session, open to all ages and suitable for intermediate skaters.

For more information or to book your place, visit: www.thehills.nsw.gov.au/Services/Our-Community/Youth/Youth-Week-2022.

Tiny Home Expo

Hawkesbury Showgrounds

Friday 1st, Saturday 2nd & Sunday 3rd April

Tickets: staggered entry system

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April 9th & 10th

Saturday 9:30am - 5:00pm

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Entry: Adults \$8.00

Children, U/16, with parents are free

Light refreshments available

Fantastic Lucky Door Prize!

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The Right Time to Rightsize



Rightsizing is an incredibly liberating experience if you feel like you're rattling around a large family home that once used to be full of noise and laughter but now sits mostly empty because the children have left the nest. While this situation can be quite an adjustment, it can be an exciting time in which you're able to create space in your life for new adventures.

Rightsizing to a town-home or apartment can make real sense, from both a financial and lifestyle perspective. It's an opportunity to make the most of the current boom in property prices to fund a new, more streamlined lifestyle.

Rightsizing represents the start of a new chapter. Tallpopie have put together some of the key benefits and considerations of downsizing to help you decide if now is the right time to take the leap.

WHY RIGHTSIZE?

LOW-MAINTENANCE LIVING



Thrive in the luxury of living without the maintenance of large gardens, mowing the lawn or cleaning the pool.

MORTGAGE-FREE LIVING



Rightsizing to a new town-home or apartment could provide you with the opportunity to live mortgage-free.

LOCK UP & LEAVE



Rightsizing to a town-home or apartment provides you with the freedom to go on a holiday, or a weekend away at a moments notice.



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Flexible floorplans break down borders and unleash your imagination with living areas that melt into one another, soft zones for you to mould to your lifestyle.

Kellyville's surrounding neighbourhoods extend your lifestyle with a range of conveniences, amenities, cafés, restaurants, exceptional schools and extensive retail, whilst infrastructure and development projects across Sydney's Northwest accelerate opportunities – this is a future on the rise.

A PLACE TO CALL YOUR OWN

Abundant nature, tree lined terraces, parks and endless stretches of green breathe a life of spacious tranquillity, a green doorway to modern living and urban connectivity.

Verde spoils for choice, fusing the calm of nature with the convenience of modern living. Large family homes nestled in a natural green oasis, yet connected to a growing, lively locale.



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Low maintenance living



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Handpicked property opportunities that present the best capital growth and rental yields.



GET FITTER FOR LIFE AT CASTLE HILL GYMNASTICS

Maintaining regular exercise isn't reserved for the young and athletic. Regular movement and activity is so important for ageing bodies too. Not only has gentle movement and exercise been proven to increase mobility and cognitive functions, it also releases endorphins that also have positive impacts on mental health and wellbeing.

Mr. Brett Andrews, CHR General Manager of Health, Fitness & Sport said "Our **Fitter for Life** program at Castle Hill Fitness and Aquatic Centre is a fun, fundamental movement program and social opportunity targeted at Seniors, that aims to help improve mobility, strength, and coordination."

The skills developed in the **Fitter for Life** program are used for common activities, such as:

- Walking up and down a flight of stairs;
- Hanging out the washing;
- Bending down or reaching up into cupboards; and
- Playing with grandchildren.

These skills help improve the quality of everyday life, in a safe and friendly environment where programs can be tailored to suit each participant's needs.

The incredible benefits of this program include:

- Improving aerobic capacity;
- Extending independence;
- Increased muscle strength and balance; and
- Increases in cognitive function.

Mr Andrews added "**Fitter for Life** is a nationwide program that is offered by Castle Hill Fitness and Aquatic Centre's Gymnastics Program - an award winner for their first-class delivery of it. **Fitter For Life** will suit Seniors who are interested in becoming more physically active, meeting new people, and improving mobility in daily activities."

Castle Hill Gymnastics at Castle Hill Fitness and Aquatic Centre runs **Fitter for Life** on Monday Wednesday and Friday from 12:30pm to 1:15pm.

Call 02 9846 1270 or visit Castle Hill Gymnastics, 77 Castle Street, Castle Hill (Inside Castle Hill Fitness and Aquatic Centre).



FITTER FOR LIFE

SENIORS GYMNASTICS PROGRAM

MONDAY, WEDNESDAY & FRIDAY

12:30 PM - 1:15 PM

Castle Hill Fitness Members - \$5

RSL Members - \$14

Non Members - \$16



CASTLE HILL
GYMNASTICS

 **9846 1270**

FINDING YOUR HAPPY SPACE

THE STORY OF MS ROBYN SCOTT



Robbie is a valued resident of Windsor Country Village, and she gives generously of herself to all those around her. The ability to express herself freely and with confidence comes from Robbie being in control of her life and living in a safe and supportive space.

Robbie gives a lot to the community, but she receives a lot in return too. As one of the younger residents Robbie moved into WCV at the age of 55 and has been with us for 5 years. Arriving here was not easy, but it was a journey with a rewarding destination.

Like many women who sacrifice a portion of themselves for their children and partners, Robbie lacked financial independence and felt tied to an unsatisfactory relationship. With her children grown up, and her ill mother requiring more care, Robbie took the challenging step to separation and independence, ending her relationship.

The financial settlement left Robbie with a nest egg, that if carefully managed would enable her to achieve control of her own destiny whilst living a fulfilled and rewarding life. She assessed her options and found the idea of property ownership in a strata titled retirement village a great way to see her investment grow whilst entering a safe environment, where the cost of living was low and the support for the next stage of her life was high.

Robbie now works 3 days a week in the care sector as a way to give back to those who have helped her look after her mother. The rest of the week she enjoys life in the village and beyond; just last week celebrating her 60th birthday with family and friends dancing the night away in the Village community centre!

Robbie looks forward to the next 30, 50 or more years and we can't wait to share her journey.

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MAKE YOUR WISHES KNOWN

Why do we plan ahead? We do it to reap benefits like peace of mind, security and to protect those we care for so we can enjoy life. We all plan for life's major events: our wedding day, buying a home, starting a family, the children's education, for our career through to retirement. We typically work harder to achieve this, retire later and live longer.

Some of us are becoming more affluent, enabling us to plan retirements full of the sorts of activities we perhaps didn't have time for during our working lives. Many of us look to get our affairs in order, enabling retirement to be a time of enjoyment with the family, newly discovered hobbies and rediscovered passions.

Apart from writing a will, what else can we do to plan ahead? Traditionally it has been a taboo subject and we've had few options, but now that's changed.

Today we're able to plan ahead for almost anything including our memorial or burial.

This final event is a celebration of our life and achievements, and we're able to protect, one last time, those we love from making decisions about our final memorial arrangements, at what unquestionably will be an emotional time.

A prepaid memorial or burial gives you the opportunity to record your wishes by pre-arranging and paying for a future memorial at today's price. This offers a number of benefits including payment plans with no interest or fees. Prepaying your memorial or burial secures your preferred memorial to be forever remembered by future generations.

To take the first step in prepaying your memorial or burial, speak to our professional staff at the pristine Castlebrook Memorial Park on 9629 1477

SENIORS ROCK!

Hills Community Aid loves celebrating seniors in the community every year during Seniors Festival, and this year is no different. After 2020/2021 required many events to be cancelled, we're ready to party again!

Seniors Rock is a luncheon and dance run at Toongabbie Sports Club on Thursday 31 March 11am-2pm where seniors, partners and singles are encouraged to come with friends to join in a delicious two course lunch, Hills Daily Grind coffee and enjoy dancing to the sounds of Chris Vineburg from The Remixes. There will also be lucky door prizes! Tickets only \$12.

In addition, a range of free and low-cost workshops are on offer through Learning in the Hills at Balcombe Heights Estate on 28, 29 March and 1 April, including Essential Oils to ease Joint Pain, Staying Safe Online, Card Making, Brain Health and Active Ageing, Coffee Appreciation, Come and Try Zumba with Anu and many more.

All tickets for both events available online <https://www.hca.org.au/whats-on>

Enquiries call 9639 8620.



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Care,
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HOARDING HELP NOW AVAILABLE ONLINE

*Are you or a loved one facing issues with hoarding?
Expert help is available online through the successful
Buried in Treasures program.*

Reality television shows like Channel Nine's Space Invaders or the American version Hoarders attract a wide audience - it can be cathartic and fascinating to watch people go through the process of clearing and organising their clutter. But for people struggling with hoarding tendencies and their loved ones, there's a much more serious side to the issue.

The team of hoarding experts at Catholic Healthcare help older people address these challenges with one-on-one support as well as their successful, free online program, Buried in Treasures, that runs twice yearly.

"Buried in Treasures offers social connection and acceptance for people with hoarding tendencies in a non-judgemental supportive environment," says Mercy Splitt, Catholic Healthcare Hoarding & Squalor Manager. "It's about addressing the root causes of the problem, not just the product of physical clutter."

The 15-week program is designed to support older people with have hoarding

tendencies, and it's free to older people eligible for the government's Commonwealth Home Support Program (CHSP). Originally designed as an in-person support group, the move to an online format means that the twice-yearly program is now open to people across NSW.

Participants meet in a small group to learn why they struggle with excessive acquiring, and develop skills and strategies to begin decluttering and manage the hoarding behaviour. Debbie*, one of 75 participants who completed the program last year, found Buried in Treasures invaluable. "The others in the group helped me realise that I'm not alone," she says. "I also understand now that this is a psychological problem - it's not just as simple as wanting to have lots of things."

To find out more about Buried in Treasures at an information session or to register for the twice-yearly program, visit: <https://webchcs.com/bit> or call: 0498 006 330.

* Name has been changed to protect privacy.

HOW YOU CAN HELP

If you have a family member or friend dealing with hoarding, Mercy has some advice on the best way to provide support.

1. Step back from the immediate situation and try to understand the reasons why someone collects – emotional attachment, a response to life events, trying to prevent waste.
2. While the situation can be frustrating, be empathetic, supportive and avoid judgement.
3. Be patient – it's a long process so once an individual is on the path to addressing the problem, be sure to acknowledge all the small steps and achievements.


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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.

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AGEING HEALTHY

4 TIPS FOR BETTER HEARING

As we age, there are many health conditions assumed as not being preventable and something we just must accept. In seniors, hearing loss is one of the most poorly managed and under recognised conditions. This is partly because for many of us we assume that this is the natural part of the ageing process, and something that will inevitably happen. In Australia, 37% of adults from the age of 61 to 70 years are affected by hearing loss, for those older than 85 years of age this increases to 80%. The fact is, there are many preventable measures and solutions that can reduce the impact of hearing loss.

"What many people don't realise is that if managed with early intervention strategies, the effects of hearing loss can be prevented, reduced or can slow the progression of loss in hearing. In addition, studies have shown early intervention can reduce the risk of cognitive decline. The key is if you are having any hearing loss concerns, or you are beginning to struggle to hear people in conversations, and in social situations, seek professional help early" comments Daniel Fechner, Director at Ear Studio.

The consequences of unmanaged hearing loss can increase the risk of falls, social isolation, depression and cognitive decline. The good news is, there are strategies available that you can do now to reduce the progression of hearing loss. No matter how mild the hearing loss may seem, early management is key.

4 TIPS FOR THE MANAGEMENT AND CARE OF YOUR HEARING:

1. AVOID LOUD NOISES AND HIGH VOLUMES!

Due to modern technology and environmental noises, people of all ages can damage their hearing. Reducing any loud sound levels in your life can make a difference. For example, turn down the sound level of your TV, stereo or car radio. Most importantly, keep the level of the sound in your ear buds or headphones to a reasonable level. For noisy or loud work environments ensure you wear appropriate hearing protection.

2. SEEK PROFESSIONAL HELP FOR PROPER EAR HYGIENE

Best to avoid using cotton buds for cleaning your ears. Wax can become compacted from being pushed further and deeper into the ear canal impairing your hearing. It is recommended to seek assistance from your doctor or audiology clinic to professional clean ear wax in order to maintain optimal ear health.

3. LIFESTYLE CHANGES

Research has linked age-related hearing loss with a decline in cognitive function, and dementia. The good news is, there are options and solutions to alleviate and slow the onset of these conditions. Lifestyle changes, stress management solutions, doing things you love and enjoy, physical exercise, yoga, meditation, puzzles for cognitive function. In general keeping an active mind and body.

4. SEEK PROFESSIONAL HELP FOR EARLY INTERVENTION SOLUTIONS

Today's advanced hearing aids can assist with improving social well being and overall quality of life. Hearing aids can support better hearing in a number of listening situations and improved communication with family and friends. Discreet hearing aids offering many features and benefits. Some devices can monitor physical activity, others feature a safety fall alarm that sends a message to a nominated person or carer. Other advances are wireless connectivity from your mobile phone to your hearing aids for hands free phone calls and are rechargeable – so no little batteries to change.

This NSW Seniors Festival, (25th March – 3rd April) Ear Studio encourages all seniors to make an appointment for a comprehensive hearing assessment and ear health check.

To Book: Ph: (02) 9159 6122 or Email: reception@earstudio.com.au or visit www.earstudio.com.au Ear Studio is located at Suite 9/60 Cecil Avenue, Lawton House Castle Hill and Terrey Hills Family Surgery, 50 Booralie Road, Terrey Hills.

TRADING HOURS: Monday to Friday 9am to 6pm, Saturday by appointment only.

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'RECONNECT' AT THE HILLS SHIRE SENIORS FESTIVAL

The Hills Shire's Seniors Festival returns in 2022, with a focus on "reconnecting".

The Festival, which is taking place between 25th March – 3rd April, will feature an array of FREE activities for people aged over 60, in a COVID safe setting.

Mayor of The Hills Shire, Dr Peter Gangemi said this year's Festival theme is 'Reconnect'. "Our senior's community play a significant role in The Hills Shire and it's great that we can reconnect with them, especially after the many months spent isolating throughout the COVID-19 pandemic. It's also a wonderful way to recognise, thank and celebrate everything they do for our region", Mayor Gangemi said.

"I'm proud that Council is supporting this year's Seniors Festival, and I hope those who attend can take home some valuable information, feel empowered and more importantly have fun and make some new friends in the process," Mayor Gangemi added.

Events happening as part of this year's Seniors Festival, include:

NAVIGATING COUNCIL SERVICES ONLINE WORKSHOP at the Harvey Lowe Pavilion, in Castle Hill Showground, on Wednesday, March 30 at 11am: This workshop will teach attendees how to navigate key Council functions and access digital services, including addressing frequent queries, how to access e-pathway, receiving rates online and digital library services. Morning tea will also be served as part of the workshop.

'THE DUKE' FILM SCREENING AT EVENT CINEMAS, Castle Towers on Thursday March 31 at 10am
The Duke is based on the true story of 60-year-old taxi driver, Kempton Bunton, who steals



Goya's portrait of the Duke of Wellington from the National Gallery in London. He then sends ransom notes, saying that he will return the painting when the government invests more in care for the elderly. What follows is a heart-warming campaign to help support the British senior community. Helen Mirren, Jim Broadbent and Matthew Goode make a star-studded appearance in the uplifting comedy-drama.

To book your tickets, visit: www.thehills.nsw.gov.au/Services/Our-Community/Seniors/Seniors-Festival-2022.

WHAT IS AT ASSESSMENT?

BY REJIMON PUNCHAYIL

When we talk about AT or Assistive Technology, we mean equipment, technology and devices that help us do things we can't do. In the Review prepared for the Department of Health, AT is defined as "Any product (devices, equipment, instruments and software), especially produced or generally available, used by or for persons with disability for participation, to protect, support, train, measure or substitute for body functions/structures and activities, or to prevent impairments, activity limitations or participation restrictions."

Aids such as a can opener, scooter or a Bed are some examples of AT products. An AT assessor is someone who is able to consider a person's needs and identify the most appropriate AT. Under the My Aged Care programme, NDIS and the Dept of Vet Affairs an AT Assessment report (called differently in

diverse programmes) is usually required. Do not mistake this for an ACAT assessment.

The process of selecting and purchasing the correct equipment can be overwhelming, time consuming and expensive yet it is an important decision. Comfort Discovered as AT Specialists offers an independent Occupational Therapist for a personal assessment, considering the medical, physical and cognitive aspects of the individual with a written report of suitability and funding justification. The report will include assessment of anthropometrics (individual sizing and ergonomics), trial and assessment of different AT options, detailing equipment trialled and clinical justification for clinicians' recommendations which can be passed onto



the relevant funding body. Take the stress and guess work out of equipment selection!

Find out more about AT Assessment Clinic at Comfort Discovered at www.comfortdiscovered.com/get-help/at-assessment-clinic/

Assistive Technology Specialists



Comfort Discovered

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SENIOR PETS

BY BEN GRAHAM

Older is better. Older is wiser, calmer, more logical and calculated. I'm not just talking about people here, I'm also talking about our animals.

While senior pets come with a lot of advantages, there are some additional considerations that our ageing pets need. Many of these considerations relate directly to those required by older humans. These include careful management around heat stress and cold stress. With circulation not as efficient as it used to be, as well as ageing skin and less adaptable blood vessels, older pets are more prone to feeling the heat, and the cold and as such, we must make take care not to expose them to such temperatures.

Ageing bones and joints also slow down, being less flexible and more prone to stiffness on cold mornings and injuries when bounding around. Fish oils, joint powders and a long list of available medications such as Antinol Rapid and Pentosan are available to help with stenotic joint capsules, inflamed joints, poor quality synovial fluid (the lubrication in our joints) and sore bones.

As we age our metabolism slows down, exacerbated by less physical activity each day. Our gastrointestinal system also becomes less efficient in absorbing nutrients, and our liver becomes less efficient at utilising what we absorb. It is best then, to make sure that our senior pets are on a high quality diet, rich in good quality, easily absorbable and usable protein. For dogs, raw meat or quality senior specific dog food; for cats, quality seniors cat food.

A geriatric consultation with your veterinarian can help you tailor a management plan for your ageing pet, and ensure they are in tip top condition for best quality of life.

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CELEBRATING 40 YEARS OF LEARNING AND FUN!

This year Learning in the Hills (LITH) celebrates 40 years of service to the community.

A much-valued program of Hills Community Aid promoting social connection and skill building, LITH offers a broad range of leisure learning classes to adults including yoga, cake decorating, dressmaking, patchwork and quilting, painting and English conversation classes to name a few. We have students who have been attending for over 35 years and we always welcome new students.

Our painting and dressmaking classes are particularly popular and we have exciting opportunities for two new tutors to join our team. We welcome someone who is a skilled seamstress with the ability to share their skills with others to become our Dressmaking/Sewing tutor as we farewell one of our much-loved tutors, Yvette.

We'd also love to expand our painting classes on offer by establishing a class for people who are new to painting. Someone who is skilled and a good communicator is welcome to chat about this opportunity. Interested to know more?

Contact Anita Fisher Community Engagement Coordinator on 9639 7918



ART DEMONSTRATION BY JOHN RICE

*"What is Plein Air painting about: or
"Secrets of Plein Air Painting"*

John is an energetic outdoor painter who works almost exclusively in oils and is stimulated by the strong light of the Australian landscape. His work stems from direct observation during "en plein air" painting trips throughout the Blue Mountains, the Hawkesbury and the Central West of NSW.

John has won many awards for his artworks and has held fifteen very successful solo exhibitions and numerous joint exhibitions.

Visitors are welcome to join with the Castle Hill Art Society on Wednesday 6th April at 7.30pm at Castle Glen Community Centre, 157 Ridgeway Drive, Castle Hill. For more information call 98993179 or visit www.castlehillartsociety.org.au

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Seniors Week

MORNING TEA

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10.30 am to 12.30 pm

Kurrajong Heights Bowling Club
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Free Event - All Welcome
Morning tea and entertainment provided



RSVP on 02 4573 1166

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: MARY
BREED: DOMESTIC
SHORT HAIR
SEX: Female
AGE: 3 years old
PRICE: \$29



MARY is a sweet lady looking for love according to staff at the Hawkesbury Companion Animal Shelter. The three year-old domestic short haired female cat is one of three ginger cats at the Shelter who are currently seeking a new forever home and all three are just \$29 to adopt. Two-year-old Buttercup is the second female ginger cat available for adoption. Staff at the Shelter say Buttercup is a girl who likes to be with you and would be more than happy to sit next to you enjoying your company on the lounge at night.

If you are looking for a male cat, Tonka is a five-year-old ginger and white cat whose adoption price has also been reduced to \$29 as a featured cat. All adoption prices include the first vaccination, desexing, microchipping and life time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

CLANCY is an active happy dog looking for an active fun loving family. According to staff at the Hawkesbury Companion Animal Shelter Clancy will sit when asked and he does take his treats gently. Staff say Clancy will need further training to help him walk nicely on the lead and be taught his basic manners to help him settle into his new home. If you are interested in adopting Clancy please come to the shelter with your family dog and the children to meet him so that staff can be sure they will all get on together. His adoption price has been reduced to \$99 and includes the first vaccination, desexing, microchipping and life time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: CLANCY
BREED: DANE
CROSS ROTTIE
SEX: Male
AGE: 1 year old
PRICE: \$99



BRANDY is a sweet dog with a very happy, soft nature according to staff at the Hawkesbury Companion Animal Shelter. Staff say Brandy would be suited to a family who have the time to give her the exercise and basic training that she needs to help settle her into her new home. Staff say Brandy has been good with other dogs while they have been playing next to her in the exercise yard but if you are interested in adopting Brandy please come to the shelter with your family dog and the children to meet her so that staff can be sure they will all get on together. Brandy's adoption price has been reduced to \$99 and includes the first vaccination, desexing, microchipping and life time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

AT A GLANCE

NAME: BRANDY
BREED: MASTIFF
CROSS DANE
SEX: Female
AGE: 1 yr 5 months
PRICE: \$99



HELP FROM RSPCA BY BEV JORDAN

The RSPCA will be holding Pop Up Relief points at Riverstone and Richmond for pet owners next week and will return to South Windsor on April 1st.

Everyone in the local community who has been affected by the floods are welcome to come and pick up much needed pet supplies on the day.

Volunteers will be on-hand to provide support and distribute pet hampers, donated by the Petbarn Foundation, which may include kitty litter, dog and cat food (dry and wet), leads, beds and collars.

On Monday, March 28th, the RSPCA team will at the Richmond Club, at 6 E Market St, Richmond. Setup will be in the side carpark of the Richmond Club (Francis Street and Toxana Street) between 10am and 3pm.

On Tuesday, March 29th, an RSPCA NSW Flood Relief Point will be held at Riverstone Neighbourhood Centre at 9 Park St, between 10am and 3pm.

Last week the RSPCA held a Pop Up Relief point for pet owners at South Windsor and will be returning on April 1st.

The RSPCA NSW Flood Relief Point will be at South Windsor Family Centre, 6 Greenhills

Wy, South Windsor on Friday, April 1st from 9:30am to 2:30pm.

An RSPCA NSW spokesperson said: "The response to our relief points so far have been overwhelming, and we are grateful to be able to help people and their animals affected by the floods.

"Our relief point in South Windsor had a near non-stop line of people for over three hours, with pet bedding, shampoo, and flea/tick/worming treatments most in demand.

"All pet beds we had on the day were gone in the first half hour. We appreciate the continued donations of pet products from Petbarn and encourage pet owners to come down to our future relief points to get everything they need for their pets.

"The stories we heard on the ground were confronting – a lot of people were only just recovering from last year's floods.

"These relief points have assisted people who have lost everything, and RSPCA NSW is invested in helping people and their pets in need".



Volunteers at South Windsor last week



ROTARY CLUB OF WEST PENNANT HILLS AND CHERRYBROOK

The Club has a couple of exciting events coming up early this year and has been busy. The Club has participated in Community Gardening and has been out collecting donations for Flood Relief. The Club would like to thank everyone who donated.

On Monday 11th April the Club will be having a Visitor Night. Our Guest Speaker for the evening will enlighten you a little on what Rotary is all about, and the amazing work locally and internationally that Rotary do. We would like to welcome active business men and women to our club as well as those recently retired. Rotary is a great medium to meet new members of the community, to make new friends, enjoy social outings and to engage with community projects Rotary undertakes.

The Annual Giant Book Sale is building momentum and is scheduled for 13th (9am to 5pm), 14th (9am to 5pm) and 15th (11am to 2pm) May at Cherrybrook Uniting Church, 134 New Line Road, Cherrybrook. The Club will start collecting books at the start of April and you can start calling the Club on 0468 330 667 from the 1st April for book drop off locations. Please continue to follow the Club's Facebook page and Web site for more information plus you can start getting your books ready for drop off. Ideally the Club will be after books preferably less than 10 years old and in good condition.

If you would like to just come along and see what we are all about then please give us a call on 0412 064 336 or visit www.wphcrotary.org/



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ALA Law is a specialised Family Law firm located in Western Sydney. They are excited to be offering their knowledge and expertise to the Hawkesbury and Hills region.

Founder Amanda Little explained that the ALA team is well known throughout the Nepean region, and the firm is very pleased to be offering the high-quality service, unapparelled skill, professionalism and legal advice, to the Hawkesbury and Hills area.

Amanda explains that no other law firm in Western Sydney can offer the level of expertise that ALA Law offers "We provide big city skills at Western Sydney prices – making access to justice affordable for all"

The team at ALA Law only consists of Accredited Specialists in Family Law and Senior Lawyers and Paralegals. Accredited Specialists are required to continue their legal education in their area of specialisation to a level higher than non-specialist lawyers. Accreditation demonstrates a very high level of expertise in dealing with matters involving divorce, separation, property settlements and child support.

The team at ALA Law has recently opened an office at Windsor and will be offering Consultations and Family Law representation to the local community.

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FROM LITTLE TREES BIG TREES GROW

BY GISELA HORNER | VOLUNTEER BELLA VISTA FARM

Graham Rawstron is not only President of the Friends of Bella Vista Farm and been a volunteer with them approaching 10 years; but he has also been a keen member of the local Bushcare group for eight years.

The Hills Shire Council received a grant some years ago to fence off one area of remnant Cumberland Forest on the western side of the Park and Graham's Bushcare group helped clear the area of weeds, which aided the natural regrowth of trees and native grasses. Even with this valuable work, Graham is increasingly concerned about the loss of mature trees in Bella Vista Farm Park.

The trees are exposed to damage from storms, winds, drought and park usage. These open spaces are also used by picnickers and walkers and are regularly mown. Most "treelings" don't survive to reach sapling size and even capturing seeds for propagation becomes difficult.

Graham says "Because their numbers are threatened and continue to diminish, I was spurred on to plant more trees. Beginning three or four years ago, with the support of Council Bushcare staff providing seedlings from the Bidjiwong Nursery, I started planting within the Farm grounds and then extended my forays into the Park beyond the Farm's fence. With Covid closing most activities, I began collecting seedlings from the gully areas and replanting them in areas requiring new growth.

"I jokingly say that I want to plant 1000 trees and so far, I have probably managed around 180, so there is a long way to go. I don't imagine most of the large trees today will be around in 50 years, so planting their replacements now is the best way to ensure that we have trees to provide shade and shelter for us and also for the local wildlife that depend upon them for food and a place to live".

The Park and Bella Vista Farm are probably most recognisable by the long driveway flanked by the majestic Bunya Pines and the Hills Shire Council is making efforts to protect and preserve them as well. The Park also contains small areas of remnant Cumberland Forest woodland and a smattering of large mature hardwood eucalypts. These little eco-systems are damper and more protected so seedlings can thrive.

With one man's determination to protect our environment and with the help of volunteers from Bella Vista Farm, more trees will flourish, grow strong and protect the beauty and health of the Farm's surrounds.

Come and visit this gracious homestead the first Sunday of each month. The next Open Day will be on Sunday, 3rd April from 0900-1400.

Enjoy a little piece of history, the tranquillity of the gardens, enjoy a Devonshire Tea and listen to the beautiful music played by the Hills Shire Symphony Orchestra. There are other delights to behold. We look forward to welcoming you.



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BROMELIAD SOCIETY OF AUSTRALIA

Special Guest Speaker JAN TOWNSEND

The next meeting of the Bromeliad Society of Australia will be held on Saturday, 9th April at the Federation Pavilion, Castle Hill Showground, Showground Road, Castle Hill off Doran Drive. Bromeliad sales at 10am and the meeting commencing at 12noon.

Jan Townsend's presentation last August had to be cancelled due to the COVID lockdown. However, with much enthusiasm the BSA have secured her for this meeting.

Jan and hubby Jon own Bonville Bromeliads, Bonville NSW not far from Coffs Harbour. Jan will be making a special trip to Sydney to give her talk to the BSA regarding one of her very favourite bromeliads. Jan and Jon will also bring some of their magnificent Aechmea orlandiana for members and guests to purchase.

Aechmea orlandiana is a real must for all plant enthusiasts. Aechmea orlandiana is not only a standout in the Bromeliad world, it is also one of the most spectacular for the home gardeners.

A species collected by Mullford and Racine Foster in 1939 in Espirito Santo, Brazil. Named for the city of Orlando, Florida, Foster's adopted home town, and the orange bracts and white flowers, being the city colors of Orlando. The species has over 20 known cultivars and is highly variable.

Normal meeting activities such as competitions, Raffle, Show & Tell, and an activity called just "Show" for people who would just like to share a plant with others without it being critically judged or discussed.

Please note COVIDSafe restrictions do apply and for further information please contact Ian Hook, President of BSA on mobile 0408 202 269, email: ianhook1@bigpond.com or refer to www.bromeliad.org.au for the latest update.



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FLOOD SUPPORT

Support is available for flood affected residences and businesses including \$50,000 grants to flood-affected small businesses to pay for clean-up and to help resume operations. Applications can be made via the Service NSW website or by phoning Service NSW on 13 77 88. For an overview of all NSW Government flood support visit: www.nsw.gov.au/floods

STAY NSW VOUCHERS NOW AVAILABLE

A \$50 accommodation voucher is now available as part of the NSW Government's \$250 million Stay NSW program. There are more than 1,200 Stay NSW businesses registered across the State and it is not too late for accommodation providers to get on board. Participating businesses can redeem vouchers seven days a week, including public holidays, and customers can search for places to stay on the easy-to-use business finder. Stay NSW Vouchers are valid until 9 October, 2022. For more information visit www.service.nsw.gov.au/stay-nsw



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ARE WE CHANGING TO SYNTHETIC FIELDS FOR THE RIGHT REASONS?

A new peer reviewed study has challenged the validity of many council and regional sports strategies which have led to the recent proliferation of synthetic fields across Sydney. The study was completed by soil scientist, Dr Mick Battam, who said that the study of usage across 1157 playing fields in 24 LGAs across the Sydney basin was conclusive. "The evidence is crystal clear that many councils are justifying installing expensive synthetic fields based on flawed usage data," he said.

The common approach of many sport strategies is to use booked hours to assess sports field usage and calculate future need on the assumption that natural turf can only handle 25 hours per week of use. This incorrect 25-hour limit is then used to determine the number of fields that are 'overused'.

The study also highlighted that natural turf fields can have large differences in carrying capacity depending on site characteristics (soil, turf type, microclimate, drainage, etc.).

Therefore, there is no scientific basis to rely on the 25-hour number to describe the carrying capacity of all natural turf fields.

Dr Battam found the reason many natural turf fields struggled is because of poor construction and/or maintenance practices. Practices such as not applying enough fertiliser, not controlling weeds, or rebuilding a field using a cheap turf variety that laid on hard-setting soil are bound to lead to failure.

"The key issues holding natural turf sporting fields are a lack of knowledge to correctly identify the causes of poor turf performance and lack of funding to address them", said Dr Battam. "One of the most intensely used fields in Sydney does not even have an automatic irrigation system (~\$150,000) even though this council has spent more than \$10 million dollars installing synthetic fields" he said.

Jenny Zadro, market development manager for Turf Australia says the findings add further weight to the arguments against the need for synthetic turf. "The risks and dangers surrounding synthetic turf are well established and this study effectively demolishes the myth that natural turf cannot handle the workload. Modern natural turf fields that are properly built and maintained, using sound soil science and suitable turf varieties, can give councils what they need without the massive financial costs and environmental damage".

Further information and a copy of the full report can be found at agenviro.com or turfaustralia.com.au



End of 2019 football
season (pre-covid)

49 Hours
per week

ANYONE FOR SOCIAL BASKETBALL?

BY LAWRENCE MACHADO

The Sydney Basketball League, Australia's only private basketball entity, is geared for more expansion in the Hills, following their long overdue entry two years ago.

Like all sports associations, the Sydney Basketball League's plans and competitions were badly affected by Covid-19 lockdowns. Even until January, this popular social basketball league was scrambling to get things going again in the Hills and other suburbs where their unique competitions have grabbed the attention of locals.

However, the boys are back in town and have been steaming up the courts at Model Farms High School since February. If all goes well, there will soon be a female competition too in the Hills.

SBL League Sports Manager John Hagar said they had some very challenging times since the Covid-19 pandemic hit Australia.

"The last year was very challenging and even up to January this year, it was very tough for us," Hagar said. "We had some government

assistance, but it was not enough.

"However, we started the first ever SBL Baulkham Hills competition in February and it is going along well. We are fielding a lot of enquiries from new players now.

"The venue, Model Farms High School, is great and we're excited to see how the season plays out. We are opening registrations soon for our season 2 SBL Baulkham Hills social men's Wednesday night competition in May."

SBL, unlike the other professional and semi-professional leagues in the Hills and NSW, run strictly social basketball competitions, making it ideal for those who are unable to play regularly or others who like to enjoy an evening of fun with their mates.

Each season runs typically from 12-14 weeks, and SBL is looking to have at least two-three seasons each year to cope with the demand.



The Burners Accounts are one of the 11 teams competing in the Baulkham Hills League. Picture: Sydney Basketball League

"The game is growing and so are we," Hagar said. "We are looking to add more men's division competition, and even a women's one."

SBL was founded in 1997 with competitions running in Blacktown, Caringbah, Glebe, Lidcombe, Petersham, and Ryde. SBL is pretty innovative, developing their own sports administration app which allows staff to take player statistics during a game and then immediately upload them in real-time to their website. This is an Australian first for any social basketball tournament, according to Hagar.

All Hills games are played at Model Farms High School from 6:30pm on Wednesday evenings. Details: www.sbl.com.au

FEMALE FOOTBALL BOOMS IN THE HILLS

BY LAWRENCE MACHADO

Women's football is expanding fast after Hills United, the representative arm of Hills Football, was granted a full licence for the first time by Football NSW. This has opened up a full female pathway in the Hills starting with the Girls Skill Acquisition Program for U10s, through to senior first grade football.

This provides a clear and accessible pathway for female footballers from all Hills Football clubs, according to the association's Member Services & Administration Officer Charlotte Ercil.

"Thirteen of our 20 member clubs host teams in female only competitions," Ercil said. "The remaining seven clubs host mixed teams which may include female only teams they've entered into these mixed competitions. We offer a full complement of programs and competitions for females within the Hills area. Our female only competitions start from the U9s up to the over 30s age groups. Clubs also enter female only teams into the mixed competitions (U7/8)."

In addition to her support for HF's member clubs, Ercil's purview covers the diversity and

inclusion portfolio, including the All Abilities programs, female football, Walking Football, and more.

She said the local governing body has a wide range of playing options for females of all ages, making it easier to attract new players. The female only competitions on Sundays start with the U9s, with future plans for similar tournaments for the lower age groups.

"Our senior women's competitions (all age and over 30s) are thriving albeit some competition changes for the 2022 season. The women's Premier League is in its second year and runs alongside the men's competition," Ercil said. "All Hills Football clubs are active in promoting female football with some offering a team or teams in all female only age groups and competitions. Our clubs are also great advocates in promoting our female specific initiatives such as the Hills Football Female Coaches network, the soon-to-be Female Referee Network, Female Football Week initiatives and other social and competitive programs to cater to our female football family.



"Clubs have been working hard during pre-season hosting their own female only Come and Try Days. These were to generate interest from females in the broader community and we encouraged the 'bring a friend' element.

"We launched a Diversity and Inclusion Subcommittee in 2021 with members working on strategies related to various topics and areas. The growth of female football in terms of players, coaches, referees, and administrators is what we work on."

The season kicks off from April 1-3. Meanwhile, Football NSW will be celebrating the popular Female Football Week from May 6-15.

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Ron Stettler's granddaughter
Christine Touzel with the Heidelberg
Printer at Stettler Printing

THE LITTLE BATTLER OF A NEWS MAN



I HAD AN IDEA OF WRITING AN ARTICLE ON the history of this magazine. However in doing so I thought that I would get in contact with the family of the late Ron Stettler, founder of the magazine.

Ron was the person who got me started on this aspect of my life in 1984.

Jennifer Touzel, Ron's daughter who many long time residents of the Hills will remember, has supplied me with the following information which I found very interesting.

I will now leave the article on the history of this magazine to another issue.

Knowing that Ron had been working in the newspaper game for quite some time (he was a compositor by trade, and did his apprenticeship at Cumberland Newspapers in Parramatta, prior to starting out on his own at about the age of 26) I asked Jennifer about the Parramatta & Hills News and this is what she had to say.

By Jennifer Touzel

"(Dad) had two partners one called Harry Dowling, who operated a printing business in Boorea St, Lidcombe, and the other was Ted Stoney, of Castle Hill, and they printed the Parramatta & Hills News at Bushell Press in

Silverwater and later at 5 Conie Ave, Baulkham Hills (this was the former Saw Mill of the area and the land was owned by Mr Hill).

To get the venture off the ground, Dad, Harry Dowling and Ted Stoney (who was Health & Building Inspector at Baulkham Hills Council) each put in 1,000 pounds – quite a bit of money back in 1956.

He had an office in George Street, Parramatta and also at Castle Hill. The office at Castle Hill was in a cottage in Old Northern Road, next to the picture theatre, later known as the Castle Hill Arcade (Castle Mall).

For a number of the early issues of the Parramatta and Hills News, a Castle Hill supplement known as "The Leader" was included in the edition. This was later dropped.

As the publication became established, the printing shop and office moved to premises in Conie Ave, Baulkham Hills.

For the first two years at Conie Ave, Dad – aided by his family (mother Hilda and sister Pam) plus linotype operator Fabian Phillips – worked without a telephone. Can you imagine a present day newspaper being brought out without a telephone or present-day communication?

This was because there were not enough phone lines available and a number of homes in the area shared phone lines.

Dad struggled through for two years without a phone, which was hard to come by in those days, as there was a waiting list and wait we did. So it became a bit like the bush telegraph. The paper was six to eight pages and Dad always managed to fill the paper.

In those early days, newsagents were not permitted to stock free newspapers and a charge of three pence was applied.

Copies of each issue were filed for posterity in the Mitchell Library in Sydney and also at Parramatta Library. But the bulk of the newspapers were delivered to homes in the district by dad in his Hillman Minx car (Nana would roll newspapers in the back seat and I recall delivering newspapers at the age of 4 to the shops in Baulkham Hills).

Dad did just about everything and he soon had a circulation of around 10,000 with Cumberland offering to buy him out, but he refused, and a bit of a newspaper war started.

One day the milkman came to the office and reported he had seen people removing

the newspapers from letterboxes after Dad had delivered them. This was reported and because of witnesses this was stopped.

Dad was a newspaper man through and through and a real little battler, and nothing deterred him, hence "Little Battler" is engraved on his resting place.

A great deal of the news was contributed by the community for the community. It was known as the "Voice of the People" and it was written by local residents, who wanted to keep people informed as to what was happening in their local community. People wanted hope and that's what they got and the area grew along with the newspaper.

Dad would spend a couple of afternoons at the local Barber's shop where he picked up a lot of gossip and current happenings (some could be printed and some could not).

In those days there were two mail deliveries a day and people used to post their contributions to the paper.

Even when Dad got married in November 1961, Mum (Margaret Rose) told the story that the wedding ceremony had to be planned to fit in with the paper. The wedding was at 6.30 pm on a Thursday evening at the Methodist Church in Castle Hill. It had to be at 6.30 pm as Dad had to first deliver the newspapers. Mum had no say in the matter! The honeymoon had to be cut short as he had to get back to the office/factory in time to produce the next edition.

Dad was also well known for his intrepid reporting of Baulkham Hills Council meetings and council affairs. At one time he was banned from attending council meetings as he was not a qualified journalist, but he still got the news and printed it. He certainly was no "yes" man for the council. Dad (Ron Stettler) passed away in June 1990 (aged 60) and two days prior to his death attended his last Baulkham Hills Council Meeting."

** As Ivor Jones reported back in January 2018 in The Hills to Hawkesbury Community News, the "Parramatta & Hills News" was sold to Warwick Dawson and Jim Holmes and renamed as "Hills News" in 1984, and later sold to Fairfax (now Nine) Newspapers. It closed in December 2017.*

Photo to go on page with this story is of Christine Touzel with the Heidelberg Printer at Stettler Printing

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

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-known artists are held monthly and members can participate in several exhibitions during the year. New members always welcome.

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

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. The 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

Combined Probud Club of Cherrybrook

We are a mixed gender club and have an active membership of over 170 retirees and semi retirees. Our meetings are held on the first Thursday of each month at the Cherrybrook Community and Cultural Centre.

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

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

Monthly meetings are held on the second Wednesday of each month from 10am at the Galston Health & Resource Centre.

Jann | 0439 222 217

CWA of NSW – Castle Hill Branch

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

Maureen | 0411 724 925

CWA of NSW – Toongabbie Branch.

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

ToongabbieCWA@gmail.com

Dural and District Prostate Cancer Support Group

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

Denis | 9629 2645 or Maurice | 9654 2138

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498
www.duralmensshed.org

East Kurrajong School of Arts

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

drawing or painting with Ruth, browse the library for a book to read or simply just relax, have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.

Ann | 02 4576 5031

Galston VIEW Club

Raises money for The Smith Family "Learning for Life" program. New members are always welcome.

Merle 9634 2378 | 0412 110 698.

Girl Guides Australia

There are great programs for girls aged 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 several Girl Guide Groups meeting in the area. To find out more about the best time and day for your daughter

Margo 0417 657 433.

Glenhaven Probud Club Inc

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

secretary.glenhaven.probus@gmail.com

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

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

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the First Fleeters

Meets on 2nd Saturday of each month.

Pamela Hempel | 0407 660 579

www.fffhnc.com

Hawkesbury West Probud Club

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

Membership Officer Fay | 0414 341 253

hawkeswest.probus@gmail.com

Hawkesbury Woodcraft Cooperative Ltd

4721 8709

Hills District Women's Bowling Club

Jenner Street, Baulkham Hills

9639 2733
www.thehillswomensbowls.com.au

Hills Older Men's Network INC

Meets fortnightly on the first and third Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to chat in a non-judgemental, safe and supportive environment.

Ron | 0424 462 153
HillsOMI1@gmail.com

Hills Toastmasters

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

Terry | 0488 089 951

Hills/Toongabbie Music Club

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

Allen | 0439 831 531
allendavisguitar@gmail.com

Kurrajong Hand Spun Craft

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

Thursdays at noon.

Margaret | 0403 819 165

Ladies Probud Club of Baulkham Hills

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

Suzanne Dennis | 0412 424 593
ladiesprobudbh@gmail.com

Learning in the Hills

To find out more about the huge range of courses available call 9639 7918

www.hca.org.au/learning-in-the-hills/

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

macquarietownsgardenclub.wordpress.com

National Seniors Australia (Hills Branch)

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

May | 0414 634 572
maybruce@bigpond.com

North Rocks Evening VIEW Club

Muirfield Golf Club, 58 Barclay Rd, North Rocks. Visit view.org.au

Toni | 9871 1926 or 0411 693 076, or Margaret on 9872 1405

Norwest Sunrise Rotary Club

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

norwestrotary.org.au

Pennant Hills Mens Probud Club

John | 9487 1385

Pennant Hills Combined Probud Club

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

Lorene | 0429 396594

Pennant Hills VIEW Club

Meets for lunch on the second Tuesday of each month at Oatlands Golf Club at 11am. Meetings consist of a two course lunch followed by an interesting guest speaker. Visitors & new members are welcome.

On the fourth Tuesday of the month a social outing is arranged for members

Margaret | 9873 2402

Pitt Town Probud 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

Probud Club of Round Corner (Dural)

Secretary, Julie

PO Box 822, Round Corner 2158

Probud Club of the Hills Inc

Ken | 02 96296459

Probud Club - Kellyville Castle Hill Mixed

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

Pam | 0417 667 067

pamelaloves66@gmail.com

Probud Combined Kellyville Club

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

Veronica | 0408 025 577

Susan | 0400 039 308

ken_n_sue@hotmail.com

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9679 1246

admin@rdanswtalltimbers.org.au

www.rdanswtalltimbers.org.au

Red Cross – Castle Hill Branch

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

0419 431 084.

Richmond/Windsor VIEW Club

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

Christine Walshaw | 0416073483

Scouts Australia - Greater Western Sydney Region

9639 2488
www.greaterwestscouts.com.au

Sleep Disorders Australia - NSW

02 9990 3514
www.sleepoz.org.au

Soroptimist International The Hills

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

Cathy | 0435 837 118
sithehills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

The Hills Shire Garden Club

9624 5034

The Hills District Pipe Band

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

Suzie Whitaker

pipeband.hillsdistrict@gmail.com

www.hillsdistrictpipeband.com

The Hills Trefoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

Meets at Aveo Retirement Village, Bella Vista on the 4th Monday of each month at 6.00pm (dinner optional), for meeting at 7.00pm.

Robyn | 9639 2742

The Sydney Hills Branch of the Association of Independent Retirees

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

Lauris Rennie | 9634 1186 or Pam | 0412 737 234

airsydneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

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

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

Windsor RSL Fishing Club

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

Les Mison | 0421 821 1990.

Windsor Probud Club

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

Membership Officer Alan | 0407721461 or Secretary Ann | 0414298945

Winston Hills Joey Scouts

9862 8482

hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

Meeting Tues and Sat 9am - 5pm

Alan Hunt | 4566 4626 or 0428 784 425

Adrian Acheson | 0448 833 781

YMCA NSW Community Visitors Scheme

9633 8209 or 0402 255 193

Zonta Club of Sydney Hills

0414 641 408
www.zontadistrict24.org

PUZZLE

WORD SEARCH

RIDING A BIKE

- | | |
|----------|----------|
| BALANCE | HELMET |
| BEARINGS | HORN |
| BELL | LIGHTS |
| BICYCLE | PEDAL |
| BRAKE | PUMP |
| CABLE | PUNCTURE |
| CHAIN | SADDLE |
| DYNAMO | SPOKE |
| GEAR | UNICYCLE |
| GLOVES | WHEEL |



WORD SEARCH



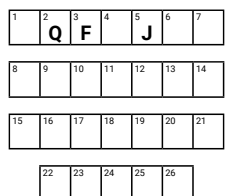
Answers from last issue

CODE WORD



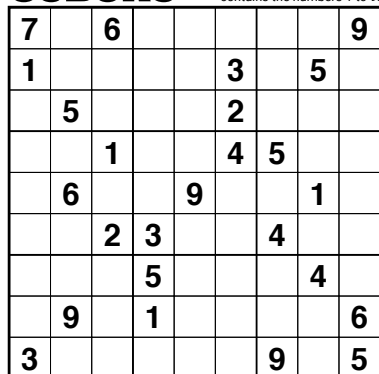
CODE WORD

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.

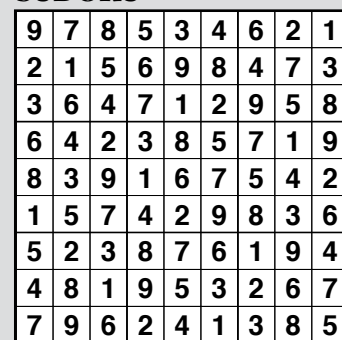


SUDOKU

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



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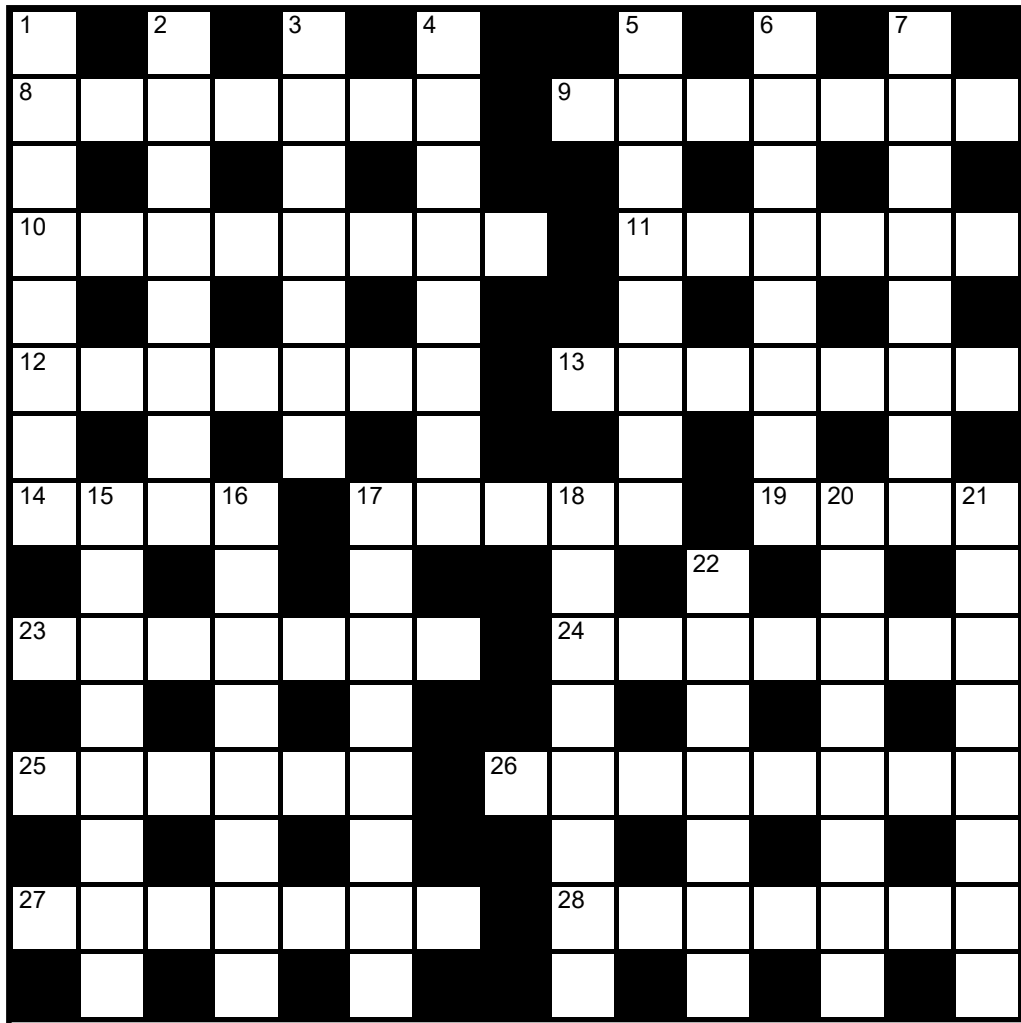
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Across

8. Burn
9. Illusory pointer to gold
10. Used in cooking
11. Bring forth
12. Bring up
13. Very detailed (2, 5)
14. Dark-grey waterbird
17. Second largest stringed instrument (5)
19. Youth charity (1, 1, 1, 1)
23. Impacts
24. Asks over
25. Gets up late (4, 2)
26. Shriek
27. Comments
28. Frequent-flyer perk

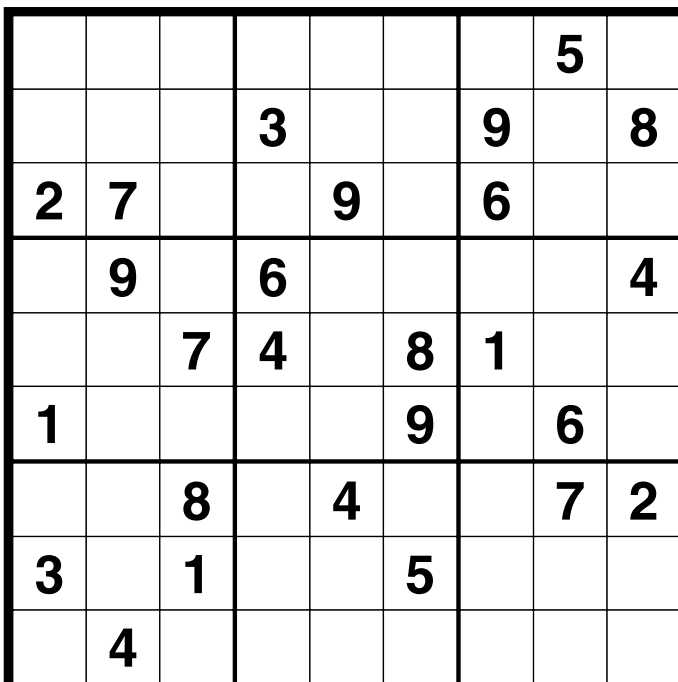
Down

1. Explosively violent
2. Cattle station trainee
3. Pride young 'un (4, 3)
4. Not far away (4, 4)
5. Inherited (4, 4)
6. Wholly
7. Kind of medicine
15. Assistant
16. You know what I'm drinking (3, 5)
17. In a rage, you might get as mad as one (3, 5)
18. Behave in a vulgar way (4,2,2)
20. Like unicorns
21. Designated
22. Unremarkable

SUDOKU

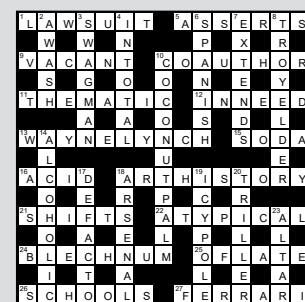
Rating: ★ ★ ★ ★ ☆

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

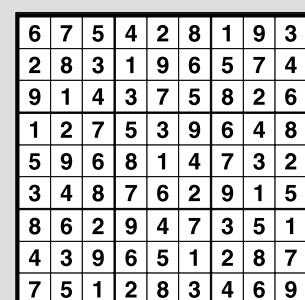


Answers from last issue

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