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Community News

5th – 19th May 2023 | Volume 40 – Issue 9
Local Stories, Local Events, Local People and Local Businesses



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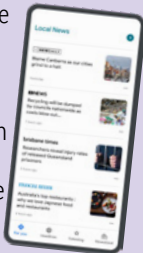
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Connecting a Community

By Bev Jordan

Hundreds of residents visited Harvey Lowe Pavilion at Castle Hill Showground on Sunday (April 30th) for Community Connect organised by Norwest Sunrise Rotary Club.

The annual Community Connect is a one-stop market place for residents looking to connect with not for profit organisations in the area.

The market-style event showcased the work of over 45 community organisations including social groups, service clubs and charity organisations looking for volunteers and members.

President of Norwest Sunrise Rotary Club Azita Abdollahian said: "It was great to see the collaboration between the community groups."

She said as well as being an important information gathering event for residents to attend it also gave community groups a chance to find out more about each other.

"It is an event that strengthens the fabric of this fabulous community," she said.

Visitors included Castle Hill MP Mark Hodges and Hills Shire Mayor Peter Gangemi who both praised the event and its purpose.

Joanne from Riding For the Disabled _ Tall Timbers at Gables said attending Community Connect had been fabulous. Some people had put their names down as potential volunteers and they had also made good connections with several groups at the event including Hills Community Aid, Rotaract and the Hills Youth Army.



Hills Shire Mayor Peter Gangemi and Norwest Sunrise Rotary Club President Azita Abdollahian with members of Toastmasters.

Carolyn and Gisela, Friends of Bella Vista Farm, said how wonderful it was to have the opportunity to promote the historic farm's Open Days on the first Sunday of the month and were delighted to meet a number of people who showed great interest in visiting the Farm this Sunday 7th May from 9-3pm celebrating Heritage Day.

Story continues on page 15



Castle Hill MP Mark Hodges with council's Hills Youth Army

Hills to Hawkesbury Community News

Local Stories, Local Events, Local People and Local Businesses

www.hillstohawkesbury.com.au | Facebook @hillstohawkesbury

Owner: Compton Media Group
 Publisher: Diana Paton, Adelphi Printing Pty Ltd
 ATF Paton Family Trust



DIANA PATON
PUBLISHER

contribute@hillstohawkesbury.com.au
 0408 011 193



TANYA COOK
ADVERTISING

advertise@hillstohawkesbury.com.au
 0499 040 726



BEV JORDAN
SENIOR JOURNALIST

bev@hillstohawkesbury.com.au
 0439 034 187



JOSH KERWICK
JOURNALIST

news@hillstohawkesbury.com.au
 0491 655 192



IVOR JONES
CONTRIBUTOR

ivor.jones47@optusnet.com.au



GISELA HORNER
EDITORIAL CO-ORDINATOR

contribute@hillstohawkesbury.com.au

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

Please follow us on Facebook @hillstohawkesbury. Printed copies are available at local shopping centres and other outlets. For a full list visit our website www.hillstohawkesbury.com.au.

Growth Plans Released

An extra 56,000 jobs in the next 18 years, new public spaces, more investment opportunities, housing and vital infrastructure to support a growing population are all part of The Hills Shire Council's 20-year vision for Norwest, Castle Hill and Rouse Hill.

The draft plans for the three precincts (all centred around Metro stations) are now on public exhibition with residents invited to have their say. Submissions close on July 31st.

The plans include a new waterfront park at Norwest and the potential expansion of Arthur Whitling Park at Castle Hill, an 'Eat Street' in McDougall Lane in Castle Hill plus an enhanced and extended Main Street.

Hills Shire Council General Manager Michael Edgar said: "This is our vision to create more opportunity for the people of the Hills, including jobs close to home, more housing, new public spaces and vital new infrastructure connections.

"By concentrating high-density developments within walking distance of a world-class train line, we can preserve our existing residential character whilst providing a mix of housing options for future generations and more places where people can set up a business, such as a retail outlet or café," he said.

"Under these plans, there is an estimated capacity for around 56,000 extra jobs by 2041, with a large share of this identified within the

Norwest Strategic Centre. This means our residents can find jobs that match their skills, work closer to home, commute less, and spend more time with family and friends."

Key features in Norwest Precinct Plan

- Capacity for 30,000 extra jobs with dedicated areas for commercial office development.
- Capacity for 18,100 homes;
- Enhancement of the Cattai Creek Greenway Link Corridor next to Castle Hill Showground;
- New pedestrian bridges and links over Norwest Boulevard, Windsor, Carrington and Showground Roads

Key features Castle Hill

- Capacity for 13,500 extra jobs with dedicated areas for commercial office development within and around the Ring Road, including an education precinct with a new university;
- Capacity for 7,400 homes;
- New urban plazas and expansion and enhancement of existing local parks;
- New pedestrian bridges and links over Pennant and Terminus Streets; and

Key features Rouse Hill:

- Capacity for 8,800 extra jobs with dedicated areas for commercial office development that can capitalise on the planned Rouse Hill Hospital;
- Capacity for 2,750 homes;
- A new central open space and plaza area in the undeveloped lands north of the town centre;
- New pedestrian bridges and links over Rouse Hill Drive, Commercial and Windsor Roads;

The draft Precinct Plans will be available for comment via Council's website, www.thehills.nsw.gov.au, under the 'Have Your Say' tab. Council will also be holding workshops and drop-in sessions throughout the consultation period.

Council's Town Planners will also be on hand to answer questions via the Forward Planning Hotline, 9843 0597.

Submissions and input from the consultation period will be considered by Council later in 2023 when deciding on whether to adopt the draft Precinct Plans.

** The Bond official opening page 11*

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ASHES RETURNED

A family has been reunited with the ashes of their beloved aunt following devastating floods in the Hawkesbury region.

Sergeant Ben Garrod was patrolling near Brooklyn Boat Ramp when he was approached by a local business owner about an urn next to a skip bin nearby.

Noticing the urn bore the words 'Mollie 'May' Grinsted', Sergeant Garrod commenced inquiries with funeral homes so he could reunite Mollie's ashes with her family.

He discovered that Mollie 'May' Grinsted had passed away in 2007 at the impressive age of 101, and that her next of kin, nephew Peter Hart, had taken care of her ashes at the place she loved the most – his idyllic property by the Hawkesbury River in Lower Portland.

Mollie's ashes were kept on the bookshelf in the bedroom where she had spent her final years. Peter's entire house went underwater during last year's floods, and Mollie's ashes and many other items were washed away.



Sergeant Garrod said: "Being able to return her ashes to her family is such a special and rewarding feeling."

Peter Hart said: "Mollie never wanted to leave here, she loved it here and now she has come back home. I'll never forget this – I am so grateful to Sergeant Garrod for going above and beyond to bring Mollie home."

SEXUAL ASSAULT CHARGE

A member of the Comanchero outlaw motorcycle gang (OMCG) has been charged with various historical domestic, child sexual abuse, assault, and firearm-related offences, following an investigation by Hawkesbury detectives.

In October last year, officers from Hawkesbury Police Area Command received reports a 29-year-old woman was allegedly sexually assaulted by a man known to her between 2017 and 2021.

Detectives commenced an investigation under Strike Force Muecke.

Following inquiries, a 60-year-old man was arrested by detectives in Bathurst on 1st February and was charged with several offences.

As part of ongoing investigations, strike force detectives spoke with a further two women – aged 19 and 39. Following subsequent inquiries, investigators travelled to Bathurst on Wednesday 19th April where they arrested the 60-year-old man at the police station after he was transported from a correctional facility.

The man was charged with groom child under 14 years for unlawful sexual activity, three counts of aggravated indecency - victim under 16 and under authority offender, two counts of supply prohibited drug small quantity to child by adult and supply prohibited drug.

Police will allege in court that the man – who is known to the women – allegedly sexually abused the 19-year-old when she was aged between nine and 13 and supplied her with prohibited drugs when she was aged between 11 and 13.

Additionally, he was charged with four counts of common assault (DV), possess unauthorised pistol, two counts of attempt stalk/intimidate intend fear of harm and assault occasioning actual bodily harm (DV). It will be further alleged the man allegedly assaulted the 39-year-old woman on multiple occasions and threatened her with a firearm.

Investigations under Strike Force Muecke continue. Anyone with information about this incident is urged to contact Crime Stoppers. Information is treated in strict confidence.

DRINK DRIVING

A 38-year-old man has been charged with High Range Drink Driving following a collision at Gainsford Drive, Kellyville on ANZAC Day.

Officers from The Hills Highway Patrol were alerted at 9pm on Tuesday 25th April that a Mazda sedan had collided into a kerb. When officers arrived at the scene, the driver was fast asleep still in the vehicle and there was a strong smell of alcohol in the car. The driver

was woken up and subjected to a roadside breath test returning a positive reading and taken to Castle Hill Police Station. The breath analysis returned a reading of 0.341 grammes of alcohol per 210 litres of breath. His drivers' licence was immediately confiscated and suspended. He is due before Parramatta Local Court next month for Drive with High Range PCA – 2nd Offence.

FAGAN PARK ATTACK

Emergency services were called to Fagan Park at Galston at 12.30pm on Sunday (30th April) to reports that a man had been assaulted.

Police were told that two unknown males threatened a man aged in his 60s who was with his family at the time. The older man was punched to the face before the pair fled on foot.

Officers from Ku Ring Gai and The Hills Police Area Commands – along with PolAir and the Police Dog Unit – established a perimeter and commenced an extensive search of the surrounding area.

No arrests have been made and investigations into the incident continue.

Anyone who may have information that could assist is urged to contact Hornsby Police Station or Crime Stoppers.

SPEEDING TEENS

An L-Plate motorcyclist has had his Learner licence suspended by police after he was clocked travelling 78 km/hr over the sign posted speed limit in Castle Hill on ANZAC Day.

Officers from The Hills Highway Patrol were travelling behind a Yamaha Motorcycle along Showground Road at about 11.45pm on Tuesday 25th which was travelling at 80km/hr in a sign posted 60 km/hr zone. As officers were about to stop the motorcycle, the rider was heard changing gears and began to accelerate away with officers following. The motorcycle reached speeds of 138km/hr and was stopped. The 19-year-old male rider from Cherrybrook was issued an infringement notice for Exceed Speed Limit - over 45 kph, his NSW driver's licence was confiscated and suspended on the spot for a period of 6 months as the number plates of the motorcycle were seized and confiscated for 3 months.

A few days earlier a red P-Plate driver was stopped by police driving at 56km/hr over the speed limit in Kellyville.

Officers from The Hills Highway Patrol suspended the driver's P1 licence after detecting him travelling at 116km/hr in a sign posted 60 km/hr zone at around 10.40pm on Saturday 22th of April.

The 19-year-old from Cherrybrook was driving a Nissan Pulsar. He was issued an infringement notice for Exceed Speed Limit - over 45 kph, his NSW driver's licence was suspended and confiscated on the spot for a period of 6 months. The vehicle was not owned by the driver and the number plates remained on the vehicle.



In a life threatening emergency dial 000

Hills Parent Forum

By BEV JORDAN

If you have ever wondered how to connect with your teen while they are constantly online this free forum at Castle Hill may have some useful tips and answers.



Terrie Toner



Ethan West



Dan Hardie

The expert speakers include Terrie Toner who has over 30 years experience working with families and adolescents, dealing with relationships and family distress, mental health issues, stress, depression and anxiety,

She will be joined by Dan Hardie, experienced teen counsellor, who founded My Strengths Australia. Dan has worked with young people for his entire career and is passionate about helping them overcome those obstacles that keep them anxious and blocked.

Hills Police Command's Youth Liaison Officer, Senior Constable Ethan West is the final speaker. His main role is developing strategies to engage and implement crime prevention initiatives and diversion strategies for offending and at risk youth in the area.

The free parent forum will be held on Wednesday May 10th at the Pioneer Theatre underneath Castle Hill Library with registrations open from 6pm.

The forum has been organised by the Hills Domestic Violence Prevention Network (HDVNP) and has been held for many years due to demand.

HDVNP Convenor Uma Menon said: "The topic this year is 'dis/CONNECTing with your TEEN – How to connect with your teen when they're connected online. It can often seem like our teens are inclined to be using technology for a bigger part of their daily lives in this digital world. It is also essential to remember that, just as teens do need to have good boundaries and rules for offline behaviour, they most certainly need guidance to protect them when online. "While understanding the potential risks for our teens when they are connected online, this forum for parents will be presented by experts on how to help you have a healthy relationship in this digital world with your teen."

MC for the event is Youth Worker and student support worker Tara Gleig who says the forum will provide new insight and strategies.

"Parenting is a big job which comes with a lot of pressure to have perfect children, however along the way it becomes increasingly complex as we enter the adolescent stage," she said.

"Factors such as technology, peer pressure, curiosity, pushing boundaries, sexuality and

dis/CONNECTing with your TEEN

How to connect with your teen when they're connected online.

Wednesday, May 10th 2023.
6pm Registrations. Talks 6.30pm to 8.15pm with Q & A until 9pm.

Pioneer Theatre under Castle Hill Library,
12-14 Pennant St, Castle Hill.

Free but bookings essential
bit.ly/parentforum2023

email: hillsdvnetwork@gmail.com

mental health can make parenting difficult and often we as parents feel helpless and alone. We can start to second guess ourselves.

"The truth is, you are probably doing better than you think, we just need more opportunities to see it. That's why parenting forums like this are a crucial element to building confidence and education. They provide new insight, strategies and tools to help navigate this complex stage and connect with your children through love, confidence, courage and education."

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BREEDing Innovation By JOSH KERWICK

From Bollywood to Western Sydney, Sanjeev Mehra is helping to spotlight a local not-for-profit organisation that helps people achieve their business goals.

Despite his renown as an actor, director and writer in Bollywood, Sanjeev had difficulty finding work in Australia after relocating from India. He started Garage Film Studios and moved into the BREED Business Hub in 2017 - but he found much more than just an office space for nominal rent.

BREED Australia is a not-for-profit that offers business incubation and mentoring services. The Business Hub is located in Quakers Hill's Nirimba Education Precinct, inhabiting a three-storey building that was once living quarters for the old Naval Air Repair Yard. Now, it is host to over 30 tenants who are directly assisted by BREED, who offer reduced rental rates and consultation services to local people starting businesses.

Emmanuel Martin, general manager of BREED and long-time Western Sydney local, is a strong believer in elevating the stories of small businesses. "Stories have the power to inspire and change the world. When we wake up, when we go to bed, we hear stories. Either through our own thoughts, or social media, or we read the newspaper - whatever it is, it's important to tell stories."

It's those stories that Sanjeev has been able to help tell through video, showing the common thread that ties young beautician Annalise Matar, visual artist Caroline Khalil and horse wrangler Lyn Lynch together. Despite their ages ranging from 16 to 61, the three women have all had assistance with their small, independent businesses thanks to BREED's entrepreneurship courses.

Sanjeev comments that BREED has given him much more than just a base for his business: "If I need to shoot a film around here, they will help me. And they have promoted us through their website and Facebook page. Any time an event happens in

BREED, we make the videos, it's a collaboration and network of support."

Formed over 25 years ago, the Blacktown Regional Economic Employment Development (BREED) Taskforce came into existence after a study showed that youth unemployment was tied to a lack of education. BREED came into the picture to be a guide for young people in the area, and to assist small businesses by giving them the skills to be successful.

After spending almost three decades in the corporate world, Emmanuel moved into his



Sanjeev Mehra (left) and Emmanuel Martin (right)

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A REWARDING CAREER CLOSE TO HOME!

Looking for a new rewarding career, perhaps in sales? Working locally can provide the ideal mix of stimulation and convenience.

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 Operations Manager Hamish Lorenz. "We're looking to recruit individuals who want a sales career in the vital, dynamic water industry!"

Australian Pump is keen to hire energetic locals who have a giving nature and enjoy great customer service.

"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 Lorenz.

Located on a 2 1/2 acre site in the Hills Norwest Commercial area, with onsite parking, good public transport links and many retail businesses nearby, working locally certainly offers many benefits.

"If you want a stimulating, fast paced environment, working as part of a team, then we want to hear from you," said Lorenz.

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





From Left to Right: Louise Azzopardi, Amber Carlson, Raman Badekar

it's a space that will help the local community by making audio and video equipment as accessible as possible. "It took a long time," Amber comments, "but we just wanted to make sure we got everything right. And it's not like we can't continue to build upon the room, it's a nice foundation. It's been a long process, but I'm really proud that we've made it."

Louise Azzopardi was the first to fully utilise the Sunrise Studio, using ANZAC Day to film seven episodes of her new podcast Let's Talk Apprenticeships with co-host Raman Badekar. A life coach and heavy vehicle mechanic, Louise is using her podcast to address many frequently asked questions about securing an apprenticeship.

She says that "BREED has really allowed me to produce big things locally, with all this nice equipment. Being able to get it done locally has really allowed us to be anchored straight into the community."

Stories like those of Sanjeev and Louise are common at BREED as the team works hard to continue supporting local people. Paired with learning programs for young people and providing assistance to small businesses all across Western Sydney, the Sunrise Studio is the latest stone on the path of innovation that BREED has brought to the community.

For Emmanuel, his role is more a passion project than work: "It's not a job - jobs are corporate. For me, it's a chance to live my life's purpose, which is to help others find their goals and dreams," he says. "Through BREED, I can do it."

current role at BREED after spending 2019 on the Board of Directors. His first week on the job was in March 2020, settling into his role as the country was shutting down due to COVID.

Despite the challenges presented by the pandemic, Emmanuel immediately drafted a plan to ensure BREED and the businesses under its care survived. "Half of the businesses struggled, they couldn't pay their rent because there was no money coming in," he says. "But we managed to fund their rent for three months, and we survived."

In the Business Hub, a sense of community is extremely important for Emmanuel and administration manager Amber Carlson. Coming from a real estate background, Amber was enticed by

working at BREED thanks to its focus on helping the community. "It really interested me, because they talked about being a charity and a non-for-profit, and that was something that really resonated with me."

Although the company team is small, Amber says that she never feels lonely thanks to people like Sanjeev with whom she constantly interacts. "I'm surrounded by a community of business partners that I have a really good relationship with. There's always someone saying good morning or good afternoon, and it just really helps my day go by."

Amber has been a driving force behind the Sunrise Studio, a community space for hire that can be used for shooting videos, podcasting and editing. She and Emmanuel believe that

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Youngsters from the Hills community prepare to hand over donated backpacks to Afghan orphans.

SCHOOL PACK Donations

During the month of Ramadhan, Ismaili Civic, volunteer organization of the Aga Khan Shia Ismaili Community, conducted a school drive where the community collected over 40 school packs, filled with stationary, books, toys and lunch boxes.

The school packs were donated to Afghan orphan children at a community Eid Celebration Picnic in Winston Hills.

The orphans of the Afghan crisis were recently brought to Australia by the charity Mahboba's Promise. Mahboba, the founder, is the recent recipient of the Australian and NSW Human Rights Award for rescuing Afghan orphans from the recent crisis.

Ismaili Civic follows the historical tradition of service to humanity and improving the quality of life of others and has been involved in regular Ramadhan food drives and Christmas Hamper donations for St Vinnies and also environmental and clean up activities.

Hawkesbury Resilience Grants now open

Hawkesbury Resilience Grants of \$500 to \$5,000 are still available to support communities impacted by the 2019-2020 Summer Bushfires.

The grants are to support community groups, joint organisations and not-for-profit groups to undertake projects that enhance social recovery and preparedness activities. Projects should be community-led events or programs for grass-roots activities that contribute to community recovery and/or resilience including projects that support community wellbeing.

Activities that would be considered are community events or celebrations or events that aim to create or enhance community connections; involve creative arts or physical activities; mental health initiatives; or connection to the land or environment.

Applications for the last round will be received until close of business Wednesday, 31 May 2023. For more information visit www.hawkesbury.nsw.gov.au/for-residents/community/community-funding or call 4560 4444 or email council@hawkesbury.nsw.gov.au



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Tiny Homes Expo By BEV JORDAN

The fascination for “Tiny houses” has seen a huge surge in demand with builder Michael Duffy pivoting away from project homes to build Tiny houses exclusively under the brand, Highlands Tiny Homes.

He said 20 years ago he was building 2 Tiny houses a year alongside his building business, by 2015 Tiny houses made up half his usual business.

“I could see that this was no short term fad as the more house and land prices increased the more enquiries we got about Tiny houses,” said Michael.

“We are now doing Tiny houses full time and as a small family business aim for between 20 to 30 a year depending on the size of the house.”

He says they can build Tiny houses to suit most budgets from basic cabins to the latest design which has three bedrooms, a good sized kitchen and living area, a bathroom and ensuite for under \$200,000.

He told the Hills to Hawkesbury Community News that clients include people setting up BnBs and others in their 20s with parents with big enough backyards for a Tiny Home.

“I have three boys aged 17, 20 and 23 and they can see that they will probably never afford to enter the housing market ... so Tinys are the perfect entry level for a generation of children,” he said.

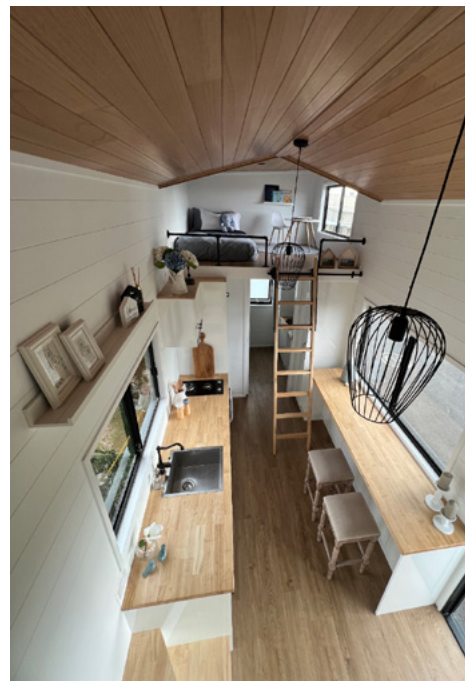
The company has also built Tiny houses for people in the South Coast affected by the fires and in the Lismore and Ballina area for people affected by floods.

Tiny Homes Expo organiser, Phae Barrett says Individual councils in NSW are “the only thing” holding up the idea of people living in a tiny house.

“There is more support towards using them as ‘temporary homes’, which is actually unhelpful as it aligns with AirBNB and short stays - which doesn’t help with the housing crisis.”

She said while NSW State government legislation enables people directly affected by “disasters” such as floods and bushfires to live in tiny homes currently for two years it did not cover the housing crisis stress caused by rental shortages, interest rates increases, and the rising cost of living.

The upcoming Tiny Homes Expo will be the 9th Tiny Home event she has organised. She says in the past 5 years the number of businesses involved in Tiny Homes has grown from 30 to over 500.



There will be 40 exhibitors at the Tony Homes Expo at Hawkesbury Showgrounds from May 12th to May 14th. Michael Duffy’s Highlands Tiny Homes will be showcasing four designs including the two-bedroom Brooklyn which is pictured.

Due to the Expo’s popularity it will be a ticketed event with tickets ranging in price from \$20 to \$30 and staggered entry times. For details visit www.tinyhomesexpo.com.au

TINY HOME EXPO

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anglicare.org.au/openday



The Bond Opens

The landmark timber building which houses the \$10 million world-class GenesisCare cancer centre at Norwest certainly impressed those that gathered for the official opening by Hills Shire Mayor Dr Peter Gangemi last week.

The Bond building at the corner of Elizabeth Macarthur Drive and Norbrik Drive, adjacent to Norwest Private Hospital, is one of Australia's first health and medical facilities purpose-built from mass timber to enhance the wellbeing and health of its occupants.

It is the first commercial building in a larger masterplanned health and medical precinct being developed by Mulpha in Norwest and is anchored by a range of specialist providers including GenesisCare Oncology offering access to comprehensive cancer care, including surgery, medical oncology, and radiation therapy; fertility specialist Dr Antony Lighten who has a specialised IVF clinic, reproductive surgery and day hospital; psychology allied healthcare provider Talbot Centre, and Douglas Hanley Moir pathology.

Space has also been taken up by medical imaging, orthodontic, obstetrics and gynaecology practices, as well as a café, restaurant, and 110-space Kinda-Mindi childcare centre.

Mulpha's Head of Developments Tim Spencer said: "This cutting-edge building had been purpose-built to transform the experience of people-centred healthcare, as well as provide

a one-stop-shop for patients in the fast-growing northwest corridor.

"In addition to offering design flexibility and unique aesthetics, The Bond's CLT construction gives incredible strength and efficiency, and the aspiration in the drive to be carbon-neutral over an occupant's lifecycle, something that proved to be increasingly attractive to blue-chip clients."

Fergus Rourke, GenesisCare NSW General Manager said: "A cancer diagnosis can be very challenging for an individual and their loved ones. Having access to care close to home makes getting to treatment easier.

"The GenesisCare team will work with surgical, medical and imaging health professionals within The Bond precinct and the adjacent Norwest Private Hospital.

"Our integrated approach to cancer care aims to provide patients access to seamless, personalised care, and ensure they feel supported throughout all stages of their treatment journey."

The Bond was designed using state-of-the-art cross-laminated timber (CLT) for

the floorplates, walls and stairs, as well as traditional laminated timber columns and beams for the frame, plus full-height glazing for natural light.

The fabric of the building was chosen in large part for its biophilic properties, with visible timber known to increase feelings of wellbeing and optimism as well as improving concentration for people working within such buildings. Two more purpose-built health and commercial buildings are planned.

Tim Spencer said that The Bond plays a key role in Mulpha's long-term commitment to the transformation of Norwest Business Park into a world-leading innovation, lifestyle and economic hub.



GenesisCare Norwest New specialised centre for radiation oncology services

Now open

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

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

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

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



Scan QR code for more information

Where to find us

8 Elizabeth MacArthur Drive
Bella Vista NSW, 2153

Contact us

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

genesiscare.com

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





Joel and Mel in 2008

Close Shaves at Hills Relay For Life

By BEV JORDAN

Joel Sedger was 18 months old when he attended his first Hills Relay For Life event with his mum Melissa at Castle Hill Showground ... he was wearing a Survivor's sash.

Now 17, Joel has taken part in every Hills Relay For Life since then and this year will be having his mullet shaved off to raise money for cancer research and support programs.

Joel was a baby when he was diagnosed with stage 3 Neuroblastoma and started chemotherapy at the age 12 weeks, undergoing six rounds of chemo treatment in 10 months.

When his mum accompanied her toddler around the track at Castle Hill Showground for their first Carers and Survivor's lap Joel was in remission.

Every year people look out for Joel. He has shaved his hair once before but the apprentice electrician decided 3 years ago to grow a mullet with the express purpose of shaving it off for the Cancer Council. It is now a healthy 35cm long.

Joel said: "I am shaving my head for relay and donating my hair to give back to the community that supported my family while I was going through treatment. I don't really remember much of my cancer journey as I was so young, one thing I do remember is coming to relay each year. It was really up there with birthdays and Christmas."

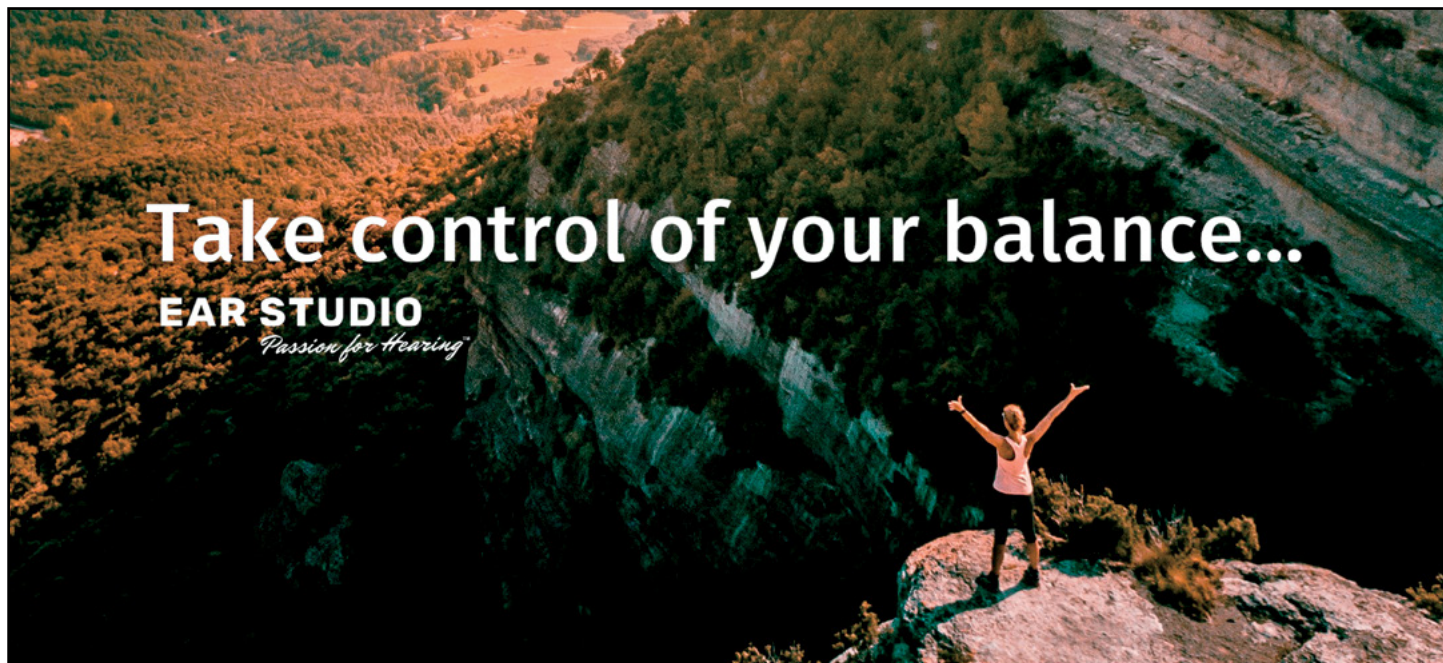
His mum Melissa said: "I am so proud of him for doing this, he has grown quite attached to his mullet! Personally, I can't wait to see it go!"

Family friend and Hills Relay For Life volunteer committee member Jaime Berglin (pictured with Joel on the front cover) will also be having her head shaved on the main stage at Hills Relay For Life at 12.15pm on Saturday May 20th alongside Kellyville businesswoman Sharon Capizzi.

Jaime said: "My hair is a huge part of my pride/identity and being able to make choices about what I do with my hair means a lot to me, and I always thought I'd be devastated if I lost my hair for some reason, such as cancer.

"Then I thought about how so many cancer patients and survivors don't get the choice, and I felt like one of the most meaningful ways I could show support and raise money would be giving up something that is so important to me.

"Relay is important to me because everyone needs community, help and compassion, and when you're going through some of the scariest, most confusing times of your life that's even more important.



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Mullet will go 12.15pm May 20th



Sharon Capizzi



HOPE ceremony

"So many lives, including mine, have been and will be touched by cancer and a cancer free future is something I want to see and be a part of."

Sharon, who is captain of the BNI Prime team, said: "The Relay for Life annual event is very close to my heart. I have too many family and friends who have had, and are thankfully in remission, or are currently going through the hell of treatment for one form of cancer or another. And there's those we have lost to this insidious disease. This will be my fifth head shave. Why do I do it? To show my support for those who didn't have the choice of losing their hair from the horrible treatment they go through."

The 24-hour Hills Relay For Life will be held at Castle Hill Showground from 9.30am on Saturday May 20th.

Participants can walk as many laps of the 400m track and stay as long as they like. Some people enjoy camping overnight.

Highlights include a Survivors and Carers' Lap at 10am followed by a Carers and Survivors' morning tea.

All day stage entertainment. The triple headshave is at 12.15pm and there will be a box car lap at 3pm. The much-treasured candlelight HOPE ceremony starts at 6pm.

Hills Relay Dog Morning returns and will start at 7am on Sunday 21st organised by Sydney Animal Hospital.

Major sponsors for Hills Relay For Life 2023 are:

- PURPLE: CHR (Castle Hill RSL Group), Castle Towers, Event Cinemas Castle Hill,
- GOLD: Mulpha
- SILVER: Ray White Castle Hill, BNI North West Sydney & Penrith, Hills Self Storage and SMADA Electrical.

To find out more follow the Hills Relay For Life Facebook page or visit the website: relayforlife.org.au/hills. Relay volunteers will be wrapping at Castle Towers from Monday, May 8th to Saturday May 13th for a gold coin donation, with all funds going to the Cancer Council

The Hills Relay Gala - is on Saturday June 3rd at Castle Hill RSL.



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out and about
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**The Hills
UPmarkets**

We are fortunate to have a smorgasbord of monthly markets across the Hills and Hawkesbury catering, each of them different yet all meeting the needs and interests of locals whilst creating opportunities for local businesses to market and sell their products.

For us, we love exploring the different markets, discovering new parts of our beautiful region and having a good time together whether it be at the early morning markets or the night markets with food trucks and rides.

There is one market that has captured our attention in recent times and which we have visited many times, The Hills UPmarkets which runs on the Terraces at Castle Hill Showground on the 4th Sunday of the month from 9am to 2pm. The Hills UPmarket team led by local Jasmin Barkby, aims to create a boutique event with over 60+ quality stalls where friends and family can catch up, enjoy wonderful coffee and a bite to eat, shop and relax - close to home. There are tables and chairs, activities for the kids and live music creating the perfect atmosphere for a good day out. Dogs are also welcome. At the UPmarkets, you can discover a unique range of homewares, candles, gifts, jewellery, womenswear, kidswear, fresh produce and juices, and treats for your four-legged friends. There is literally something for everyone.

However, there is something even more special about the Hills UPmarkets which has captured our hearts and that is the collaboration between the Hills UPmarkets and the Positive Vibes Foundation. Jasmin and the UPmarket team, like the Positive Vibes Foundation, recognise the importance of promoting good mental health and encouraging all residents to pursue a healthy and active lifestyle that incorporates both physical and mental health. The Hills UPmarkets creates an opportunity for the Positive Vibes Foundation to promote its activities and initiatives such as the Hills Women's Shed, Paw Visits to retirement homes and the



young health mind forum. It's also an opportunity for the Hills Women's Shed to showcase and sell the products they have made in the Shed, such as potted succulents and unique handmade gifts with all funds raised going back into the Shed's activities and to ensure even more women have the chance to be part of the Hills Women's Shed. The Hills UPmarkets donate the stall for Positive Vibes Foundation for free every month and also make a yearly donation to the Positive Vibes Foundation which goes a long way to tackle mental health issues in our community.

The next Hills UPmarkets is on 28 May and I encourage you to head to the Castle Hill Showground to enjoy everything the Hills UPmarkets has to offer. I also encourage you to stop by the Positive Vibes Foundation stall and say hello to the friendly volunteers manning the stall. They would love to see you!

For more information on the Hills UPmarkets go to www.thehillsupmarket.com.au and for more information on the Positive Vibes Foundation go to www.positivevibes.org.au



National Parks and Wildlife Services Blue Mountains

Notice of 1080 Program

NSW National Parks and Wildlife Service (NPWS) is conducting an aerial baiting program in Dharug National Park (NP), Manobalai Nature Reserve (NR), Parr State Conservation Area (SCA), Wollemi NP, Wollemi SCA and Yengo NP from **Monday 22nd May 2023 to Friday 2nd June 2023.**

The operation will use 1080 (sodium fluoroacetate) poison for the control of wild dogs and foxes.

The program is designed to minimise predator impacts on wildlife, especially threatened species, and to minimise impact of wild dogs on neighbouring stock.

Signs will be placed at the entry to the baiting location. Domestic pets are not permitted in NSW National Parks managed lands. Pets and working dogs may be affected (1080 is lethal to cats and dogs). Pets and working dogs must be restrained or muzzled in the vicinity and must not enter the baiting location. In the event of accidental poisoning seek immediate veterinary assistance.

Please contact the NPWS Bulga office for more information on 02 6574 5555

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Connecting A Community *continued from page 2*

Linda from Toongabbie said: "There are several things I am interested in, it's been very good."

Leo from West Pennant Hills said: "It's a great initiative and a way to know what's going on in the area."

Lynne from Castle Hill said: "I signed up for Days for Girls and I am joining the Wanderers bushwalking group. There are a lot of groups I would have joined if I had more time."

Margaret and Rob from Winston Hills said they were interested in following up with three of the groups at Community Connect. "It was very well-organised and worthwhile."

Margot from Kellyville took away a lot of information from several groups. "There are so many people passionate about what they do in the community. I was very excited to see Friends of Bella Vista Farm."

Ryan from North Rocks said he took the opportunity to find out more about the Positive Vibes Foundation and its work in the area of mental health and the Men's Table and

Community Connect is an initiative by Norwest Sunrise Rotary Club and is supported by Hills Shire Council.

Norwest Sunrise Rotary Club meets on Friday mornings at 7am at the Hills Shire Cafe in the council admin building at 3 Columbia Court, Norwest.



Hills Harmony Choir serenade the Inner Wheel Club

Hills Rotaract members

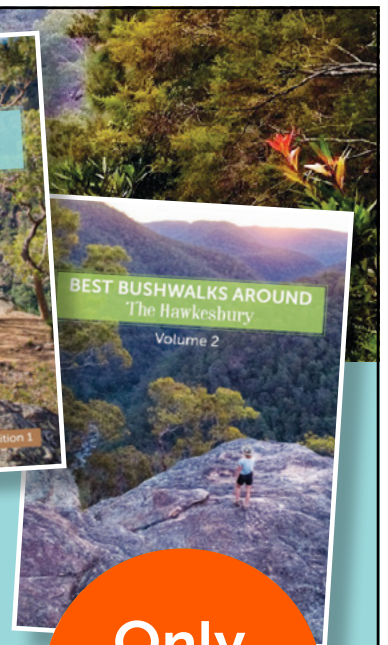


With the weather cooling down it's the perfect time to get out and explore the Hawkesbury's best bushwalking tracks.

Our best-selling guides are suitable for beginners, intermediate and experienced bushwalkers.

The guides cover over 20 walks in the Hawkesbury region and include useful maps and advice.

Areas to discover include the Colo River, Grose River, Wisemans Ferry, Bowen Mountain and Yarramundi.



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Ph. 02 4560 4620 | Open 7 days a week**

The Hills Shire Council News

Nature History Walk

Join us for Biological Diversity Day on Thursday, 25 May 2023 at Bernie Mullane Reserve for a Nature History Walk from 10am – 12pm. Celebrate and discover local biodiversity, including the flora and fauna in our local area, discovering the importance of the ecosystem they form. Learn about the history of the area and how Bernie Mullane Reserve has changed over time.

Hurry as spaces are limited! Head on over to Council's website and search 'Nature History Walk' for more information and to register your spot.



Proposed Public Road Closure

In accordance with Section 38B of the *Roads Act 1993*, notice is hereby given that The Hills Shire Council proposes to close the Council Public Road listed in Schedule 1.

Schedule 1

The road under consideration is Council Public Road that formed a part of Old Pitt Town Road, Box Hill up to the 1950's / 1960's when Old Pitt Town Road was re-aligned.

The land is irregular in shape, currently borders Council Property Lot 428 DP 704515 and contains an area of approximately 5,053m².

Upon closure of the road, Council intends to subdivide and sell a portion of the former road to an adjoining landowner.

The residual land will be consolidated with Lot 428 DP 704515.

All interested persons are hereby invited to make submissions concerning the proposal to the General Manager, The Hills Shire Council, PO Box 7064 NORWEST NSW 2153 within twenty-eight (28) days of the date of this advertisement.

Rainforest Reserve On Track



In a first for The Hills Shire region, extensive mountain bike trails will feature as part of a planned reserve including separate versions for both senior and junior riders.

Rainforest Street Reserve, to be located off The Water Lane, Box Hill will provide a range of other exciting recreation opportunities including a large playground with twisty tube slides, skate park, rope climbing frames and flying fox.

A new draft landscape master plan is now on exhibition and we invite you to provide feedback on the design by visiting Council's website and searching 'Rainforest Reserve'.



Please note, that under the provisions of the Government Information (Public Access) Act 2009, such submissions may be referred to third parties for consideration.

Once the submission period is completed, The Hills Shire Council will consider all duly made submissions before deciding whether to continue with the road closure proposal.

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



Mayor Gangemi pictured with new Youth Ambassadors Deanna Stevens (L) and Eva Pulvirenti (R) and Cllr Jessica Brazier.

Meet our new Sydney Hills Youth Ambassadors

Eva Pulvirenti and Deanna Stevens are the 2023-2024 Sydney Hills Youth Ambassadors. The Mayor of The Hills Shire, Dr Peter Gangemi, who is also a former Hills Shire Youth Ambassador, announced the successful applicants during a special ceremony at The Hills Shire Council.

The Sydney Hills Youth Ambassador program has been running for many years and aims to assist Council in understanding the needs of young people in the community.

Mayor Gangemi welcomed the new Ambassadors and thanked finalists – Krish Nair, Samuel Cummins, Charini Samarasinghe, Aditya Ravic and Deema Arraf – for their contributions to The Hills Shire.

Councillor Jessica Brazier, also a former Youth Ambassador, thanked the outgoing 2022-2023 Youth Ambassadors, Rebecca Yu and Hayley Mogilin, for their commitment to their roles over the past 12 months.

For more information on our newest Youth Ambassadors, visit Council's website and search 'Youth Ambassador'.

Council Meetings

Tuesday, 9 May 2023 – 7pm

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

Have Your Say on the Draft 2023-2024 Hills Shire Plan

Council's Draft 2023-2024 Hills Shire Plan is now on exhibition for viewing and comments. The five-part document provides the framework by which the organisation plans to operate during the next financial year.

The Hills Shire Plan will be on exhibition until Wednesday, 17 May 2023. To find out more and to Have Your Say, scan the QR code or visit Council's website and search 'Draft 2023-2024 Hills Shire Plan'.

Have Your Say

Draft 2023-2024 Hills Shire Plan on public exhibition



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



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They take pride in providing locals with weekly activities including bowls, poker, trivia, live music and of course a delicious range of food and beverages.

Toast your glass of merlot while you indulge in their chef's signature pork ribs, or partner your pale ale with a plate of succulent lamb cutlets. From their in-house freshly crumbed schnitzels, to the famous "Hub" burger you are certain to find a meal that will not disappoint. Just leave room for dessert!

Call 9639 2733 now to book for Mother's Day, Sunday 14th May, and treat your Mum (or yourself) to a ½ lobster mornay. Enjoy the live music and \$10 cocktails from 2pm, and try your luck in their Mother's Day raffle drawn at 5.30pm.

The Hub Restaurant is open for lunch and dinner every day.

Access member benefits now - Join the Hills Club for 3 years for only \$15, with a chance to win an overnight package at the new Crown Towers.

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CHRG Steps Out

CHRG staff rugged up at the 2022 Hills Relay For Life

It has been a commitment spanning over a decade and staff, directors and patrons of CHRG (Castle Hill RSL Group) just love getting involved in the Hills Relay For Life.

CHRG is a major Purple Sponsor of the annual event which has raised over \$5million for cancer research and support programs over the past 20 years.

At this year's Hills Relay For Life at Castle Hill Showground on Saturday 20th May, CHRG will be running a trackside cafe offering hot chocolate and non-alcoholic mulled wine and nibbles to help keep Relay participants warm as they walk the track. There will also be cuppa, cake, colouring-in and chat with a cop at the CHRG tent at 2pm, and oversized games to play all day.

CHRG President John Payne said: "CHRG is proud to again be a major sponsor of the

Hills Relay for Life, 2023. Relay For Life is our opportunity to celebrate cancer survivorship, remember loved ones we've lost and join the fight against cancer.

"The Hills Relay for Life is an incredibly humbling event as year on year, we witness the community coming together. Every year, we see more of our team and members participate – standing together to support the fight to beat cancer."

Chair of Hills Relay For Life Lisa Carruthers said: "We are so grateful for the support of CHRG. Thousands of locals get involved in this event and the club's ever-changing activations are always welcomed by our walkers and visitors. The group's donation helps our community make a difference."



Dougal the Relay Bear says hello



John Payne presenting a cheque to Relay Chair Lisa Carruthers at the 2022 event.



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Climbing Everest to Save Lives

By JOSH KERWICK

Five months from now, Joe Capaldi will be braving the cold weather and steep climb towards Mount Everest Base Camp with thirteen other travellers. At 5,364 metres above sea level, it's one of the world's most iconic ascents and beautiful locations.

But for Joe, whose business and wider family is based in the Hills, the monthly training hikes or physically demanding concreting and building he does for work are small steps in a long journey that has led him to the tallest mountain in the world.

Nineteen years ago, Joe's wife Danielle gave premature birth to two twin girls - Madison and Charlotte. At eight weeks old, Madison was found to have a condition called Necrotising Enterocolitis (NEC), a disease that attacks the bowels of babies born prematurely. Taken to the Royal Hospital for Women's NICU, Madison received non-stop, quality care; but it was sadly not enough to save the young girl's life.

Although stricken by grief, the loss of Madison inspired the couple to make a change. "It all started in lieu of flowers at Madison's funeral," says Joe. "We decided to donate money to the hospital, and we've been fundraising ever since."

Since that day, the Madison Capaldi Research Fund has gathered nearly \$3 million in donations for NEC research - money that has made a tangible difference on both a local and international level. At the Royal Hospital, about 20 infants a year would pass away from the disease; now, it's only one or two.

Globally, the research has expanded into Canada, the UK, South Africa and Japan to prevent even more deaths internationally. "We're saving babies when we can. It helps the families, the uncles, cousins and friends of the family. It's good," says Joe.

The Everest Base Camp trip is the latest event organised by the MCRF that aims to raise more awareness and funds for the treatment of NEC. All money raised will go to funding WithHolding or continuing Enteral feeds Around blood Transfusion (or WHEAT) trials, which aims to determine if refraining from feeding during a blood transfusion reduces the chances of NEC occurring in premature babies.

The MCRF is aiming to raise \$100,000 and have already achieved over 25% of their goal, with over \$60,000 raised at time of writing. The group will depart on the 29th of September from Sydney airport, heading for Nepal to begin the adventure of a lifetime. Those attending work in many fields, from librarians and tech workers to CEOs and nurses.

Marco Scannone is a long-time friend of Joe and one of those undertaking the Everest challenge. A broker by day, he's preparing for the trip by consistently running along the streets of Kenthurst.

Yet Marco says that the biggest challenge of the trip is the time necessary to commit to it. "Everybody is putting in time away from the family, time away from work and to fundraise. That's the biggest challenge and the most pleasing thing to see that everyone is willing to do that."



Marco Scannone (left) and Joe Capaldi (right).



Joe admits that it's easy to get emotional when ruminating on what others have helped him, Danielle, Charlotte and his son Noah achieve. He's extremely thankful to the Royal Hospital for Women Foundation for their unending support, saying that the whole journey has been "quite humbling."

When the Everest Base Camp leaves in September, Joe is certain Madison will be there with them: "I think my daughter is proud of us and what we're doing, so she'll look after us out there. We'll all come back safe and sound - we have an angel."

If you'd like to support the MCRF, you can do so in a variety of ways. You can donate directly to the Everest Base Camp trip via their Facebook page. Joe's brother Frank is also running a Car Maintenance Crash Course on the 3rd of June, which will teach you about the basics of car maintenance - more details can be found online.

<https://www.royalwomen.org.au/event/everest23/home>

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Angelina, Olivia strike gold at Australian LA Titles

By LAWRENCE MACHADO

Angelina Burford and Olivia Scott-Rogers were the golden girls as The Hills District Little Athletics shone brightly at the 2023 Coles Australian Little Athletics Championships in Melbourne.

Angelina was unbeatable in the under-14 girls' 90m hurdles and 200m hurdles, winning a rare double at the highest Little Athletics arena in Australia.

Olivia cemented her form at the 2023 NSW Little Athletics Championships by capturing gold in the girls' under-13 high jump. Olivia has been in excellent form this season, winning the same event at the state titles at Homebush in March.

Jack Proudford, the reigning NSW LA under-14 100m champion, won silver at the Australian championships, to make it one of the most successful nationals for the Hills team. He ran fourth in the 200m.

Harrison Ferns, the fourth Hills team member, finished sixth in the under-14 boys 800m, an experience which should help him in the next season.

Hills District Little Athletics president Nathan Scott-Rogers said this is a great end to their season. "Our athletes represented our club and Team NSW with distinction, between them competing in six events, and achieving three gold medals, one silver, and two top 10 placings," Nathan said.

"It's an immensely proud moment for Hills District Little A's to see four from our club competing on the highest stage, and to achieve what they have is simply outstanding. It's a wonderful way to end the Little Athletics season and I've no doubt their efforts will act to inspire others competing in their school carnivals and our new season come September.

"In recent times, we've seen Sally Shokry, Josh Atkinson and Nick Hough move on from their Hills District Little A's journey and compete on the world stage.

"We hope there's more that go on to achieve their dreams and we'll be behind them every step of the way."

The Hills District LA had a bumper membership in their 51st season with more than 900 athletes.

Tokyo Olympian Nick Hough, 29, is one of the star alumni from the Hills, winning the 110m gold at the inaugural Youth Olympic Games in Singapore in 2010, and the 110m silver at the 2012 IAAF World Junior Championships. He won the 110m bronze in 2018 Commonwealth



The very successful Hills quartet (from left): Harrison Ferns, Jack Proudford, Olivia Scott-Rogers, and Angelina Burford

Games. He also competed at the 2014 Commonwealth Games.

He represented Australia at the 2020 Tokyo Olympics in addition to the 2019 and 2022 World Athletics Championships.

Discus thrower Sally Shokry, 21, represented Australia at the 2018 Youth Olympics, while Josh Atkinson, 19, who now runs for Thailand, won gold at the South East Asian Games last year.



Angelina Burford: Two gold medals in hurdles
Olivia Scott-Rogers Gold medal in the high jump

In the grand final against Cronulla, Adrian threw 68 pitches, 54 strikes over 6.2 innings, only two hits, no earned runs, and five strikes outs.

Adrian is a pitcher and plays first base. In five years, he has shown immense promise and like Adam, has inherited the baseball genes from Dad Vasko Jankuloski, who played for Wollongong Cardinals.

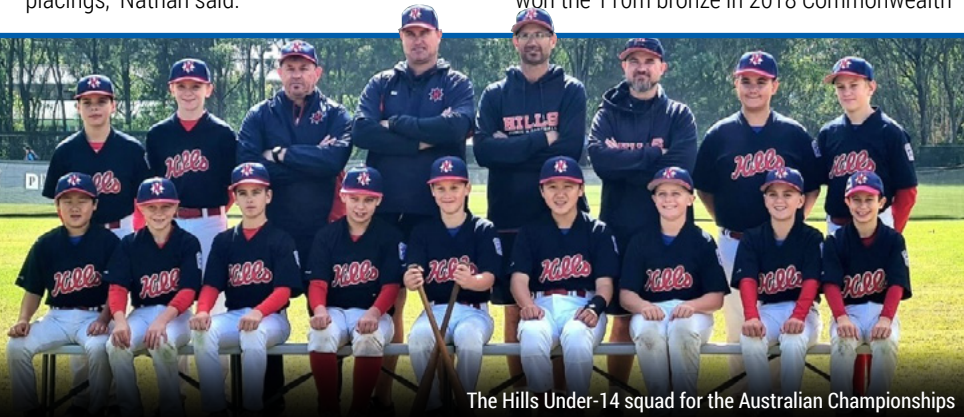
Mum Diane Jankuloski said her sons, who attend Bede Polding College, Windsor, moved clubs to "achieve their baseball dreams".

"They both started baseball at Hawkesbury Hawks, and are great pitchers who are truly passionate about the game," Danielle said. "They have played club baseball together and won premierships together.

"Both Adam and Adrian are very committed to the Hills and truly love playing baseball. They both would love to go to America and play there one day."

Diane thanked the Hills coaches, especially John Yard, for their support, passing on their baseball knowledge, and giving Adam and Adrian the opportunities to play at the highest levels.

The Hills U14 squad for the Nationals: Jet Creamer, Jack Drummond, Harrison Goodwin, Tom Hayhow, Jaden Jang, Justin Jang, Adrian Jankuloski, Zac Martyn, Isaac Meighan, Hayden Salmon, Jacob Sawyer, Tamati Stealey, Beau Stockdale. Head coach: Brad Abel; coaches: Stuart Goodwin and Scott Wright; executive officer/assistant coach: Jarrad Salmon.



The Hills Under-14 squad for the Australian Championships

It could be big time for Little League aces

By LAWRENCE MACHADO

Adrian Jankuloski and Jet Creamer are two of the most promising Hills baseballers who are looking to make their mark at the 2023 Australian Little League Championship in June.

The talented Richmond duo will represent The Hills Little League team who advanced to the National Championships after being runners-up at the State Championships.

The stakes are high in the nationals with the winners qualifying for Little League World Series in Williamsport, USA, where there also be attention from talent scouts.

Jet Creamer, 11, attends Richmond Public School and has been playing baseball for most of his life, with Dad Brett spending hours training with him.

Jet, a pitcher, earned the admiration of his team for playing during the state championships with a broken thumb. He fractured the finger while taking a diving catch but braved the pain to play on.

Jet is a committed baseballer, travelling two to three times a week to the Hills to train, dropping soccer and swimming to concentrate on Little League.

Jet said his short-term goal is winning the Nationals while his long-term aim is going to college in the USA to play baseball.

Adrian, 12, whose elder brother Adam, 14, is also competing at the state level with the Hills team, had a very successful tournament at the 2023 NSW Little League Championships.



Finals Concert of The Hills Young Musicians

Supported by the Hills Shire Council and the Baulkham Hills High School, the Sydney Hills Youth Orchestra proudly hosts The Hills Young Musicians Contest 2023.

The Contest is designed to foster the development of young local musicians by exposing a healthy competitive environment and allowing learning the general etiquette in music competitions and receiving constructive comments from professional musicians judges. It will encourage young musicians' initiative of learning, practice, and participate in music activities and enhance capabilities in school bands or youth orchestras performances.

The contest is divided into three age groups: A: 11 years of age and under, B: 12 to 14 years of age, C: 15 to 18 years of age

The Contest is in three stages:

Stage 1:

Submit a video recording of your performance (A solo piece for any of the following orchestral instruments: Flute, Oboe, Clarinet, Bassoon, French Horn, Trumpet, Trombone, Tuba, Percussion instruments, Violin, Viola, Cello, Double bass, with or without piano accompaniment) with

information of Title of the piece; Composer's full name; Duration of the piece

- A: 11 years of age and under - any length of time within 3 minutes ca.
- B: 12 to 14 years of age - any length of time within 6 minutes ca.
- C: 15 to 18 years of age - any length of time within 12 minutes ca.

Stage 2:

Finals of each group will perform a piece in a concert at the TLC Theatre Baulkham Hills High School on Saturday 9 September 2023. Pieces were written for solo instruments with or without piano accompaniment. Contestants will need to bring their own accompanists if wish to perform with the accompaniment.

All finals will receive comment sheets from the judges, and certificate awards.

Three winners of each group, 1st prize, 2nd prize, and 3rd prize, will be announced at the end of the concert and receive The Hills Young Musicians Contest 2023 certificates.

Stage 3:

The first-prize winner of Group C will prepare and perform a new piece with the Sydney Hills Youth Orchestra or with the Western Sydney Symphony Orchestra in a concert.

Contestants must be currently living in the Hills District or a member of the Sydney Contemporary Orchestra – Youth Symphony. Complete an online application with your video recording and pay the non-refundable entrance fee of \$40 by 31 May 2023.



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

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Lest we Forget

Thousands of people swelled ANZAC services across the Hills and Hawkesbury area with organisers reporting record numbers at Dawn services and later services on Tuesday.

Our picture spread has been boosted by supplied images but also photos from Facebook as people remembered the sacrifice of those who serve.



ANZAC service Windsor



Veterans at Castle Hill Dawn Service



Thousands enjoyed the C-130 flyover at Kenthurst



Floral tributes at Pitt Town



Dawn service Richmond



At The Hills Club Baulkham Hills 2,000 poppies were on display made by lady bowlers and co-ordinated by Jan Hawthorne and Marie Findle .

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THE LADY LOVES TO DANCE

MAKING A POINTE & KEEPING THE KIDS ON THEIR TOES.

In recent times, particularly, there has been a great deal of discussion regarding the lessening of physical activity of children. The amount of screen time spent by children on computers and mobile phones has led to obesity in some and physical weakness in others. This has caused me to investigate how one group of young children in Hills during the 1960s passed their time.

In the early 1960s Glenda Lloyd, a young girl of 17 who had studied ballet, decided that she would like to teach others a subject that she really enjoyed. In fact, she had decided at the age of 12 that teaching ballet was where she wished her life to lead. She had also been told in early life that her great grandmother danced with the world-famous prima-ballerina Anna Pavlova.

At the time, Castle Hill was mostly rural with five acre lots. However, Woolworths had seen potential in the district and had opened a supermarket in Old Northern Rd, opposite Showground Road, so Glenda thought "if Castle Hill is good enough for Woolworths, it is good enough for me". With that she opened her own ballet school after securing a nearby hall at the local RSL, then located on Old Castle Hill Rd, where the present Metro station is now located. After placing notices in the local newspapers, the Glenda Lloyd School of Ballet was born. She opened with a view to only teaching classical ballet but around a month after opening she realised that she had to offer something else also. So as time went on, she offered a theatre

class and much later also introduced other forms of dance including Jazz and finally Tap.

After the RSL hall became unavailable, the school moved to the Gangemi building in Old Northern Rd. As the rooms were not really suitable the school then moved to the Terminus Street Kindergarten and stayed there for a number of years successfully until the hall was carpeted. Then it moved to the Wesley Uniting Church Hall for the next 28 years.

Life for the school was not always kind. The school had a frustrating time during 1990 when they had contracted to use a portion of the Council owned Hills Centre then located in Carrington Rd Castle Hill. Glenda had a contract to hire the Hall for ballet classes for five Saturday mornings. After using the hall for three of those contracted mornings she was informed with less than twenty hours notice that the hall was not available on the fourth Saturday morning due to a booking for a seminar of medical practitioners and that the ballet classes would be moved to the Council Chambers which caused much consternation not only with the ballet students and their parents but

also aroused community disquiet. A group then headed by Jim Gooch of the Concerned Resident's Action Group was particularly vocal regarding the treatment of the Ballet School by the Hills Centre management. Both the Manager and the Assistant Manager of the Hills Centre resigned their positions shortly after.

A number of Glenda's pupils went on to success after getting their start at Glenda's school of dancing, with a few appearing on stage overseas in the UK, USA and France. A former student of Glenda's was offered and accepted a contract with the Stadtheatre Ballet in Bern, Switzerland, such was the quality of teaching at Glenda's school. The school was active throughout the community participating in fetes, fairs and festivals providing entertainment and winning numerous awards in the community during its lifetime.

During its forty five years of operation from 1962 through to 2007 Glenda has kept thousands of Hills district kids on their toes doing worthwhile exercises through dance helping with poise and posture.

AS WE WERE

PHOTOS FROM THE PAST

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



Students of Glenda Lloyd School of Ballet.
 All photos from the Glenda Lloyd Collection



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 CONTACT INFO  0433 683 533  artistchristophervidal@gmail.com

Positive use of Green Space

North Kellyville has a new 'pocket park' with a fenced playground and kickabout play area.

The Mayor of The Hills Shire, Dr Peter Gangemi, has cut the ribbon on Deepwater Circuit Reserve, the latest in a series of new playgrounds built adjacent to stormwater management basins. Deepwater Circuit Reserve is in addition to the other playgrounds that have opened alongside new stormwater basins in North Kellyville, including McMillian Circuit and Barry Road Reserves. The basin helps prevent downstream flooding and removes pollutants from stormwater run-off before entering the natural watercourse. Work will continue at Deepwater Circuit Reserve, including landscaping and the planting of native vegetation, over the next month.

We're getting on with the job of building the essential infrastructure that new communities like North Kellyville need, but we're not letting the green spaces that surround stormwater basins go to waste. We are utilising these

spaces for residents to exercise, play and socialise within walking distance of their homes.

"The playground will include two slides – one for older children and another for toddlers – multiple climbing structures, and an abacus. There's also space where people can kick a ball or enjoy a picnic and relax beneath the picnic shelter, where a table and seating are available," Mayor Gangemi said.

The multi-purpose reserves are in addition to the local parks, such as Withers Road and Oxlade Street Reserves, and sporting complexes with playgrounds already under construction, including Stringer Road and Samantha Riley Drive Reserves. An additional playground and stormwater basin at Kumbatine Circuit Reserve, also located in North Kellyville, is under construction and is expected to open later in 2023.



ALIVE 90.5 RECORD By LEONIE DIXON

Well we're claiming it anyway since our amazing presenter decided he wanted to test out his endurance to the maximum by claiming the title for the longest audio only live-stream all done from studio 2 at Alive 90.5. The previous record was 53 hours and 1 min, but Mario is going that step further aiming for 56 hours and 1 minute. There are strict conditions surrounding the record attempt some of which include- there cannot be more than 30 seconds dead air and it must be FM frequency so it can be listened to in Australia and Online. Breaks for eating and drinking are no longer than 60 min and must be at the address where the world record attempt is held. There can be no music, no pre-recorded no advertising- just pure oral communication.

The Alive family has gathered around him supporting him in his endeavour with presenters dedicating their own show times to the attempt, which commenced on Saturday 29th April

at 11am and finished at 6.30pm Monday 1st May. Many members volunteered their time to come into the studio to keep the talk going with so many interesting subjects to keep Mario focussed and awake. Lots of our sponsors enjoyed sharing the microphone with presenters.

So who is Mario Bekes? He's the Managing Director of the Insight Intelligence Group, ex-military and diplomatic security-intelligence services specialist as well as the author of at least 6 best selling books. He currently features on Alive on Fridays 2-4pm with his show LIFE: THE BATTLEFIELD. Everything in his radio show is drawn from first-hand experience. From his vulnerable childhood to his 1800 consecutive days as a combatant in the brutal Croatian civil war, culminating in the forging of a new life and business in Australia. Mario explained to me how absolutely amazing he found Australia when he arrived here and couldn't believe how

he was actually able to speak out on a whole range of subjects and even more amazing that he could give his opinion on radio. That was when he took the big step into the broadcasting world and luckily for us he chose to join Alive90.5 Ultimately Life: The Battlefield talks about the most important concerns we all have. How to have hope, to cope, how to survive and thrive in 2023 and beyond.

Celebrations began at the studio at 4pm when the record was actually broken but Mario had his own personal goal to achieve and talked on for another 2and1/2 hours. Peter, the official from the Guinness Book of Records was here to adjudicate Mario's attempt and he assessed the evidence on air, with Mario interviewing him quite articulately despite being awake all that time. Don't forget you can join in all our activities by signing up as a member on our website alive905.com.au

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COMMUNITY groups

2nd Castle Hill Rovers

www.gwsrovers.com.au

Annangrove Environment Centre

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

Arcadian Quilters

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

Baulkham Hills Probus

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

Bonsai Society of Australia

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

Castle Hill Art Society

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

Castle Hill Senior Citizens Club Inc.

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

Combined Probud Club of Cherrybrook

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

Computer Pals for Seniors - The Hills

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

Cumberland Birds Observers Club

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

CWA of NSW - Galston Branch

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

CWA of NSW - Castle Hill Branch

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

CWA of NSW - Toongabbie Branch.

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

Dural and District Prostate Cancer Support Grp

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

Dural Country Club Bowls

04 2131 5074

Dural Men's Shed

04 0247 8498 | www.duralmensshed.org

East Kurrajong School of Arts

1st Tues each month 10am to 1pm. Bring along any sort of craft activity you're interested in, bring pencil's or brushes to practice your drawing or painting with Ruth, browse the library for a book to read or simply just relax,

have a cuppa and enjoy a chat from 10am to 1pm. Gold coin donation for morning tea.
Ann | 02 4576 5031

Embroiderers' Guild NSW Inc Hawkesbury Grp

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

Friends of Hills Library

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

Galston VIEW Club

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

Girl Guides Australia

Great programs for girls 6-18. They meet once a week in groups relevant to their age run by trained Leaders and Unit Helpers.
Margo | 0417 657 433.

Glenhaven Probud Club Inc

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

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

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

Hawkesbury Camera Club

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

Hawkesbury District Agricultural Assn

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

Hawkesbury Nepean Chapter of the 1st Fleeters

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

Hawkesbury West Probud Club

Meets at 10:15am on the first Monday of each month at Panthers North Richmond.
Membership Officer Fay | 0414 341 253
hawkeswest.probus@gmail.com

Hawkesbury Woodcraft Cooperative Ltd

9.30am to 2pm Wed. & Sat.
www.hawkesburywoodcraft.org.au
Graham | 02 4576 1517

Hills District Women's Bowling Club

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

Hills Older Men's Network INC

Meets fortnightly on the first and 3rd Mondays of the month, 10am to 12.30pm at Castle Hill. The group is aimed at retired men over the age of 55 and provides an opportunity to chat in a non-judgemental, safe and supportive environment.
Ron | 0424 462 153 | HillsOM1@gmail.com

Hills Shire Symphony Orchestra

Welcomes new players and gig enquiries. Rehearsals Wednesday evenings.
Chris | 0405 994 605
info@hillsshiresymphonyorchestra.org.au
www.hillsshiresymphonyorchestra.org.au

Hills Toastmasters

Meets every 2nd Tues, 7pm. Restore Church: 47 Britannia Rd, Castle Hill. New members welcomed
Terry | 0488 089 951

Hills/Toongabbie Music Club

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

Kurrajong Hand Spun Craft

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

Ladies Probud Club of Baulkham Hills

Meetings 10am, 2nd Wednesday of the month. At The Fiddler, Windsor Road and Commercial Road, Rouse Hill. New Members welcome
Suzanne Dennis | 0412 424 593
ladiesprobusbh@gmail.com.

Learning in the Hills

To find out more about the huge range of courses available call 9639 7918
www.hca.org.au/learning-in-the-hills/

Lions Club of Richmond Inc.

Geoff | 0412 969 651

Lions Club of Windsor Inc

Pam | 0413 395 145

Macquarie Towns Garden Club

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

National Seniors Australia (Hills Branch)

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

North Rocks View Club

Meetings 2nd Thurs each month at 10.30 am. The Vikings Club, 35 Quarry Rd, Dundas Valley.
Pam | 047 420 4080 or Margaret | 9872 1405

Norwest Sunrise Rotary Club

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

Pennant Hills Mens Probud Club

John | 9487 1385

Pennant Hills Combined Probud Club

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

Pennant Hills VIEW Club

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

Pitt Town Probud Club

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

Probud Club of Round Corner (Dural)

Julie; PO Box 822, Round Corner 2158

Probud Club of the Hills Inc

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

Probud Club - Glenorie

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

Probud Club - Kellyville Castle Hill Mixed

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

Probud Combined Castle Hill Club

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

Probud Combined Kellyville Club

Meet 2nd Mon of the month at 10am. At The Glenhaven Community Centre: 76 Glenhaven Road, Glenhaven. New members welcome.
Veronica | 0408 025 577
Susan | 0400 039 308
ken_n_sue@hotmail.com

Probud Club of Winston Hills - Northmead Combined

Meets at 10am at Toongabbie Sports Club, 12 Station St, Toongabbie, 2nd Thursday of the month. New members welcome.
winstonhillspobudclub@gmail.com

RDA (NSW) Tall Timbers Centre

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

Red Cross - Castle Hill Branch

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

Richmond/Windsor VIEW Club

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

Scouts Australia - Greater Western Sydney Region

9639 2488 | www.greaterwestscouts.com.au

Sleep Disorders Australia - NSW

02 9990 3514 | www.sleepoz.org.au

Soroptimist International The Hills

Meets on the 3rd Wednesday of the month at Crestwood Community Centre Baulkham Hills 6.30pm for a 7pm start.
Cathy | 0435 837 118 | stitthehills@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/thehillslclearningcentre

The Hills Shire Garden Club

Meets on 3rd Monday of the month at Barton Hall at 178 David Rd castle Hill at 1 pm. We have guest speakers, raffles, plant sales and bus trips to various gardens..
9624 5034

The Hills District Pipe Band

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

The Hills Trofoil Guild

Elaine | 0417 330 196

The Inner Wheel Club of Baulkham Hills

Meets at St. Joseph' Conference Centre on the 4th Monday of each month at 6.00pm (dinner optional) for meeting at 7.00pm.
Robyn | 9639 2742

The Sydney Hills Branch of the Association of Independent Retirees

Next meeting Friday 5th May, 2023. Welcome to Members and Visitors. Guest Speaker will be Judy Christian From COTA "Ageing Well" followed by Our Investors Discussion Group meeting at 12.30pm. Do you have a Retirement Income Plan?
Mal Steel | airsdneyhills@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 Tues of the month at Windsor RSL club at 6.30pm. The club has been established for over 40 years and welcomes new members. It holds regular fishing outings including in land water and deep sea fishing.
Les Mison | 0421 821 1990.

Windsor Probud Club

Meets at 10am on the 1st Wed of each month at Windsor Golf Club, McQuade Ave, South Windsor.
Membership Officer Alan | 0407721461 or Secretary Ann | 0414298945

Winston Hills Joy Scouts

9862 8482 | hsaraa@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

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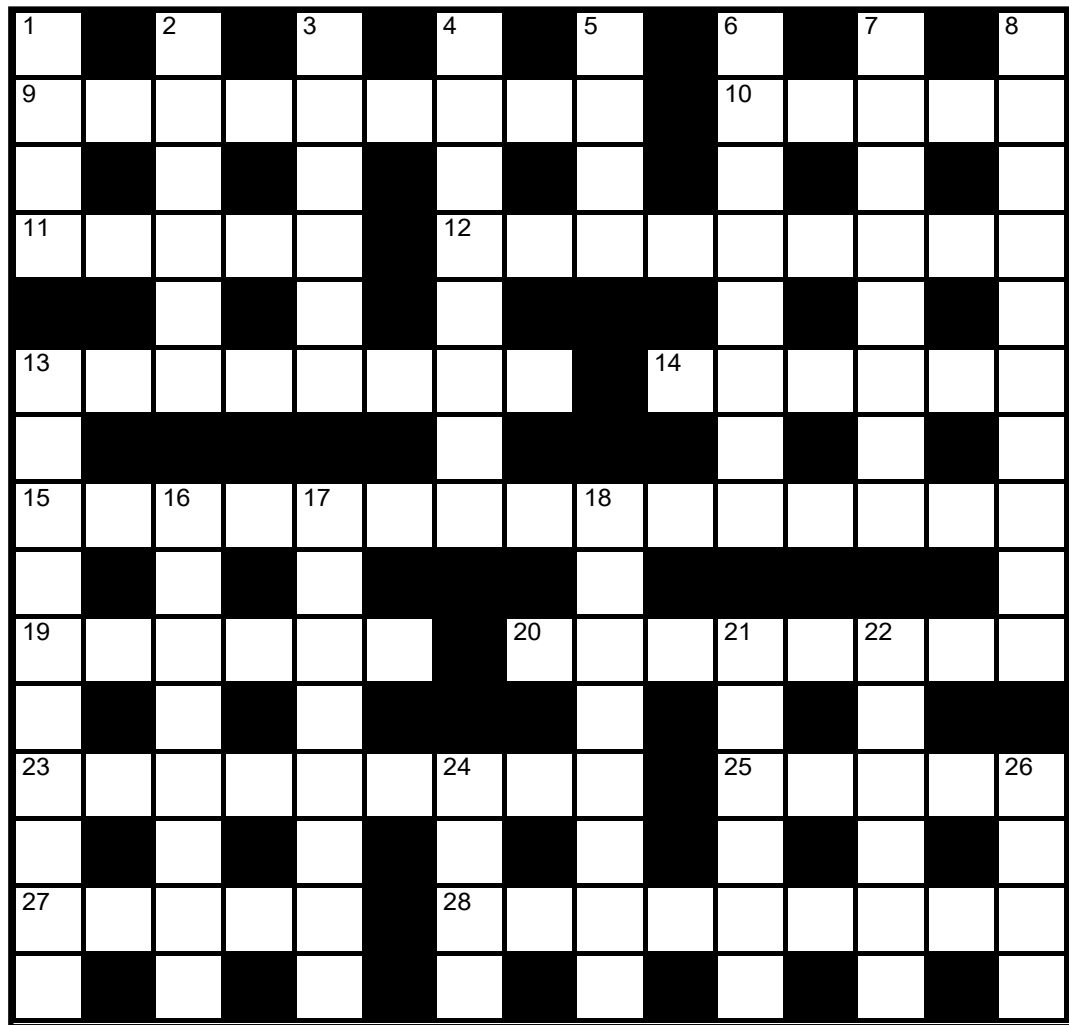
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Hills to Hawkesbury
Community News



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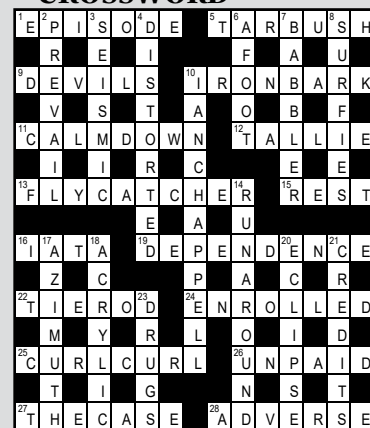
9. Independent kind of writer
10. Broadcasting (2,3)
11. Hold sway
12. Immigrant-processing island
13. Somewhere unimportant (4, 4)
14. Geniality
15. Flinders Island climbing challenge (10, 5)
19. Teach bit by bit
20. Egg-laying mammal
23. Widespread shrub with petal-less flowers
25. Gesture of indifference
27. Frequently
28. Clover bush (6, 3)

Down

1. At a distance
2. South North American republic
3. Completely redone (3-3)
4. Short true story (8)
5. Mean
6. Mallee archaeological site (3, 5)
7. Meryl Streep musical (5, 3)
8. Product of an arms factory?
13. President saw nothing wrong
16. Honours
17. Variants
18. Pro golfer known as "The Pymble Crusher" (3, 5)
21. Prepares a salad
22. Equivalence
24. Corporate image
26. Plot holes

Answers from last issue

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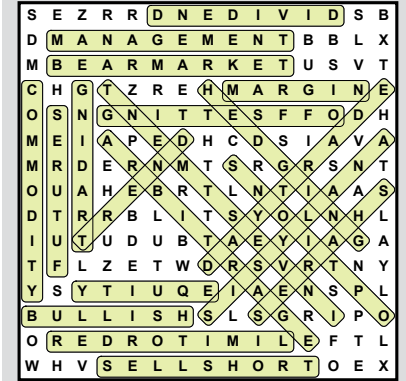
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 OTHELLO
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 THE TEMPEST
 TRAGEDIES

Answers from last issue

CROSSWORD

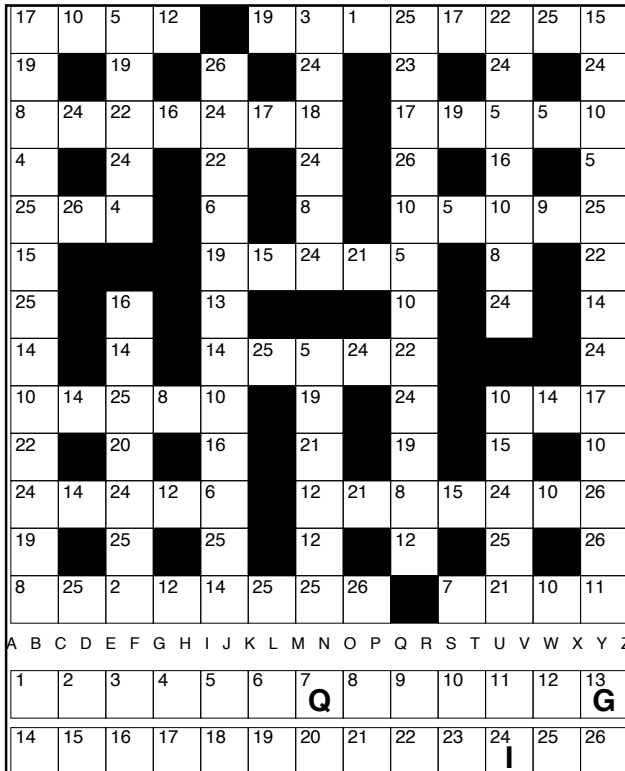


CODE WORD



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

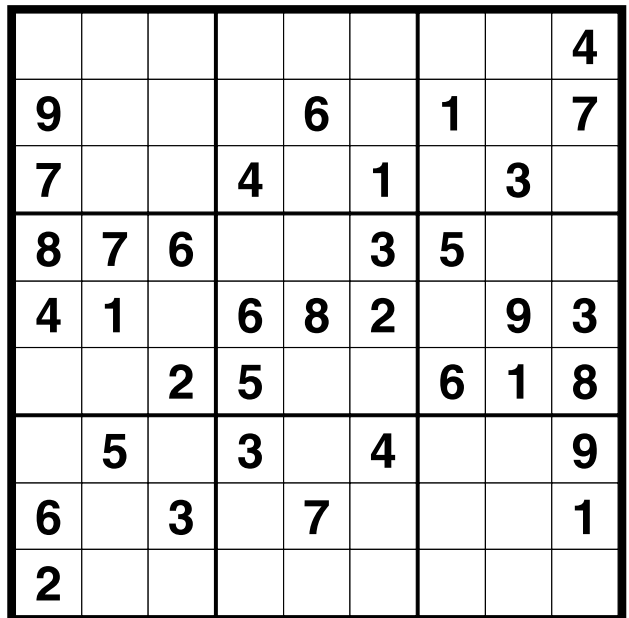
CODE WORD



SUDOKU

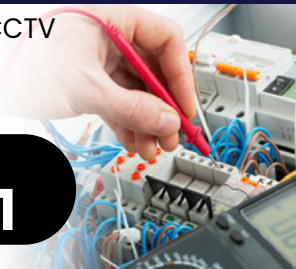
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ★ ★ ☆




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