

# Hills to Hawkesbury

10 000 COPIES/EDITION

FREE

Community News | 17th – 31st May 2024 | Volume 41 – Issue 10  
Local Stories, Local Events, Local People and Local Businesses

## BLIGH VETERINARY SERVICES CENTRE



(02) 4587 7177

693 George St,  
South Windsor

www.bvsc.sydney



PaintX  
Sydney

RESIDENTIAL & COMMERCIAL  
PAINTING

Affy Elzami

CALL NOW FOR A FREE  
NO OBLIGATION QUOTE  
0423 533 883

TAKE PAIN OUT OF PAINT  
WITH AFFY & HER TEAM

Li: no. 3885456

HOME  
MAINTENANCE  
& CARPENTRY

NO JOB TOO BIG OR TOO SMALL

Dominic

Licensed Builder

FREE  
QUOTES

0423 844 586

40 years experience

1KOM  
MA5°

AUTUMN SOLAR SALE

THE BIGGER THE SYSTEM  
THE BIGGER THE  
SAVINGS

\*APPLIES TO 9KW SYSTEMS AND ABOVE\*



1komma5.com.au

1300 525 451

MATT'S SKIP BINS  
02 4708 2927

www.mattsskipbins.com.au

WHEN EXPERIENCE MATTERS... EST. 1956

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

MCARDLE  
TREE SERVICES

0414 635 650

INFO@MCARDLETREES.COM.AU

Alan Oxford's  
PLUMBING &  
ELECTRICAL

Your Total Trade Solution for  
Residential, Commercial & Industrial

Plumbing • Electrical • Hot Water

0415 20 33 88



choicepharmacy  
Box Hill Celebrates  
1st Birthday

MORE DETAILS ON PAGE 7



You can now read our stories on



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



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

### Why Advertise with Hills to Hawkesbury

Having our news published on different platforms means we are consistently increasing our website traffic month on month. Last month 46,000 readers visited our website, So if you are thinking of advertising with us, your ads will be seen by up to 46,000 users per month. We also send our weekly newsletter to over 6000 subscribers. In March our website was shown in search results to 706,000 potential new readers, who clicked through to our website 16,200 times.

#### Performance on Search results

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

Total clicks

16.2K

Total impressions

706K

# North Kellyville Intersections Given the Green Light for Traffic Lights

Two critical intersections in North Kellyville have been given the green light for upgrades to improve overall safety, accessibility, and traffic flow.

The Hills Shire Council awarded the tender to transform the intersections at Withers and Barry Roads and Hezlett and Barry Roads to signalised intersections during the April 23 Ordinary Meeting of Council.

Mayor of The Hills Shire, Dr Peter Gangemi said he's looking forward to seeing this key North Kellyville project completed.

"Continuing to upgrade our roads and intersections is of paramount importance as more families move into The Hills" Mayor Gangemi said.

"I am looking forward to seeing the Barry Road bypass improve connectivity and safety for motorists and pedestrians.

"I want to thank our residents for their patience as this project continues through to the next stage of construction. I encourage them to drive to the construction speed limits and follow directions and signage."

The project's key features include the construction of a four-way fully signalised intersection to replace the existing three-way roundabout between Withers and Barry Roads.

A new link road, Barry Road Bypass, will be developed to connect with the existing intersection at Hezlett Road, which will also be upgraded to a three-way signalised intersection.

In addition, a shared pathway from Armbruster Avenue to Withers Road will also be built alongside Hezlett Road.

The project is expected to commence in June 2024 and is anticipated to take 12 months to complete, weather permitting.

For more information, visit Council's website, [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au).

Mayor of The Hills Shire Dr Peter Gangemi at the corner of Barry and Withers Roads in North Kellyville



# Hills to Hawkesbury

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

[www.hillstohawkesbury.com.au](http://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](mailto:hillstohawkesbury.com.au)  
0408 011 193



**TANYA COOK**  
ADVERTISING

advertise@  
[hillstohawkesbury.com.au](mailto:hillstohawkesbury.com.au)  
0499 040 726



**BEV JORDAN**  
SENIOR JOURNALIST

bev@  
[hillstohawkesbury.com.au](mailto:hillstohawkesbury.com.au)  
0439 034 187



**IVOR JONES**  
CONTRIBUTOR

ivor.jones47@  
[optusnet.com.au](mailto:optusnet.com.au)



**SOPHIE POREDOS**  
CONTRIBUTOR

news@  
[hillstohawkesbury.com.au](mailto:hillstohawkesbury.com.au)



**GISELA HORNER**  
EDITORIAL CO-ORDINATOR

contribute@  
[hillstohawkesbury.com.au](mailto: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](http://www.hillstohawkesbury.com.au).

# Rouse Hill Hospital

New images have been released of the planned \$700 million Rouse Hill Hospital – the first major adult hospital built in Western Sydney in over 40 years.

The 300-bed public hospital is expected to include:

- An Emergency and Urgent Care Department
- In-patient beds and a day surgery unit
- Short stay medical assessment services
- Pathology, pharmacy, and medical imaging services
- Outpatient and Ambulatory Care services including paediatrics, renal, maternity services and women's health
- A health hub for virtual care and hospital in the home services
- Prehabilitation, rehabilitation, and lifestyle medicine

Rouse Hill Hospital will also be one of the first sites to adopt the NSW Labor Government's full campus model which incorporates health worker accommodation and childcare services.

Premier Chris Minns said: "We can't wait for construction to begin".

Planning and design is underway with community feedback being considered ahead of further consultation with health professionals and the community planned for this year.

Construction of the hospital will support an estimated 1,200 direct jobs and thousands of indirect jobs throughout the life of the project.

Building work will take an estimated two years to complete.

WSLHD Chief Executive Graeme Loy said: "The new Rouse Hill Hospital will demonstrate new ways of integrating hospital services with urgent care and preventative services to keep people well and preferably out of hospital, thereby reducing the amount of time patients need to spend in hospital when they require care."

"We're so proud to be developing this new project, and to be involving our nurses, doctors, allied health and support staff in the planning for the new facilities.

"Meeting with members of the western Sydney community for feedback has shown the great interest in this new facility and we look forward to ongoing collaboration as we build this hospital of the future."

Minister for Health Ryan Park said the previous government had: "a long history of undelivered commitments" with the project dating back to 2015.

"We're getting on with the job of delivering this \$700 million hospital for the community ...

we are committed to providing an additional 600 hospital beds for Western Sydney, and the new Rouse Hill Hospital will account for about half of this.

"It's vitally important this new facility is staffed with the right number of doctors, nurses, allied health staff from the beginning, we'll be integrating key worker accommodation and child care to support our highly skilled workforce in the years to come."

Riverstone MP Warren Kirby said: "Rouse Hill and northwest Sydney is home to a growing number of young families and the new Rouse Hill Hospital will provide world-class care and great job opportunities right on their doorstep.

"The new Rouse Hill Hospital will provide a significant boost to the economy during and after construction."





## RETIRE IN STYLE TO NORTH RICHMOND

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

- Secure gated property
- Security cameras
- Vital Call in every home
- Affordable costs
- Spacious community centre

- 8km from Hawkesbury Hospital
- Walk to shops, health professionals and bus stop
- Nearby scenic walks along the Hawkesbury River foreshore
- Pet friendly



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

## ENQUIRIES REGARDING RESALES ALWAYS WELCOME



Please Phone Patricia for an appointment to inspect  
**PHONE PATRICIA 0447 334 615 or 4571 4545**  
 Email: [pcampbell2@mac.com](mailto:pcampbell2@mac.com)  
 34 Beaumont Avenue North Richmond 2754 (opposite Panthers North Richmond)  
[www.riverside-gardens.com.au](http://www.riverside-gardens.com.au)



## SPEEDING DRIVER

Officers from The Hills Highway Patrol have charged a 21-year-old male from Cherrybrook with travelling 64 km/hr over the sign posted speed limit.

At about 10.25pm on Tuesday (7th of May) officers detected a black Mazda on Boundary Road, Cherrybrook travelling at 120 km/hr and up to 124 km/hr in a sign posted 60 km/hr zone. Officers stopped the vehicle and the male driver stated he had left his Victorian licence at home. Checks via the Roads and Maritime Services revealed that his NSW driving privileges had been withdrawn due to exceeding too many demerit points. The driver obtained a Victorian Licence in 2022 and accumulated 35 demerit points in NSW in a 2-year period. His driving privileges in NSW were removed until July 2024. He returned negative results for alcohol and drugs.

The driver will be appearing before Parramatta Local Court in June 2024 for:

1. Drive when driver visiting privileges withdrawn- 1st offence
2. Drive recklessly/furiously or speed/manner dangerous-1st offence
3. Class A m/v exceed speed > 45 km/h

The number plates of the vehicle were seized and confiscated for 3 months.

## ARMED ROBBERY PLEA

Police have released CCTV vision and are appealing for public assistance following an armed robbery in Carlingford earlier this year.

Just before 3am on Friday, 19th January, police were called to a service station on Pennant Hills Road, Carlingford, following reports of an armed robbery.

Officers attached to Ryde Police Area Command were told two men, armed with a knife and crowbar, entered the business and threatened a male employee, before stealing cash and cigarettes.

The men left in a silver Lexus IS300 believed to be stolen.

The employee was not injured.

As inquiries continue, detectives would like to speak with two men, who may be able to assist police with their inquiries.

The first man is described as 180cm tall, medium build, and is depicted wearing a black Nike hoodie, black Nike Air Max sweatpants, a black balaclava, black and white Nike TN shoes, red and green 'Grinch' underwear and red and black gloves.

The second man is described as being about 170cm tall, medium build, and is depicted wearing a black Nike hoodie, black sweatpants, a black balaclava, black shoes, black and orange 'MAXX' underwear and grey gloves.

As inquiries continue, anyone with information about this incident is urged to contact Ryde Police Area Command or Crime Stoppers on 1800 333 000.

## BREAK AND ENTERS

There have been Break and Enters reported in Water Creek Blvd, Kellyville - targeting high performance vehicles. It occurred early on Wednesday morning at 2.30am (15th May)

Earlier in the week four offenders attempted to steal a high performance vehicle in Roland Garros Ave, North Kellyville. They broke into the home and took the keys early Sunday morning (12th May) but were unsuccessful. Police say other vehicles were checked out in that street around the same time.

Residents are urged to check their CCTV. Anyone with information about either incident is urged to call Crime Stoppers NSW. Information is treated in strict confidence.

## CRASH CHARGE

A man will face court next month after crashing a hire vehicle into an unoccupied parked Toyota RAV4 on Milford Drive, Rouse Hill about 11.45pm on Friday 10th May. The Hills General Duties Police arrived shortly afterwards. The driver of a silver Toyota Kluger was subjected to a roadside breath test, which returned a positive result. He was arrested for further testing and taken back to Castle Hill Police Station where he returned a Blood Alcohol Concentration of 0.113, over two times the legal limit.

## PLAY-DOH DRIVE

Hawkesbury Police Area Command's annual Play-Doh drive has got underway for the 9th year.

The Play-Doh donations (new) are collected for the kids at The Children's Hospital at Westmead. Police are again seeking community support as Play-Doh is such a valuable play resource for the kids & their families whilst in hospital. The first Drop-off point is at

Richmond Marketplace on Thursday, 23rd May between 4pm - 6pm. Tubs of Play-Doh need to be brand new and un-opened.

## VANDALISM SHOCK

The Bruce Fraser Field at Holland Road Reserve in Glenhaven has been vandalised and the field will be closed for the remainder of the week. Council staff are working hard to repair the field to ensure it can be opened to the public early next week.

The vandal allegedly cut the chain gate and proceeded to drive on the field late on Saturday night (11th May). This act of vandalism could prevent volunteer-run community football clubs from playing sport on the field over the coming weeks.

If anyone from the public has more information or CCTV footage, please contact The Hills Police Area Command

The field was recently named after Bruce Fraser to honour the late Glenhaven FC inaugural president's significant contributions to the construction of the playing field.

## CAREFLIGHT RESPONDS

A man was flown from Wiseman's Ferry to Royal North Shore Hospital by the Mounties Care CareFlight Helicopter on Tuesday morning (14th May) with injuries to his face and eyes.

Careflight was called in just after 9am on Tuesday to a property near Wisemans Ferry.

The Mounties Care CareFlight Rapid Response Helicopter landed in a nearby paddock and were transported to the patient, a man in his 40s, by a neighbour in a ute. The CareFlight doctor and the NSW Ambulance Critical Care Paramedic provided treatment to the man on the scene. The neighbour then assisted the CareFlight medical crew to transport the man back to the helicopter before he was then flown to Royal North Shore hospital in a serious but stable condition.

On Monday 6 May, the Mounties Care CareFlight Helicopter was tasked by NSW Ambulance to separate car crashes.

At about 3pm a man in his 50s was treated after becoming trapped in a vehicle following a head on collision on Annangrove Road, Rouse Hill (pictured). The patient was extricated by Fire and Rescue NSW and then transported by road to Westmead Hospital in a stable condition, accompanied by the CareFlight specialist.

At around 4:30pm a woman in her 20s became trapped in her vehicle following a head on collision with a bus on Carters Road, Dural. She was extricated by Fire and Rescue NSW and transported by road to Westmead Hospital in a stable condition, accompanied by the CareFlight specialist doctor.

## L-PLATER FINED

About 11.50am on Saturday 4th May 2024, police attended a scene outside Hobartville Public School in relation to a vehicle which had collided with a fence.

A 17 year old female Learner driver was charged with Drive Manner Dangerous and issued an infringement notice for Learner Unaccompanied. Her licence was automatically suspended for a period of 3 months.

## MAN IN COURT

The Hills Proactive Team have arrested and charged a 32 year old West Pennant Hills man with 11 break and enter offences.

The charges follow a six month investigation. Police allege that between November 2023 and May 2024, the man was responsible for 11 break & enter offences on cafes and restaurants all over northern Sydney, and as far south as Bowral.

After a six month investigation, Hills Proactive Team with assistance from NW Metro Operation Support Group, executed a Search Warrant in West Pennant Hills on Thursday 9th May. The 32 year old man was taken to Castle Hill Police Station and charged with 11 counts of break, enter and steal.





## DV MARCH FOR CHANGE

By Bev Jordan

**Hundreds of people from students to grandparents marched down Castle Street in Castle Hill in a March For Change on Friday, 3rd May as a community response to violence against women.**

The figures are grim. Last year NSW police responded to a domestic violence incident every 4 minutes. So far this year 28 women have been killed.

Students from Castle Hill High, Kellyville High and Oakhill College joined community members carrying placards and images of faceless women as they marched from Castle Towers. Students went to Castle Hill RSL for a talk about respectful relationships while community members marched to Castle Hill Bowling Club to hear from speakers including Hills Police Commander Supt Naomi Moore.

Both groups also got to see the confronting and powerful short film that Kellyville High school students produced based on the Love Bites program centering on relationships, violence and coercive control using professional actors in the roles. March organisers said they were encouraged by the students who got involved in the march.

Dr Michelle Byrne said: "Having the high schools students present was powerful, at the end of the day if we are going to break the intergenerational cycle of domestic violence then we have to start with our youth

and educate them early on what healthy and unhealthy relationships look like, potential red flags and where to go if they or someone they know is experiencing violence."

"Nothing is going to change unless we make some noise and stand together united as a community advocating on behalf of those who have been silenced and to stand in support of those who have or who are currently experiencing DV. Domestic and family violence is a whole of community problem and it is only going to be resolved by all of us working together as one, with the police, the three levels of government and the service providers.

"This year already 28 women have lost their lives at the hands of a partner or former partner. That is 28 lives too many, all of them real people with friends and families who loved them and who now have to find a way to rebuild their lives without their loved one."

*continue on page 17*



**Every flood is different.  
Follow emergency  
warnings.**



**Are you prepared for a  
Future Flood?**

Floods have reached  
this height before.

Flood levels simulated are based on previous actual events.  
To learn more visit [ses.nsw.gov.au/futureflood](https://ses.nsw.gov.au/futureflood)



# Candlelight VIGIL

BY BEV JORDAN

A candlelight vigil to remember people lost to violence will be held at Wesley Uniting Church on Showground Rd, Castle Hill on Friday, 31st May between 5pm and 8pm.

The End the Violence vigil is being held on the last day of May to bring a close to Domestic and Violence Prevention month.

Minister at Wesley Uniting Church, Carmel Ieraci said: "A lot of communities started with a candlelight ceremony and I thought we should close with a candlelight vigil.

"It's a time of reflection where people can light a candle. Our purpose is to provide a safe space where victims of crime due to domestic violence can come and remember a loved one lost and also a place where survivors or people going through DV situations can be supported," she said.

With its prominent position at 32 Showground Rd, Castle Hill, near the Pennant St junction, Carmel and fellow organiser Bryan Mullan thought it would be an easy place for people to stop on their way home and drop-in for 5 minutes or longer.

Bryan said: "We have people in the foyer to have a chat with people if that's what they want and also tea or coffee. We would like people to

have the opportunity to talk to people who can listen and understand."

Carmel said there was a great need in the community for people to have somewhere to go to honour a loved one. "It's a space for grief and fears to be channeled." She said taking part in the recent March For Change in Castle Hill (see page 5 and 17) people spoke to her about their story.

"For women knowing there is a female minister in the Hills is a big deal. Wesley is the only church in the Hills that has a woman in pastoral charge of a congregation."

Carmel said all are welcome as men are also victims of crime. The vigil is for victims and survivors of domestic and gender violence and those who love them.

The vigil is supported by The Hills Domestic Violence Prevention Network. Network Coordinator, Alice Wheatley, said, "Domestic violence affects everyone. Too many are struggling under the daily pressure of living with violence and abuse in their own homes.

One woman a week is killed by an intimate partner or ex-partner. We honour them. May our voices and actions express the urgency of stopping DV."

There will be an information table at the church with details about support groups available to help and booklets. There will also be people on hand to talk to if needed.

On Thursday, May 30th there will be a special screening of three short films addressing domestic violence. The free screening is being hosted by Powerful Empowered Women and Euphony Films, supported by NSW Police and Hills Shire Council. It will be at the Pioneer Theatre (under Castle Hill Library) on May 30th from 6pm to 8pm. Refreshments beforehand followed by a panel discussion. Visit [humantix.com](http://humantix.com) and search for Break the Silence: Domestic violence to register.

## Hawkesbury Library Events

Hawkesbury City Council is celebrating its volunteers during National Volunteer Week, 20 to 26 May 2024.

The theme is 'Something for Everyone', recognising that there's a place for everyone in the world of volunteering. The Mayor of Hawkesbury, Councillor Sarah McMahon said: "We have so many Hawkesbury residents who offer their personal time to help others and make our community a better place. Most of us have met Emergency Services volunteers in the Hawkesbury who help us time and time again, and they are just one example of the many volunteers we have.

### Special Afternoon Tea | 21 May 2024 2:00 PM - 4:00 PM

Join the Arts and Culture Staff for a special afternoon tea. There will be a presentation of Service Awards to volunteers by Councillor Sarah McMahon (Mayor). The afternoon tea will be held at Hawkesbury Regional Gallery, Deerubbin Centre, Level 1, 300 George Street Windsor. Limited parking is available in the Deerubbin Centre. Please park in the surrounding streets. **FREE – BOOKINGS ESSENTIAL** - please list any dietary requirements in the booking.

### National Simultaneous Storytime | 22 May 2024 11:00 AM - 12:00 PM

This is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country! Morning tea will be available from 11.30am, Puddles will arrive at 11.45 and the story 'Bowerbird Blues' by Aura Parker will be read at 12 noon with a craft to follow. **Suitable for families with children of all ages. Bookings essential.** Please book one ticket for each child attending.

### About the author

Aura Parker is an award-winning illustrator, writer and designer. Her picture books are joyful with a playful sense of humour, brimming with details to explore. Aura's storytelling through words and pictures inspires imagination, courage and confidence in young readers as well as a love, curiosity and passion for nature.

## Hills Library Events

### Get Crafty - Castle Hill Library | 20 May 2024 | 10:30 AM to 12:30 PM

Beginner or expert, come along and meet people interested in craft. You could learn or teach someone a new craft such as needlepoint, quilting or knitting. Bring your own materials and the project that you are working on. Held every Monday during school terms. Free | Suitable for adults

### Sensitive Storytime | 21 May 2024 | 09:30 AM to 10:15 AM

A sensory, sensitive storytime for neurodivergent children 2-5 years of age. Storytime will include stories, songs and a variety of sensory experiences. These sessions will allow for a sensitive, friendly time for children and their families to participate in storytime. Spend some time in the library after the sessions to borrow and interact with library staff. **FREE | No bookings required | Suitable for children 2-5 years of age | Adults are required to stay for the duration of the program**

### Bricks in the Library - Castle Hill Library | 21 May 2024 | 03:30 PM to 04:30 PM

Bricks in the Library is on with new challenges and building fun! No bookings required. This group will meet weekly with the support of The Friends of The Hills Library. We ask that only children attend Bricks in the Library. Adults are required to stay in the library for the duration. **FREE | No bookings required | Suitable for children in school years K**

### Learning for Life - Create an Intentional Wardrobe

30 May 2024 6:00 PM - 8:00 PM

Is your wardrobe full of clothes you don't wear? Join us to learn how to de-clutter and organise your wardrobe, learn about the environmental impact of a cluttered wardrobe and to reuse and recycle your old clothes.

Free | Bookings essential online | Suitable for Adults. In consideration of others, please cancel your booking if you are no longer able to attend.

### English Conversation Group - Castle Hill | 31 May 2024 | 10:30 AM to 11:30 AM

Join a casual conversation group to help you with everyday communication in an open and friendly environment. We will meet on Fridays at 10.30am This group is suitable for adults with basic English skills only. **FREE | No bookings required**



# Celebrating One Year of Health, Beauty, and Community at Choice Pharmacy Box Hill

Join us in commemorating a year filled with health, beauty, and community at Choice Pharmacy Box Hill! As we celebrate our first anniversary this month, we're excited to extend our heartfelt gratitude to our loyal customers who have made this milestone possible.

To mark this special occasion, we're thrilled to announce our Birthday Sale on May 18th, where you can indulge in a delightful 20% discount storewide\* from 8 am to 6 pm (\*Exclusions apply: Baby Formulas, S3 Medications, prescription, and weight loss products). It's our way of saying thank you for your continued support and trust in us.

As winter approaches, it's essential to prioritize your well-being. Visit our pharmacy to discover a vast selection of vitamins and probiotics, expertly curated to bolster your immunity and keep you feeling your best during the colder months ahead. Our knowledgeable staff is always on hand to offer personalized recommendations tailored to your individual needs.

But Choice Pharmacy Box Hill isn't just a place for prescriptions; it's a vibrant hub where health, beauty, and community converge. Step inside and experience the difference as you're greeted by our friendly team of pharmacists and staff members, each dedicated to providing exceptional service and expert advice.

In addition to our comprehensive range of health products, we're proud to offer an array of specialized services designed to cater to your unique needs. From consultations with our baby nurse to holistic guidance from our naturopath, and even beauty transformations with our onsite makeup artist, we're here to support you on your journey to wellness, inside and out.



The story of Choice Pharmacy Box Hill is one of passion, dedication, and a commitment to serving our local community. Founded by Ali and Jasmine, a dynamic duo driven by their love for health and beauty, our pharmacy has blossomed into a beloved destination where vitality meets elegance.

As we reflect on the past year, we're humbled by the relationships we've formed and the lives we've touched. We're honored to be a part of the National Disability Insurance Scheme (NDIS) and the National Diabetes Services Scheme (NDSS), allowing us to provide vital support to those in need.

Join Ali, Jasmine, and their daughter Noora as we celebrate this momentous occasion and embark on another year of growth, innovation, and empowerment. Whether you're seeking expert advice, quality products, or simply a warm smile, you'll find it all at Choice Pharmacy Box Hill, where health, beauty, and community intertwine seamlessly. Thank you for choosing us as your trusted partner on your journey to well-being. Here's to many more years of health, beauty, and community together!





# Your local retirement living communities

We invite you to explore and experience our vibrant retirement communities!

## Galston

This beautiful retirement living community is home to 135 spacious residences, with one, two and three bedroom homes. Enjoy an array lifestyle and social activities among the wonderful community spaces including swimming pool, BBQ & picnic area, community vegetable gardens, function rooms much more..



### Rowland Village

301 Galston Road, Galston

Contact Virginie at 0490 500 132



1 bedroom homes  
Starting from \$480,000\*  
2 bedroom homes  
Starting from \$645,000\*

## Cherrybrook

Every Thursday throughout May and June we invite you to inspect our 2 bed, 2 bath newly renovated homes as well as experience the wonderful activities and community hubs.



### Cherrybrook Gardens

8 - 10 Casuarina Drive, Cherrybrook  
Starting from \$725,000\*

Contact Lyndie at 02 9481 0578



### The Lakes of Cherrybrook

10 Kenburn Avenue, Cherrybrook  
Starting from \$950,000\*

Contact Jayne at 0499 511 976

Scan the  
QR code to  
book your  
tour today



[rsllifecare.org.au](https://rsllifecare.org.au)

\*Sales price as of 1st May 2024

RSL  
**LifeCare**



# Hills-Hornsby Koala Project

BY SOPHIE  
POREDOS

The Koala population has been dwindling in NSW, but conservationist Lilly Schwartz and her group are monitoring their locations across the Hills and Hornsby shire.

Lilly Schwartz is an avid volunteer with the Cattai Hills Environment Network. Lilly's critical work as coordinator in a local koala research program, The Hills-Hornsby Rural Koala Project (HHRKP) has been mapping local habitats of koalas to ensure their lands are protected in the future.

The project also undertakes field work in biodiversity monitoring, uploading wildlife data onto Bionet with the aim of increasing awareness of the high level of biodiversity and the need for conservation of our biodiverse ecosystems.

The work of the Hills-Hornsby Koala Project research is significant as it utilises research to protect koalas from road accidents, fire and habitat loss with development projects via population mapping. Koala populations in NSW are in a drastic state as there has been a 50% decline in the Koala population since the 1990s according to a Wires's 2024 report.

Lilly Schwartz shared her passion for the project and thanked the countless volunteers involved; "We are really hoping to have a return population of Koalas like we had prior to 2002.

Local citizens can make a big impact on their environment by being aware of local flora and

fauna and getting involved with conservation efforts.

"The HHRKP has come so far directly because of the contributions of wonderful community members who have reported koala sightings and calls heard, and collaborated with us along the way".

Koalas used to be spotted throughout the Hornsby and Hills, though their population was decimated by the ferocious 'Baulkham Hills Complex of Fires' in 2002. However, hope was renewed for the marsupials when in 2018, a koala was spotted in Glenorie despite the belief that they had all perished in the fires.

Established in 2018 and supported by the The Cattai Network, the Hills-Hornsby Koala Project began involving many ecologists and citizen scientists.

The goal of the project is to understand whether there is a stable breeding population in the Hills and Hornsby regions as there was prior to the 2002 fires. Once a Koala sighting has been identified on the 'Koala Sightings Map', cameras and sound meters are set up in the area to see what wildlife is around as

Koala Sighting on  
their Facebook page.

Lilly Schwartz setting up cameras for fieldwork.

Lilly reports; "If we have that information, we are in a better position to protect their habitat and reduce road injuries. We are also working towards getting the Hills, Hornsby and Hawkesbury areas recognised by the 'NSW Koala Strategy' for Koala Habitat".

If you're passionate about Koalas just as much as Lilly, they're open to new members on their Facebook Page; 'Hills-Hornsby Rural Koala Project' or you can reach out to Lilly at [lillyschwartz@hotmail.com](mailto:lillyschwartz@hotmail.com)

Lilly encourages people to follow their secondary Facebook group; 'Flora and Fauna of Hills Hawkesbury', which aims serving as a space where locals can discuss, enjoy and share knowledge on our local flora and fauna'

Better  
Homes  
and Gardens.

REAL ESTATE

LUXURY LIVING

Contact us if you are considering:

• Selling • Leasing • Buying  
for all your real estate needs!

(02) 9686 7999  
Trevor 0427 230 556



# Green Loan Discount

Buyers who purchase an apartment in Mulpha's zero carbon\* precinct, Norwest Quarter may qualify for 'green home loans', rewarding them with lower interest rates on their mortgage and higher loan to value ratios (LVR) because of the development's high sustainability credentials.

Stage 1 of Norwest Quarter will deliver 181 net zero-ready apartments which consume 50 per cent less electricity from the grid and are powered by 100 per cent renewable energy with an all-electric design.

Norwest Quarter's apartments have achieved a NatHERS rating of 8.1, putting them in the top 10 per cent of NSW and well above the Hills average of 6.6.

Norwest Quarter is one of Australia's first urban masterplan developments to deliver full-cycle sustainable design principles from conception through to its construction and long-term performance.

A number of lenders offer 'green home loans' to borrowers who buy a property which has sustainable and energy-efficient credentials that satisfy the lender's sustainability requirements. Buyers will need to satisfy their relevant lender's financial and lending requirements.

Norwest Quarter's ambitious sustainability measures exceed the standards set out in the new Sustainable Building State Environmental Planning Policy (SEPP), enacted in October 2023 which requires new builds implement measures to minimise the consumption of energy and potable water, reduce greenhouse gas emissions from energy use, monitor the embodied emissions of building materials, and

deliver buildings that are comfortable in summer and winter. The policy is the next step in a push toward Net Zero emissions from buildings by 2050.

Mulpha Head of Developments, Tim Spencer said Norwest Quarter will be one of the most impressive precincts in Australia in terms of sustainable practices, initiatives, and design considerations.

"Our off-the-plan buyers in Norwest Quarter can be confident that we are committed to delivering quality apartment buildings that aim to exceed the new SEPPs code requirements.

"As well as making a real contribution to reducing their carbon footprint, buyers will benefit from reduced energy bills and potentially lower loan rates while also enjoying healthier buildings, better air quality and greater access to nature."

Auxiliary heating and cooling, which typically accounts for around 40% of energy use in the average Australian home, is effectively reduced through architectural passive design.

Norwest Quarter incorporates smart passive design initiatives including high performance glazing and insulation, use of light-coloured materials, and building orientation and facades that invite winter sun to penetrate whilst blocking summer sun.

The Norwest Quarter environment has also been designed to minimise the urban heat island effect through substantial replanting of the natural landscape. There will be communal gardens, beehives for enhanced pollination, worm farms and composting.

The buildings will feature rooftop solar panels and high-performance, centralised air-conditioning, high efficiency lighting and appliances, induction cooktops, and electric hot water.

When complete, the Norwest Quarter masterplan will transform over 3.8 hectares of land into a vibrant village for over 2,000 residents who will live amongst 26,000m<sup>2</sup> of green open space. Encompassed within the landscape will be nine residential towers containing 864 apartments, and up to 6,000m<sup>2</sup> of space provided for cafes, restaurants, neighbourhood shops and childcare facilities.

To enquire about Norwest Quarter, contact the sales team on 1300 103 580 or visit the Mulpha Sales, Experience Centre at 36 Solent Circuit, Norwest.

## ARCADIAN QUILTING NEWS

Autumn has well and truly arrived this year with a very soggy start to what at times can be a colourful and soft time of year.

On a positive note, spending time indoors; catching up on some of those activities which we keep 'putting off' can be rewarding ... which has led me to browsing through past AQ news articles where I discovered a story and a picture of this quilt (photo below) which was displayed at an AQ Exhibition held in 2008.

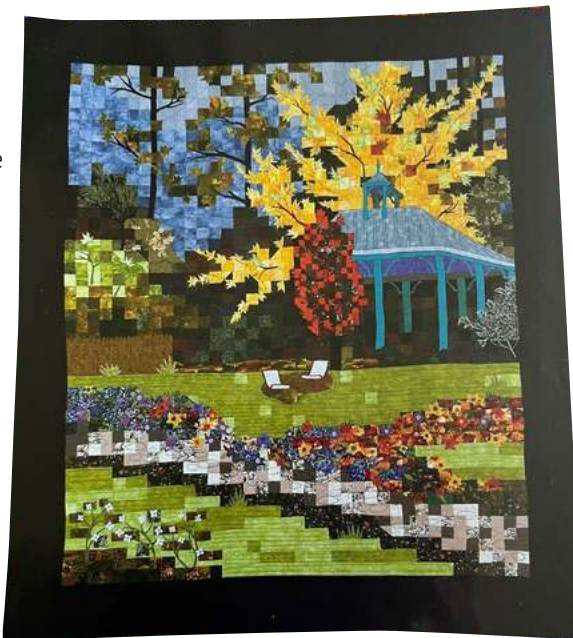
This 'scene' is in fabric and has been reproduced from a painting and would have involved a great deal of careful planning. 1" blocks of coloured fabrics machine stitched together were used to create what can be seen in this picture. What an achievement.

I understand a lucky grandson delighted in sleeping under this quilt as a child when he visited his Grandma .... some years ago now! Isn't this a perfect way to celebrate Autumn? I can imagine this quilt gracing a bed perhaps or a cosy chair during these grey days?

Meanwhile busy hands at our group meetings are creating quilts for the Assistance Dogs Australia Charity. These quilts are given to children and young adults who through injury, mental and/or emotional disabilities are given an Assistance dog as their support and 'lifeline' out into the wider community. A quilt also adds to their feeling of security.

Andrea Blackford, our much valued contact with this very worthy Charity will be visiting us later this month and to our delight Bella, their Ambassador Dog will also put in an appearance!

**We meet on the 1st, 3rd and 5th Wednesday of every month, 9.30am at the Community Health Centre, The Glade, Galston. For further information about AQ please call Carole on 9894 7749.**





# A WELCOMING RETIREMENT COMMUNITY IN BAULKHAM HILLS

**Set among exquisitely landscaped gardens that have won awards for their all-year-round beauty, Aminya Village is a thriving retirement community nestled in the heart of Baulkham Hills.**

With local shops, cafes, restaurants and medical facilities just a five-minute stroll away, residents can come home to a quiet village featuring stylish villas and an array of facilities.

Enjoy a relaxed social scene at the onsite community hall, café or barbecue area overlooking the bowling green. Or why not pamper yourself at the hair salon, get creative at

the carpentry workshop or show off your skills in the billiards room?

It's the residents that really make Aminya Village a home. It's a place where people care and look out for one another, and where you can feel safe, secure and supported.

For us, this is what retirement living is all about – community, belonging and togetherness. As a trusted provider since 1944, we pride ourselves on offering a holistic retirement living experience, with integrated home care services and a co-located residential aged care home for your future peace of mind.

**Call now to book a tour – 1300 275 227**



6 Goolgung Avenue, Baulkham Hills

**Scan for more information or visit**  
**[baptistcare.org.au/aminya-village](https://baptistcare.org.au/aminya-village)**

*Because we care*





# Tiny Home Expo returns to Hawkesbury Showgrounds

The third Tiny Home Expo is set for a 3 day event at the Hawkesbury Showgrounds showcasing Tiny Houses, Modular buildings, Backyard Pods and Alternative living ideas, as well as off grid products, so you can set up anywhere.

The Tiny house industry has continued to grow - well in fact, explode! - around the whole country, as people are re-thinking their lifestyles, particularly in the midst of cost-of-living, rental housing, and also the high costs of buying a house.

Tiny Houses are a whole solution, or even a 'pod' to house additional family members in the backyard, are considered an ideal way to circumvent the issues people are facing around keeping a roof over their head, and saving for the long term.

"It's a very exciting industry, full of creative and great alternative ideas to how people can house themselves and save money", says organiser Phae Barrett. "In addition, they are considered excellent for Airbnb, Farmstays and Hospitality".

The Expo is open Friday 10am - 3pm, and Sat/Sun 9am - 5pm.

Tickets are staggered and priced to reduce overwhelming crowds and queues to houses.

See [www.tinyhomesexpo.com.au](http://www.tinyhomesexpo.com.au) for information.



# TINY HOME EXPO

## Hawkesbury Showgrounds

### 24, 25, 26 May

### FRI: 10AM-3PM

### SAT 9AM-5PM

### SUN 9AM-5PM

## TICKETS

Tickets online or at the gate  
[www.tinyhomesexpo.com.au](http://www.tinyhomesexpo.com.au)

“  
SO MANY  
HOMES IN  
ONE PLACE  
”



“  
BOUGHT  
MY FIRST  
TINY HOME  
”



“  
WHAT A  
WONDERFUL  
SHOW  
”





SATURDAY 8TH JUNE

# The Inaugural Gas Lamp Festival

BY GAE KELLY

The Windsor Experience Group has organised an exciting evening coming up on the Saturday 8<sup>th</sup> June to celebrate the Gas Lamps being restored, where the past comes to life in the flicker of the gas lamp. Windsor has 25 Gas Lamps in George Street, Windsor Mall. So, mark the date on your calendars now on Saturday 8th June and join us at 5.30pm for a night of nostalgia, enjoyment, and relaxation, in our Tiny Country Township, Windsor.

The gas lamps were originally installed by AGL the Australian Gas Light company some 40 years ago when Windsor Mall was originally built. The lamps themselves are a replica of the "Windsor Lamp" in London and crafted in the traditional Windsor style by William Sugg. The Windsor Experience Group has been in contact with Lucy Bubb, the current owner of William Sugg and the Managing Director of the company and she is proud her company will donate a lamp to Windsor. Lucy will be judging the best lit up shop competition along with the Mayor Sarah Mc Mahon.

There will be a parade led by a Town Crier, 3 Gasketeers, a ghost tour, bag pipers and a drummer, they will meander through the mall, and bring those visiting to the Rotunda area for the official ceremony at 5.30pm. The group has organised a lighting competition to embrace the whole town, shop fronts will be lit up, as well as houses in the community.

There will be lots to look at, with an antique stall, hand crafted copper lamps, live entertainment, vintage tractors, sheep shearing, wool spinning, rug making, and knitters, bag pipers, as well as some fine food stores, loaded potatoes, pizzas, sausage sizzle, dumplings, pancakes and more. Face painting will be available for the kids and fairy floss.

The Windsor Experience Group is dedicated to keeping the heritage alive and have been involved in creating some beautiful murals in Baker



Street, hanging baskets in Windsor Mall, and recently they donated some new pots to Council for the Mall. The group has only been going for just over a year and has some 168 members. Our membership is mainly people who own businesses in the main Street of Windsor. Anyone who is interested in joining the group can contact us by email to [thewindsorexperience@gmail.com](mailto:thewindsorexperience@gmail.com) or contact Gae on 0418 491 288. Meetings are fortnightly at Delicious Desserts, Upstairs, 123 George Street on Thursdays at 5pm. All welcome. Membership fees are \$5 annually.

McQuade Park will host horse and carriage rides, and Holland's paddock behind Windsor Riverview will have sheep shearing, wool spinning, rug making and vintage tractors.

Hawkesbury City Council have partly sponsored this event, The Hawkesbury Independent, Guy Stuff, Lollies N Stuff, and Delicious Desserts. The major sponsor is the Windsor Experience Group.

The Windsor Sunday markets will be on Sunday and Monday, so another excuse to come and visit Windsor. Step back in time, get away from the normal stresses in your busy lives and visit our charming township, soaking up the ambience of colonial architecture, and the enduring spirit that keeps its heritage alive.



**BUNDLE UP THIS AUTUMN**

**AND ENJOY BIG SAVINGS**

(T&Cs APPLY)

**LOCK IN OUR SPECIAL PRICES TODAY**

**1KOM MA5°**

[1komma5.com.au](http://1komma5.com.au) 1300 525 451

**VIKTORIA'S ACCESSORIES**

BOUTIQUE FASHION & ACCESSORIES

CLOTHING • GIFTWARE • SHOES  
JEWELLERY • CANDLES • HANDBAGS

**50% OFF**

**SUMMER STOCK**

Shop 6 1 The Circa Boulevard  
Circa Retail Shopping Centre, Bella Vista

**Ph: 0411 639 668**



# New Face at St Gabes

BY BEV JORDAN

David Cook has big dreams for St Gabriel's School at Castle Hill and as new Principal he is looking forward to the school's first Year 12 graduation ceremony.

St Gabe's, as it is affectionately known as, is an independent Catholic School catering for primary and secondary students with diverse special needs.

Founded in 1922 it has evolved over the years and five years ago started transitioning from a K-6 to K-12 school, growing from 40 students to 200 students.

Mr Cook has over 25 years experience in the education field including Senior Deputy Principal at Wenona and Acting Principal at Hills Grammar.

He holds a Master's degree in Education and began his teaching career in 1993 as a mathematics teacher at Rooty Hill High School. He has also taught at St Paul's Catholic College and Masada College.

One of the reasons he was drawn to St Gabe's was because of its transformative impact on the well-being and growth of students with intellectual and physical disabilities, along with its rapidly expanding close-knit community.

"St Gabriel's very much felt like a natural place for me to be a Principal," he told the Hills to Hawkesbury Community News.

"I am a strong advocate for all young people to be placed in an environment where they feel supported, are able to succeed and also be prepared in the best way possible for what lies beyond school.

"The staff at St Gabriel's are amazing in their dedication for the students and deserve all the accolades that come their way. The community is strong and supportive in so many ways all for the benefit of the young people."

He says his four years at Hills Grammar allowed him to nurture a passion in teachers for making sure every child was given the best opportunity to succeed at their own level and their own interests.

"The opportunity to work with students of diverse needs at Hills Grammar in the Learning Centre there also instilled in me the passion for providing the most supportive environment for students requiring specialised learning environments."



The future for St Gabe's is one of growth according to Mr Cook who took on the top at the start of this year.

"My plans are to continue to grow the school, to continue to provide the choice all families need for the most appropriate learning environment for their child. It is to lead the way in best practice in educating for students who have a range of diverse needs."

The father-of-two says he has an amazing, supportive wife and family.

The football-playing Principal also loves to read and "escape to the beach" with his family to refresh and unwind.

## Are you interested in casual work during the 2024 HSC?



**Register to become  
a Casual Support Officer**  
and be part of a team that  
supports the HSC class of 2024.



Roles are available  
in our Logistics and  
Operations teams.

**Find out more about this opportunity on our website:**  
[nsw.gov.au/education-and-training/nesa/about/employment/  
work-casually-during-hsc](https://nsw.gov.au/education-and-training/nesa/about/employment/work-casually-during-hsc)



# Golden Gift for Kids

A Hills-based Foundation has just announced a \$10million gift to fund a new Cancer Centre for Children at The Children's Hospital, Westmead.

It's the largest gift ever made by the Kids with Cancer Foundation at Castle Hill in its 26 year history and is one of the largest gifts received by the Sydney Children's Hospitals Foundation (SCHF) to date.

The new Cancer Centre for Children will offer support for new cancer diagnoses, along with chemotherapy, immunotherapy, bone marrow transplants, clinical trials and long-term follow-up.

The space will cater to both in-patients and day treatments, along with a new 24/7 virtual care service for outpatients. There will be dedicated family and parent spaces, increased room numbers and sizes, access to outdoor spaces and even facilities for parents to work from the hospital.

The announcement was made at the Kids with Cancer Foundation's fundraising Gold Dinner on Wednesday, 2nd May.

Todd Prees, CEO of KWCF said: "This new cancer centre will bring together diagnosis, cutting edge learning and research, together with exceptional clinical care. Most importantly, families will have single rooms, and spaces which will wrap around the child and their family.

"When we reviewed the plans for the new Cancer Centre at Westmead, one of our Board members, whose child – Willam Smith, died from cancer in 2018, said immediately 'this will make all the difference' for the families."

Kristina Keneally, CEO of SCHF said: "A gift of this size has the potential to create giant strides in the research and treatment of childhood cancer and will have a significant impact on the outcome of kids' health now, and for years to come.

"The new Cancer Centre for Children at Westmead would not be possible without the support of KWCF. (Our) partnership goes back over 25 years and over those years KWCF has provided over \$18 million of support for Randwick, Westmead and Bear Cottage."

Dr Luciano Dalla-Pozza, Director Cancer Centre for Children said: "In Australia, there are approximately 1,000 children who are diagnosed with cancer every year. It is clear that the incidence of cancer in children is slowly rising, and whilst we've made significant advancements in the treatment ... there is still a way to go.



KIDS WITH CANCER FOUNDATION DONATION

"We need research. We need education. We need providers of care. All three are absolutely essential and need to be housed close together, where they can feed off each other and provide the children with every chance of cure."

Kids with Cancer Foundation has also committed \$500,000 to The Children's Hospital, Randwick to fund the Oncology family lounge, outdoor area and overnight area at the new Minderoo Children's Comprehensive Cancer Centre.

The Kids with Cancer Foundation funds hospitals and oncology staff at all children's hospitals around Australia as well as offer direct financial support to families, Care Packs, Wigs4Kids and also funds research.



## Wild dog and fox control program

Greater Sydney Local Land Services will be leading a wild dog and fox control program in the Hawkesbury, Blue Mountains, Penrith and Central Coast regions.

As a result of strong support from local landholders, Greater Sydney Local Land Services has been able to develop and lead a broad, integrated control program in the area. This program is aimed at reducing pest numbers and impacts on the primary production and native wildlife in these areas.

The below properties are participating in the program and will be laying 1080 wild dog and fox ground baits and Conid Pest Ejectors on their properties between **14 May and 11 June 2024:**

1880 BELLS LINE OF ROAD, KURRAJONG HEIGHTS NSW 2758  
1955 UPPER COLO ROAD, UPPER COLO NSW 2756  
19 ROCKY HALL PLACE, WILBERFORCE NSW 2756  
28 ROCKY HALL PLACE, WILBERFORCE NSW 2756  
182 MOUNTAIN AVENUE, YARRAMUNDI NSW 2753

350 TENNYSON ROAD, TENNYSON NSW 2754  
584 HAWKESBURY ROAD, WINMALEE, NSW 2777  
6102 PUTTY ROAD, MELLONG NSW 2756  
6127 PUTTY ROAD, MELLONG NSW 2756  
161 & 177 O'BRIENS ROAD, CATTAI NSW 2756  
74 O'BRIENS ROAD, CATTAI NSW 2756  
554 SINGLETON ROAD, LAUGHTONDALE NSW 2775  
470 SINGLETON ROAD, LAUGHTONDALE NSW 2775  
1055 UPPER COLO ROAD, UPPER COLO NSW 2756  
995 UPPER COLO ROAD, UPPER COLO NSW 2756  
60 INGOOLA ROAD, SPENCER NSW 2775  
2042-2550 THE NORTHERN ROAD, ORCHARD HILLS NSW 2748  
282 ANNANGROVE ROAD, ROUSE HILL NSW 2155

**WARNING:** Please restrain all domestic pets at this time. In the event of accidental poisoning, please seek veterinary assistance.

**For more information or to sign up for future campaigns, please contact Jacob French, Biosecurity Officer on 1300 795 299.**





## RuffTRACK Open day

RuffTRACK is a program for disengaged youth in the Western Sydney region, based near Londonderry on the outskirts of Sydney. Based on the model of BackTrack Youth Works, they take on young people aged 11-17 years who have disengaged with school and the community to provide them skills, an education and a sense of self-worth with the goal of reconnecting them with their community.

Founded in late 2019 RuffTRACK's goal is to harness the talents of the young participants, who choose to make a change in their lives and reach their full potential. They aim to empower these young people by helping them establish trust and bonds with the help from the amazing dogs who call RuffTRACK farm home. 7 rescue Kelpies, 2 donated stud Kelpies, Bruce the NSW Blues Mascot, Wilbert the Dashie and a Labradoodle Therapy dog named Henry! And a multitude of Guinea pigs, Alpacas, Chickens and Sheep!

Until recently RuffTRACK was located on a farm on Windsor Rd in Riverstone, however due to urban sprawl has just relocated to a new farm in Londonderry!

RuffTRACK are excited to show the public what it is they do each and every day that sets the young people on a path of success. They are inviting the public to attend an Open Day on Saturday 8th June between 11am and 1pm. There will be Sheep Herding, Dog High Jump, a FREE BBQ plus coffee and milk shakes from the Youth Led RuffTRACK Coffee Cart plus more.

Email your RSVP to [adminsupport@rufftrack.com](mailto:adminsupport@rufftrack.com)

**WE ARE OPEN**

# RUFFTRACK OPEN DAY

Come along to our RuffTRACK new farm open day at Londonderry!

**SAT JUNE 8TH 11-1PM**

**BBQ, COFFEE CART OPEN LED BY OUR YOUNG PEOPLE, DOG HIGH JUMP PERFORMANCE, SHEEP HERDING DEMO AND MORE!**

351 LONDONDERRY ROAD, LONDONDERRY 2753  
CONTACT  
[ADMINSUPPORT@RUFFTRACK.COM](mailto:ADMINSUPPORT@RUFFTRACK.COM) FOR MORE INFORMATION AND RSVP

**RUFFTRACK**

# FUNDRAISING DINNER

Join us for an unforgettable night of hearing some inspiring stories of young people, raffles, silent auctions. Together, we can make a difference in the lives of these deserving young people.

When: Saturday 27th July 2024  
Time: 6:30pm-10:30pm  
Address: Riverside Oaks Golf Resort 74 O'Briens Rd, Cattai  
Dress: Smart Casual

**TICKETS \$130**

Tickets can be purchased via our website [www.rufftrack.com](http://www.rufftrack.com) click on the events page  
Any inquiries can be emailed through to [adminsupport@rufftrack.com](mailto:adminsupport@rufftrack.com)

### Proposed Road Disposal Section 152D Roads Act 1993

In accordance with section 152D of the *Roads Act 1993*, notice is hereby given of the proposed sale of the Crown public roads listed in Schedule 1. If a sale proceeds, the road(s) will cease to be a public road upon transfer of the road to freehold land in accordance with section 152H of the Act.

#### Schedule 1:

- Crown road at Ebenezer, adjoining 1 Hendrens Road. (File Ref: 24/03212, Cluster: 644880)

All interested persons are hereby invited to make submissions concerning the proposal to Department of Planning, Housing and Infrastructure – Crown Lands, PO Box 2215, DANGAR NSW 2309 within twenty-eight (28) days of the date of this advertisement.

Any person is entitled to make submissions with respect to the sale or disposal of the road. Please note that submissions may be referred to third parties (such as council or the applicant) for consideration in accordance with the *Government Information (Public Access) Act 2009*.

**For the Manager, Business Centre Newcastle**

**For further enquiries please visit the website** [roads.crownland.nsw.gov.au](http://roads.crownland.nsw.gov.au) or contact Mandy Ade by email at [mandy.ade@crownland.nsw.gov.au](mailto:mandy.ade@crownland.nsw.gov.au) or on (02) 6640 3923 quoting file references above.





## DV MARCH FOR CHANGE *from page 5*

Supt Moore said on Hills Police investigate eight domestic and family violence incidents on average every day.

She said: "We work with victims to make them feel safe. We have to empower victims to have the confidence to speak up and transition out of that violence." She said figures showed that it can take 26 incidents before someone will seek help and urged family, friends, neighbours and friends to call it out.

Placards on the march said: Stop Normalising Abuse, No excuse for Abuse, 28 is Too Many, Stand Up and Speak Out, RESPECT.

Michelle said: "The march was an opportunity to educate the community about

our role in ending the violence and what we can do to help those around us or ourselves if we are experiencing violence. The Hills Police Commander summed it up well when she said if you are experiencing violence report it or if you know a family member or friend experiencing violence then also report it to the police, crime stoppers, the police assistance line or via the Empower you app."

CHRG supported the event at its two venues, Castle Hill RSL and Castle Hill Bowling Club. Group Chief Operating Officer Andy Abey said: "If we want to see the dial shift, the community has to come together on the rollout of programs to engage, inform and influence better outcomes, and create enough groundswell in order to gain momentum for change."

CHRG has provided around \$50,000 in funding, through cash and in-kind support, which has helped to train more than 100 facilitators from the Hills,

Hawkesbury, Hornsby and Paramatta local area police commands to conduct the Love Bites program about respectful relationships in local high schools.

Bryan Mullan said it was great to see so many young people on the march joined by members of the community taking a stand against gender-based violence.

"We learned that what is happening in some schools is addressing the causes of gender violence and teaching ways to avoid it. The support of the Castle Hill Police showed that they are working in the community to address this appalling problem."

The Hills march for change will return to Castle Hill next year on 2 May 2025.

If you have concerns about family violence call 1800RESPECT (1800 737 732). If you are in danger call 000. The free Empower You App designed by NSW Police can be downloaded for free from the App store and contains information about services and enables emergency messaging.



MEMBERS PROMOTION

# ELECTRIC DREAMS

WIN A  
**BYD SEAL PREMIUM!**

**\$1700 COLES MYER  
VOUCHERS**  
TO BE WON EVERY  
WEDNESDAY FROM 7PM

**MAJOR DRAW**  
WEDNESDAY  
3rd JULY



**HOW TO ENTER** Earn one entry every day by swiping your card at the Member Rewards Kiosk in the Foyer



Visit [castlehillrsl.com.au](http://castlehillrsl.com.au)  
to find out more

Members Promotion TP 00164. Help is Close At Hand. Gamble Aware [Gambleaware.nsw.gov.au](http://Gambleaware.nsw.gov.au) 1800 858 858



**CASTLE HILL**  
RSL CLUB





# DINING OUT

## ADVERTISE WITH US...

Call Tanya 0499 040 726 or email [advertise@hillstohawkesbury.com.au](mailto:advertise@hillstohawkesbury.com.au)

A promotional poster for Richmond Inn NSW. It features two black panthers in a pouncing pose on either side of a central red circle containing the text '\$6'. Below this, the word 'BEERS' is written in large red letters, followed by 'DURING ALL PANTHERS GAMES ALL SEASON' in black. At the bottom, it says '\*SCHOONERS OF HOUSE BEER LIVE GAMES ONLY. RSA APPLIES' and provides the website [www.richmondinn.com.au](http://www.richmondinn.com.au). Social media icons for Facebook and Instagram with the handle @RICHMONDINNNSW are in the top left, and 'LIVE & LOUD' is in the top right.

An advertisement for The Galston Club. It features a collage of images: a circular logo with a bird, a buffet table with various foods, an outdoor terrace area, and a group of people seated at tables. Text overlays include 'Plan your next function with us!' and 'Room hire, exclusive functions packages'. At the bottom, it says 'Find us at' followed by social media handles (@galstonclub, @thegalstonclub), the website [www.galstonclub.com.au](http://www.galstonclub.com.au), a phone number (9653 2017), and another social media handle (@galstonclub).

## WAAIA CAFÉ

### Where Every Cup Tells a Story of Diversity and Empowerment

Nestled in the heart of Dural lies the Waaia Café, pronounced Way-eye derived from the Aboriginal word meaning 'crow', every cup of coffee comes with warmth and a smile. What sets this café apart isn't just its award-winning scones and aromatic brews; it's the heartwarming story behind its existence.

Waaia Café operates out of the leafy grounds of the Warrah Society, a not-for-profit organisation committed to enriching the lives of people with disabilities. Open every Friday from 10am to 12noon, the café is run by some of Warrah's Social and Community program participants and their dedicated support workers.

Tania, one of the café team gets a head start on Thursday mornings to craft each batch of scones with meticulous care, ensuring every bite is a delight. Her scones clinched the top spot in the 2023 Hawkesbury Show. Tania uses her daily living skills at the Waaia Café and finds joy and purpose in her role.

On Fridays, Sam, another integral team member, extends a warm welcome to café patrons, his infectious smile brightening the atmosphere.

Alida Pruys, Executive Manager Community Services said that the vision behind the



café was to create a space where the local community can come together to connect with and support the Warrah community. On a beautiful bushland campus, the Waaia guests enjoy the surroundings while donating to a worthy cause.

The café also offers a training ground for people with disabilities to gain hands-on experiences in baking, customer service, money handling, cleaning, and food safety. Every purchase contributes directly to Warrah's programs and services, making a tangible impact on the lives of the people we support.

Tania, Sam, and the entire team extend to you a warm welcome. Join them at the Waaia Café, Harris Road, Dural every Friday and be a part of

something truly special. This cafe does not charge you; they rely on donations and your generosity.

For more information visit <https://warrah.org.au/waaia-cafe/>







## GALSTON HIGH SCHOOL ATHLETES

# Achieve Excellence

The beginning of 2024 has witnessed numerous GHS students excel in various sporting endeavours, embodying their commitment to personal growth and aiming to achieve their personal best.

Jacynta Eisermann, a Year 12 student, has demonstrated outstanding performance in softball, earning accolades such as the Sydney North Schools Sports Association 'Blue Award' and representing Sydney North from 2021 to 2023. Jacynta's remarkable skill led to her inclusion in the NSWCHS Blue Team in 2023, followed by selection for the School Sport Australia Championships, earning a spot in the All-Australian Girls Merit Team.

Jacynta's exceptional performance secured her a place in the CHS team, leading to triumph in the NSW competition and selection for the NSW All Schools Softball team, which will be competing on the Gold Coast from July 27th to August 1st. Alongside Jacynta, Holly Taylor, also a Year 12 student, showcased her talent in softball, contributing to the Sydney North team's victory as the Champion Association.

In another sporting arena, GHS students participated in the NSW All-School's Triathlon, which included a 750m run, rather than a swimming stage, due to water quality concerns.

Despite the challenge, Annabelle Vella, June Dayes, and Billie Burton, all Year 8 students, achieved 24th place overall, among all NSW schools, with the girls' team clinching 3rd place, among all government schools.

During the recent school holidays, Grace Sandlin, a Year 7 student, impressed at the State Interschool (Equestrian) Vaulting Championships, securing 2nd place in the pre-novice level.

Jasmine Cook, also a Year 7 student, shone at the State Interschool Equestrian Championships, earning 3rd place in the 100 cm category and 5th place in the 90 cm category. Jasmine's achievement qualifies her to represent GHS and Equestrian NSW at the 2024 Australian Interschool Championships, in Tamworth, in September 2024.

Rowan Whiteman and Zayne Driscoll of Year 11 have been chosen to represent Sydney North in the upcoming Hockey tournament scheduled for June 18th to 20th 2024. We extend our best wishes for success and victory as they compete in this prestigious event.

**GRACE SANDLIN,**  
a Year 7 student



**JASMINE COOK,**  
a Year 7 student



JACYNTA EISERMANN



HOLLY TAYLOR



ROWAN WHITEMAN



ZAYNE DRISCOLL

These are just some of the achievements which highlight the dedication of GHS students, who continuously strive to achieve their personal best, both academically and athletically, exemplifying the spirit of the "quiet achiever" within our school community. These successes serve as a testament to the diverse talents and efforts of our students.



# Norwest Hip Replacement Success

Obesity is at epidemic levels in Australia with the Australian Bureau of Statistics (ABS2022) estimating about 66% of the population being overweight or obese.

According to the Australian Joint Replacement Registry, the rate of major complications in hip and knee replacement is also higher in obese patients (AOANJRR). The surgery itself can be technically challenging too making it difficult for such patients to seek minimally invasive methods with demonstrable benefits in the short term.

For many patients suffering from debilitating arthritis and obesity, this can place them between a rock and a hard place, as was the case with Paul\*.

With years of hard work and injuries in the line of duty, the retired police officer found himself suffering from lack of mobility and pain due to hip arthritis. A weight of 250 kg made living with arthritis an uphill battle. Most people with his degree of arthritis would consider a hip replacement but the weight made this a very big challenge for the surgeons both technically as well as the increased risk profile.

After much preparation and multiple specialist opinions, he was referred to leading Hip and Knee surgeon, A/Prof Sol Qurashi, at Norwest Private Hospital, who agreed to

perform the procedure. A/Prof Sol Qurashi pioneered the minimally invasive SuperPATH hip replacement and 'day only' hip and knee replacements in Australia.

The patient lost an impressive 60kg ahead of surgery, however special requirements were needed to perform the surgery effectively including using two operating tables.

The procedure was successful and even though the patient was sent to intensive care as a precaution after surgery, he was up walking within hours, in fact, soon after arriving at the intensive care unit.

Encouraging patients to start moving as soon as safely possible after a minimally invasive orthopaedic procedure is part of the Enhanced Recovery After Surgery (ERAS) methodology which allows patients to achieve functional recovery sooner.

The patient underwent rehab and is excited about being able to have a more active pain-free future.

A/Prof Qurashi said that he was delighted with the results of this surgery and that it would not have been possible without the support of

the anaesthetics specialists, physicians, the team and state of the art facilities at Norwest Private Hospital.

Paul said: "Other surgeons would not consider performing a hip replacement for me due to my weight, but A/Prof Qurashi agreed to do it with a minimally invasive technique."

"I would not have known he'd actually done the surgery if he hadn't told me, the scar was only 8cm long and I've been relatively pain free since surgery."

"I'm looking forward to being able to walk unaided again without pain."

"The team at Norwest and the Hills where I'm doing rehab have all been fantastic, kind and friendly and professional."

*\*Patient's name has been changed for privacy reasons.*

Professor Sol Qurashi at work:  
Photo Harbour City Orthopaedics

**Trees Down Under**

## TREE REMOVAL LARGE & SMALL

- ✓ Fast & Locally Service
- ✓ 20+ Years Experience
- ✓ Responsible Tree Removal
- ✓ 24/7 Emergency Tree Service
- ✓ Fully Licensed & Insured

Climbing Expert & Qualified Arborist

**Available locally**

CALL JOE TODAY

**02 8999 6267**

[treesdownunder.com.au](http://treesdownunder.com.au)

## AN ASP LEVEL 2 ELECTRICIAN

**SERVICES BEST OFFERED**

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

ACCREDITED WITH AUSGRID, ENDEAVOUR ENERGY & ESSENTIAL ENERGY.

Let us help complete your installation!

COMMERCIAL

RESIDENTIAL

LEVEL 2 WORK

neca MEMBER Since 2004  
National electrical and communications association  
Lic No: 227435C

**CALL US NOW** **04 19 689 425**

[info@aoes.com.au](mailto:info@aoes.com.au) [www.aoes.com.au](http://www.aoes.com.au)



# Norwest Quarter

BY MULPHA



*Artist impression. Indicative only and subject to change.*

## A track record you can trust.

Creating places to live, work and play in Norwest for 30 years.  
Apartments under construction and now selling from \$810,000\*



[norwestquarter.com.au](https://norwestquarter.com.au)  
1300 103 580

\*Price correct as at 07/05/2024





# Tiahn's 230-Night Stay in Hospital

While most 17-year-olds celebrate the new -found freedom of earning their provisional driver license, Tiahn spent over 230 days in hospital recovering from two major abdominal surgeries.

Tiahn was born with a chronic condition called gastroparesis. This condition affects muscles around her stomach, they are too weak to process food normally. This means Tiahn spends 18 hours every day connected to a pump, so she can receive the nutrients and hydration her body needs through a nasogastric tube.

The reality for Tiahn, the pain of eating a burger from the local food court with friends simply isn't worth it. She can't enjoy a birthday cake or a Sunday roast. Yet despite all the challenges Tiahn has and continues to face, she remains her bubbly and vibrant self.

In 2022, Tiahn had two major operations to fix her compressed small intestine. Her seven-month recovery on the Wade Ward at The Children's Hospital at Westmead was long and hard. But during her stay, Tiahn remained positive and made the most of the small moments – always having a chat with those around her and dressing up as Eleven from Stranger Things for the hospital's annual Party Day.

Tiahn says, "The nurses on Wade Ward were truly the best part of my experience. I will never forget when the Nurse Unit Manager, Gabi, organised a surprise message from the cast of my favourite musical, The Phantom of the Opera. It's one of my favourite memories and made my year."

While Tiahn's journey has been challenging and is ongoing, she is incredibly grateful to have the support of her family and the gastroenterology department at The Children's Hospital at Westmead.

At Sydney Children's Hospitals Foundation (SCHF), we're dedicated to ensuring every child's health and happiness. With your help, we can continue providing essential healthcare services and supporting children's well-being here and worldwide. We invite you to consider leaving a gift in your Will to SCHF, ensuring a legacy of hope for future generations. Your generosity will make a world of difference.

SCHF is pleased to partner with Safewill to offer you the opportunity to write your online Will for \$80 (usually \$160). To learn more, scan the QR code. Alternatively, you can contact us on 1800 770 122, [plannedgiving@schf.org.au](mailto:plannedgiving@schf.org.au) or visit [www.schf.org.au/gift-in-will](http://www.schf.org.au/gift-in-will)



Sydney  
Children's  
Hospitals  
Foundation

**1 in 2 Australians don't  
have a valid Will.**



SCAN ME

**Don't leave your legacy  
to chance.**

[www.schf.org.au/gift-in-will](http://www.schf.org.au/gift-in-will)  
**1800 770 122**





*out and about*  
with MICHELLE BYRNE

## Pump Tracks across the Hills & Hawkesbury

We are fortunate to have hundreds of kilometres of cycleways and shared paths through the Hills and Hawkesbury to enjoy whilst on a bike. Many of the shared paths wind through our reserves and through bushland providing an opportunity to get close to nature and to enjoy some fresh air whilst appreciating the view.

For us we have two places that we love to ride our bikes – through Crestwood Reserve as well as the shared path along the creek line and the bush trail through Fred Caterson Reserve. However, in recent times with improved riding skills and confidence on a bike we have been exploring pump tracks as well!

Not for the faint-hearted and described as a micro roller coaster, a pump track is a purpose-built track for cycling which includes a challenging series of jumps, banked turns and features that are designed to be ridden completely by riders “pumping”, that is generating momentum by up and down movements instead of pedalling. Initially used by BMX riders, pump tracks have become increasingly popular with all bike riders, skateboarders and scooter riders. You only have to drive past a pump track in the afternoon to see hordes of kids using these tracks and supporting and helping each other to improve their skills.

There are many pump tracks across the Hills and Hawkesbury particularly as the demand for pump tracks continue to grow. We are yet to explore all of them but so far two current favourite pump tracks are at Turon Avenue Reserve in Baulkham Hills and Beaumont Hills Park underneath the metro via duct at Beaumont Hills.

Turon Avenue Reserve pump track is part asphalt, part dirt and caters for beginners as well as those more experienced riders. It is one of the biggest pump tracks we have seen meaning there is plenty of room for everyone to have a go. The pump track is co-located with a playground making it an excellent afternoon activity especially with neighbourhood shops around the corner for treats and hot chips after all that activity.

Beaumont Hills Park which was delivered by the NSW Government's Parks for People program also has a pump track that is much smaller and much smoother than the pump track at Turon Avenue Reserve, but is equally as good. Coupled with the shared pathways as well the

street-style skating and informal sports courts for basketball, Beaumont Hills Park is a great place to ride a bike in general. At this point in time it is easiest to park in the Ettamogah Carpark and cross Windsor Road into the park.

In our household going to a pump track is now a regular after school activity and can't wait to try out more of the pump tracks on offer across the region.

For more information on pump tracks including the locations of these facilities go to the Hills Shire Council website or the Hawkesbury Council website and search for pump tracks.

## TOP CASH FOR CARS



**Do you have a damaged car sitting in your front garden or an unregistered vehicle going nowhere?**

**There is nothing worse and more unsightly than old cars cluttering up your home.**

**Would you like it gone without any hassles?**

**Our business takes away that worry.**

We have been specialising in no-fuss vehicle removal services for 25 years. Our competitive prices for rust buckets, cars, trucks, utes, vans and caravans, regardless of their condition, take the worry out of removal. We will take care of it. Free up that space on your property now! We understand the value of your investment and we ensure you get the best deal possible. Our efficient pick-up services will make your life easier.

**CONTACT WAL TODAY 0425 304 475**

**LET US TAKE AWAY YOUR PROBLEM  
AND TURN IT INTO CASH!**



# The Hills Shire Council News

## 25 Years of Reading Excellence

Year One Reading Club is celebrating a quarter-century of helping children develop a love of reading.

Year One Reading Club is free to join at any of The Hills Shire Library branches at Baulkham Hills, Castle Hill, Dural and Rouse Hill.

Participants receive a logbook when they join, then a sticker each time they visit their local library to borrow, as well as rewards along the way.

To sign up, visit one of The Hills Shire Library branches before Thursday 31 October 2024.



*Year One students Ryan and Vincent pictured with Mayor Dr Peter Gangemi.*

## Your Hills, Your Say

Visit our new online community engagement destination Hills Have Your Say to see the latest projects and matters open for your feedback.

Help shape the future of the Hills and register today to be informed and to share your thoughts on Council initiatives, plans and policy changes.

Here are a few key exhibitions open for you to Have Your Say:

- Help Shape The Hills Arts and Culture Strategy
- Have Your Say on Housing and Infrastructure

Visit [hillshaveyoursay.thehills.nsw.gov.au](https://hillshaveyoursay.thehills.nsw.gov.au) today to join the Have Your Say community.



## Our 2024-2025 Youth Ambassadors

Krish Nair and Shivani Sundaranathan have been appointed as the 2024-2025 Hills Shire Youth Ambassadors.

Mayor of The Hills Shire, Dr Peter Gangemi, himself a former Youth Ambassador, congratulated Krish and Shivani on their unwavering commitment to building community spirit.

"I would like to congratulate Krish and Shivani on being named as The Hills Shire Youth Ambassadors for 2024-2025," Mayor Gangemi said. "Their efforts and commitment towards enhancing the community's well-being have not gone unnoticed, and their contributions have been highly appreciated."

Krish and Shivani will play important roles in various community engagements within the Local Government Area and attend Council functions as Youth Ambassadors. They will also guide Council's volunteer youth group, The Hills Youth Army.

Their new responsibilities include promoting youth initiatives within schools and the community, advocating for events such as Youth Week celebrations and offering insights on committees throughout their ambassadorship.

To read more on our new Youth Ambassadors, head to Council's website and search 'youth ambassadors'.



*2024-2025 Youth Ambassadors Krish Nair and Shivani Sundaranathan.*

[www.thehills.nsw.gov.au](https://www.thehills.nsw.gov.au) | 9843 0555





Stringer Road Reserve Aerial, April 2024.  
Image credit: SKYview Aerial

## Stringer Road Reserve Update

The sports fields at Stringer Road Reserve, North Kellyville are looking spectacular.

Current works include:

- Construction of the cricket nets
- Amenities building internal works
- Basketball court surfacing works
- Carpark kerb and gutter works
- Electrical and lighting works
- Concrete works and landscaping.

The reserve is expected to be completed in the second half of this year (weather permitting).

For more information on this project, visit the Council website and search 'Stringer Road Reserve'.

## Council Meetings

Tuesday 28 May 2024 at 7pm

For more information, visit [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) and search for 'Meeting Agendas and Minutes.'

## Are you planning a community event this September?

Council is looking for interactive, engaging events with a close connection to the local community to be part of Orange Blossom Festival 2024.

Events must be hosted during September 2024 and held within The Hills Shire Local Government Area. Your event may also be eligible for financial support.

Orange Blossom Festival Expressions of Interest for Associated Events are open until COB 24 May 2024. Head to [www.orangeblossomfestival.com.au](http://www.orangeblossomfestival.com.au) to apply.



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



**THE HILLS**  
Sydney's Garden Shire



# Wrap with LOVE

BY BEV JORDAN

Heather Smith and her team of knitters have helped send hundreds of blankets all over Australia and the world to communities in need through the Wrap With Love organisation.

She joined Wrap With Love over 30 years ago and co-ordinates knitters from Kenthurst Community Craft Group and took over from Jacque Peberdy at Wesley Uniting Church Castle Hill.

The hard-working volunteers have been knitting squares to be made into blankets for years, completing over 50 wraps a year.

Margaret Pritchard, who stitches the knitted squares into a blanket, spends about a week doing each one and has completed over 600 wraps since 2012.

Every wrap is made up of 28 squares each measuring 25 cm by 25cm (10x10 inches) and takes about 150 hours to complete. Just this month Heather packed up and delivered 30 wraps to the Wrap With Love warehouse in Alexandria. As well as going overseas the wraps are also donated to local charities including Peppercorn Services working with people in need in the Hawkesbury region, Dr Steve Burroughs Foundation working with Aboriginal communities, Project Kindness and Sister to Sister to name a few.

Wrap With Love works with over 40 non-denominational and non-political aid agencies to ensure that the wraps are distributed to people

in greatest need in Australia and overseas and is currently working with Australians Knitting For War Affected Children to get wraps into Syria.

Wrap With Love was started by Sonia Gidley-King in 1992 after she watched a news program about the civil war in Mozambique. She decided it was important to give something to people who had lost everything and so put her cupboard full of leftover wool to good use and started knitting squares with her friends.

It was that year that Heather read about the organisation and decided to help. She's lost count of the number of squares she has knitted over that time.

"It's very good therapy," she said. "You are doing something useful and it benefits you and those that receive them. Lots of people tell me they love to knit the squares, it calms their mind and that's important. In previous years some (of our blankets from this area) have gone to Afghan refugees, Trauma groups and people in the Tamworth floods."

Volunteers range in age up to 90. There are Wrap With Love knitting groups in several local libraries and community centres. Wool and yarn can also be donated.



Wrap with Love Kenthurst

In the past 23 years Wrap With Love has sent more than 400,000 Wraps to people in over 75 countries, including Australia

To find out how to join a local group, drop off squares or donate yarn visit the website [www.wrapwithlove.org](http://www.wrapwithlove.org) or email [Info@wrapwithlove.org](mailto:Info@wrapwithlove.org)



Wrap with Love Castle Hill



**UP TO 20% OFF  
SELECTED MEMORIAL  
PRODUCTS**  
UNTIL 30TH JUNE 2024

Albany Creek Memorial Park—Allamby Memorial Park—Castlebrook Memorial Park  
Forest Lawn Memorial Park—Great Southern Memorial Park—Lakeside Memorial Park  
Lake Macquarie Memorial Park—Mt. Thompson Memorial Gardens  
Newcastle Memorial Park—Northern Suburbs Memorial Gardens—Pinegrove Memorial Park  
Rookwood Memorial Gardens—Tweed Heads Memorial Gardens

**INVOCARE**  
MEMORIAL PARKS  
& GARDENS

For more information and to book a park tour  
please call 1800 844 080 or visit [mymemorial.com.au/20off](http://mymemorial.com.au/20off)

\*Terms and Conditions: The 20% discount is off selected memorial products only at InvoCare Memorial Parks in NSW & QLD only (excluding Broulee Memorial Gardens and Toowoomba Garden of Remembrance). Types and availability of memorial sites vary by park. Offer valid until 30 June 2024. For full terms and conditions visit [mymemorial.com.au/20off](http://mymemorial.com.au/20off).

**GET MORE  
CUSTOMERS  
WITH GOOGLE ADS**

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

**IS YOUR BUSINESS  
TAKING ADVANTAGE OF  
THESE SEARCHES?**

**IF NOT, GIVE US A CALL,  
MESSAGE OR EMAIL US.**

We will meet with you, review your business and design a campaign to take advantage of these online opportunities.

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

We are Google Partner

0408 011 193 • 0410 400 098  
[info@kintye.com.au](mailto:info@kintye.com.au) [www.kintye.com.au](http://www.kintye.com.au)



A photograph of two elderly women standing in a garden. The woman on the left has grey hair and is wearing a blue patterned short-sleeved shirt and dark pants. She is laughing with her mouth open and her hand near her face. The woman on the right has white hair, wears glasses, and a red cardigan over a floral patterned shirt. She is also laughing. They are standing behind a wooden planter box filled with green plants. In the background, there is a metal fence and more greenery.

# "It's good to laugh"

Suzanne, aged 81

## Aged care that's personal

Suzanne is always on the go and enjoys being outdoors looking at the plants, hearing the birds and in her own words, "maybe have a little seat somewhere that's got the sunshine coming on it" she says. Even more than the outdoors though, Suzanne loves being with people: "Friends are important to exchange ideas with. Having a laugh is most essential. It's good to be able to laugh with someone". Suzanne can be found chatting and sharing ideas with all her friends at the place she calls home, The Donald Coburn Centre. Scan the QR code to hear more of Suzanne's story and to meet some of the other wonderful residents.



**The Donald Coburn Centre**  
15 Blue Gums Way, Castle Hill  
1300 111 278  
[anglicare.org.au/tdcc](http://anglicare.org.au/tdcc)





## THE SAFEST WAY TO CLEAR EAR WAX:

# Why Micro Suction Beats DIY Remedies

Ear wax, also known as cerumen, is as a natural protector against dust, dirt, and bacteria.

However, when it builds up excessively, it can lead to discomfort and even affect our ability to hear properly. While many turn to DIY methods to remove ear wax, they can pose risks to our delicate ears. Professional Micro suction is a gentle and effective solution. Let's explore why.

## DIY Methods: A Cautionary Tale

From peroxide to ear candling, there's no shortage of at-home remedies for ear wax removal. While these methods may seem convenient, they may come with risks.

**Peroxide and Oil:** Using substances like peroxide or oil to soften ear wax can sometimes lead to irritation and discomfort. They may also not effectively remove the wax, but potentially can cause the wax to run deeper into the ear canal bringing with it greater discomfort.

**Ear Candling:** Ear candling involves inserting a hollow candle into the ear and lighting it, with the belief that it creates a vacuum to draw out the wax. However, studies suggest that this method to be ineffective and potentially

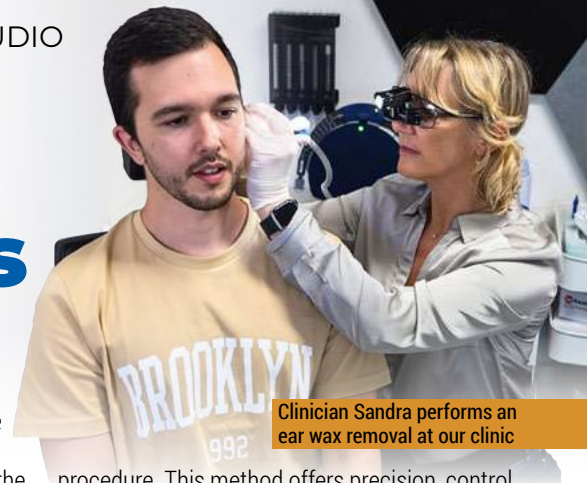
hazardous, as it can cause burns and push wax deeper into the ear canal.

**Foreign Objects:** Inserting foreign objects like bobby pins into the ear canal can push wax deeper, risking impacted wax and damage to the ear's delicate structures. This can also increase the risk of infection. While cotton buds are commonly used, they are considered unsuitable for ear canals. It is a regular occurrence in our clinic to remove cotton stuck in a client's ear that had come off a cotton bud.

**Cameras with Tools:** While miniaturised cameras offer a glimpse into the ear canal, they often have sharp edges, and the accompanying tools are poorly designed and can cause harm if not used correctly.

## Why Choose Micro Suction?

Micro suction stands out as the safest and most efficient method for ear wax removal. It involves trained professionals using specialised equipment to gently remove wax buildup. Unlike DIY methods, the clinicians are highly trained and skilled, equipped with magnification and lighting to ensure a thorough and painless



Clinician Sandra performs an ear wax removal at our clinic

procedure. This method offers precision, control and minimises the risk of injury or discomfort.

At Ear Studio, we prioritise your ear health and well-being. We primarily use dry micro suction, a quick and efficient method for removing ear wax. Should alternative methods be necessary, our clinicians ensure any treatment will be both safe and effective for you.

## Trust the Experts

When it comes to your ears, trust the experts. Booking a micro suction appointment with Ear Studio can alleviate discomfort, pain, and even restore hearing that was previously diminished by a wax blockage. Don't take chances with your precious sense of hearing – opt for safe and effective ear wax removal by scheduling an appointment today.

Visit [www.earstudio.com.au](http://www.earstudio.com.au) or call our friendly team at 02 91596122 to book your appointment and experience the difference micro suction can make for your ear health.

## Before wax removal



## After wax removal



Call to book  
9159 6122

At Ear Studio, we offer 30-minute ear cleaning appointments. We have highly trained professionals and use state-of-the-art technology and equipment, including micro-suction to achieve clean, unblocked ears.



[www.earstudio.com.au](http://www.earstudio.com.au)



We are located inside Lawton House  
SuiteS 9-10 / 60 Cecil Ave, Castle Hill  
(offering under cover, off-street parking)

**EAR STUDIO**

*Passion for Hearing™*



# "An extremely good place to be"

Stella, aged 87



## Aged care that's personal

Stella moved to Australia in the 60's from the north of England and now calls The Donald Coburn Centre home. A fully converted Aussie, Stella's favourite food is none other than our beloved meat pie but she still refuses to embrace beetroot and avoids it whenever possible. In Stella's words, "I do like being with friends and enjoy the entertainment. It's just a jolly thing to do". Stella goes on to say "I'm very grateful to be here, the staff are all very friendly, very helpful. This is an extremely good place to be." Scan the QR code to hear more of Stella's story and to meet some of the other wonderful residents.



**The Donald Coburn Centre**

15 Blue Gums Way, Castle Hill

1300 111 278

[anglicare.org.au/tdcc](http://anglicare.org.au/tdcc)



**Anglicare**



# PETS OF THE WEEK

**The Hawkesbury Companion Animal Shelter (CAS)**  
is at 10 Mulgrave Rd, Mulgrave.  
Call 4560 4644 for opening hours  
or visit the new webpage  
<https://hawkesburycas.com.au/>



## AT A GLANCE

NAME: DELILAH  
BREED: Domestic cat  
SEX: Female  
AGE: 1 yr 1 mo  
PRICE: \$49

**DELILAH** is a lovely, sweet natured cat looking for a forever home. Staff at the Hawkesbury Companion Animal Shelter say Delilah can be shy when she first meets you, They say she needs a family that will have patience with her and give her time to allow her personality to shine. If you would like to adopt Delilah then please come to the shelter to meet her. Her adoption price has been reduced to \$49 which includes her first vaccination, microchipping and lifetime registration.

**Hawkesbury Council's Rehoming Organisation Number is: R251000145.** As she is already desexed so she can go home with you from the shelter.

**HAYLEE** is the life of the party according to staff at the Hawkesbury Companion Animal Shelter and is ready to find her forever home. Staff say that Haylee has an outgoing personality and a beautiful smile. They say she will make a great companion for someone with time and love to give her. Haylee can sit when asked, walks well on the lead but will need to continue her basic obedience training in her new home. Her adoption price has been reduced to \$49 and includes the first vaccination, desexing, microchipping and lifetime registration.

**Hawkesbury Council's Rehoming Organisation Number is: R251000145.**



## AT A GLANCE

NAME: HAYLEE  
BREED: American Staffordshire Terrier  
SEX: Female  
AGE: 3 yrs 5 mos  
PRICE: \$49

**STRIPES** has such a happy smile and fun personality according to staff at the Hawkesbury Companion Animal Shelter. They say Stripes will make a great addition to a family that is looking for a new companion to do life with. Stripes sits when asked, walks well on lead and takes her treats nicely. Staff want to know if their "big, goofy girl" can be your new best friend. If you would like to meet her please visit the shelter with your family and dog. Her adoption price has been reduced to \$49 and includes the first vaccination, desexing, microchipping and lifetime registration.

**Hawkesbury Council's Rehoming Organisation Number is: R251000145.**



## AT A GLANCE

NAME: STRIPES  
BREED: Great Dane  
SEX: Female  
AGE: 4 yrs 3 mos  
PRICE: \$49

## Sydney Animal Hospitals

*Caring for all your family*



- ✓ Discounted Cat Dentals
- ✓ Discounted Diagnostic Blood Screening
- ✓ Complimentary Booster with Cat Vaccination
- ✓ Complimentary dose of Bravecto with Vaccine or Dental
- ✓ Complimentary T/D Hills Diet with every dental \*T&Cs apply

**CALL US TODAY**

### Norwest

- ☎ (02) 8883 0411
- 📍 Unit 8/1-3 Celebration Drive  
Bella Vista NSW 2153

### Kellyville

- ☎ (02) 8883 0533
- 📍 Unit 1/106 Windsor Rd,  
Kellyville NSW 2155

### Baulkham Hills

- ☎ (02) 9157 5557
- 📍 472 Windsor Rd,  
Baulkham Hills, NSW 2153

## Cat Health Awareness

*Feline Fine in May and June*

Got a nervous cat? Grab a complimentary calming pack prior to visit.

[www.sydneyanimalhospitals.com.au](http://www.sydneyanimalhospitals.com.au)



# FELINE FINE

## CAT AWARENESS IN MAY AND JUNE

Cats are experts at hiding illness. Regular check ups with your vet will ensure that we catch any potential illnesses early, leading to happier and healthier lives.

More and more of us are choosing cats as their companions, yet cats receive fewer veterinary check ups than our canine companions.

### The Importance of Dental Care

Just like humans, cats need regular dental care to prevent dental problems that can cause pain and serious health issues. Plaque, tartar, and gum disease are common issues among cats, with 70% of them developing periodontal disease by the age of two.

### Spotting Dental Issues

Bad breath, yellow and brown tartar deposits on the teeth, bleeding gums, and difficulty eating are classic indicators of a dental issue. Regular teeth brushing or using dental wipes, along with special dental food, can help maintain your cat's oral health.

### Taking Action

Ensure your cat's dental health by scheduling regular check-ups with your vet—at least once a year, if not every six months. During these visits,

your vet can assess your cat's dental health and recommend appropriate at home care or a dental procedures if necessary.

### General Health Tips for Cats

- Provide enough litter trays, preferably one more than the number of cats you have.
- Use shallow dishes for feeding to prevent feline acne.
- Enrich their environment with scratching posts and toys for mental and physical stimulation.
- Offer multiple water sources throughout your home to encourage hydration.

### Book Your Free Dental Check

Take the first step in ensuring your cat's health by booking a free dental check with a vet nurse at your local Sydney Animal Hospital. Don't wait until it's too late – prevention is better than a cure.

For more information or to schedule your appointment, visit our website or call your nearest Sydney Animal Hospital now.



## Outdoor Odyssey in the Hills

BY SOPHIE POREDOS

The Hills Shire Council is praised as the 'Garden Shire', but this goes beyond the beautiful parks and manicured gardens.

The boundless bushlands and reserves with their thriving ecosystems bring lots of wildlife to the area.

Here's a roundup of the best hikes and camping spots across the Hills:

### Platypus Track

#### BIDJIGAL RESERVE

One of my personal favorites, this 2.4km track is located at the end of Eric Mobbs Reserve in Castle Hill. Named after the Bidjigal people, who were part of the Dharug Nation, this track saw platypus' up until the 1970s. With ferns, Sydney Red Gums, Eucalyptus and Coachwood trees lining Excelsior Creek - it's a real slice of paradise. You should be able to spot Water Dragons at Bidjiwong Rock and an assortment of beautiful wildflowers in Spring. This track does have a steep incline but only took about 30 minutes to complete. It also connects with the nearby 4.7km Burruga Track loop and the 8km (one-way) Murri-yanna Track.

Be careful on days with heavy rain - you won't be able to cross the creek with high water levels. It's open everyday except for Total Fire Ban Days.



The stunning waterfall in Bidjigal Reserve.



The beautiful creek crossing at the end of the Platypus Walk.

The shady campground at Mills Creek  
Source NSW National Park

### Mills Creek Campground

#### DHARUG NATIONAL PARK

One of the only campgrounds in the Hills, Mills Creek campground is 6 km east from Wisemans Ferry crossing along the beautiful Hawkesbury River. Camping in the Dharug National Park, you'll wake up to sweeping sandstone cliffs and the songs of lyre-birds. Just around the corner from the Old Great North Road, you can hike the historic trail, which is a remnant of the early Colonies of NSW and offers many landmarks along the 5km Finch's Line section. To make bookings, you can visit NSW National Parks online or call the Contact Centre on 1300 072 757.



# WHAT'S ON

IN THE HILLS TO HAWKESBURY



17  
MAY

## Orchids Out West 2024

by The Orchid Society of NSW

May 17, 2024, 09:00 AM to

May 19, 2024, 04:00 PM

Philip Charley Pavilion, Hawkesbury

Showground Racecourse Rd, Clarendon NSW



Orchids Out West is a beautiful display put on by local orchid societies and individual members. It's a great opportunity to purchase orchids from vendors around Australia and enhance your collection. Don't miss out on the chance to find a special orchid for your collection at the first Orchid Fair of the year.



## Ghost The Musical

by Blackout Theatre

May 17, 2024, 08:00 PM – May 26, 2024, 10:30 PM

Pioneer Theatre, Level 1/14 Pennant Street, Castle Hill

GHOST THE MUSICAL, based on the hit film, is a love story between Sam and Molly. After Sam's death, their bond transcends as he tries to protect Molly with the help of a psychic. It's a romantic roller coaster with comedy, suspense, and emotion.

18  
MAY

## Hills Relay For Life 2024 : Register Today

May 18, 2024 to May 19, 2024

Castle Hills Showground

Welcome to the Hills Relay For Life! Our 23rd Relay is happening in 2024. This fun and moving event raises funds for the Cancer Council's research, prevention, and support services. It's a chance to celebrate survivors and honor those lost, while supporting a cancer-free future. Join thousands of Aussies in the Relay For Life: start or join a team today!

If you have any questions reach out to your Community Fundraising Coordinator: Yvette Haines – 02 9354 2007 | [yvette.haines@nswcc.org.au](mailto:yvette.haines@nswcc.org.au).

## Crestwood Bushcare

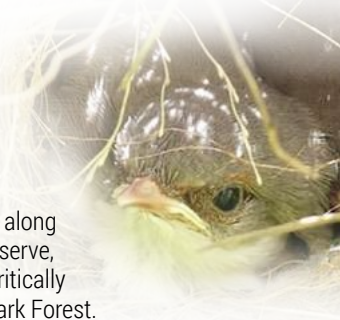
by The Hills Shire Council

09:00 AM – 12:00 PM

Crestwood Reserve,  
Warumbui Avenue, Baulkham Hills

The Crestwood Bushcare Group work along Toongabbie Creek in Sophia Doyle Reserve, Baulkham Hills within a remnant of Critically Endangered Sydney Turpentine Ironbark Forest.

This group is making its way along the creek removing weeds, allowing for native regeneration. Everyone welcome. No experience necessary!



19  
MAY

## Platypus Bushcare

by The Hills Shire Council

09:00 AM – 12:00 PM

Connelly Way, Kellyville

Volunteers are welcome to join the maintenance activities at Cattai Creek Conservation Area Reserve, Kellyville. The activities include planting, mulching, and weeding to maintain the health of the native vegetation. The area is home to the Powerful Owl (Vulnerable) and Platypus, making it essential to maintain a healthy creek bank. No experience is necessary.

## Greenup Park Bushcare

by The Hills Shire Council

09:00 AM – 12:00 PM

Greenup Park, Cecil Avenue, Castle Hill

The group is working in Sydney Turpentine Ironbark Forest which is listed as critically endangered under both State and Federal legislation, at the rear of the reserve near Francis Street.

Works being undertaken in this reserve include skirting vines, removing larger weeds and maintenance weeding, as well as planting in areas of low resilience.

No experience necessary. Everyone Welcome!

## Crane Road Bushcare

by The Hills Shire Council

01:00 PM – 04:00 PM

Crane Road Reserve, 64Z Crane Road, Castle Hill

The Crane Road Bushcare Group is working in Crane Road Reserve, Castle Hill to clear weeds from along the creek-line and replant in areas of low resilience. The creekbanks have recently been remediated and replanted, and the group is maintaining previously cleared areas and replanting where required. All are welcome to join, and no prior experience is necessary.

## Fred Cat Weed Warriors Bushcare

by The Hills Shire Council

01:00 PM – 04:00 PM

Fred Caterson Reserve, Gilbert Road, Castle Hill

This group works in an area of Sandstone Gully Forest along Cattai Creek. They have been removing weeds and planting in areas of low resilience, whilst maintaining the Asset Protection Zone (APZ).

Everyone Welcome! No experience necessary.

## The Bush Track Bushcare Group

by The Hills Shire Council

01:00 PM – 04:00 PM

Timber Grove Reserve, Timber Grove, Glenhaven

The Bush Track Group works in Citadel Crescent Reserve within Sandstone Gully Forest along an unnamed tributary which flows into Cattai Creek in Glenhaven, removing weeds and rubbish from along the creekline.

This reserve is also home to some threatened plant species. Everyone welcome! No experience necessary.

21  
MAY

## Hills Relay For Life – Dog Morning

Castle Hill Showground,

Showground Road, Castle Hill

Hills Relay and Sydney Animal Hospitals are proud to bring you 'DOG MORNING', on Sunday 21st May. Register your four-legged companion and join us in walking the track at the 2023 Hills Relay for Life. To register for this event please visit the <https://sydneyanimalhospitals.com.au/hills-relay-for-life-dog-morning/>



**22  
MAY****Sydney Writers' Festival**

May 22–26, 2024

Parramatta, Granville, Epping and  
Wentworth Point

The Sydney Writers' Festival is hosting an exciting program of local and international authors in Parramatta. Join the conversation and celebrate the world of literature! Please visit at <https://atparramatta.com/sydney-writers-festival>

**23  
MAY****Cocktails & Connections**

05:00 PM – 07:00 PM

Sarino's Bar, Level 1/36 Brookhollow Avenue, Norwest

Join Hills District Business Women for a networking event where you can build meaningful connections with like-minded local women in business. Leave the hard pitching for another time and come ready to connect as humans first. No formalities, speeches or pitches. Worried about coming alone? Don't be! We'll make sure you feel welcomed.

To register for this event please visit the <https://www.hdbw.com.au/offers/Q4oWMrAv/checkout>

**24  
MAY****Tiny Home Expo 2024**

by Tiny Homes Expo

May 24, 2024, 09:00 AM to May 26, 2024, 05:00 PM

Hawkesbury Showground Racecourse Rd, Clarendon NSW

Tiny Homes on Wheels, tiny Modular Homes, Cabins, Granny Flats, offices, Pods, Domes – Off Grid Products, Rules and regulations, solar products, toilets, building ideas – All about tiny home living and how to do it. To register for this event please visit <https://tinyhomesexpo.com.au/tickets>

**Almost, Maine**

By John Cariani | Directed by Meredith Jacobs

by Pavilion Theatre

May 24, 2024 – June 15, 2024

Pavilion Theatre Doran Drive, Castle Hill

Almost, Maine is a collection of 9 stories about love, where relationships begin, end and change during a deeply cold midwinter night under the mystical energy of the aurora borealis. The characters are humorous, plain-spoken, thoughtful, and sincere. Knees are bruised, hearts are broken, love is found and life for the people of Almost, Maine will never be quite the same.

To register for this event please visit <https://paviliontheatre.org.au/almostmaine/>

**Wildlife Night Walk and Talk**

by The Hills Shire Council

06:30 PM – 08:00 PM

116 Sermelfi Drive, Glenorie, 2157

Come along on a special night walk and talk under the stars and listen to the unique sounds of the night.

We'll be exploring the local area with CHEN and learning about nocturnal fauna species, koala and Powerful Owl populations. Discover more about the wildlife that inhabit the Hills.

To register for this event please visit [www.eventbrite.com.au/e/wildlife-night-walk-and-talk-tickets-879971056117?aff=oddtcreator](http://www.eventbrite.com.au/e/wildlife-night-walk-and-talk-tickets-879971056117?aff=oddtcreator)

**25  
MAY****Lifeline's \$2 Book Clearance Sale**

by Lifeline Harbour to Hawkesbury Sydney

May 25, 2024, 08:00 AM– May 26, 2024, 04:00 PM

Hornsby War Memorial Hall, 2 High Street, Hornsby

Lifeline H2HS is having its famous \$2 Book Clearance Sale! Choose from over 40,000 pre-loved books, DVDs, and CDs, all for just \$2 each.

The sale is held at the Hornsby War Memorial Hall, next to Hornsby RSL Club, and close to public transport. There's something for everyone, including fiction, non-fiction, children's books, young adult reading, text books, collectibles, DVDs, and CDs.

All funds raised support Lifeline H2HS' crisis support and suicide prevention services, including the 24/7 telephone crisis line 13 11 14. Come along and grab a bargain!

**26  
MAY****Castle Hill Heritage Park Bushcare**

by The Hills Shire Council

09:00 AM – 12:00 PM

Castle Hill Heritage Park Reserve, 22Z Heritage Park Drive, Castle Hill

The Castle Hill Heritage Park Bushcare Group works in Castle Hill Heritage Park, Castle Hill.

Castle Hill Heritage Park is approximately 21ha in size, in a west facing valley. It is the location of the Third Convict Farm and Asylum.

This park contains Critically Endangered Blue Gum High Forest which The Hills Shire Council has an ongoing commitment towards rehabilitating. Everyone is welcome. No experience necessary.

**Eric Mobbs Bushcare**

by The Hills Shire Council

10:00 AM – 01:00 PM

Eric Mobbs Reserve, 242Z Excelsior Avenue, Castle Hill

The Eric Mobbs Bushcare Group works in Eric Mobbs Reserve, Castle Hill at the end of Excelsior Avenue. The group focuses on the area around the ovals leading to the creek, which is known for its walking tracks. The Powerful Owl, a vulnerable species, nests in the reserve. Anyone can join the group without prior experience.

**The Hills UPmarket**

by The Hills UPmarket

09:00 AM – 02:00 PM

Castle Hill Showground, De Clambe Drive, Castle Hill

A boutique local event where friends and family can catch up, have a coffee, grab a bite to eat, shop and relax in a local environment.

We have a selection of 60+ quality stalls with a focus on making the event one that is successful and fun for both stallholder and visitor. We would love you to come and join us.

Parking is FREE and we are a dog-friendly event.

We have joined forces with our friends from Positive Vibes Foundation to help spread the word about mental health. Help raise awareness and start the conversation.





## HIDDEN IN THE HILLS

# Hairpin Banksia

BY LACHLAN TURNER

This month's featured plant can be found in flower during March to September. The Hairpin Banksia (*Banksia spinulosa*) is a common banksia, not only in bushland areas but also in many suburban gardens.

It can be found growing in coastal bushland areas along much of the South Eastern coast of Australia. It prefers a sunny but protected open location, with its flowers being used extensively in cut flower floral arrangements.

It is possible to propagate from seed taken from mature seed capsules at the end of the flowering period. However seed can remain viable for several years in older cones.

This banksia, along with other banksias and other flowering native plants, is featured at the Community Environment Centre at Annangrove in their demonstration "Waterwise Garden". On display is a year round variety of native plants and shrubs with differing water requirements.

Volunteers at The Centre have developed a "Seasonal Wildflower Walk" through the bushland behind the Centre. When walking this track the Hairpin Banksia is widespread throughout the bushland adjacent to the track at this time of the year.

This particular banksia is noticeable for its variation in colours. Depending upon its

location and available nutrients, colours may range from a pale creamy yellow to a rich orange. As the flower spikes mature they tend to take on a darker colour towards the end of the flowering period.

There are several recognised botanical varieties of the Hairpin Banksia which also may produce a difference in the colour of the flower spike.

Further information about the Community Environment Centre is available on The Hills Shire website at [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)

Select "COMMUNITY", then "Your Environment", followed by "Community Environment Centre at Annangrove". Or by phoning 98433571 on Thursdays or The Hills Shire Council on 9843 0555 at other times.



## OPEN DAY at BELLA VISTA FARM

Please make this an important diary entry!



**What** : Open Day  
**When** : Sunday 2nd June 2024  
**Time** : 9am-2pm  
**Where** : Bella Vista Farm  
 Corner of Elizabeth Macarthur Drive and Norwest Boulevard, Bella Vista

All the usual delights will be there - Sausage sizzle, Devonshire Teas; Trash and Treasure Stall; Plant Stall; Tours of the House (for a gold coin donation); music in the gardens.

Metro transport is a short walk from the Farm.

### Galston 500

Galston Valley Railway  
 29 Mid Dural Rd  
 Galston, NSW



A Collection of 5" Scale Model Locomotive teams attempting to complete a combined total of 500 laps of the 1km track at the Galston Valley Railway, to raise money for The Westmead Institute for Medical Research



WITH PLENTY OF ENTERTAINMENT PLANNED FOR THE DAY, BOTH ON AND OFF THE TRACK, DRESS UP AS YOUR FAVORITE TV CHARACTER AND COME ALONG TO JOIN US AS THE CHALLENGE UNFOLDS!

ADULT ENTRY \$10  
 (CHILDREN UNDER 18 FREE)

RIDES \$3.50 EACH  
 (ENCLOSED TOE SHOES REQUIRED)

OPEN TO THE PUBLIC FROM 10AM TILL 3PM! COME ALONG FOR A RIDE BEHIND SOME OF THE PARTICIPATING LOCOMOTIVES.

MORE INFORMATION AT  
[WWW.GALSTON500.COM](http://WWW.GALSTON500.COM)

### Saturday 31st August 2024

OPEN FROM 10:00AM



HOSTED BY HORNSBY MODEL ENGINEERS CO-OP LTD  
 RAISING FUNDS TO SUPPORT MS RESEARCH



# Cooler days and crisp nights signal autumn is here!

The natural beauty of the Hawkesbury region offers stunning natural landscapes year-round, but autumn certainly adds a special touch when the mature deciduous trees start to transform and their leaves turn vibrant shades of red, yellow and bronze, presenting stunning vibrant scenery. The Hawkesbury's parklands and gardens are certainly worth a visit at this picturesque time of year! You are sure to find the perfect insta-gram-able moment!

Visiting the Hawkesbury you will find your spirits lift as you connect with the colourful transformation. Generally mid to late April sees the trees change in the higher elevations around Kurrajong, Bilpin, Mt Tomah and Mt Wilson.

As May takes hold, the trees in the lower areas of Richmond, Windsor and Wisemans Ferry display their amazing colours – and there's no better time to rug up, take some photos and go for a walk to enjoy them.

The Hawkesbury Visitor Information Centre is located on The Hawkesbury Valley Way – this

is a well known stretch of road, and we are lucky to be located directly across from the RAAF Base Richmond. This road links our two biggest towns - Windsor and Richmond.

The Hawkesbury Valley Way is home to one of the most well known and iconic autumn displays. As you pass the RAAF base and drive into Richmond along the Hawkesbury Valley Way you'll see a magnificent avenue of mature London Plane trees. These trees tower up to 30 metres with some of the trees having trunks over 3 metres in circumference. They were planted by local Council in 1897 to commemorate the Diamond Jubilee of Queen Victoria's reign.

So you are dressed nice and warm, the car is ready and phone charged or the camera for the more passionate photographers... where do you start your autumn leaf journey? Here are some of our local Hawkesbury favourites – but look around on your travels as there are bound to be more trees changing.

## WINDSOR

- The Terrace (Howe Park)
- Hawkesbury Valley Way, Richmond

## RICHMOND

- Chapel Street
- Richmond Park, Windsor Street
- Richmond Pughs Lagoon, Francis Street,

## KURRAJONG AND BOWEN MOUNTAIN

- Memorial Park, Old Bells Line of Road, Kurrajong
- Bowen Mountain Park, Lieutenant Bowen Rd

**MT TOMAH** | Blue Mountains Botanic Gardens, Bells Line of Road, Mt Tomah (free entry)

## BILPIN

- Wildwood Gardens, Powells Road, Bilpin (check opening dates and entry fee applies)
- Mountain Lagoon Road, Bilpin

**MT WILSON** | Numerous private gardens (contact the Visitor Centre for further details)

Consider extending your visit because when you stay in the Hawkesbury you'll always be warmly welcomed. From luxury accommodation, comfortable motels, houseboats, caravan parks, character filled B&Bs or tent sites - we have it all. Whatever your budget you will find accommodation in the Hawkesbury that's right. The region has developed unique accommodation options that blend seamlessly with the natural surroundings. So whether you're seeking natural beauty, unique accommodations, or outdoor adventures, the Hawkesbury region has something to offer during the crisp autumn months!

For more information go to [www.discoverthehawkesbury.com.au](http://www.discoverthehawkesbury.com.au), stop by and chat with a local at the Hawkesbury Visitor Information Centre (open 7 days 9-4pm) or call the team on (02) 4560 4620.

## T.E.A.M. Alive

BY LEONIE DIXON

Here at Alive we have high standards and promote T.E.A.M. that is Together Everyone Achieves More. We now have a collaborative community displaying a joint effort of many individuals or groups of people working together to achieve a common goal. Our logo pretty much explains who we are and what we want to achieve.

There are various symbolic elements within the logo. The icon represents a star shaped fire work bursting with colour and liveliness. It's also representative of community and people coming together (shaped as five individuals celebrating with their hands in the air). The five colours represent the five key values of Alive90.5 which are Community, Integrity, Respect, Passion and Collaboration. We embrace diversity and provide an environment that is inclusive. Our aim is to educate, inform, entertain and engage our local, cultural and social communities. If you recognise an alignment with your own values you might like to go to our website [alive905.com.au](http://alive905.com.au) and sign up as a member and once that happens you

## BE PART OF THE ALIVE 90.5 TEAM

MEMBERSHIP		SPONSORSHIP		VOLUNTEER		OUTSIDE BROADCASTS	
Listener Member	\$10	GROW PACKAGE	\$2,200	Broadcaster & Podcasting		Half Day Broadcast	\$500
Concession Member	\$18	MON - FRI	+GST	Fundraising		Full Day Broadcast	\$1,000
General Member	\$36	EXPLORE PACKAGE	\$3,400	Marketing & Social Media			
Organisation Member	\$50	FULL WEEK	+GST	IT & Technical			
Business Member	\$75	EXPLORE VISIONARY	\$5,000	Administration			
		FULL WEEK + NEWS/WEATHER / TRAFFIC	+GST	Community Engagement			

would be most welcome to volunteer in your area of expertise. There are always plenty of opportunities. Alternatively, you might see the value in becoming a Sponsor of the station and supporting all our community endeavours, especially the many outside broadcasts we do.

Our new photo board displays the fun events we get involved in and costs involved. Many people here have been members for 20-30 years so we must be doing something right. For more information email me at [mail@alive905.com.au](mailto:mail@alive905.com.au). Look forward to hearing from you.



## CUMBERLAND COMMUNITY RADIO INC.

Building 9/92 Seven Hills Road, Balcombe Heights Estate, Baulkham Hills NSW 2153 Australia

[info@alive905.com.au](mailto:info@alive905.com.au)

[www.alive905.com.au](http://www.alive905.com.au)



**YOUR SOUND COMMUNITY**

CUMBERLAND COMMUNITY RADIO INC.

Streaming Worldwide on



Like us on facebook.com/Alivefm90.5





# Harman Foundation Gala Dinner Fundraiser

On Friday 10 May the Harman Foundation hosted a fundraising gala dinner. The Light and Hope Gala Fundraiser is held annually to bring awareness and raise funds for the wonderful mission of the Harman Foundation. The night featured cultural performances, a live and silent auction, and was catered with exquisite Indian cuisine. The night brought the community together in support of this great community organisation.

The Harman Foundation was founded in 2013 by Maninder Singh and Harinder Kaur after they tragically lost their son, Harman. In their own grief at the loss of their son, they came to discover there was a lack of resources and support organisations available to



Mark Hodges MP with Harinder Kaur, co-founder of Harman Foundation.

**MARK HODGES MP**  
MEMBER FOR CASTLE HILL

AS YOUR STATE MP, I AM HERE TO:

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

ADVERTISEMENT

• Suite 1A, 19-21 Terminus Street, Castle Hill NSW 2154  
• 9686 3110  
• castlehill@parliament.nsw.gov.au

the community in times of grief and crisis. They felt compelled to establish their own organisation that could fill the gap that was present in the community. Since then, the Harman Foundation has built a network of valuable community support services such as a 24/7 Telephone Crisis Line, Support Group Meetings, Direct Peer Support, Chaplaincy Services, Bereavement Services, Seniors Support Services, Disabled Support Services, and more.

Thank you to Maninder Singh and Harinder Kaur, co-founders of this necessary community support organisation, for your hard work, dedication, and your vision for the community. Thank you to the committed group of volunteers who offer their services at Harman Foundation. Congratulations to the team, the directors and contributors, for another successful Light and Hope Gala Fundraiser. "Together, we illuminated paths and sparked hope for a brighter future."

## Concerns about planning and housing affordability

I'm continuing to call out the appalling handling of housing affordability by the State and Federal Governments. In 2020, nationwide servicing of an average new mortgage for a home required 30.3 per cent of your income. By October last year, that had risen to 49.5 per cent. In Sydney, that amount is 72.2 per cent.

In other words, if you live in Sydney and you're on an average income and want to live in an average house, then it will require \$3 in every \$4 you earn. That's impossible. There are two things we must do. Firstly, we must temper population growth. Sydney's housing is not keeping pace with the number of new arrivals. I'm an enthusiastic supporter of migration and a multicultural Australia, but, in 2022-2023, net overseas migration contributed 174,000 people to New South Wales, the bulk of them in Sydney. So demand is too strong, and the housing market's out of kilter.

Secondly, we must responsibly increase the housing supply. It's a social and economic necessity, but it must be done in a way that works with local communities.

I'm deeply concerned about the new planning regime that's been put in place by the Minns Labor government. They want to remove the say that local communities have on how we increase housing supply.

I believe community inputs will always make developments better. The Minns Labor government's top-down approach to densities will strip local communities of their autonomy.

I support more housing, I support sensible local housing targets and I support investments in local infrastructure, but it all must be done in partnership with local communities.

The Hills Shire Council and Hornsby Council are doing important work calling on the Minns Government to listen to their local community rather than taking a top-down approach. We all must work in partnership in tackling this vital challenge—for the future of our area and our country.



As your Federal Member, I am here to:

Assist with accessing Federal Government services

Attend your local community event

Arrange congratulatory messages

Please contact my office if I can be of assistance.

ADVERTISEMENT



**JULIAN LEESER MP**  
FEDERAL MEMBER FOR BEROWRA

Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120 02 9980 1822  
julian.leaser.mp@aph.gov.au julianleaser.com.au julianleesermpp

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



# SUSAN TEMPLEMAN MP

Federal Member of Macquarie

## AVAILABLE TO HELP

- Education & Training
- Centrelink
- Medicare
- NBN & Telecommunications
- Defence & Veterans Affairs
- Immigration
- NDIS
- Child Support
- Taxation

**OFFICE:** 299 George St, Windsor NSW 2756

**PHONE:** (02) 4573 8222

**MAIL:** PO Box 855, Windsor NSW 2756

**www.susantempleman.com.au**

Authorized by S. Templeman MP, Labor 299 George St Windsor NSW 2756

**EMAIL:** Susan.Templeman.MP@aph.gov.au

**OPEN:** Mon-Fri 9am-5pm



ADVERTISEMENT

## Supporting our students

As a mum with kids who have HECS/HELP debts, I'm only too familiar with the challenges that other parents, students, and graduates have shared with me about the financial toll higher education debt is having on young people. So, I'm very proud to be a part of a government that is significantly reducing the debt, including crediting back some of the increases students and graduates faced last year.

This will apply to university, TAFE, and VET students who have HECS or HELP loans. There are a range of policy changes in this month's federal Budget that will make a real difference for young people, but let's look at two of them.

The first is the slashing of around \$3 billion in student debt. Each year, student debt is indexed in line with inflation. Unfortunately, when inflation is running high, that means the loan can jump faster than it's being paid down.

To fix that, instead of indexing debt to inflation, we're adjusting it in line with the Wage Price Index.

In Macquarie alone this reduces student debt for 16,000 people across the Hawkesbury and Blue Mountains – they'll receive a credit for part of last year's payments and a smaller than expected increase this year. Someone with a HELP debt of \$26,000 will see around \$1200 wiped from their loans, pending the passage of the legislation.

We've also announced that nursing, teaching and social work students who have to do a mandatory placements will be provided with a \$320 week means-tested payment. This will help 68,000 eligible higher education students, and more than 5000 TAFE students each year complete their courses and fill essential roles. Right now, too many face "placement poverty" when they do, for example, their prac teaching; others simply don't finish their course.

The feedback to these changes from local students is very positive.

Natalie Stoodley, a Hawkesbury local and teaching student at Western Sydney university says: *"I didn't actually think the government would make major changes in the way that they have with HECS and paid pracs. This will be incredibly helpful for me, my levels of stress and my bank account."*

Rebecca Macpherson, who is also studying teaching, shared with me that: *"As a young person studying teaching I was praised for taking up a profession that was so desperately needed, yet I was thanked with a debt and full time work with no pay. I no longer have to fear this under a Labor government, and I'm receiving the support that all education students deserve."*

These are two tangible, practical steps to ensure more students can afford to start and complete their tertiary education, something that benefits all of us in as their skills hit the workforce.

## Recognising Neighbourhood Centres

This month, I want to acknowledge Neighbourhood Centre Week and highlight the vital role these centres play.

They act as the heart of communities, fostering connections, learning, and a sense of belonging through inclusive programs and shared spaces.

Northwest Community Services in Riverstone exemplifies this dedication. Founded in 1977, it has weathered challenges and grown to offer essential services. Despite limited resources, the centre's unwavering commitment ensures its operations continue and services expand.

The growing and diverse population presents a complex tapestry of needs. Northwest Community Services acts as a catalyst, empowering new neighbours to integrate and build a cohesive community with existing residents.

Northwest Community Services provides a range of services, from family support to specialised programs, making them a lifeline and beacon of hope for many.

Investment in these centres is crucial. They offer a "one-stop shop" approach, fostering community building while being cost-effective.

Northwest Community Services is a lifeline for our community. They offer a range of crucial services, including support for families and communities and specialised programs for Aboriginal people, youth, seniors, and the disabled. They offer support through repeated disasters with compassion and expert assistance in complex cases. By intervening early, they make a significant difference in the lives they touch.

During Neighbourhood Centre Week, do yourself a favour and drop into North West Community Services. Their dedication and expertise make it a pleasure to collaborate with them in serving our community.

The Minns Labor Government is

# DELIVERING in the NORTH WEST

Scan for  
updates!



ADVERTISEMENT



## WARREN KIRBY MP

STATE MEMBER FOR RIVERSTONE

(02) 8883 3499

riverstone@parliament.nsw.gov.au

Shop 20 Stanhope Village, 2 Sentry Drive, Stanhope Gardens NSW 2768

AUTHORISED BY WARREN KIRBY MP, SHOP 20 STANHOPE VILLAGE, 2 SENTRY DRIVE, STANHOPE GARDENS NSW 2768. FUNDED USING PARLIAMENTARY ENTITLEMENTS, MAY 2024.



# Major Boxing Extravaganza Rumbles in THE HILLS



**JACK TOTH** is hoping to win the WBA Oceania Super featherweight title



**SARA JALONEN** is vying for the WBA Oceania Super featherweight title.

Show-stopping boxing comes to The Hills when the first-ever Wanderer Promotions Warehouse Rumble takes over the Bella Vista Hotel on Thursday, June 6.

The headline act features Sara Jalonon from Sydney fighting Perth's Jaki Toth for the vacant WBA Oceania Super featherweight title, in what should be a cracker of a night.

Promoter and founder of Wanderer Promotions, Ricky Colosimo, said the major event is a game changer for boxing not only in the Hills but in Australia, with six professional fights, and 10 elite amateur bouts being staged in front of what should be a packed crowd.

Boxing fans are hard to beat when it comes to barracking for their heroes and they are bound to bring the roof down when two state titles are on the line.

Up-and-coming local boxers Bayan Yaz and Jayden Buan are in prime condition to add to their growing reputation and will attract a lot of local support. Another boxer to look out for at the Warehouse Rumble is tough-as-nails Nai Kisona.

To make it more of a community event, the organisers have laid on live entertainment including comedians, a light show, memorabilia auctions and more.

"It is going to birth a new era in Australian boxing with five more planned shows before the end of the year," said Colosimo, a former top professional fighter.

As a highly-successful amateur fighter before

turning pro, Colosimo knows that grassroots boxing is needed in the Hills and across Australia for the sport to produce world champions. His professional boxing career was cruelly cut short by injuries but he is keen to use his vast experience to bring the noble art back to its best in Australia.

"Wanderer Promotions are more than just boxing. We want to build a platform from the grassroots level to amateurs and all the way to the pros, with the goal of one day hosting world title fights," Colosimo said. "My promotions build skills in young men and women that go

far beyond boxing, include public speaking & business development. I am very excited to bring it all to life and change many lives for the better.

"Previously, the sport has had negative perceptions but having 25 amateur fights and five professional bouts myself, I want to show the transformative power that the sport has for young men and women. It gives them a dream and something to strive for while teaching a lot of discipline and life lessons along the way.

"I have learnt my biggest life lessons through boxing - it's been an amazing journey for me and it's now time to give back to the sport and be able to provide that journey for many others."

**NAI KISONA**



**MAIN EVENT:** WBA Oceania Super featherweight title fight Sara Jalonon vs Jaki Toth.

**TIME:** 6pm for amateurs, 8pm for professionals

**TICKET LINKS:** <https://rb.gy/5d88q6>. Tickets: \$80. Tables of 10: \$3000. Individual table tickets \$300.

You can also purchase tickets through: [www.wandererpromotions.com.au](http://www.wandererpromotions.com.au)

**Rising Hills star BAYAN YAZ**

**Promising local boxer JAYDEN BUAN**



# HILLS UNITED go down fighting

Hills United showed plenty of grit against APIA Leichhardt in their FNSW NPL Men's game but were unable to prevent the premiership contenders from squeezing out a 2-1 win last Saturday.

After Glen Kelshaw failed to connect with a header in the sixth minute, the Hills defended stoutly with Ryan Wood again having a frenetic game between the sticks. After a scoreless first half, APIA Leichhardt finally breached the defence in the 60th minute through Ben Gibson.

They increased their lead in the 67th minute when a Sean Symonds header beat a lunging Wood. This spurred the Hills to counterattack successfully when Anthony Frangie combined with Thomas Lopez to make it 2-1 two minutes later. The Hills almost equalised shortly afterwards but Cameron Philip just shot wide of the posts.

The Hills never gave up and almost scored a superb equaliser in the 90th minute but Jordan Lane's strike just sailed over the top corner of the net.

Hills coach Luke Casserly was pleased with the spirit of his team who are making their debut in the NPL. "They (APIA Leichhardt) are a very good team, they are going to expect to challenge for the title and I thought we were super competitive," Casserly said.

"The work ethic of the team was outstanding, we were well organised and we really limited them to opportunities – their goals were from set pieces – so it's a shame that the boys worked so hard and we didn't get anything from that work."

The 13th-placed Hills United take on fourth-placed Blacktown City FC this Saturday, May 18, at 7pm.



Hills United's Anthony Frangie set up the goal for Thomas Lopez.  
Picture: FNSW

# Hills Women Surprised by Marconi

Hosts Hills United suffered a surprise loss to ninth-placed Marconi Stallions in their FNSW League One Women's match but still hold onto their top spot. Their first defeat of the season came during injury time and should make them sharper when they face hosts Camden Tigers on Sunday, May 19, at 3pm.

The Hills women lead the standings on 26 points from 11 rounds, with eight wins and one loss, one point ahead of second-placed Mt Druitt Rangers.

# Showjumping event in Dural

The Dural & Districts Pony Club will be hosting their Showing Jumping Competition on Sunday, June 2, at their grounds on Bannerman Road, Kenthurst. Champions and Reserve Champion trophies will be awarded for each grade. The first riders will be on the course at 8.30am in Arena One and Arena Two.

The club said the entries close on May 27. For more details and the schedule, please contact the organisers at [duralponyclub@hotmail.com](mailto:duralponyclub@hotmail.com).

## SPORT NEWS AT THE CENTRE DURAL

# INTRODUCING DURAL WARRIORS, A Rising Force in the Hills District

The Hills District is abuzz with the arrival of a new contender on the netball scene – Dural Warriors Netball Club. Spearheaded by The Centre Dural, this spirited club burst onto the scene in December 2023, and they're already making waves in the Hills District Netball Association Winter 2024 competition.

Despite being a newcomer, Dural Warriors Netball Club is fueled by passion and determination. With just three teams under their banner, they may be small in numbers, but their ambitions are anything but modest. Their mission? To enrich the competitions at The Centre, nurture umpiring talent, and provide social players with a platform

to elevate their game in a competitive setting.

Led by a team of dedicated individuals, Dural Warriors boasts a 14/1's team, an A1's team, and a B2's team. The club kicked off their debut season with a bang, showcasing their prowess on the court from the get-go. The 14/1's set the tone with a commanding 62-17 victory, while the A1's followed suit with an impressive 70-4 win. Despite the B2's team facing some initial challenges, their unwavering determination signals a promising journey ahead.

But Dural Warriors Netball Club isn't just about racking up wins – it's about fostering a culture of camaraderie, sportsmanship, and personal growth. With each game, players are not only honing their skills but also forging lifelong friendships and

memories that extend beyond the confines of the court.

As they embark on their inaugural season, all eyes are on Dural Warriors Netball Club. With a roster brimming with eager and talented players, they are poised to become a force to be reckoned with in the Hills District and beyond. Whether you're a seasoned competitor or a casual enthusiast, Dural Warriors offers a welcoming environment where players of all backgrounds can thrive.

So mark your calendars and keep an eye out for Dural Warriors Netball Club – this is just the beginning of their journey, and they're ready to leave their mark on the netball landscape.

Follow the Dural Warriors' upcoming season on Instagram: [dural\\_warriors\\_netball\\_club](https://www.instagram.com/dural_warriors_netball_club).





# An Interesting CASE

By Ivor Jones

**As a schoolboy, arriving in Australia during the late 1950s, I found that school students carried their school books and lunches in a small suitcase. These were so different to the school satchels that I was used to back in the UK.**



The bright yellow cases presented to attendees at the Sydney Olympic Opening Ceremony in 2000 were a homage to the iconic Globite case

The school cases were made of reinforced fibre usually carrying the trademark name of "Globite" and were very hard wearing and stood well the hard knocks of being thrown about by the students being also kicked and scuffed.

Many students also stuck stickers onto the cases. I also recall that using the locks on the suitcase gave me some pleasure in placing very small stones or gravel pieces on the catch of the lock and releasing the catch so it catapulted the stones or gravel elsewhere.

The Globite case also came in handy as a portable seat for some of the small children.

The story of how the "Globite" came about is also interesting. The company that manufactured the cases was Ford Sherington of Sydney. Alfred Ford was an English migrant who manufactured metal trunks and imported china and glass, operating from a factory and shop at Ultimo.

In the 1890s depression, he was looking for a partner to inject £150 into his business. Ada Sherington came to his aid. Ada had emigrated to Brisbane in 1899 with her three sons, William, 14, Arthur, 12 and Guy, 10. During 1892 the family moved from Brisbane to Sydney and William quickly found work at the retailer Farmer & Co and later found employment with Alfred Ford.

William and Arthur often wrote to their paternal aunt and her husband, wealthy corset

manufacturer William Pretty, back in England. Ada, hearing of Alfred Ford's attempts to seek a partner in his business contacted William Pretty seeking financial advice, who used contacts in Sydney to assess Ford's business credentials.

With Ada investing in Ford's business, Alfred took William in as a partner, his brothers Arthur and Guy also joined the business working in the factory alongside William and Alfred Ford and around 20 or 30 other workers. Ada also helped out with the business by opening the shop and showroom in Harris St Ultimo.

The ties between Alfred Ford and the Sherington family was further strengthened when Alfred married Ada Sherington's younger sister (William's Aunt), Clara Banfield.

The focus of the business shifted from tin making and metal trunks to leather goods including handbags and travel trunks, prospering under Commonwealth tariffs introduced at Federation.

In July 1911, when the business had expanded to 165 employees from 100 a year earlier, Guy told a federal Royal Commission into labour shortages that Ford Sherington needed to recruit 12 skilled trunk makers from Great Britain, as suitably qualified tradesmen could not be found in Australia.

Ford Sherington, then operating from Elizabeth Street Surry Hills, acquired the site in

1911. Architects Robertson & Marks were engaged to design their new building in an area undergoing radical redevelopment as factories replaced housing.

Further opportunities for the Ford Sherington business arose when a technique to toughen paper fibres through vulcanising was invented in Europe. Ford Sherington acquired Australian distribution rights, using the reinforced fibre in their Globe-brand suitcases.

Importing reinforced fibre from Norway, Guy also took out an international trademark on the brand name Globite. Originally a travel case, by the 1960s Globite cases were dumped in school corridors and kicked around bus stops or railway platforms by school kids across Australia.

Aside from luggage, which included a "wardrobe trunk" for overseas travellers and "a cheaper grade" Fordite case, promoted as "the best value low-priced case on the Australian market", the Surry Hills factory manufactured footballs, cricket pads and dog collars.

Ford Sherington manufacturing moved to Kingsgrove in 1967, and the business was taken over six years later in 1976. Globite bags are now manufactured in Melbourne, Victoria.



## Hills Community Aid

Empowering Communities to Thrive

Hills Community Aid, 390 Windsor Road, Baulkham Hills, NSW 2153

**P: 02 9639 8620 | F: 02 9686 3100**

Email: [enq@hca.org.au](mailto:enq@hca.org.au)



# AS WE WERE

PHOTOS FROM THE PAST

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



WE LOVE SEEING PHOTOS CAPTURING THE  
PAST OF THE HILLS AND HAWKESBURY AREA.

EITHER EMAIL IVOR AT  
[IVOR.JONES47@OPTUSNET.COM.AU](mailto:IVOR.JONES47@OPTUSNET.COM.AU)

OR WRITE TO  
17 ROSE ST, BAULKHAM HILLS NSW 2153.





# COMMUNITY groups

## 2nd Castle Hill Rovers

📍 www.gwsrovers.com.au

## Annangrove Environment Centre

☎ 02 9654 3571 (Thurs) | 02 9843 0533 (Wed-Fri)  
✉ gnanlan@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 each month 1.30pm Baulkham Hills Sports Club, 11 Renown Rd Visitors welcome. Activities every Thurs.  
👤 Peter | 0407 013 411  
✉ 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 Probus Club of Cherrybrook

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

## Computer Pals for Seniors – The Hills

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

## Cumberland Bird Observers Club

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

## CWA of NSW – Galston Branch

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

## CWA of NSW – Castle Hill Branch

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

## CWA of NSW – Toongabbie Branch.

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

## Dural and District Prostate Cancer Support Grp

📍 We meet on the 3rd Mon of every month 7:00pm for 7:15pm at the Blue Gum Centre, Glenhaven Green, 607 Old Northern Road, Glenhaven  
👤 Graham | 8677 7896 or 042421062

## 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

📍 For anyone who loves to stitch or would love to learn. Meetings: 3rd Tues 10am-2pm, 4th Tues 6-10pm Stan Stevens Studio, Deerubbin Centre 300 George St. Windsor (Windsor Library level). Guests always welcome.  
👤 Catherine Delaney | 0413340049  
✉ cdelaney1@vtown.com.au

## Friends of Hills Library

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

## 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 Probuss 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 Wed of the mo 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 Historical Society

📍 Meets 4th Thursday of Feb, Apr & Oct at 7.30pm and 4th Saturday in Jun & Aug at 2pm.  
✉ secretaryhawkesburyhistory@gmail.com

## Hawkesbury Nepean Chapter of the 1st Fleeters

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

## Hawkesbury West Probuss 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  
👤 Ron | 0424 462 153 ✉ HillsOMI1@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

## Hornsby Kuring-gai Parkinson's Assoc'n Inc.

📍 A Support group of 30+ yrs. with 100 members from. We have members from Baulkham Hills, Castle Hill and Galston who come weekly and find it beneficial for their condition  
👤 Michael Parkin | 0491009557  
📍 Parkinson's Choir, www.parkypeople.org.

## 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 Probuss Club of Baulkham Hills

📍 Baulkham Hills Sports Club on Renown Rd, Baulkham Hills meets on the 2nd Wed of the month at 10am and welcomes enquiries about our club.  
👤 Suzanne Dennis | 96390324 (home) 0412424593 (mobile)

## 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 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 Probuss Club

👤 John | 9487 1385

## Pennant Hills Combined Probuss Club

📍 Meets at Hotel Pennant Hills every 3rd Monday of the month at 10am. New members and visitors welcome.  
👤 Lorene | 0429 396594

## Pennant Hills VIEW Club

📍 Meets at the new time of 10.30am for 11.00am start, at Baulkham Hills Sports Club on the 2nd Tues of each month. An interesting guest speaker will be featured each month. Members can stay for lunch in the Club restaurant. On the 4th Tues of the month a social outing is organised.  
👤 Margaret | 9873 2402

## Pennant Hills Garden Club

📍 Meets 4th Wed at 10.15am at Pennant Hills Bowls Club. Inquire or just come along to a meeting.  
✉ pennanthillsgardenclub@gmail.com

## Pitt Town Probuss 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. New members welcome.  
👤 Denise Fairfax | 0435 447 414

## Probus Club of Round Corner (Dural)

👤 Julie; PO Box 822, Round Corner 2158

## Probus 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

## Probus Club – Glenorie

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

## Probus 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

## Probus Combined Castle Hill Club

📍 General Meetings 3rd Tuesday of the month at 10am at Cherrybrook Community Centre..  
👤 Helen | 0403 751 934  
✉ enquiries@probuscastlehill.org.au

## Probus 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

## Probus 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.  
✉ winstonhillspobusclub@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.  
👤 Donna | 0416 082 626

## 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 of Hornsby Inc.

📍 Meets on the first Wednesday evening of the month at Pennant Hills Bowling Club.  
👤 Pam | 0425 229 615  
✉ sihornsbys@sissep.org

## 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  
✉ sihehills@siwp.org

## The Hills Community Aid and Information Service Inc

☎ 9639 8620

## The Hills Learning Centre

☎ 02 8850 0555  
✉ RSVPI@info@thehillslc.com.au  
📍 facebook.com/thehillsllearningcentre

## The Hills Shire Garden Club

📍 Meets on 3rd Monday of the month at 1pm; Barton Hall, 178 David Road Castle Hill.  
👤 9624 5034

## The Hills District Pipe Band

📍 Practices at Stamford Hall, Balcombe Heights Estate, Baulkham Hills every Wednesday 7-9pm. Instagram: @hillsdistrictpipeband  
👤 Suzie Whitaker  
✉ pipeband.hillsdistrict@gmail.com  
📍 www.hillsdistrictpipeband.com

## The Hills Trefoil Guild

👤 Elaine | 0417 330 196

## The Inner Wheel Club of Baulkham Hills

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

## The Sydney Hills Branch of the Association of Independent Retirees

📍 Welcome to Members and Visitors.  
👤 Mal Steel | ✉ airdsydneyhills@gmail.com

## Thursday Ladies Tennis Competition in the Hills District

📍 hillsladiestennis.org

## Wanderers Bushwalking and Outdoor Club

📍 Meetings are held on the 2nd Tuesday of each month at 8 pm at Crestwood Community Centre, Cnr Crestwood Drive and Conway St, Baulkham Hills.  
👤 Ted | 0429 790 091  
📍 www.bushwalkingsnsw.org.au/wanderers

## Windsor RSL Fishing Club

📍 Meets on the last Tues of the month at Windsor RSL Club at 6.30pm. New members welcome.  
👤 Les Mison | 0421 821 1990

## Windsor Probuss Club

📍 Meets at 10am on the 1st Wed of the month at Windsor RSL 36 Argyle St, South Windsor.  
👤 Ross | 0414450900 or  
Secretary Ann | 0414298945  
✉ ann.jones@jbff.com.au

## 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





## THE HILLS SHIRE LIBRARY SERVICE'S Year One Reading Club turns 25

Year One Reading Club is celebrating a quarter-century of helping children develop a love of reading.

Mayor of The Hills Shire Dr Peter Gangemi reflected on the milestone. "I would like to congratulate everyone who has been involved with the Year One Reading Club over the last 25 years on this incredible milestone," Mayor Gangemi said. "Since 1999, the Year One Reading Club has promoted literacy and ignited the imaginations of over 17,000 Year One students. "It's such an important stage for children to soak up all the learning they can, and the Year One Reading Club helps make reading an enjoyable habit. It's a fantastic program, and I'm encouraging new members to join." Year One Reading Club is free to join at any of The Hills Shire Library branches at Baulkham Hills, Castle Hill, Dural and Rouse Hill. Participants receive a logbook when they join, then a sticker each time they visit their local library to borrow, as well as rewards along the way. To sign up, visit one of The Hills Shire Library branches before Thursday, 31 October 2024.

## CHERRYBROOK UNITING CHURCH

### ELOUERA COTTAGE CRAFTS

A huge 'thank you' to members of the Community who kindly donated fabric, wool and other craft supplies to Elouera Cottage Crafts' Dastash held in April. It was a great day and our thanks also to the many people who visited to shop for bargains and to the Stall Holders who filled their stalls with all manner of supplies for the craft enthusiast. We are indeed appreciative of your generosity and support.

Our WINTER POP UP will be held on Saturday 15th June 10am – 1pm and will feature Children's hand-knitted jackets and pullovers as well as scarves and beanies for adults. A selection of our other popular handcrafted items will also be available. Full details [www.cherrybrookuc.org.au](http://www.cherrybrookuc.org.au) or Follow Elouera Cottage Crafts on Facebook/Instagram. Enquiries: 0408 441 766



## DURAL BOWLING CLUB NEWS

### Competitions for Dural Bowlers

Three teams of four players are currently playing in the district Pennants competitions. Dural Lawn Bowls teams are currently leading the competition after round 5. The ladder table is very close and the players representing the club will have to perform exceptionally well to ensure that they keep their lead. The competition has been delayed due to the recent wet weather experienced in Sydney.

Our Major Singles Champion, Phil Laing, played in the Champion of Club Champions at St Johns Park bowling club last Monday 13<sup>th</sup> May 2024. Unfortunately, he was eliminated in the second round of the competition.

Anyone interested in playing bowls or having a Barefoot Bowls Party please contact Robert on 0411375580

# PUZZLE

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

17	10	5	12		19	3	1	25	17	22	25	15
19		19		26		24		23		24		24
8	24	22	16	24	17	18		17	19	5	5	10
4		24		22		24		26		16		5
25	26	4		6		8		10	5	10	9	25
15				19	15	24	21	5		8		22
25		16		13				10		24		14
14		14		14	25	5	24	22				24
10	14	25	8	10		19		24		10	14	17
22		20		16		21		19		15		10
24	14	24	12	6		12	21	8	15	24	10	26
19		25		25		12		12		25		26
8	25	2	12	14	25	25	26		7	21	10	11
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z												
1	2	3	4	5	6	7	Q	8	9	10	11	12
14	15	16	17	18	19	20	21	22	23	24	I	25
26												

# SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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



# PUZZLE

**FERGIES TREE WORKS**



Please call Nathan & Lisa for all your autumn garden needs

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

**0414 428 707**  
fergiestreeworks@gmail.com

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



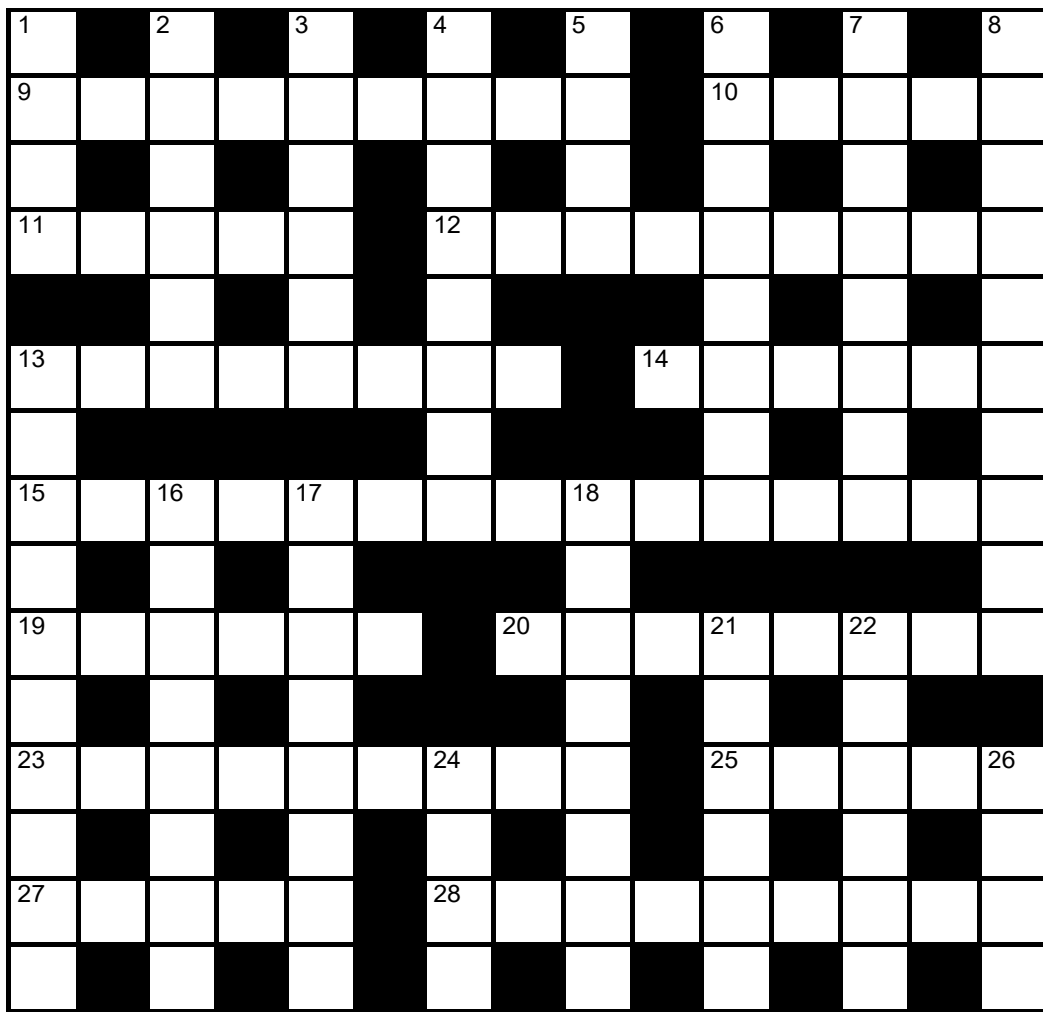
In any condition, any year make or model, registered/running or not.



We also pick up unwanted, abandoned and damaged cars  
**FREE OF CHARGE**

**TOP CASH PAID**

**WILL COME TO YOU**  
Call Wal  
**0425 304 475**  
MD032436



## Across

9. Independent kind of writer
10. Broadcasting
11. Hold sway
12. Immigrant-processing island
13. Somewhere unimportant
14. Geniality
15. Flinders Island climbing challenge
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

## Down

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



**Hills to Hawkesbury**  
Community News

Another outlet  
where you can pick  
up your copy of  
**Hills to Hawkesbury**  
**Community News**  
**Northmead**  
**Bowling Club**



Scan the  
QR code for  
magazine  
locations.



# WORD SEARCH RIDING A BIKE



BALANCE

CABLE

HELMET

PUNCTURE

BEARINGS

CHAIN

HORN

SADDLE

BELL

DYNAMO

LIGHTS

SPOKE

BICYCLE

GEAR

PEDAL

UNICYCLE

BRAKE

GLOVES

PUMP

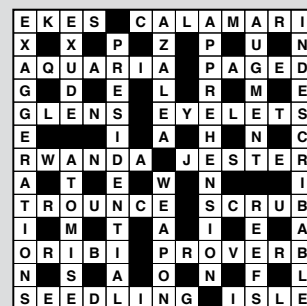
WHEEL

Answers from last issue

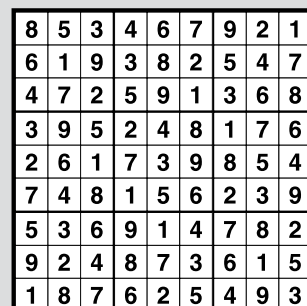
WORD SEARCH



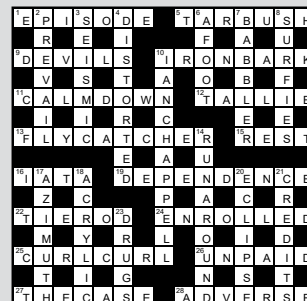
CODE WORD



SUDOKU



CROSSWORD



Now located in Sydney's Hills!

**MOBIQUIP**  
KEEP MOVING

- Walkers & Mobility Equipment
- Wheelchairs & Scooters
- Recliner Lifts Chairs
- Hospital Beds & Mattresses
- Pressure Care
- Toilet & Showering Aids
- Ramps & Hand Rails
- Daily Living Aids
- Incontinence Products

Phone 9042 2820

**HOME HEALTHCARE & MOBILITY EQUIPMENT**

SALES | SERVICE | HIRE | ADVICE | DVA | HOME CARE PACKAGES | LOCAL DELIVERY

**NEW LOCATION**

319 Windsor Road, Baulkham Hills

**SHOWROOM OPEN 6 DAYS**

Plenty of level parking

**ndis REGISTERED PROVIDER**

319 Windsor Road  
BAULKHAM HILLS 2153

www.mobiquip.com.au



# LOCAL BUSINESS DIRECTORY



**DEMOLITION & EXCAVATION CONTRACTORS IN KENTHURST**

- Earthmoving & Demolition
- Excavation & site clearance
- Trenching, boring & pit installation
- Tree removal & mulching
- ✓ LICENCED & INSURED
- ✓ FREE QUOTES
- ✓ GOOGLE REVIEWS ★★★★★ 5.0

**\$250 VOUCHER\***

With over 40 years of experience

0410 654 803 | [www.sydearthmoving.com.au](http://www.sydearthmoving.com.au)

**SAME DAY LOCAL PLUMBER**

**PHONE JERRAM 0488 801 044**

**10% SENIORS DISCOUNT**

**BLOCKED DRAIN?**

**BURST PIPES?**

**LEAKING TOILET?**

**NO HOT WATER?**

**NO CALLOUT FEE**


**24/7 EMERGENCY**

**LIFETIME WARRANTY**

**ON TIME & RELIABLE**

**NO FIX NO FEE\***





**All types of renovations, carpentry, gyprock, bathrooms and wall removal**

**Mark 0408 164 780**

**Access Pest Control**

**Pest Control Specialists**

Ants • Bees • Birds • Carpet Beetles • Cockroaches  
Mice • Silverfish • Spiders • Termites • Wasps

Sydney Wide • All Areas • Free Quotes • 7 Days a Week

**Mark Owen 0423 017 515**

[info@accesspestcontrol.com.au](mailto:info@accesspestcontrol.com.au) [www.accesspestcontrol.com.au](http://www.accesspestcontrol.com.au)



**Arena Surfaces**

SOILTEX  
MULTICO  
RUBBER

**Kim Verwey - 0438 736 260**

[www.equineproducts.com.au](http://www.equineproducts.com.au)

**PROUDLY AUSTRALIAN ESTABLISHED 2000**

**cemtech**

concreting solutions

**Residential • Commercial**

**Over 20 years experience**

**Ph: 0410 337 092**

[www.cemtech.com.au](http://www.cemtech.com.au)

**Our Services**

- > Driveways
- > Slabs
- > Patios
- > Stencil Concrete
- > Coloured Concrete
- > Industrial Concrete
- > Steel Fixing
- > Tilt Panels

**LOCAL HILLS TO HAWKESBURY ELECTRICIAN**

**All Electrical Work**

**Best Prices & All Work Guaranteed**

**Seniors/Pensioners Discount**

**Level 2 ASP Electrician**

**Switch Board Repairs**

**PH: 4505 4588**

**24/7 EMERGENCY SERVICE**

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

**LIC273594C**

**ROSS GRAHAM**

**HIGH PRESSURE WATER CLEANING**

Driveways • Roofs • Houses • Gutters  
Tennis Courts • Solar cells etc.

**CALL ROSS 4578 3259 / 0421 196 041**

[rossg2021@icloud.com](mailto:rossg2021@icloud.com)

**MATT'S SKIP BINS**

02 4708 2927

[www.mattsskipbins.com.au](http://www.mattsskipbins.com.au)

**HILLS DISTRICT PLUMBER**

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

**REACTIVE PLUMBING**

**02 9199 2612**

[www.reactiveplumbing.com.au](http://www.reactiveplumbing.com.au)

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

**BAULKHAM HILLS DOORS**

**Accredited**

**GARAGE DOORS & AUTOMATIC OPENERS**

**1300 76 22 66**

Email: [sales@baulkhamhillsdoors.com.au](mailto:sales@baulkhamhillsdoors.com.au)

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

**ADVERTISE WITH US**

**Call Tanya on 0499 040 726**

[advertise@hillstohawkesbury.com.au](mailto:advertise@hillstohawkesbury.com.au)

[www.hillstohawkesbury.com.au](http://www.hillstohawkesbury.com.au)

**GVT HOME APPLIANCE REPAIRS & ELECTRICAL SERVICES**

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

**PH: 9629 6750 MOB: 0408 253 646**





## REFRESH PAINTING & CO

0411 737 605 | SEAN.REFRESH@GMAIL.COM

*Your Local Painter*

All Internal and external  
Commercial and residential  
Free Quote





## ORGANISED Cleaning

FULLY ORGANISED TO  
ACCOMPLISH YOUR CLEANING

### Professional cleaning services

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

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

**OrganisedCleaning.com.au** | **0404 554 247**



## SYDNEY GUITAR REPAIRS

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

**CALL DAVID ON 0414 524 041**

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





## Scott & Sons Plumbers

DOMESTIC - COMMERCIAL - INDUSTRIAL

- ▶ Plumbing, Drainage & Gasfitting
- ▶ CCTV - Water Jetter
- ▶ Blocked Drains
- ▶ Gutters and Downpipes
- ▶ Hot Water Heaters

**Call 02 9482 9199** | **scottandsons.com.au** | Lic. No: 141840c

**FAMILY BUSINESS  
FOR OVER 40 YEARS**



**24/7 Fast Emergency Service**



## Aussie Bathrooms

Local Hills to Hawkesbury Renovations

**9011 2127**





### Need Your Bathroom Renovated?

- ✓ Full Design Consultation & Installation
- ✓ Fully Licensed & Insured
- ✓ Different Packages For Different Budgets
- ✓ Get 15% Off With Our AEP Cover Care

**info@aussieservices.com.au**  
**aussiebathrooms.com.au**

Renovate your bathroom now and pay later with Zip Finance!\*

Zip now, pay later. **ZIP**

\*Aussie can accept ZIP payments up to the maximum value of \$20,000, further T&Cs apply.

## LOCAL HILLS TO HAWKESBURY PLUMBER




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

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

**24/7 EMERGENCY SERVICE**

VISA Mastercard epos LIC273594C

**PH: 4505 4589**

WHEN EXPERIENCE MATTERS...  
ARBORIST EST. 1956

## MCARDLE TREE SERVICES

0414 635 650  
INFO@MCARDLETREES.COM.AU

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

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



## MCKENZIE WINDOW CLEANING

Call 0400 000 083

### DO YOU NEED YOUR WINDOWS, SCREENS, GUTTERS OR SKYLIGHTS CLEANED?

- 25 years experience.
- Fully insured.
- FREE QUOTES!

**Call Josh 0400 000 083**  
www.mckenzie.cleaning

## J & C RANDO P/L PROFESSIONAL PLASTERER



### SERVICES

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

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

**JOE RANDO**  
**MOB: 0412 238 668**

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

**24/7 EMERGENCY PLUMBING**



**J CALL US 9056 8107**

 **BLOCKED DRAINS**
 **HOT WATER REPAIR**
 **GAS FITTING**
 **LEAKING TAPS**

**IF WE CAN'T FIX IT YOU DON'T PAY\***

Google ★★★★★ 4.9  
LICENCE #233302C

**PUREPLUMBINGPROS.COM.AU | LIFETIME WARRANTY**

## ROSS GRAHAM

Chimneys Sweep, Flues, Chimney Cooking Stove, Pizza Ovens, etc.

**PRICES START FROM \$170!**

**OVER 30 YEARS EXPERIENCE | OPEN 7 DAYS**

**CALL ROSS 4578 3259 / 0421 196 041 | rossg2021@icloud.com**





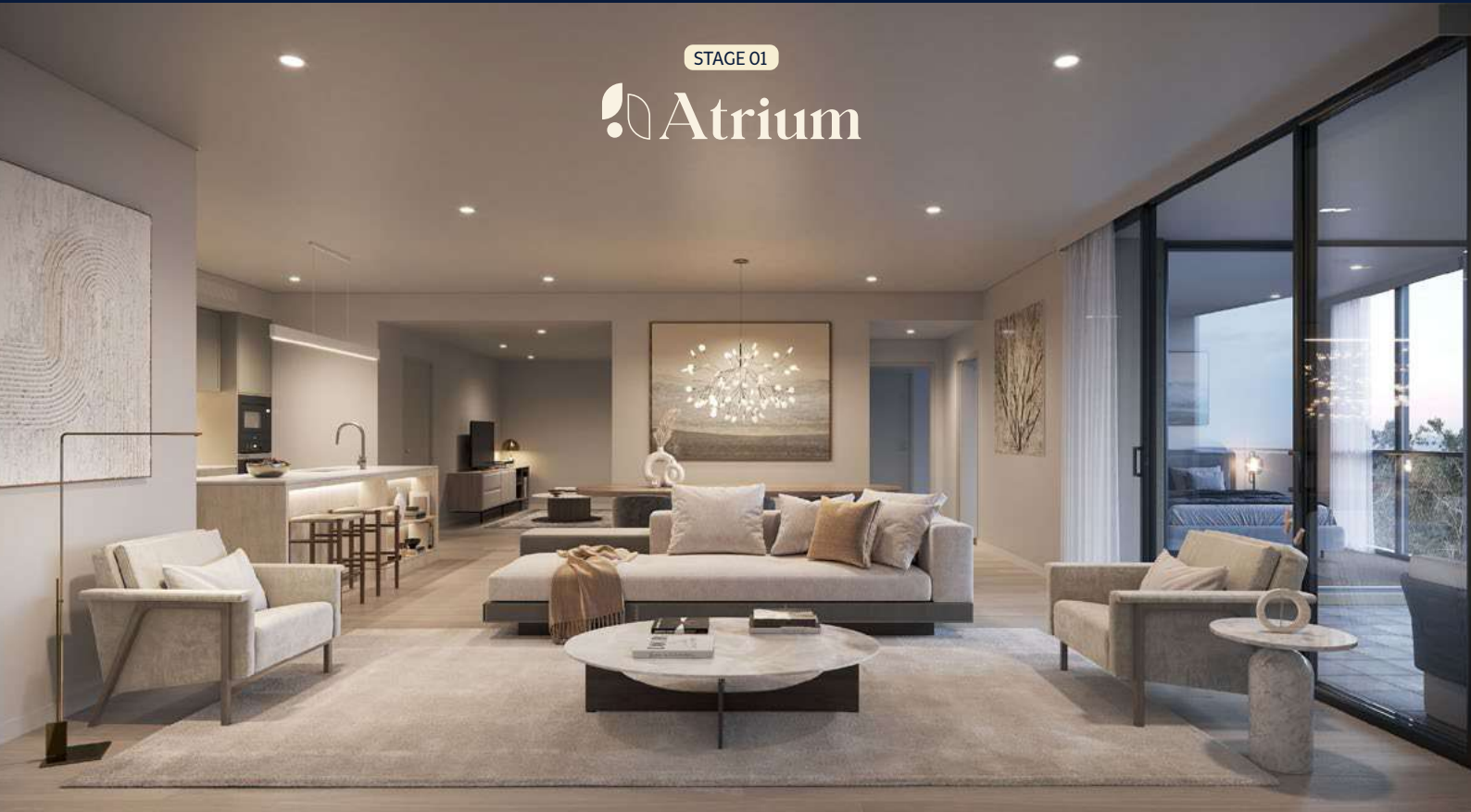
# CARRINGTON PLACE

CASTLE HILL

Elevate Your Lifestyle  
Spacious Apartments by the Cattai Creek in Castle Hill

STAGE 01

 Atrium



## Unique House-Style 3-Bedroom Apartments In This New Release

Introducing Atrium at Carrington Place's exclusive offering: a meticulously crafted collection of new oversized apartments, tailored for those seeking spacious living both indoors and out, nestled in a prime nature-front locale.

Commanding an entire front wing, these exceptional residences boast expansive floor plans spanning up to 180sqm, promising unparalleled comfort and luxury.

Customise your apartment layout and features to make one of these apartments unique to you and your lifestyle. Prices from \$1,720,000 - \$2,125,000\*.



[carrington-place.com.au](https://carrington-place.com.au)

**1800 355477**

VISIT OUR DISPLAY SUITE  
36 Carrington Rd Castle Hill

\* prices as of 15th May 2024

