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Local Stories, Local Events, Local People and Local Businesses



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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

JP AWARDS

BY BEV JORDAN

It may surprise people to know the amount of paperwork that comes before Justices of the Peace in the area.

In the past 12 months JPs in the Hills Shire NSW Justices Association have signed 26,800 documents.

Nine members were honoured in State Parliament last week by Castle Hill MP March Hodges, each one for serving over 50 years service as JPs in the Hills community.

Noel Love Daniel O'Dea, Cecil Fisher, Doug McClymont, Ross Page Brian Pusep, Terry Manderson, John Maker and Valerie Evans were named.

Mr Hodges said: JPs provide an essential service including witnessing a person making a statutory declaration or affidavit and certifying copies of documents.

"Our community relies on the service provided by Justices of the Peace for many many aspects of our lives including applying for passports, witnessing documents for court proceedings or opening a bank account.

"I am pleased to acknowledge and honor the service of those who have achieved 50 years of service. I extend my deepest congratulations to those who have achieved 50 years service and to all Justices across the State."

At a morning tea the JPs were also congratulated by Federal MP for Mitchel Alex Hawke and Hills Shire Mayor Peter Gangemi for their long service as volunteers.

Brian Pusep, who first became a JP in 1963, said there was definitely a need for more people to volunteer as JPs.

Terry Manderson said he took on the role as a JP to help people.



Cecil Fisher said while he had been abused by people for refusing to witness documents he felt were not legitimate he found his 50 years of service as a JP had been "enriching".

Ian Gilbertson, vice president of the Cumberland Branch of the NSW Justices Association which includes the Hills Area, said JPs were always needed.

Locally JPs are available to sign documents at these drop-in spots:

- Castle Hill Library Tuesdays and Thursdays 10am to 1pm and on Wednesdays 5pm to 7pm.
- Vinegar Hill Memorial Library Rouse Hill on Thursdays 5pm to 7pm.
- Hills Shire Council Administrative Offices Monday, Wednesday and Fridays 11am to 2pm.
- Grove Square Shopping Centre 9.30am to 11.30am on Saturdays.
- North Rocks Shopping Centre 10am to 12pm noon on Saturdays.
- Windsor Central Library Tuesdays and Wednesdays 10am to 12pm noon.

To locate a local JP Google Find a JP on Google. To find a JP near you and organise an appointment google Find a JP.

There are more than 5000 members of the NSW Justices' Association in NSW. The titles Justice of the Peace was established in England over 600 years ago.

You can find out more about being a Justice of the Peace through the Service NSW website service.nsw.gov.au

Hills to Hawkesbury

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

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

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

BOX HILL CENTRE

BY BEV JORDAN

The private company that bought Stanhope Village shopping centre off market for \$158m from Mirvac last year has submitted plans to Hills Shire Council to build a new shopping centre at Box Hill.

Charbel Hazzouri, co-founder of Parramatta-based property company Revelop, made the announcement on his LinkedIn profile earlier this month.

The \$55 million development will be built on land at 17 Nelson Rd, Box Hill and will be anchored by a Woolworths Supermarket and Dan Murphy's.

The Box Hill Village Centre will have over 40 specialty retailers and restaurants, including a second supermarket and over 3000m2 of medical and allied health services.

The shopping village will feature parking for more than 500 cars and will also include a gym plus a landscaped plaza at the corner of Nelson Road and The Water Lane. Its \$55m value will mean that the final decision will be with the State Government's Sydney Central City Planning Panel.

Mr Hazzouri said: "With a primary trade area of up to 17,749 residents, the centre will be a vital destination serving the needs of the growing Box Hill population. Furthermore, the development will include a 140+ place childcare centre on-site, demonstrating a commitment

to supporting families within the community. Within the vicinity of the centre will be the future NSW Community & Leisure Centre which will further enhance the area's appeal, providing additional opportunities for recreational activities.

"Revelop is excited about the positive impact this Village Centre will have on the Box Hill and neighbouring communities. It will not only provide essential services and shopping options but also serve as a vibrant hub for social connections and community engagement."

Charbel and his cousin Anthony El-Hazouri founded Revelop just over 15 years ago.

Redevelop has been involved in 160 developments since founded in 2008 and owns 22 shopping centres with a further nine in the pipeline. It bought the Dural Town Centre site at 488 Old Northern Rd, Dural in September last year for a reported \$22 million.

At the time Charbel posted on his LinkedIn account: "The Town centre development,

located at 488-494 Old Northern Road, Dural, has an existing Staged approval for road infrastructure works and retail development. Revelop will capitalise from a decade-long campaign of the current owners by further developing plans to create a truly state-of-the-art neighbourhood shopping centre providing Dural residents a one-stop-shop destination. The remainder of the 2-hectare land will form a desirable integrated housing development providing much needed additional housing options for Dural and the surrounding precincts."

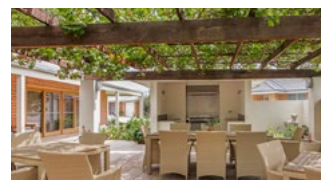
Revelop also owns the Dural Village site at 636 Old Northern Rd, Dural which is approved for mixed use and shopping centre development.



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FATAL CRASH

An elderly man struck by a car as he crossed Windsor Rd in Winston Hills on Friday May 17th died despite desperate efforts to save him.

The incident happened at about 3.25pm on Friday near the junction with Model Farms Road. It is understood the man was well known in the area.

People rushed to his aid and gave him CPR until paramedics arrived but he died at the scene.

Windsor Road was closed in both directions between the M2 and Churchill Drive for some time.

Earlier that same day there was a serious crash when a ute and truck collided at Seven Hills.

The crash on Old Windsor Road under the M2 overpass at Bella Vista happened at 3.30am. Two people were trapped with serious injuries.

Emergency services were called to the intersection of Old Windsor Road and Abbott Road and found a woman and man trapped in a road-marking truck. The male driver of the truck sustained fractures while his female passenger suffered burns when splashed by hot paint. The man driving the ute escaped serious injury. All three northbound lanes of Old Windsor Road were closed for some time due to the emergency response.

CHECK YOUR LICENCE

Hills Highway Patrol and Hills Police have charged 248 drivers so far this year with driving without a licence. Some were disqualified, or never held a licence, others were suspended drivers due to non payment of fines, and demerit points. Drivers are being urged to check that their licence is current to avoid the mandatory penalty of 12 month disqualification if they are caught driving whilst suspended. Check at www.service.nsw.gov.au

SCAM ALERT

State Crime Command's Cybercrime Squad are urging people to be vigilant about scam calls after seeing an increase in reported caller ID spoofing.

ID or web-based spoofing is where scammers use technology to make it appear their illegitimate call is originating from a legitimate phone number, such as a financial institution or government agency.

In recent months, detectives have been made aware of an increase of ID spoofing from scammers pretending to be from NSW Police Stations.

The caller will usually impersonate a NSW Police Officer and tell the person receiving the call they have an outstanding fine, before demanding payment to prevent further court action.

Commander of State Crime Command's Cybercrime Squad, Detective Superintendent Matt Craft, said the NSW Police will never call a member of the public for payment in order to avoid further police action.

CRIME SPREE CHARGES

A 31-year-old Windsor man who failed to attend court in March is now facing multiple charges following an investigation by Strikeforce Puma.

Officers attached to Strikeforce Puma charged the man in January this year with driving while disqualified and stealing offences. He failed to attend court in March and arrest warrants were issued. Police commenced enquiries to locate the man.

On 21st May officers from Strikeforce Puma observed the man driving a red Mazda sedan in the Kingswood area. He was stopped and arrested for the outstanding warrants and driving whilst disqualified. He underwent roadside testing returning a positive oral fluid sample to Methamphetamine.

Officers located a flick style box cutter, stolen supermarket goods and a set of stolen number plates inside the vehicle.

He underwent a secondary drug test returning a positive result to Methamphetamine at the police station. He was charged with 2 x outstanding warrants, Drive whilst disqualified, Custody of a knife in a public place, Shoplifting and unlawfully possess number plates. He was also served Court Attendance Notices for a further two stealing offences.

DUE IN COURT

Officers from Hawkesbury Police Area Command's Proactive Team have been working closely with local Loss Prevention Officers to identify and charge a number of people in relation to shoplifting offences over the past few weeks

As a result a 16-year-old male has been charged with stealing from a retail store in Richmond on three separate occasions. A 35-year-old woman and a 31-year-old woman have been charged with stealing from retail stores in Windsor.

"The best way to deal with these types of calls is to not engage or provide information, and to hang up," Det Supt Craft said.

"A police officer will always be willing to identify themselves and make themselves contactable at a police station. If you're concerned or want to verify the legitimacy of your call, we recommend contacting the station or Police Assistance Line directly on 131 444.

"Always remember that legitimate businesses, organisations or government departments will never call a customer seeking confidential information.

"Importantly, never give your personal details or credit information out over the phone, unless you are the one who made the call to a trusted number."

To find more information about scams in general or impersonation scams, or to find out ways to protect yourself, visit www.scamwatch.com.au

VIOLENT RAMPAGE

A 22-year-old North Kellyville man has faced court after a violent rampage saw a trail of damage.

Police say the man first approached a home in North Kellyville and damaged the front door at around 6.30pm on Sunday, 26th May 2024. A short time later, it is alleged the same person attended a supermarket at North Kellyville and started smashing bottles.

Police say he ripped down a fire extinguisher, and intimidated the manager. A short time later, he attended a supermarket in Beaumont Hills, where he allegedly smashed more bottles, attempted to damage the register and intimidated the staff member at the register.

At 7.15pm he attended a fast food restaurant at Kellyville Ridge, where he allegedly damaged the register area and intimidated staff. Police say 15 minutes later he visited a service station at Dural, where he again smashed drinks, intimidating a staff member.

He was stopped by Traffic and Highway Patrol Command - NSW Police Force driving a black Audi in North Kellyville at 7.45pm and was arrested. He was arrested and taken to Castle Hill Police Station, where he was charged with numerous counts of Malicious Damage and Intimidation.

SPEEDING DRIVER

Police say a Volkswagen Golf exceeded the speed limit by over 45km/ph whilst trying to 'catch up' to motorbike travelling over 45kph.

Officers attached to Riverstone Highway Patrol detected a blue VW travelling at 126km/ph whilst attempting to "catch u" to a Yamaha MT50 travelling at 156km/ph in the sign posted 70km/ph speed limit on Richmond Road, Doonside at about 10.20pm on Wednesday 22nd May. Both vehicles were stopped. The 22-year-old motorbike rider had a Learners' licence. Police confiscated his licence and the 45-year-old driver of the VW on the spot for a period of 6 months, the registration plates were confiscated for a period of 3 months, and both were issued with infringements for exceeding the posted speed limit by over 45kph.

Services Available

The following services are available to anyone experiencing domestic or family violence:

1800 RESPECT (1800 737 732)

A confidential information, counselling and support service.

NSW Domestic Violence Line (1800 65 64 63)

A state-wide telephone crisis counselling and referral service for women.

Men's Referral Service (1300 766 491)

Provide telephone counselling, information and referral for men.

Link2Home (1800 152 152)

Can help refer women experiencing domestic violence to crisis accommodation.

Lifeline (13 11 14)

A national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

SMOKE ALARMS SAVE LIVES

Householders are being warned about the importance of working smoke alarms by Fire and Rescue NSW (FRNSW).

New figures reveal that last winter, nearly half (49 per cent) of the 1,080 homes that were impacted by fire did not have a working smoke alarm, or any alarm, in place – kitchen fires were the most common. Fire can take hold in three minutes.

Winter in 2022 was particularly deadly for house fires, with a record 17 deaths – more than four times the total of the previous winter – and 87 people injured. During that season, exactly half of the 959 houses that caught alight did not have a working smoke alarm.

FRNSW kicks off its Winter Fire Safety Campaign this Saturday 1st June.

Residents can book a home fire safety visit when firefighters can install smoke alarms free of charge and find further advice on the FRNSW website at www.fire.nsw.gov.au/visits.

FRNSW Commissioner Jeremy Fewtrell said: "We understand that people are busy these days but making sure you have a functioning smoke alarm in your home should be a priority, especially as we enter winter. We're particularly concerned about the number of fires occurring in the kitchen, which was 44 per cent of cases last winter."

"You've got to keep looking while you're cooking – don't get distracted and if a fire

breaks out, whatever you do, don't throw water onto it, the flames will flare up dramatically."

"Keep a fire blanket near the kitchen to smother flames if they occur."

Minister for Emergency Services Jihad Dib said: "Having at least one working smoke alarm installed in your home will help safeguard your loved ones and provide peace of mind."

"But the alarms must be in working order to be effective, and we are finding this isn't the case a lot of the time. In their home safety visits, firefighters have been finding outdated and broken smoke alarms, with some even hanging from ceilings by wires. I encourage residents to book a fire safety visit from a firefighter, who can install an alarm for free or make sure your alarm is functioning properly."

Member for Riverstone Warren Kirby said: "In Sydney's growing North West, it's essential that every household has a working fire alarm."

"We have some of the best local firefighters. Don't hesitate to reach out if you need any assistance installing your alarm. Riverstone is home to the most young families in New South Wales. It's crucial that we keep each other safe."

TIPS FOR SAFETY

You will not smell smoke while asleep. Only working smoke alarms save lives.

- Test that your smoke alarm/s are working. If not, change the batteries or replace the alarm.
- Check the smoke alarm is in date. Smoke alarms have a lifespan of ten years.
- Give the smoke alarm a vacuum, if you haven't done so in the last six months, to remove dust and any insects.

To meet legislation you must have at least one working smoke alarm on each level of the home placed between bedrooms and living areas, it's the law. FRNSW also recommends having one in each bedroom. Hardwired and interconnected is best.

Residents can book a home fire safety visit when firefighters can install smoke alarms free of charge visit www.fire.nsw.gov.au/visits.



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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

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FRANK IFIELD

We'll Remember You

BY BEV JORDAN

Much-loved Dural identity Frank Ifield died on Saturday, May 18th aged 86.

The man who was patron of the Galston Country Music Festival for a decade and was a champion of up and coming country singers was a major star in the UK in the 60s when he gave a young Liverpool band called The Beatles a chance to perform.

Frank became a household name in Britain before fellow Australians, the Seekers, the Bee Gees and the Easybeats headed to the UK and yet he was always humble. A Rotarian who went out of his way to foster young Australian talent when he returned home to his beloved Hills.

Rock Historian Glenn A. Baker said on Facebook page:

"There is so much to be said about this remarkable man, who had four number ones in Britain, three of them before the Beatles (who he had briefly supported him in concert). I Remember You became an indelible hit all around the world and a perfect signature song. It topped the UK charts for 7 weeks.'

Frank's parents (Richard and Hannah) were Australians who were living in the UK when Frank was born on 30th November 1937.

His father was an inventor and engineer who created the Ifield fuel pump used in jet aircraft. The family returned to Australia when Frank was 11 and moved to Dural to live on a farm.

Frank, who was the third of seven boys, listened to country music while milking the family cow Betsy. He said he used to yodel to stop her kicking the milking bucket over.

At junior school, he led the singing. Music was in his genes as his grandfather was a former performer with touring minstrel shows.

Frank taught himself to play the ukulele before his grandmother bought him his first guitar as an 11th birthday present. After coming



second in a talent competition held by a local radio station, Frank made his first broadcasts at the age of 13.

Two years later he was hired to dress as a cowboy and entertain audiences for Big Chief Little Wolf, a wrestling booth showman in a touring fair.

He made his first record at the age of 16 for the Australian branch of EMI. His career was interrupted by national service but by the age of 21 Ifield was one of Australia's leading country and pop singers, with his own television show, *Campfire Favourites*.

He returned to the UK at the age of 21 in 1959 where he secured a recording deal with Norrie Paramor of EMI's Columbia label.

While his first few records were not hits he topped the charts with a cover version of *I Remember You*, a song written for the 1942 film *Follow the Fleet*. It reached a million sales in the UK and stayed at Number 1 for seven weeks. It remained in the UK charts for 28 weeks and made number 1 in Australia and number 5 in the US.

It was around this time that he met The Beatles' manager Brian Epstein. Ifield included the band as a support act at his show at the Embassy Cinema in Peterborough in December



Photos Glenn A Baker Facebook

1962 after he heard Love Me Do. They appeared free of charge.

Ifield also entered the race to represent the UK at Eurovision on two occasions - in 1962 and 1976 - but was unsuccessful at the national selection stage.

In 1986 he contracted pneumonia and required surgery to remove part of a lung. As a result, his vocal cords were damaged, which meant he could not sing or yodel for years. He returned to Australia in the 1980s moving to Dural.

In 1991, Ifield made a surprise return to the UK charts with *The Yodelling Song* - a dance remake of his 1962 track *She Taught Me How To Yodel*, which the Queen Mother once requested at a Royal Command Performance.

In 2016 his singing voice had recovered enough for him to return to the stage with a show that revisited his career.

He joined the Rotary Club of Galston and was Patron of the Galston Country Music Festival (1997 to 2007).

In a career spanning seven decades, he recorded 25 albums. In 2003, Ifield was inducted into the Australian Roll of Renown and was inducted into the ARIA Hall of Fame at the ARIA Music Awards of 2007. He was presented with the Medal of the Order of Australia in 2009 for services to the music industry.

He is survived by his second wife, Carole Wood, whom he married in 1992, and by two children from his first marriage, to Gillian Bowden.

VALE RON PARNELL

Hills Shire Councillors held a minute's silence for Baulkham Hills resident and passionate volunteer Ron Parnell who passed away last month on April 24th, just weeks before his 90th birthday.

The Mayoral Minute read by Peter Gangemi said: "His advocacy for men's mental health, passion for helping others and drive to try new things are a source of inspiration. It is people like Ron that make The Hills a beautiful, community- centred place to live. Ron will be missed dearly. On behalf of The Hills Shire, I want to express my deep condolences to Ron's family, friends and all those who knew him."

Ron was a much-loved and respected member of Norwest Sunrise Rotary Club, Club President Robert Bredin said Ron was living proof "that your biggest impact in the world can come after your retirement."

Born on 6th May 1934 in country NSW, Ron was the youngest of 7 children.

Ron and his wife Barbara raised four children in North Rocks. Ron sold his successful

Story continues on page 21



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BY SOPHIE POREDOS

When SOPHIE POREDOS heard about pets being used as therapy in local aged care homes she wanted to know more.

HILLS PET BUDDIES

This group of pet-enthusiasts bring their friendly canines to various aged care facilities across the Hills, spreading joy and companionship. Glenhaven local Sandra Merhi founded Hills Pet Buddies in 2016 as she wanted to bring connection to aged-care residents, who may often feel isolated.

Therapy dogs often remind residents of their own loved pets and are a positive addition

to aged-care homes. Even the science backs it up, with therapy dogs providing reduced levels of the stress hormone cortisol and increasing the bonding hormone oxytocin. With previous experience in dog therapy, Sandra believes strongly in offering a volunteer service to reach more of her community:

"We break down barriers by getting people to engage with the animals as they are non-judgmental. From our visits, people often come out of the shell and can be themselves. Our dogs have unconditional love and accept our residents as they are".

The volunteer-led team of twelve visit eight locations including Arcare Glenhaven,

Cranbrook Care in Bella Vista Gardens and Dural House, where I was able to tag along with the gorgeous Cocker Spaniel, Leo.

Many of the residents we visited were overjoyed when they saw Leo, as they were offered to brush or to pet his head. Their faces lit up as they told stories of their own pets, reminiscing on their past and connecting with his owner Caroline, who is a Castle Hill local. Caroline told me about how much Leo and herself, looked forward to these visits; "I love volunteering with Hills Pet Buddies, it's so rewarding. Leo is a very special dog, just a 5 minute visit from Leo is enough to brighten

Story continues on page 31



The volunteers of Hills Pet Buddies



Leo visiting his favourite residents at Dural House with owner Caroline



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eligible pensioners and veterans. They also serve private clients, self-funded retirees, and provide preemployment tests in addition to providing hearing care at retirement homes in the Hills and Hawkesbury regions.

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Mcgraths Hill Medical Centre
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Myhealth Kable Street
2 Kable St, Windsor NSW 2756

Norwest General Practice
5/1 Celebration Dr, Bella Vista NSW 2153

To book an appointment



Call : 0452 293 707

or contact clinic



ST JOHN OF GOD
Health Care

St John of God

St John of God Richmond Hospital celebrated the unveiling of its redevelopment on Tuesday, 21st May, transforming the existing 88 bed hospital to a new purpose built and expanded 112 facility that provides comprehensive, accessible and life-changing mental health care.

With a strong focus on providing support for first responders and veterans, St John of God Richmond Hospital now enables more clients to heal and recover in the newly designed accommodation that includes only private rooms with ensuites. The other facilities unveiled include the neurostimulation suite which will provide innovative, modern and safe electro-convulsive therapy and transcranial magnetic stimulation services and the new dining pavilion which features a light and airy dining space and an inviting café for clients, caregivers and visitors.

This is a major milestone in the hospital's \$65 million dollar redevelopment after the impressive Wellness Centre opened in August 2023, which features a gym, group room for yoga, meditation and indoor pool. The Most Reverend Vincent Long Van Nguyen OFM Conv, Bishop of Parramatta blessed the Redevelopment. The blessing and official opening was attended by General the Honourable Sir Peter Cosgrove AK AC (Mil) CVO MC (Retd), St John of God Health Care Trustee Chair Hon Neville Owen AO, KCSG, St John of God Health Care Board Chair Hon Kerry Sanderson AC and Group CEO Bryan Pyne, invited guests and clients.

St John of God Health Care Board Chair Hon Kerry Sanderson AC CVO said the redevelopment ensured St John of God Health Care continued to be a leading provider of mental health care.

"St John of God Health Care is proud to be continuing our longstanding legacy by providing a safe place to receive care for mental illness through holistic person-centred care," she said.

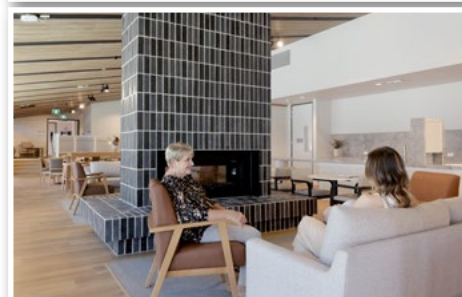
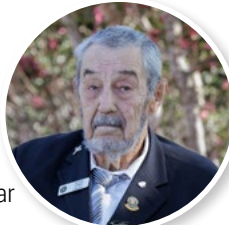
"Through this redevelopment, St John of God Richmond Hospital has created a sanctuary that inspires confidence, trust and promotes hope and healing through excellent care.

St John of God Health Care Group CEO Bryan Pyne said that consultation with clients and carers was key in informing the design of the new facilities.

"We engaged with our clients and their families to ensure our services were designed to meet their mental health care needs, as well as guiding St John of God Health Care's mental health strategy," Bryan said. "The facilities we are showcasing today have been developed to help people overcome the disconnection and isolation that comes with mental illness and assist with reconnecting to family and friends."

The final redevelopment phase will include a new chapel and pharmacy with completion expected by the end of 2024.

One of the guests at the official opening was veteran Peter Jones (pictured). The 82-year-old served in the Royal Australian Navy for 11 years including a one year tour in Vietnam.



HELPING KIDS WITH CANCER

BY BEV JORDAN

When Farmer Dave Graham had his signature long locks cut off it was for very good reason ... to help children with cancer.

The Grantham Farm resident visited the Kids With Cancer head office in Castle Hill last week to have his hair cut off to make five wigs for five kids. He also set himself a goal to raise \$13,000, the cost of making the wigs, as part for the Kids with Cancer Foundation's Wigs 4 Kids program.

Farmer Dave became known for his luscious long golden locks while a contestant on Big Brother in 2006. He became a TV celebrity after he shared his story of growing up as a gay man in the bush, and for his work with dogs for social good.

Dave said: "Having long hair has been my protective armour, emotionally mentally and physically. I hope that the little kids whose wigs are made from my hair, and the funds we raise to make more, get that same sense of self affirmation and ability to keep getting up each day, slip in their protective amour in their fight for life".

He said he was moved to help when he was MC at last year's Gold Ribbon Ball fundraiser for Kids with Cancer Foundation, held by Danielle, Sophie and Harrison Smith who lost 8-year-old son and brother, William, to cancer in 2018.

"The Foundation provides so much holistic care," he said. "They do absolutely everything, from funding 20 healthcare professionals, funding hospitals and helping individual families. I spoke to so many families that had been helped.

"I didn't realise wigs for KWCF's Wigs 4 Kids program were made right here on the Central Coast (Ella Wigmakers) and has provided over 100 wigs for children with cancer. It enables kids going through treatment to feel like ordinary kids without reminders that they are different."

He said while he had his long hair cut regularly to donate wigs for children, he had previously sent it to a charity in America.

He was happy that this year's "big chop" (a healthy 80cms of hair) was kept in Australia after six years of growing it.

The big chop was livestreamed on Facebook by Farmer Dave, and who better to do the big cut than 9-year-old cancer warrior Zai (pictured) who was diagnosed with stage 4, high risk Neuroblastoma in March last year.

Since his diagnosis Zai has undergone one of the most gruelling treatment protocols a child can endure - eight rounds of high-dose chemotherapy, two 8 hour surgeries, a bone marrow transplant, 12 rounds of radiation, and 6 months of immunotherapies. He has responded very well to treatment, but the hard truth is that Neuroblastoma has a 50% relapse rate and if Zai relapses, his chances of survival plummet to just 5%.

The good news is that Zai has been accepted into an American Clinical trial of an amazing drug, DFMO, for relapse prevention in high-risk Neuroblastoma cases. This is not available in Australia yet, and to undergo this treatment Zai will need to travel to the USA at least six times in the next two years, which brings with it huge financial stress for his family. You can donate direct to Zai to support

him on his journey here: <https://www.gofundme.com/f/support-zais-journey>

Donations to support Dave's big chop can be made until June 14th. <https://fundraise.kidswithcancer.org.au/fundraisers/davegraham>

Farmer Dave will also be Master of Ceremonies at the Gold Ribbon Ball, fundraising for Kids with Cancer Foundation, on 7 September 2024 at Western Sydney Community and Conference Centre, Penrith - tickets are on sale, goldribbonball.com.au

Kids with Cancer Foundation provides direct financial support to families of kids with cancer, Wigs4Kids, Care Packs, funds research, vital clinician positions and capital works in children's hospitals all around Australia.

Around 1000 children in Australia are diagnosed with cancer each year, and Dave wants to use his hair cut to raise awareness and funds to help these children and their families.

The Foundation recently donated \$10 million to The Children's Hospital at Westmead for the new Cancer Centre for Children.

To find out more about the charity visit kidswithcancer.org.au



HAWKESBURY LIBRARY

Energy Efficiency and Solar Workshop - Online

Wednesday, June 5 – 6, 7:30pm AEST Online - 1 hour 30 minutes.

Link will be provided following registration.

BEAT THE COLD by unlocking the best way 'Keeping your home warm this Winter!' By *Hawkesbury Living Sustainably*

This workshop is for residents who live in the Hawkesbury Local Government Area. Presenter is Ian Moxon, Sustainability Consultant, Facilitator and Educator.

The cost of this workshop is provided FREE of charge to residents of the Hawkesbury Local Government Area. Booking: Bookings are essential.

In this workshop you'll discover how to:

- Harness nature's free heating potential! Explore natural heating methods to work against the cold this Winter.
- Examine your home's performance. We'll discuss the impact of air leaks, insulation needs and window treatments which can greatly enhance your home's performance through the cold months.
- Learn about best practice ways to keep your home warm. There are smart ways to keep you comfortable, reduce wear and tear, consume less electricity and deliver lower energy bills.

- Consider smart technologies and upgrading appliances for an even more energy efficient future.
- Find out about rebates and get answers to your specific heating challenges and concerns.
- You'll also get the chance to ask questions of our expert, Ian Moxon.
- Whether you live in a small apartment or a spacious family home, this presentation offers solutions for every type of living space. The benefits explored go well beyond saving money; they provide a more comfortable, sustainable, and resilient home environment, making it a wise investment for anyone looking to beat the cold this Winter.
- Council is delivering workshops such as this to help provide community members with relevant information to make informed decisions relating to solar power.
- Join us for this essential presentation and take the first step toward creating a cool, comfortable, and energy-efficient home.

Don't miss out on what's coming up at your library.

REGULAR PROGRAMS AT THE HAWKESBURY LIBRARY

- **RHYMETIME:** Weekly every Mon, 10–10.30am at the Central Library. For 18 mos – 3 year olds. **During school term only.** No bookings required. Just turn up.
- **STORYTIME:** Weekly every Tues, 11–11.45am at the Central Library and Thursday at 11–11.45am at Richmond Branch Library. For 3–5 year olds. **During school term only.** No bookings required. Just turn up.
- **TECH HELP:** Weekly every Thurs at 10am in Windsor, and every Friday 3–5pm at Richmond. To book in contact the library on 4560 4460
- **THIRD TUESDAY NIGHT BOOK CHAT:** Monthly third Tues of the month 6.30pm – 8.30pm, the Central Library. No bookings required. Just turn up.
- **THIRD THURSDAY BOOK CLUB** – Monthly 3rd Thurs of the month 10am–12pm, the Central Library. No bookings required. Just turn up.
- **KNIT WITH FRIENDS** – Monthly Last Friday of the month 10am–12pm on the Central Library. No bookings required. Just turn up.
- **HAWKESBURY FAMILY HISTORY GROUP MEETING** – Monthly 2nd Wed of every month 10–11.30am at Windsor or via zoom.
- **JP SERVICES** – Weekly every Tuesday and Wednesday, 10am–12pm at Windsor. No bookings required. Drop in service.
- **LEGAL CLINIC** – Monthly on the first and third Wednesday 10am–1pm. No bookings required. Drop in Service.

HILLS SHIRE LIBRARY

SMALL SPACE GARDENING

Wed, 5 June 2024 10:30 AM - 12:00 PM AEST - 1 hour 30 minutes
Baulkham Hills Library, 1 Railway Street Baulkham Hills, NSW

Even the smallest gardens can produce fresh food right at home. Come along and find out how to grow your own food in a small space. You will learn how good design and planning are critical. Different strategies such as container gardening, planting into the ground or small raised beds will be discussed. The workshop is ideal for people living in apartments, villas ad townhouses.

This event is for Hills Shire residents only. Presented in collaboration with The Hills Shire Council's Resource Recovery team.

Free | Bookings essential online | Suitable for Adults.

Books you might enjoy: My tiny garden / Lucy Scott; Small garden handbook / Andrew Wilson; Modern container gardening / Isabelle Palmer

URBAN GARDENS - LOVE FOOD, HATE WASTE

Fri, 14 June 2024 10:00 AM - 12:00 PM AEST - 2 hours
Castle Hill Library, 14 Pennant St Castle Hill, NSW 2154

Learn how to make sustainable food choices, saving you time and money! Discover the difference between organic, natural, ethical and fair trade products. Be inspired to grow and use herbs at home with herbal tea and home-made pesto recipes included!

This event is for Hills Shire residents only. Presented in collaboration with The Hills Shire Council's Resource Recovery team.

Free | Bookings essential online | Suitable for Adults

Books you might enjoy: Use it all / Alex Elliott-Howery; The less waste no fuss kitchen / Lindsay Miles; More plants less waste / Max La Manna

PLASTIC FREE LIVING WORKSHOP

Thu, 6 June 2024 6:30 PM - 8:30 PM AEST - 2 hours
Vinegar Hill Memorial Library (Rouse Hill Library)
29 Main St Rouse Hill, New South Wales 2155

Start your journey to Plastic Free Living! Are you looking for ideas to reduce plastic use in your everyday life? This workshop looks at alternatives to common products such as food storage containers and wraps and includes a demonstration of how to make safe, beeswax-infused food wraps. Beeswax wraps will be raffled off to our lucky attendees at the end of the night.

This event is for Hills Shire residents only. Presented in collaboration with The Hills Shire Council's Resource Recovery team.

Free | Bookings essential online | Suitable for Adults

Books you might enjoy: How to go plastic free / Caroline Jones; Quitting plastic / Clara Williams; A zero waste life in thirty days / Anita Vandyke

In consideration of others, please cancel your booking if you are no longer able to attend.

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RELAY FOR LIFE

BY BEV JORDAN

Purple power hit Castle Hill Showground on 18th May as thousands of people took to the track for the 23rd annual Hills Relay For Life event.

The community event has already raised close to \$300,000 for Cancer Council research and support programs and donations are still being banked.

High winds early on Saturday morning had the community organising committee busy tethering tents and gazebos before the official launch started With a Welcome to and visual demonstration on the cancer statistics.

A Lone Piper led the first lap as cancer survivors and carers walked the first lap at Castle Hill Showground which was followed by a special morning tea.

Politicians including Federal MP Alex Hawke, State MPs Mark Hodges and Ray Williams and Hills Shire Mayor Peter Gangemi and Deputy Mayor Mitchell Blue and fellow councillors joined sponsors and Relay participants for the next lap.

This year's Relay had a huge amount of youthful energy with several high schools involved including Castle Hill High Glenwood High, Rouse Hill Anglican College, Kellyville High, The Kings School and Crestwood High.

Emergency services were also out in force walking the track with State Emergency Service volunteers making sure that orange overalls could be seen walking around the clock. Rural Fire Services volunteers joined the police and St John Ambulance in supporting the event.

Relay is not a race and while some walkers chose to walk a 1,000 laps or 24-hours most people were happy just to be there, alongside local businesses, service organisations and family groups and friends.

Hills Relay Chair Lisa Carruthers said despite the cold the atmosphere was glowing.

"The strength of Relay is how it brings our community together for a common goal ... a cancer-free future," she said. "We had over 80 cancer and carers on the track and they are celebrated. It is such a meaningful event to be part of."

The 24-hour event features all day entertainment on stage plus trackside favourites such as the box car rally which

included an emergency services race and prizes for junior contestants.

Hundreds of people attended the moving candlelight service of remembrance.

Major sponsors were: Purple: CHRQ (Castle Hill RSL Group), Castle Towers, Event Cinemas. Gold: Mulpha and Rydges Norwest, Silver: Century 21 The Hills District and Buy Invest Live, Smada Electrical Services, Hills Self Storage, Robert Cliff Master Jewellers and Hills to Hawkesbury Community News. Lisa also thanked Bronze sponsors and supporters who enabled the community event to happen.

The next Hills Relay fundraiser is a High Tea at Rydges Norwest on Saturday June 15th 2pm to 4.30pm. Book tickets by emailing techsec@iprimus.com.au or message Bev on 0451 519 088.

Photos by Terry Gaine.



Cycle Ride for LIFESTART

BY BEV JORDAN

Scott Berry has enjoyed cycling round the Hills but this month the Kellyville father-of-three cycled 1,100kms from Brisbane to Sydney, battling some pretty strong headwinds on the way.

While the big cycle ride has always been on Scott's mind he thought he had little chance of pursuing his dream until his employer, Komatsu Australia, offered staff the opportunity to undertake a personal challenge to raise funds for a cause of their choice.

Scott embraced the "Live Your Dream" opportunity and took nine days to cycle from Komatsu's Brisbane office to its Sydney base to raise money for Lifestart, a disability support program which helped his son Nathan more than 20 years ago. Komatsu donated \$10,000 and Scott's own fundraising page is close to raising an additional \$7,000.

He and his wife Julia were told their son Nathan was on the autism spectrum when he was a toddler. Scott said Julia realised something

was different about the development of their second born son and when the diagnosis came they enrolled him into an early intervention program with Lifestart. The couple say it changed not just Nathan's life but theirs as well.

Speech pathologist Louise Ulliana was part of the Lifestart team that worked with the family and she was at the finishing line to congratulate Scott on his epic fundraising journey.

Now 24, Nathan is a happy, healthy independent young man and much-loved member of the Hills community where he works at Coles in Kellyville. The family say his growth and success are a testament to Lifestart's support and early intervention programs.

Scott said he has wanted to cycle from Brisbane to Sydney since 2009. "It was a

multiple win," he said. "It was a great feeling to help Lifestart and I did my ride. It is good to set your goals and achieve them."

His nine day journey took him through Kingscliff, Kempsey, Taree, Hawkesnest and The Entrance and then Kellyville with his last leg taking him from Kellyville to the Lifestart Headquarters in Rhodes on Friday, 24th May. The longest day was 165kms from Woodburn to Woolgoolah.

He said one of the biggest rewards of the trip was being able to pass on information about Lifestart to a friend whose family had just received a diagnosis of autism for their daughter and didn't know where to turn to for help.

The early years are crucial for development which is why Lifestart's early intervention was able to have such a big impact for Nathan. The couple have three sons, Mitchell, Nathan and Chris.

Lifestart was established in 1996 by a group of eight families who wanted more involvement in their children's support. Lifestart now supports over 10,000 children and young people every year. For more information visit lifestart.org.au

Mitchell, Julia, Louise (Nathan's Former Lifestart Therapist), Nathan and Scott

JOIN US

Hills Relay For Life

High Tea 

SATURDAY, 15TH JUNE

2pm to 4.30pm | Rydges Norwest

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Celebrating 60 years of beautiful blooms.

Cumberland Orchid Circle was inaugurated on 19 August 1964. Members attend meetings at 7.30 pm on the fourth Wednesday of each month at North Rocks Senior Citizens Hall.

Demonstrations and talks about growing and cultivating orchids occur each meeting. Visitors are welcome - whether you are looking for a new hobby, are a novice gardener or interested in enhancing your collection. Within the club there are many experienced growers who can help with advice on plant care, potting, problem solving, improving flowering, watering systems and greenhouses.

Upcoming 2024 displays:

- 7-8 June - Carlingford Court Shopping Centre
- 5-6 July - Grove Square (Old Stocklands) Baulkham Hills
- 26-27 July - Grove Square
- 29-31 August - Winston Hills Shopping Centre.

Come along to see the prize winning flowers, talk to the members or pick up a membership application. There are outstanding floral displays, information sheets on caring for orchids and plants for sale. For more information contact cocorchids@gmail.com or phone 0408 436 972.



THE CENTRE CHURCH NEWS

When our emotions get out of hand?

MURRAY LAMERT:
PASTOR AT THE CENTRE DURAL

The film "Inside Out 2" is coming out this June and the premise of the trailer is that Riley, a 13-year-old girl is trying to get through life while 9 personified emotions run rampant in her head.



When you think about your emotions, do you feel like you're controlling them, or that they're controlling you? Jesus tells us "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." In John 14:27, and while this is a great start, this is easier said than done.

Paul gives further advice in Philippians 4:6-7; "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

If you would like to catch up and talk more about this, I'd love to buy you a coffee in our church café sometime. Feel free to email me at; murray@thecentredural.org.au, or join us any Sunday at our 10am Service at The Centre Dural.

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HILLS MOWERS

Kress Robotic Mower Demonstration



In order to demonstrate the amazing capabilities of the new satellite controlled robotic mowers, Hills Mowers is offering a free 24 hour at home demonstration of its capabilities.

They will come to your property, set up some agreed mower boundaries using its inbuilt smart technology, and then leave you to watch your property being mowed automatically. You will see how the robotic mower navigates hills, obstacles, bumps. It will work in rain or shine and will automatically return to base to recharge.

Joe Fahim from Hills Mowers says "once residents see how easily these robotics mowers manage simple or complex properties, most people will want to buy one. They save hours of time and your lawn will always look pristine. Mowing regularly also reduces weeds so your lawn will stay greener."

Be the first to have the latest and most advanced robotic mower in Australia. Call and join our exclusive VIP List and make sure you get a number and approximate date for your Kress robotic mower demonstration. There will also be a \$100 booking fee which is fully refundable if you buy a robotic mower. To book a demonstration call Joe on 02 9651 6616.

CASTLE HILL Gymnasts Soar

Castle Hill Gymnastics Club, part of the Castle Hill RSL Corporation, has wrapped up an incredible competition season, showcasing the talent and dedication of its athletes. The season, which concluded last week with National Championships, included two Women's Artistic Gymnastics NSW State Trial Competitions and the NSW State Championships held between February and April.

The pinnacle of the season was the Australian National Championships in May, held at the Gold Coast Leisure Centre in Queensland.

The star of the season for our female athletes was undoubtedly Yun Ni Wong. Competing in the Senior State Championship in the Future International Division, Yun Ni dominated the event, securing 1st place overall. Her exceptional performances earned her 1st place on the Vault,

Uneven Bars, Balance Beam, and Floor. Yun Ni's success continued at the Australian National Championships, where she became the Australian National Champion on Vault in the same division. Her achievements have made her a standout athlete and a source of immense pride for the club.

"Our athletes have worked incredibly hard this season, and their success is a testament to their dedication and perseverance," said Zoltan Mirko, Head Gymnastics Coach at Castle Hill Gymnastics Club. "Yun Ni's performance was outstanding, and it's been fantastic to see our athletes excel at both state and national levels."

In addition to Yun Ni's triumphs, the club saw significant contributions from its athletes to the NSW teams in both Men's and Women's gymnastics. Eight senior athletes represented NSW in the Level 9U, Level 8U, and 7 Open. Flynn Wilson a standout in the Level 8 team, received a Silver Medal, further highlighting the club's strength and depth.

"Our club is more than just a place to train; it's a community where athletes support each other and strive for excellence," added Mirko. "This season's success reflects the hard work of our coaches, the dedication of our athletes, and the unwavering support of our community."

The head Men's Coach from Castle Hill Gymnastics, Jeff Crockett, was selected



Yun Ni Wong on the podium

to travel as NSW Men's Team Head Coach, highlighting the level of coaching that is being provided to the mens athletes at Castle Hill.

Jeff has joined the Castle Hill Gymnastics coaching team as a High Performance head coach from Washington State University, bringing a wealth of coaching experience which has assisted to take these athletes to the next level.

We are excited to see what is to come from the Castle Hill gymnastics athletes as they now embark on their Junior Competition season for both men and women, starting with the first State qualifier event in July.

Castle Hill Gymnastics Club's achievements this season underscore the importance of community clubs in fostering young talent and providing athletes with the opportunities to compete at the highest levels. As the club looks forward to future competitions, the success of this season will undoubtedly serve as a strong foundation for continued excellence.



Coach Silver medalist Flynn Wilson with Coach Jeff Crockett

STONE & WOOD

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THURSDAY 20TH JUNE

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ROAST MEAT | ROAST POTATOES | PUMPKIN

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TRIVIA EVERY THURSDAY 7.30PM - 9PM IN THE FOOD COURT

FREE to play + great prizes: bring your friends!

PLUS the first 20 attendees get a \$5 food voucher for purchases over \$15 at any participating store.

*No pre-registrations required. Family friendly event.
\$5 food vouchers valid only on the Trivia night.
Further terms and conditions apply. Visit website for details.

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**GROVE
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- THE HILLS -

The One Mile Kitchen Cafe

BY SOPHIE POREDOS

Tucked away in the Opal Cottage at Richmond, the charming One Mile Kitchen Cafe offers support and training in hospitality to people with disabilities.

The One Mile Kitchen Cafe may be difficult to miss, as it is hidden within The Secret Garden and overlooks the nursery. However, you can expect to be greeted by a very colourful cow statue at the entrance: vibrant rainbow colours setting the standard for the warm service you will receive. Inside, staff with a spectrum of disabilities receive training in barista skills, cooking and customer service. Their menu is simple but has a variety of hot lunch specials, coffees and gourmet toasties.

Eight years ago, NorthWest Disability Services expanded The Secret Garden from its origins as a garden centre for people with disabilities. Today, it is a thriving not-for-profit community centre that organises three annual festivals and a variety of workshops catering to everyone's needs and interests.

With over 20 years in disability support and previous experience in youth work, Hawkesbury coordinator and local Wayne Williams



The volunteers at The Secret Garden nursery

expresses pride in his team and the supportive environment they have built together: "This is a place where everyone is welcome. Our Cafe offers a sense of autonomy and independence. It's a very inclusive environment where people take a lot of pride and ownership in their work. Some of our participants have scored their first job outside of this establishment and that's such a proud moment for them, and us".

The Secret Garden Nursery is a green thumb's dream, with a great range of budget-friendly plants including cottage garden flowers and succulents. As a registered charity, their nursery reimburses funds into the community and supports their various endeavours. A recent addition is their Ladies' Shed open Thursday and Saturday from 10am to noon, where learning is at the heart of its core. The various

workshops teach women a range of skills with the purpose as Wayne quotes to, "Learn what you can and teach what you can."

The Secret Garden is run by volunteers and would love more community-minded individuals to assist with their day programs and other ventures. You can reach out to Caroline, the Hawkesbury Assistant Coordinator at opal@ndws.org.au or express your interest with NorthWest Disability Services on 02 9686 4155.

Visit The One Mile Kitchen Cafe at Clydesdale Lane on the Western Sydney University campus, Richmond NSW 2753 (enter from Londonderry Road). Large groups can be booked over the phone on 0414 784 460. The Cafe is open Monday to Saturday from 10am to 2pm, and The Secret Garden is open 9am to 4pm.

Binnowee

General meeting of Binnowee Kindergarten Co-operative Society Limited

A general meeting of Binnowee Kindergarten Co-operative Society Limited is to be held on **Tuesday 23rd July 2024** at 7.30pm at 6 New Line Rd West Pennant Hills, NSW 2125.

The purpose of the meeting is to consider the following special resolutions:

1. That Binnowee Kindergarten Co-operative Society Limited be converted from a non-distributing Co-operative with shares to non-trading co-operative without share. The value of the shares will be retained by Co-operative in its general revenue.

If the proposal in point 1 is approved:

2. That the Board is authorised to take all action necessary to transfer its registration from a Co-operative to an incorporated association under the name Binnowee Kindergarten.
3. That the Association adopt NSW Fair Trading's Model Constitution for Association's Constitution as the Constitution of Binnowee Kindergarten.

For more information please contact the Kindergarten's Director, Sara Andersson at binkindy@bigpond.net.au



FITTERS & STOREMEN WE NEED YOU!

Local company Aussie Pumps has moved into its newly refurbished facility in Norwest as part of their expansion plan. The drive now is to increase production efficiency to meet demand for Aussie-built, high-quality pumps and pressure cleaners.

To support this growth, Aussie Pumps is also embarking on a significant recruitment drive for fitters and warehouse staff. We're interested in hearing from locals keen to work near home with the benefits of reduced travel time and improved convenience.

"We're proud to be an Australian manufacturer and stand by the quality of our products," said Operations Manager Mal Patel. "We give full on the job training under the guidance of experienced boilermakers and fitters."

If you, or someone you know, is keen to find a position that is rewarding, stimulating and enables them to make a positive contribution then Aussie has the right job for you.

Interested? Give Mal Patel a call or send your resume to operations2@aussiepumps.com.au

Council celebrates the dedication of volunteers during Volunteer Week

Council's volunteers were recognised for their commitment to The Hills community at a special awards ceremony at the Pioneer Theatre during National Volunteer Week (20-26 May).

The ceremony, which took place on Wednesday 22 May, celebrated volunteers for their years of service to the community. The presentation was followed by a performance of Ghost The Musical by Blackout Theatre.

Mayor of The Hills Shire Dr Peter Gangemi expressed his gratitude to the 1,037 volunteers registered with Council and the thousands of others associated with local community groups for their devotion to making The Hills a more connected and community-centred place.

"I would like to thank all of our volunteers at Council and across the wider community for their incredible work giving back to our area," Mayor Gangemi said.

"This year's theme 'Something for everyone' represents the diverse range of work our volunteers do for our community. From our Bushcare volunteers who nurture plants, events volunteers who help ensure operations at our

events run smoothly, to our Hills Youth Army who provide opportunities and a voice for our young people – and so many more. I'd also like to give special thanks to two volunteers who were celebrated at the awards ceremony - Barbara Stewart and Marilyn Stoneham. Together, they have given an amazing 95 years of volunteering to our community.

This year marks Barbara Stewart's 50th year as a volunteer for Meals on Wheels. Over the past half-century, she has delivered meals and provided companionship to hundreds of Meals on Wheels clients.

"It has been a very enjoyable and interesting experience. I have met some lovely people over the years," Barbara said.

Marilyn Stoneham has served the Hills community for 45 years as a Council volunteer at Meals on Wheels and The Hills Shire Library Service, and as a member of the Castle Hill

Heritage Park and Castle Hill Showground S355 Advisory Committees.

She has also volunteered for local organisations such as Castle Hill Neighbourhood Watch and Castle Hill Gazelles Netball Club. For Marilyn, volunteering is about the lasting friendships and connections made within the community.

"It's the friendships made, and knowing what is going on in the community and the reward of making people happy while giving back," Marilyn said.

Council offers a range of volunteering programs including Bushcare, Bidjivong Community Nursery, Hills Community Care, Justice of the Peace, 355 Committees, Dural Information Centre, Events and more.

To discover current volunteering opportunities, visit The Hills Shire Council's website and search for 'Volunteering'.



Mayor of The Hills Shire, Dr Peter Gangemi with Barbara Stewart and Marilyn Stoneham at the Volunteer Thank You Night.

PROPOSAL TO UPGRADE MOBILE PHONE BASE STATION AT DURAL INCLUDING 5G

Optus plans to upgrade the telecommunications facilities at the below mentioned address with the addition of new 5G equipment:

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- The proposed 5G upgrade will consist of the installation of the following:
 - Eight Optus 5G panel antennas (<2.8m in length);
 - Four Optus 4G panel antennas (<2.8m in length);
 - A four bay equipment shelter (<2.5m in height and 7.5m² base area); and
 - Installation of ancillary equipment including eight RRUs, antenna mounts, feeders, cabling, combiners, and other associated equipment.
- Optus regards the proposed installation as a Low-impact Facility under the *Telecommunications (Low-impact Facilities) Determination 2018* ("The Determination"), the based on the description above. The proposed infrastructure will comply with ACMA EME regulatory arrangements.
- In accordance with Section 7 of *C564:2020 Mobile Phone Base Station Deployment Code 2020*, we invite you to provide feedback about the proposal. Further information and/or comments should be directed to: Mr Jordan Leverington at Service Stream Limited, 0458011882, Optus.Submissions@servicestream.com.au or Zenith Tower B, Level 3, 821 Pacific Hwy, Chatswood NSW 2067 by **5pm, Tuesday 18 June 2024**.
- If you would like to know more about this site, further information can be obtained from www.rfnsa.com.au/2158007

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CULTURES OF THE HILLS



In celebration of 'The World Day for Cultural Diversity for Dialogue and Development', Hills Community Aid is partnering with the Community Migrant Resource Centre and The Hills Multicultural Network to host Cultures of The Hills #3.



This wonderful free event provides the community with the opportunity to learn about and celebrate some of the key cultural groups in The Hills Shire through stories and cultural activities. This year we are featuring a panel of guest speakers from Ukrainian, Iranian and Indonesian cultures. There are also some great performances and creative activities planned, including a wonderful Welcome to Country by students from Northmead High.

The event is on **Wednesday 5 June 10am-1pm** at Pioneer Theatre Castle Hill. Numbers are limited and registrations required by scanning this QR Code or calling 96398620 for assistance to register.

VALE RON PARNELL

from page 7

local tennis coaching business at the age of 63 and then enrolled to study at the University of Western Sydney achieving a Master's in Applied Science, with a Major in Cultural Action.

Ron was devoted to improving men's mental health and worked tirelessly to that end. As a result of his university studies he established the MISTER Newsletter (Men's Information Sheet to Every Region) at the age of 65 to start discussions about men's mental health.

The monthly newsletter was sent to 400 subscribers from Australia, New Zealand and abroad and included information about health issues, practising self awareness and support services.

He also set up Older Men's Network Incorporated (OMNi) chapters to provide a regular meeting space for retired men to meet and to lessen the effects of isolation, one running in Epping for 25 years and one in Castle Hill.

The Hills Older Men's Network (OMNi) at Castle Hill was set up with the support of Norwest Sunrise Rotary Club Ron and meets on the first and third Monday of the month at Castle Hill Senior Citizens Club. Ron was also the driving force behind the annual Norwest Sunrise Rotary Club's Mental Health Expo and founded the Men's Carers Support Group, which meets monthly in Seven Hills.

He was 70 when he started acting with the Castle Hill Players.



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Healthier, Happier Communities Live Better in Retirement Villages

What is happiness? The benefits of living a happy life extend far beyond physical health.

Happiness and mental health are intrinsically linked, and a higher state of happiness can lead to better mental health outcomes, lower levels of stress, and a more positive outlook on life. Retirement Village residents report being 41% happier than those who do not live in such communities. The structured social activities and the sense of community inherent in retirement villages play a significant role in fostering this increased happiness. From group outings and movie nights to book clubs and gardening groups, the opportunities for social interaction are endless.

As we age, finding the perfect place to thrive, stay healthy, and enjoy life to the fullest becomes a top priority. Recent data has shown that living in a retirement village can significantly enhance the quality of life for seniors. Retirement village residents are 20% less likely to require hospitalisation, leading to approximately 14,000 avoided hospitalisations across Australia each year. This striking statistic underscores the profound benefits of retirement village living.

Moreover, the supportive infrastructure of retirement villages ensures that residents have

easier access to healthcare services. Many villages have partnerships with local healthcare providers, ensuring timely and efficient medical care. This accessibility reduces the need for emergency hospital visits, as minor health issues can be addressed promptly and effectively within the community.

Daniel Gannon, Executive Director of the Retirement Living Council of Australia, highlights the remarkable advantages of retirement village life. He notes, "Compared to people who don't live in a retirement community, residents are 15% more physically active, 41% happier, five times more socially active, twice as likely to catch up with family and friends, and experience reduced levels of depression and loneliness." These benefits are not just numbers; they represent real improvements in the lives of seniors who choose this lifestyle.

Windsor Country Village, a family-operated community for over 35 years, offers an unparalleled living experience in a picturesque 5-acre garden oasis. Our residents enjoy a diverse range of activities designed to keep them engaged, active, and connected. From fitness classes and walking groups

to art workshops and social events, there's something for everyone at Windsor Country Village.

Physical activity is a cornerstone of health, especially as we age. Retirement Village communities provide numerous opportunities for residents to stay active. This active lifestyle not only boosts physical health but also contributes to the reduced need for hospitalisation amongst residents.

The advantages of retirement village living are clear and compelling. The increased physical activity, heightened happiness, and enhanced social engagement experienced by residents lead to better health outcomes and a reduced need for hospitalisation. As Australia's population continues to age, the role of retirement villages in promoting a healthier, happier, and more socially connected elderly population will become increasingly important.

Visit us at Windsor Country Village and explore our thriving community, where every resident is cherished and celebrated - where health, happiness, and community come together to create the perfect retirement living experience.

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out and about
with **MICHELLE BYRNE**

Must see lookouts across the Hills and Hawkesbury

We are blessed to live in one of the most beautiful parts of NSW where the urban meets the semi-rural part of Sydney. As a result, we have lots of wonderful lookouts providing incredible views as well as places to sit and relax away from the hustle and bustle of everyday life.

Every drive we go on is a chance to discover a new lookout or to revisit a lookout we have been to before, of which we can't just get enough!

Here are a few of our favourite lookouts across the Hills and Hawkesbury and we encourage you to also explore these lookouts and enjoy them as much as we do.

Hawkins Lookout

This is located on Old Northern Road, Wisemans Ferry is the best place in the State to get a spectacular view of the sparkling Hawkesbury River and the valley below. We love watching the Webb's Creek Ferry and other boats on the river. There is a corten steel heritage bus to pose beside, a tribute to bus driver Fred Hawkins who would often stop at the steepest hill overlooking the river for his passengers to enjoy the view. With a small picnic area, Hawkins Lookout is a great place to stop for a bite to eat and to enjoy one of the best views in the Hills.

Bellbird Lookout, Kurrajong Heights

Located on Bells Line of Road, this is one of our favourite places to stop on our way back from fruit picking in Bilpin. At 500 metres above sea level, this lookout gives extensive views to the east, south and north over the Hawkesbury Valley and the Sydney Basin. What we love best about this lookout is that if you listen carefully, you will hear the distinct call of the bellbirds through the valley.

Unlike many of the other lookouts we visit, **Turkeys Nest Recreation Park** on Tamborine Drive, Beaumont Hills is in the urban part of the Hills. This lookout offers stunning views over Northwest Sydney including over Rouse Hill, Blacktown and Norwest Business Park particularly at night with all the lights. The great thing about this location is that it also has a large pond, a playground, picnic shelters and walking tracks making it the perfect place to enjoy the afternoon whilst appreciating the view. The park was a dairy farm up until the 1970s and features metal cow statues and milk jugs as a reminder of the site's past.

One of the newer lookouts we have visited in recent times is the **Hawkesbury Lookout** located at Hawkesbury Heights. This lookout,

located between Hawkesbury and Katoomba, offers a place to stop and stretch your legs and enjoy an incredible view out of the Nepean River and the Cumberland Plain. There are picnic tables and chairs to sit and enjoy the view.

Other Lookouts that are worth exploring include **Vale of Avoca Lookout** in Grose Vale, **Streetons Lookout** in Freemans Reach, **Porters Lookout Reserve** in Dural and **Huntingdale Circuit Reserve** in Castle Hill, to name just a few.

If you are looking for something to do this weekend, why not jump in the car and go and enjoy some of the best views in the State.



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The Hills Shire Council News

Box Hill is opening its first sportsfield

Hills Shire residents are invited to celebrate a major milestone in the evolution of Box Hill, with the grand opening of Brindle Parkway Reserve on Saturday 15 June from 12pm to 2pm.

The official opening of Box Hill's first sporting complex will be marked with a plaque unveiling, free gelato, coffee, BBQ, and face painting.

Sporting organisations such as Cricket NSW Sydney Thunder, Box Hill Bears Cricket Club and Motiv8 Sports will be running interactive sports activities and Council's Compliance team will be handing out free custom engraved dog tags.

The new sporting complex features two rectangular turf playing fields that can be reconfigured into one cricket oval, a half-court basketball facility, two cricket practice nets, and a playground with picnic facilities.

The reserve also includes onsite parking with 128 spaces, pathways including a perimeter walking loop and an amenities building with accessible toilets, change rooms, kiosk, referee room, and storage as well as planting of native trees and landscaping.

There will be a generous but limited number of free sausage sandwiches, coffees and gelato. Attendees are welcome to bring their dogs under the condition they are on a leash at all times.



*Brindle Parkway Reserve Aerial, April 2024.
(credit: SKYview Aerial)*

Last chance to help shape Arts and Culture in the Hills



The Arts and Culture Strategy Survey aims to capture your thoughts on existing arts and cultural facilities in The Hills Shire as well as opportunities for the next 10 years including:

- Increasing opportunities for participation in arts and culture
- Council's planning and provision of arts and cultural infrastructure, activities, events, and programs
- Feasibility of a large new multi-purpose venue and permanent concert stage at Bella Vista Farm and
- Opportunities for public art and laneway revitalisation

Complete the survey and sign up to the Hills Have Your Say Community Engagement Platform for your chance to win one of five \$100 Coles Group and Myer gift vouchers.

The survey closes at 11:59pm on Friday 7 June 2024. Scan the QR code or visit hillshaveyoursay.thehills.nsw.gov.au to have your say.



Council Meetings

Tuesday 11 June 2024 at 7pm

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

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



Who let the dogs out in West Pennant Hills?

A brand-new off-leash dog park is now open at Colbarra Place in West Pennant Hills.

The spacious park features a fenced-off area, water station, bench seating, and bins. No trees were removed during the construction of the park.

Colbarra Place was voted as the preferred West Pennant Hills location for a dog off-leash area during community consultation in 2020. The new facility joins nine other off-leash dog parks in The Hills Shire, which service over 15,900 dogs identified by microchip as residing in the region.

For information about other off-leash areas in The Hills, visit Council's website and search for 'Off-leash dog parks.'

Start your own veggie garden

Visit Council's Community Environment Centre in Annangrove on Thursday 13 June to attend a backyard permaculture workshop from 10am to 12pm.

Learn the basics of permaculture design principles and practices to help you establish your own veggie garden, and contribute to a sustainable future.

There are limited numbers for this workshop, so head over to Council's website and search 'Backyard permaculture workshop' for more information and to register.



Catch Busy Izzy and Friends at the Pioneer Theatre



Busy Izzy and Friends meet the Three Little Pigs – The Musical is coming to the Pioneer Theatre for one day only on Sunday 9 June at 10am.

The 'adventure-packed' musical follows the journey of Izzy and her friends Popcorn, Pinetree, and Practical Pig as they face evil Mr. MP Wolf.

Friendship, personal safety, resilience, and well-being come to the fore in this story filled with award-winning songs and vibrant storytelling.

The show emphasises healthy lifestyle habits, positive social skills, and 'stranger danger' awareness in an entertaining manner that the whole family will enjoy.

Visit www.pioneertheatre.com.au to book your tickets.



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



THE HILLS
Sydney's Garden Shire

TAFE COURSES

Two Sydney pet groomers are achieving success in the in-demand industry after studying at TAFE NSW, taking advantage of the rise of the 'fur baby' that kicked off during the COVID-19 pandemic. TAFE NSW is delivering skilled workers to the industry through its **Certificate III in Animal Care Services (Pet Grooming)**, which is helping students find a job or start their own business.

Heather Lamy and Elise Smith (pictured) are graduates of the TAFE NSW course who have since established their own thriving pet grooming business together in Dural.

"Animals have always been my passion, so I was eager to find a career that would combine my interest with a role that was meaningful," said Ms Lamy. "I really enjoyed studying at TAFE NSW, as it gave me the practical skills I needed to successfully groom different types of animals and understand the spectrum of animal behaviour. This helped me to move forward with confidence knowing that I had a strong knowledge base. My TAFE NSW course gave me peace of mind that this was the career for me. I learn better in a hands-on environment, so it was the practicals that made the biggest difference to my learning. I also gained business skills, which helped me launch my career and carve the path I wanted to take."

Pet ownership in Australia has surged in recent years, with 69% of households now owning pets, compared to 61% in 2019,

according to surveys by Animal Medicines Australia. The growth has prompted a significant need for more qualified groomers to enter the industry.

"With the increase in demand for pet groomers, TAFE NSW's Certificate III in Animal Care Service (Pet Grooming) is delivering a pipeline of skilled workers to meet that need," said TAFE NSW Animal Studies Head Teacher, Erica Steppat. "The strength of this course is that it provides students with both the practical skills they need to successfully groom animals, and the knowledge to enable and empower them to launch their own business if they wish."

"Heather and Elise are an example of how gaining a qualification through TAFE NSW can be the springboard for your success in this industry."

Ms Lamy and Ms Smith's business, Spots and Brows, has gone from strength to strength. In what is a full-circle situation, they are now accepting TAFE NSW students for work placements at their business, to help enhance the skills of student groomers.

"I get to work in a role that combines my passion with using my skills," said Ms Smith. "I'm incredibly proud of the business we've built, and I love that we're using our skills to make the lives of animals, and their owners, better."



With the industry in need of more qualified pet groomers, I encourage anyone with an interest in animals to consider studying at TAFE NSW and joining the pet grooming industry."

TAFE will be offering a free course out in the community starting 23 July 2024 at 9.30am - 2.30pm operating out of Hawkesbury library.

This course is a nationally recognised qualification covering the following topics:

- Use business resources
- Plan and prepare for work readiness
- Researching using the internet
- Work effectively in a business environment
- Operate digital devices
- Use business software applications (Word, Excel and PowerPoint).
- This is an entry level course and much needed out in the community.



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TUNE IN TO BETTER HEARING: Why Regular Check-Ups are Essential

Imagine never servicing your car or visiting the dentist infrequently. Unusual, isn't it? Just like your car and teeth need regular check-ups, so does your hearing. Whether you wear hearing aids or not, maintaining your hearing health is crucial. At Ear Studio, we help you stay connected to the world of sound. Let's explore why regular reviews and assessments are vital for everyone.

Annual Reviews for Hearing Aid Users

For individuals using hearing aids, annual reviews are essential. Just as you periodically update your glasses prescription to maintain optimal vision, your hearing aids require adjustments to accommodate changes in your hearing.

At Ear Studio, we meticulously adjust your hearing aids to match your current hearing thresholds. Even if your devices seem to be functioning well, fine-tuning can lead to significant improvements in performance. Sandra, our expert audiometrist, highlights two primary benefits of annual check-ups:

- 1. Monitoring Hearing Health:** We track the progression of your hearing loss and evaluate your overall ear health, including middle ear pressure and other critical factors.
- 2. Hearing Aid Maintenance:** Like a vehicle that requires regular servicing to ensure optimal performance, hearing

aids benefit from professional care. While some maintenance can be performed at home, other tasks, such as dehumidifying treatments and comprehensive cleanings, require professional attention. Regular reviews help us keep your devices updated and functioning at their best. Additionally, these reviews enable us to utilise your hearing aid's warranty effectively, performing necessary services before it expires and potentially saving you significant costs.

Regular Assessments for People Without Hearing Aids

Regular hearing assessments are important for those who do not currently use hearing aids or have very mild hearing loss. Hearing loss can affect anyone, not just older adults. Starting hearing tests in your 50s or 60s provides a baseline of your hearing levels, which can be valuable for future reference. Hearing loss isn't static; it more than often evolves gradually. If an assessment reveals no hearing loss, you might not need another test for a few years. However, establishing that baseline is a good idea.

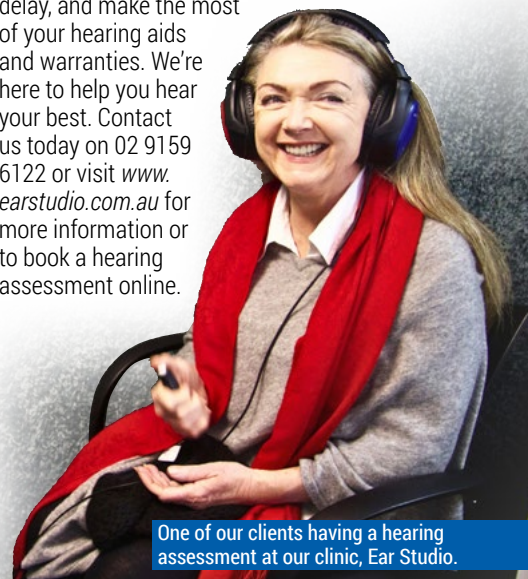
At Ear Studio, we believe in providing honest assessments. We're not here to sell you hearing aids if you don't need or want them. Instead, we aim to advise

and educate so you gain an insight into how hearing works and what your current results mean in your daily life.

Conclusion: The Value of Regular Reviews

As you can see, regular reviews are beneficial and make sense, whether you are a hearing aid wearers or not. Assessments help catch changes early and provide a proactive approach to your hearing health. Our friendly and skilled team is dedicated to guiding you through this journey, ensuring you receive the best care and advice tailored to your needs.

By prioritising annual reviews and regular assessments, you can maintain optimal hearing health, adjust to changes without delay, and make the most of your hearing aids and warranties. We're here to help you hear your best. Contact us today on 02 9159 6122 or visit www.earstudio.com.au for more information or to book a hearing assessment online.



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'ALMOST, MAINE' BY JOHN CARIANI

An Exploration of Love and Human Connection

Presented by Castle Hill Players at the Pavilion Theatre. Playing until 15 June, 2024.

Amidst the temperatures dropping, you'll find a heartwarming production, *Almost, Maine* playing at the Pavilion Theatre, Castle Hill. Recent reviews are proving it to be a great reason to brave the cold and enjoy some local live theatre at its best.

Set against the backdrop of the Northern Lights, nine interlocking tales of love are performed by a talented cast of six, masterfully directed by Meredith Jacobs.

Nicole Smith (Stage Whispers) writes, 'At its core, *Almost, Maine* is a poignant and heartfelt exploration of love and human connection. Through its vignettes, the play delves into the complexities of relationships, capturing both the joy and pain of opening one's heart to another. Each scene is a snapshot of raw emotion and vulnerability, inviting the audience to reflect on their experiences with love and loss and taking that chance.'

Along the way you will meet adorable Glory who carries her broken heart in a bag, and endearing Gayle who decides to reclaim all the love she gave to Lendall who failed to propose. You'll also meet Randy and Chad who find falling in love to be a bruising affair.

When asked why people should come see this play, Kate Gandy, who plays multiple characters, responded, "I think because every story has something that someone is going to connect to. I think that's the best part about the show. Obviously, everyone has so many different experiences in life, but every different story has something that somebody will walk away from this show, saying, 'Yes! I've said those words! I've been in that situation!'"

Jacobs revealed that she was given this play a long time ago by a friend who thought this was right up her alley and has been wanting to put this up at the Pavilion Theatre ever since. "I love that it's episodic, that we see nine different vignettes. We meet one couple at the very top of the show, and we reconnect with them at the very end. I like that it's not a straight through narrative. It's a little bit different. I like that as an audience, you get the best bits," says Jacobs.

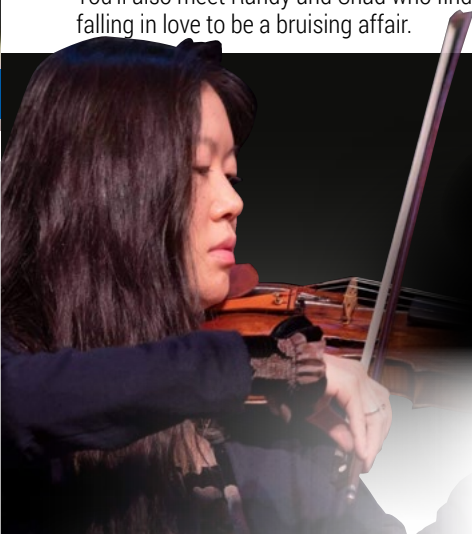
With a reputation for high quality theatre in the Hills District, you must get along to Castle Hill Players' latest production, which is playing until the 15th June at the Pavilion



Theatre, Castle Hill Showgrounds. For more information and tickets head to Paviliontheatre.org.au/almostmaine. Tickets \$30 General/\$25 Concession. Free Parking. Complimentary Tea, Coffee & Biscuits at Interval.

'It is a cast that works together and trusts each other and forms a heart-warming ensemble—eliciting both laughter and tears from the audience.' Nicole Smith, Stage Whispers.

By arrangement with Music Theatre International Australasia Pty, Ltd, on behalf of Dramatists Play Service, Inc.



STUNNING SIBELIUS

ONE CONCERT ONLY!
BY CATHY WAINWRIGHT

The Hills Shire Symphony Orchestra are eagerly looking forward to transporting you to Finland, on Saturday 15th June, at 7.30pm at the Hills Grammar School, Kenthurst.

The concert will pay homage to Finland's best-known composer, Jean Sibelius, and features three of his most well known and loved works, *Finlandia*, the *Karelia Suite* and his *Violin Concerto*.

Under Russian rule until after the 1917 Soviet revolution, Finland strongly retained its own culture through the works of its artists, writers, and composers, all of whom drew themes and imagery from the Finland's vast, majestic landscape of forests and water.

The concert opens with *Finlandia*, a tone poem written in 1899. *Finlandia* was composed as a covert protest against increasing censorship from the Russian Empire. Most of the piece is taken up with rousing and turbulent music evoking the national struggle of the Finnish people, however, towards the end calm emerges, with the serene and melodic *Finlandia* hymn.

A similarly nationalistic work completes the first half of the concert, the famous *Karelia Suite*.

Composed six years earlier than *Finlandia*, the rough-hewn character of the *Karelia Suite* was deliberate. The intention was to capture the quality of naïve, folk-based authenticity.

The featured work on the program is one of the most popular of twentieth century violin concertos, Sibelius' *Concerto for Violin and Orchestra in D minor Op 47* featuring soloist, Sunny Roh. After graduating with a Masters Degree in Performance from the Sydney Conservatorium, Sunny made her Australian debut performing this concerto with the Sydney Symphony Orchestra. She now performs regularly as a concert violinist throughout Europe, England, Korea and Russia, as well as in Australia.

Hills Shire Symphony Orchestra Chief Conductor and Artistic Director, Chris Upton said, "We are thrilled to have this opportunity to work with Sunny and to share her wealth of musical knowledge and experience with Hills music lovers."

Chris founded The Hills Shire Symphony Orchestra (HSSO) in 2018 to enrich the musical life of The Hills by providing engaging and exhilarating performances of classical music at a reasonable cost, as well as to provide opportunities for local performers, aspiring conductors and composers.

Chamber musicians from the HSSO perform at Bella Vista Farm's Open Day, on the first Sunday of every month. Listen to the music while enjoying a Devonshire Tea or Sausage Sizzle in the tranquil grounds of the Farm. Performances commence at 10am, corner Norwest Boulevard and Elizabeth Macarthur Drive, Bella Vista. Next Open Day: Sunday, 2nd June, 9am – 2pm.

In order to faithfully present these major works, the orchestra desperately needs more string players. Rehearsals are held on Wednesday evenings in Baulkham Hills. If you or anyone you know plays a string instrument, please don't hesitate to get in touch for a very warm welcome at info@hillsshiresymphonyorchestra.org.au

Tickets for the upcoming concert are available now at www.hillsshiresymphonyorchestra.org.au. Adults \$30, Concession \$15, Children under 12, \$10. This will be a sell-out concert and seating is limited, so don't delay!



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: MEMPHIS
BREED: American
Staffordshire Terrier
SEX: Male
AGE: 2 yrs 1 mo
PRICE: \$49

MEMPHIS is a very sweet and affectionate boy according to staff at the Hawkesbury Companion Animal Shelter. Staff say Memphis is a bundle of joy who is always up for a play or cuddle and isn't afraid to give kisses. They say although they love having Memphis around he can't wait for a family of his own to share his love with. Whether you want a snuggle-bug or adventure buddy Memphis is happy to join you. If your family is looking for a new companion please visit the shelter and bring any other dogs in the house to meet him. His adoption price has been reduced to \$49 and includes the first vaccination, microchipping and lifetime registration. As Memphis is already desexed he can leave the shelter with you.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

ARENDELLE is a sweet and affectionate natured cat looking for a loving family to give her a caring home. Staff at the Hawkesbury Companion Animal Shelter say Arendelle would be best suited in a calm environment which will allow her to settle in a little easier. If you would like to adopt this sweet Arendelle then please come to the shelter to meet her. Her adoption price is \$99 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.



AT A GLANCE

NAME: ARENDELLE
BREED: Domestic
short haircat
SEX: Female
AGE: 2 yrs 2 mos
PRICE: \$99

Sydney Animal Hospitals

Caring for all your family



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- ✓ Discounted Diagnostic Blood Screening
- ✓ Complimentary Booster with Cat Vaccination
- ✓ Complimentary dose of Bravecto with Vaccine or Dental
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- 📍 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

Purrfect Therapy Dogs in the Hills

from page 9

anyone's day. I love that I get to share him with other people. He just loves all the attention and the extra treats he gets!"

Hills Pet Buddies is looking to expand their services and would love some more friendly pets for a rewarding volunteering experience. New animals don't need to be trained but must be calm and enjoy interacting with a variety of people. If you have a spare hour every week or two, Sandra Merhi would love to hear from you on 0417 675 220. You can pursue the photos on the 'Hills Pet Buddies' Facebook page for an extra boost of serotonin.

POSITIVE VIBES FOUNDATION: PAW VISITS

Battling against the stigma for mental health, the Positive Vibes Foundation created the Paw Visits in 2018 to spread companionship within aged care facilities across the Hills and Parramatta.

Director Mario Rodrigues, dog-owner to Daisy, is the founder of the project, believing that dogs can reduce anxiety and depression for many of their residents: "Seeing the residents light up when we come to them and how the dogs are happy to engage is perhaps my favourite experience with the charity. Our dogs

provide emotional support and encourage communication for lonely residents - that is why we have this program."

Paw Visits thrives with its very helpful team of 20 volunteers, visit six nursing homes including Arcare Glenhaven, Moran Aged Care in Kellyville and Arcare Oatlands. The program is incredibly rewarding for volunteers who have the chance to meet and form connections with regular residents. Jurgen and Elisa are Kellyville locals and volunteers with the program, whose Border Collie Benny loves interacting with the residents: "The residents love Benny's soft fur and gentle nature. We noticed how much Elisa's mum enjoys a visit from Benny at her home and worry how lonely it can be for an elderly person in residential care. We hope that Benny's visits can brighten someone's day, calm any anxiety they may have or rekindle happy memories of their own dogs".

Lifestyle Coordinator at Arcare Glenhaven Elissa Hay, commented on the positive impact of residents during their weekly visits: "Weekends are more exciting with the addition of our wonderful volunteers from Positive Vibes. The joy on our resident's faces and the feeling of happiness when they interact with the volunteers' four legged furry friends is second to none".

Mario Rodrigues is looking for more volunteers and asks dog owners to consider



Benny and his owner's Elisa and Jurgen (far right) with other volunteers

joining even if they haven't had previous therapy dog training; "Whilst some dog owners might be hesitant to bring their dog because they are 'too friendly', often they will calm down around the residents in the room. We do ask that dogs are dewormed and are at least 18 months old."

You can enquire about your canine friend through the Positive Vibes email info@positivevibes.org.au or call Mario Rodrigues on 0414 747 603.

Female Football Week at the Kellyville Kolts

Female Football Week held between the 9th and the 12th of May was a huge success at the Kolts!

A nationwide initiative to celebrate the immense growth of women's football at all levels of the game, Female Football Week promotes the important role women play in developing football.

Being one of the largest female clubs in NSW, the Kolts do Female Football Week in a big way!

Festivities kicked off on Thursday the 9th of May with our Girls' Gala Night! It was a hype of activity with skills sessions run by our Women's Premier League and Premier Youth Girls teams, games, BBQ and a huge turnout from our Kolts girls.

Friday night saw our O30 Ladies teams all receive a pre-emptive Mother's Day rose and special Kolts gift. Sunday afternoon, our Women's Premier League walked out to the pitch with their Mums for Mother's Day and all players received a beautiful Mother's Day rose for their Mothers along with a special gift from the Kolts.

Next we are looking forward to watching our Women's Premier League Team compete in the Prattent Cup Charity Match Day on 22 June as we continue our focus on supporting females in our local community by raising funds for the Sanctuary, the Hills Shire Women's shelter.

Visit kellyville.football for more information about our special charity day, the Prattent Cup.

THE PRATTENT CUP

22ND JUNE 2024
BERNIE MULLANE

PREMIER YOUTH LEAGUE 13:00	WOMENS PREMIER LEAGUE & RESERVE GRADE 15:00	PREMIER LEAGUE FIRST GRADE 17:00
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Kellyville Kolts Raffle

ALL PROCEEDS TO CHARITY

Heaps of prizes to be won, sausage sizzle, jumping castles, games and much more!

SCAN TO PURCHASE TICKETS



WHAT'S ON

IN THE HILLS TO HAWKESBURY



01
JUNE

THRIVE Wellness Festival

by Hawkesbury Community Outreach Services Inc
11:00 AM – 04:00 PM
McMahons Park, Kurrajong

THRIVE Wellness Festival invites you, your family and friends to join us for a fun, interactive and vibrant event. Join us on Saturday 1 June at McMahons Park, Kurrajong from 11am.

Aimed at bringing the community together with a focus on well being, connection and self care.

02
JUNE

Annangrove Park Bushcare

by The Hills Shire Council
09:00 AM – 12:00 PM
Annangrove Park Reserve, Currie Avenue, Annangrove

The Stevenson Creek Bushcare Group works in Annangrove Park Reserve.

Annangrove Park is unique in that it contains a number of different vegetation communities including the Critically Endangered Ecological Communities; Sydney Turpentine Ironbark Forest and Shale Sandstone Transition Forest.

There are also a number of threatened plant species found within this reserve, as well as an uncommon and very interesting hanging swamp.

Tree Frog Bushcare

by The Hills Shire Council
09:00 AM – 12:00 PM
Oxlade Reserve, Oxlade Street, North Kellyville

The Tree Frog Bushcare Group works in Oxlade Reserve, North Kellyville.

The reserve is situated between Cumberland Plain Woodland and Shale Sandstone Transition Forest, which are both listed as Critically Endangered.

This group is helping maintain a planted area by removing weeds and continuing infill planting, which will increase the connectivity between these two plant communities.

Everyone is welcome. No experience necessary.

Wheelie Park Bushcare Group

by The Hills Shire Council
09:00 AM – 12:00 PM
Connelly Way, Kellyville, 2155

Everyone welcome. No experience necessary!

Wheelie Park was planted with over 5,000 plants on National Tree Day 2023. This group will be maintaining these plantings and infill planting with native ground covers and shrubs of the Cumberland Plain to increase connectivity and provide habitat and food for native animals.

Come along and help us. Morning tea biscuits provided.

Stevenson Creek Bushcare

by The Hills Shire Council
09:00 AM – 12:00 PM
Stevenson Creek, Cook Street, Baulkham Hills

The Stevenson Creek Bushcare Group works in Excelsior Reserve in an area of Sandstone Gully Forest along the creek line in Baulkham Hills.

This area provides habitat for the Powerful Owl and Grey Headed Flying Fox which are both listed as Vulnerable under State legislation.

02
JUNE

Bella Vista Farm Open Day

09:00 AM – 02:00 PM
Bella Vista Farm Park, Elizabeth MacArthur Drive,
Bella Vista

What are you doing on Sunday? Interested in having a look around Bella Vista Farm?

The historic homestead will be open for tours. Our volunteers from the Friends of Bella Vista farm are available to chat and answer any questions about the Farm and its history.

There's plenty to do at the Farm. Relax in the gardens and say hello to the Farm's resident sheep. Visit the Trash & Treasure stall and watch a spinning demonstration.

You can also explore the heritage farm buildings and enjoy a Devonshire Tea or bring a picnic, whilst you listen to music by chamber groups from the Hills Shire Symphony Orchestra.

Castle Hill Annual Wedding Expo Castle Hill RSL Club

by Wedding Expos Australia
10:00 AM – 03:00 PM
77 Castle Street, Castle Hill NSW

The Castle Hill Wedding Expo has been a favourite for the past 15 years, featuring over 100 prestigious wedding and bridal suppliers. The event offers a modern vibe, colorful inspiration, and great live entertainment. Couples enjoy free entry and parking, as well as an exclusive gift bag. The hand-picked vendors include florists, bridal gowns, photography, invitations, wedding cars, and more.

04
JUNE

DIY Low Cost Market Research Finding your Customers

06:00 PM – 08:00 PM
The Hills Shire Council - Meeting Room 1 & 2, 3
Columbia Court, Norwest

Before launching a new product, service or even business, a vital step is conducting research.

Do people want your product or service at a price you can offer it at? Where do you find them?

Be prepared to take action in this session – we suggest a BYO device with a signed up Google account.

This workshop is delivered in partnership with the Western Sydney Business Centre and is funded by the NSW Government Business Connect program.

05
JUNE

Small Space Gardening

10:30 AM – 12:00 PM
Baulkham Hills Library, Railway Street,
Baulkham Hills

Even the smallest gardens can produce fresh food right at home. Come along and find out how to grow your own food in a small space. You will learn how good design and planning are critical. Different strategies such as container gardening, planting into the ground or small raised beds will be discussed. The workshop is ideal for people living in apartments, villas and townhouses.



06
JUNE

Wanderer Promotions Warehouse Rumble

by Wanderer Promotions

05:00 PM – 11:00 PM

Bella Vista Hotel 13-15 Lexington
Drive Bella Vista

To register for this event please visit the following URL: <https://tickets.myguestlist.com/v2663021e58c948/warehouse-rumble/evs663021e597c46/adrian/>

Plastic Free Living Workshop

06:30 PM – 08:30 PM

Vinegar Hill Memorial Library,
29 Main Street, Rouse Hill

Start your journey to Plastic Free Living! This workshop looks at alternatives to common products like food storage containers and includes a demonstration of how to make safe, beeswax-infused food wraps. Beeswax wraps will be raffled off to attendees at the end of the night.

08
JUNE

RuffTRACK Open Day

by RuffTRACK

11:00 AM – 01:00 PM

351 Londonderry Road, Londonderry

Have you heard about us but haven't actually met us yet? Do you want to know more about what we do on the farm in our program? Do you want to do more to help our charity? Well, today is the day to ask all those questions and come and support a local charity!

Contact at adminsupport@rufftrack.com

Gas Lamp Festival 2024

05:30 PM

George Street, Windsor Mall

The Windsor Experience Group has organised an exciting evening coming up on the Saturday 8th 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.

Anyone who is interested in joining the group can contact us by email to thewindsorexperience@gmail.com or contact Gae on 0418 491 288.



09
JUNE

Dural Village Markets

by Skye & Brad Browne
09:00 AM – 01:00 PM

Dural Country Club,
662 Old Northern Road, Dural

Community Markets – Growers,
Produce, Artisans and food.



Busy Izzy and Friends Meet the Three Little Pigs – The Musical

10:00 AM – 11:30 AM

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

Join Busy Izzy and her friends as they confront the villainous Mr. WP Wolf. This musical promotes friendship, safety, well-being, and resilience with award-winning songs and a positive message for the whole family.



15
JUNE

Hills Shire Symphony Orchestra Presents 'Stunning Sibelius'

07:30 PM – 10:00 PM

Hills Grammar School, 43 Kenthurst Rd, Kenthurst, 2156

The Hills Shire Symphony Orchestra proudly presents its second concert of 2024 – Stunning Sibelius!

Come along and be amazed by the musical skills of highly esteemed soloist Sunny Roh performing Sibelius Violin Concerto in D Minor.

COUNCIL CALLS FOR ENTRIES FOR ITS ANNUAL CALENDAR

The Hills Shire Council invites residents to submit photos of their favourite locations in The Hills for a chance to be featured in the 2025 Waste and Recycling Calendar.

Mayor of The Hills Shire Dr Peter Gangemi said that people of all photographic levels can enter the competition, titled 'Your Hills', which is now open for submissions.

"The competition is an excellent opportunity to showcase your photographic skills in a calendar adored by the local community," Mayor Gangemi said.

"We are looking for entries that capture the essence of The Hills and highlight the district's unique beauty. I wish all the entrants the best of luck, and I look forward to seeing their submissions."

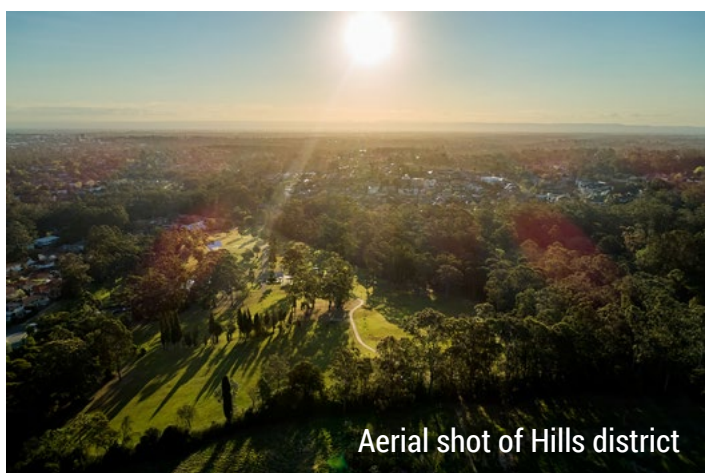
A group of judges will evaluate and choose 13 images to feature in the annual calendar. One will be selected for each month, and another

will be showcased on the front cover. Applicants must reside within The Hills Shire and can only submit images taken within the LGA within the last two years. The images can feature natural and man-made environments and must not include people or faces.

All winning entries will receive Coles/Myer gift cards, with monthly feature photos receiving a \$50 voucher and the front cover feature receiving a \$100 voucher. Submissions for the competition are open until 23 June 2024.

For further details, visit The Hills Shire Council website (www.thehills.nsw.gov.au), and search 'Waste Calendar Photo Competition'.

Sample photos from past Hills Shire Waste and Recycling calendars. Photos courtesy of Hills Shire Council



Aerial shot of Hills district



Hawkesbury River



Turkeys Nest Reserve



Balcombe Heights Estate

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air

independence matters

Association of Independent Retirees

Sydney Hills & District Branch

AIR advances the interests of over 50's who are, or plan to be, fully or partly self-funded retirees.

Next Meeting: 7th June 2024 - 10.45am
Presbyterian Hall, 6a Welham St, Beecroft

Topics:

1. General meeting: Living Well with Parkinson's Disease, by Christine McGee (Parkinson's NSW)
2. Finance Discussion Group: Deep Dive on Aged Care Fees, by Liz Holland (Prime Advisory)

Visitors Welcome | Contact: airsydneyhills@gmail.com



Looking for info that will help your retirement?
Are you worried about changes to the rules?
Then AIR is for you!

GALSTON VALLEY MODEL RAILWAY

Galston Valley Model Railway welcomes public visitors on the 2nd Sunday of each month. Next Public Open day is 9th June. Gates open 9.30, rides from 10am to 3pm.

Trains run continuously throughout the open days. Ride the trains or just watch them go by. Adult entry fee \$10 (pre-purchased online on or after 1st of each month), children under 18 years free. **Entry will be by pre-purchased Entry tickets only, with rides available onsite for \$3.50 per person.** For detailed conditions, and to book entry tickets, please see our [booking page](#).

Please note the following:

Our usual facilities on Public Running Days are as follows:

- Picnic tables (sorry - no bookings taken, gates open at 9:30am)
- Sausage Sandwich Stall between 12 noon and 1:30pm
- DIY barbecues - these are wood fired (wood supplied) but please bring your own matches, firelighters and BBQ tools etc. The DIY barbecues will be unavailable if there is a total fire ban
- Tap water is available throughout the picnic areas
- Canteen selling tea & coffee, cold drinks, ice creams & lollies

- Display of small stationary models
- Garden gauge model railway display
- Miniature Traction Engine rides (on some days)
- Male & female toilets (sorry - no disabled facilities)

Please note the following:

- **Our site has steps** - if you bring a pram or stroller it will be necessary to carry it up & down steps.
- **We have no facilities for disabled visitors.** It is possible to get a wheelchair into the viewing areas, but only by having some gates unlocked especially - please ask for help. We do not have disabled toilet facilities.
- **All train passengers must wear fully enclosed footwear** - not sandals or thongs!
- **We suggest you wear older clothes when visiting us.** We cannot be responsible for damage to clothing or personal property caused when visiting our bushland venue and/or riding on trains.



ADDRESS: 29 Mid Dural Road, Galston. We have a large "29" sign visible from the road. Parking is on Mid Dural Road, on the left as you come from Galston - you'll see a dirt slip road which leads to our gate. Off-street parking is available at the Galston end of this slip road. The entrance is just after the 80km/h sign.

Alive with Culture 1

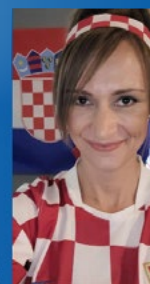
BY LEONIE DIXON

Over the next few issues I am going to introduce you to many of our Presenters who broadcast in their native tongue. Currently at Alive, we have programs in Mandarin, African, Hindi, Vietnamese, Spanish, Bengali, Samoan, Spanish, Croatian, Malay and Italian. Who doesn't like keeping in touch with their home country's music and traditions? All you need to do is go to our website alive905.com.au and under the drop-down menu ON AIR you'll see our program guide. You don't need to listen on the radio, we are broadcasting on most platforms. Now to introduce the CroOZ presenters.

Meet Ružica, the vibrant co-host of the 'CroOZ' radio show on Alive 90.5. With infectious enthusiasm, she brings Croatian culture to life through the airwaves.

Tune in and explore the beauty, traditions, and hidden gems of this vibrant culture with

Ružica. If that isn't enough to make you want to tune in, I'll have to tell you about Karlo who is the fun-loving co-host of 'CroOZ'. He is a bundle of joy who shares his passion for Croatian culture with a smile and a laugh. He loves to connect with his listeners and make them feel like part of his Croatian family. Karlo is on a mission to keep Croatian culture alive and thriving by showcasing its amazing stories, music, and traditions. Tune in and join Ružica and Karlo on Sunday mornings at 8:00AM for one hour and go on a journey to the heart of Croatia, one radio show at a time. It's made me want to listen, how about you?



Dobro Došli na
CroOZ RADIO!

CUMBERLAND COMMUNITY RADIO INC.

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Albanese Labor Government Delivers for Greenway in 2023-24 Budget

Minister Michelle Rowland MP

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☎ (02) 9671 4780

🏠 Level 1, Suite 101C, 130 Main Street, Blacktown

📧 @mrowlandmp

✉ Michelle.rowland.MP@aph.gov.au

🌐 michellerowland.com.au

Authorised by Michelle Rowland MP, Australian Labor Party, Blacktown NSW 2148



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TWO YEARS ON

The 22nd of May marked two years since the Albanese Labor Government came into office. During this time, we have focused on supporting Australians by addressing the cost of living and building a better future.

The Albanese Government is committed to easing pressures faced by many Australians right now. In communities across the country – including in North West Sydney – we have provided

relief through cheaper child care, fee-free TAFE, and efforts to boost wages.

Our government is proud of the progress we've made in strengthening Medicare. We've opened 58 free Urgent Care Clinics nationwide, with more to come, and we've invested in bulk-billing and reducing the cost of medicine.

Labor is dedicated to supporting all Australians, especially those in need community who need our help most. We've increased Rent Assistance, Jobseeker, and the Single Parent Payment. We're also working to make housing more affordable by building more homes in North West Sydney and across the country.

I'm also particularly proud of the \$1.9 billion investment the Albanese Government has made to upgrade and build roads in Western Sydney. This includes \$260 million for Richmond Road and \$220 million for Garfield Road East, helping to support our community's growth and reducing commute times.

Equality for women is central to our work. We have provided more support for women escaping violence and have worked to reduce the gender pay gap to its lowest level ever.

Australians voted for action on climate change, and we've responded by committing to net zero by 2050 and investing in domestic solar panel production.

There's still more to do, and the 2024 Budget builds on our progress with:

- Tax cuts for every taxpayer
- \$300 off energy bills for every household.
- 29 more free Medicare Urgent Care Clinics.
- \$3 billion in student debt relief.
- A freeze on PBS medicine costs.
- Superannuation on paid parental leave.

Serving as your Federal Member in Greenway is a privilege, and I will continue to work hard every day to deliver for you, your family, and the community.



HILLS RELAY FOR LIFE

It was an honour to attend the opening ceremony and activities of the 2024 Hills Relay For Life event at Castle Hill Showground. Hills Relay for Life has raised a staggering \$5 million for the Cancer Council and this year they are set to exceed their target of \$300,000. Relay is not just the 24-hour event on track, it is a year long fundraising campaign and I congratulate the Committee, the teams, the sponsors, the supporters and all of the participants for continuing to support this worthy cause.

A SOLAR DISGRACE

Kellyville and Rouse Hill families have the largest amount of solar panels in the country, and I am appalled that Essential Energy, Endeavour Energy and Ausgrid are now charging these responsible homeowners for sending power back into the grid. It's a huge disincentive for keeping our lights on and will discourage those considering installing solar panels in the not-too-distant future. These charges are based upon too much usage during the day, however fails to consider a high proportion of The Hills Shire is made up of home based businesses, and there are more people than ever working from home since COVID19. This disgraceful attack on the pocket of well-intentioned residents is nothing but a money grab, when the whole intent behind solar was to incentivise and reward those who instal solar panels and send energy back to the grid.

THE RORT IS ALMOST OVER

I am proud to advise that after raising the matter of Embedded Network Energy Providers in the media, and subsequently chairing the Law & Safety Committee about this matter, new Legislation has been brought to Parliament putting the price gouging providers on notice that their reign of financial terror is almost over. Never think one person cannot make a difference because it took just one person to contact my office and make a complaint, which is effecting change not only in NSW but across the country.



ADVERTISEMENT

Ray Williams MP

Member for Kellyville

As your State MP, I am here to:

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

★ Suite 202, 10-14 Market Lane, Rouse Hill NSW 2155
 ☎ 8882-9555 ✉ castlehill@parliament.nsw.gov.au
 🌐 www.raywilliamsmp.com.au

Authorised by Ray Williams MP. Funded using Parliamentary Entitlements.



HILLS HORNETS BOOSTED BY AMERICAN ACE BRYANT

The Hills Hornets have recruited giant American star Chris Bryant to bolster their chances in the NBL1 East Championships this season, counting on his high average of 24.7 points and 66.6 rebounds per game to add extra scoring power.

Tallahassee-born Bryant, 31, who played for the Inner West Bulls last season, said he loves the pressure and wants to be a winner with any team he plays for.

"The Hills right here is home, this is my baby," the 203cm Bryant, said in a recent interview. "Being at the Hills, having that opportunity to have your own group, bigger roles, bigger expectations, put more on your shoulders – that's something I have always wanted."

His ambition this season: "My goal for the year – I want us to finish in the top four."

He has started well and has already snagged a Foot Locker Player of The Week Award. The Hornets, who scored a thrilling 89-81 victory over Hornsby Ku-ring-gai Spiders last week, are having a mixed season to lie seventh on the table. The Hornets are away this Saturday, June 1, to Sydney Comets, who lie in 10th position. Canberra Gunners are on top of the standings just ahead of Maitland Mustangs.

Pink Round Fundraiser

Meanwhile, the Hills Basketball Association raised more than \$1600 from their annual Pink Round to support the Breast Cancer Network Australia. The week-long fundraiser, held earlier this month, also raised awareness of the disease among players, coaches and spectators. The association is one of the most active in NSW, with 380 local competition matches worked off each week during the season, involving more than 5,500 players across different age groups and divisions.

The HBA has seven seniors, 24 juniors, and a wheelchair representative team competing in Basketball NSW tournaments and events. The association, formed 40 years ago, runs one of the largest development programs in the country through its popular Hornets Academy which attracts more than 1500 children every week.

BIANCA, KAYLIE STRIKE FOR HILLS WOMEN

Bianca Galayini and Kaylie Shannon provided the firepower as Hills United FC came from behind to see off the spirited challenge of South Coast Flame last weekend.

Their 2-1 victory at Bella Vista Public School ground continue their stay at the top of the FNSW Women's One League after 13 rounds of highly entertaining football.

The tireless Galayini levelled the scores in the 46th minute after South Coast had taken an early lead through

Jessica Cruickshank in the 22nd minute. Shannon, who has been a regular scorer this season, then snatched the winner in the 53rd minute with the team then holding off for three points.

The Hills team now face 12th placed South East Phoenix in their 14th round match on Sunday, June 2, at 3.15pm. The fight for the top spot is relentless with Mt Druitt Town Rangers and SD Raiders close on the heels of Hills United.

The win capped a very successful week for Hills United FC with many of their teams winning, including their men's NPL side.

The continued success of the first grade women's team is a source of joy for the club which posted this wonderful tribute: "Our club Hills United Football Club is immensely proud of the determination and strength these women display both on and off the pitch, continually raising the bar and proudly representing our Hills community ... with a strong reflection of the strength & foundations of our female football program."

"Thank you to our coaches, managers, support crew and followers for all of your ongoing support!"

Bianca Galayini scored the first goal for the Hills.
Picture: FNSW



HILLS MEN STUN SYDNEY OLYMPIC

BY LAWRENCE MACHADO

Hills United stunned Sydney Olympic for the second time in the NPL NSW Men's competition this season pulling off a superb 2-1 triumph at their Landen Stadium last Saturday.

Hills skipper Glen Kelshaw got the ball rolling with a superb header off a well-placed loop from Jordan Lane in the 23rd minute, making 1-0 at the breather.

Former NPL champions Sydney Olympic drew level in the 48th minute through Roy O'Donovan to set up a thrilling finale. The visitors kept trying to increase the lead but the Hills defence, marshalled splendidly by brilliant custodian Ryan Wood, held firm. After absorbing a lot of pressure, Hills United found a way to break through the tight defence and score the match-winner in the 81st minute from a splendid counterattack.

Wood came up with a sensational double save in the second half, first stopping Jackson Bandiera's shot and then seeing off a dangerous strike by the busy O'Donovan. It was off this amazing save that the Hills moved threateningly up field with Cam Philp setting up the brilliant Yu Okubo to score the match-winner. Olympic

finished the game with 10 men after William Mutch was given a second yellow card in the 84th minute.

The Hills men, who lie 13th on the table, now take on competition heavyweights Western Sydney Wanderers on Saturday, June 1, at 3pm.

Meanwhile, Football NSW is marking National Reconciliation Week from May 27- June 3. The state's football controlling body said it is "a week where all Australians learn about the shared histories, cultures and achievements as well as exploring how each of us can contribute to reconciliation in Australia".

One of the main events FNSW runs each year in conjunction with Northern NSW Football is the NAIDOC Cup during NAIDOC Week in July which celebrates the Aboriginal and Torres Strait Islander people.



Yu Okubo fired the match-winner for Hills United. Picture: FNSW

SPORT NEWS AT THE CENTRE DURAL

Sports News at the Centre May

As the calendar flips another page, the sports scene at Centre Dural is abuzz with excitement and activity.

Dural Warriors is making waves in the NSW Futsal Premier League, boasting a high-caliber lineup ready to take on the competition. Trials for both girls and boys teams are slated for early June, promising to unearth the next generation of futsal stars. With training set to commence in August and the season kickoff in September, anticipation is building for what promises to be an action-packed campaign.

Meanwhile, Inflatable World Dural is becoming a hotspot for weekend fun, with bookings filling up fast for parties and playdates. Catering to kids aged 4-12 (and older kids, and parents who are young at heart), it's a surefire way to beat the winter blues with two hours of non-stop entertainment.

Our 6am morning boot camps (Monday, Wednesdays and Fridays) are a great way to warm up and start your day. We all know summer bodies are made in winter!

As the sports calendar continues to unfold, stay tuned for more updates and highlights from The Centre, Dural. Whether it's on the court, on the field, or bouncing around in inflatables, there's something for everyone in the vibrant sporting community of Dural.





WINTERFEST IS COMING

with fabulous ticket giveaways!

Winterfest Sydney Medieval Fair is back on 6 - 7 July 2024 at the Hawkesbury Showground from 10am to 5pm.

Winterfest gives you an exciting adventure into a world of knights, vikings, jousting, archery and much more. There are crafts, cooking and games at this popular two-day event featuring an extensive program to delight all who attend.

We are giving readers a chance for a giveaway of one of 4 x Family Day Passes valued at \$95 each. Each pass is for 2 x Adults and 2 x Children. Tell us in 20 words or less why you want a Family Pass and email your response plus your name, suburb and contact details to contribute@hillstohawkesbury.com.au by Monday, 17th June. All entries will go

in a draw and the lucky winner will be notified as well as an announcement published in the magazine on Friday, 28th June. Terms and conditions for all competitions are on the H2H website.

So look out for this amazing prize!

The two days will be filled with jousting tournaments, full contact fighting between the best fighters from NSW and Victoria battling it out in full medieval amour. Get up close with a majestic eagle and other feathered friends. A vibrant range of wares at 'Merchant's Row' with over 70 stalls including handcrafted

wares, clothing, accessories, toys and artwork won't disappoint. Traditional skills will be on show in the 'Artisan Alley' with displays of blacksmithing, woodworking and leatherwork.

There will be so much to see and do. Don't miss out on the opportunity to win the tickets by emailing the above email address. Your weekend will be filled with excitement and fun for the whole family.

Check out the website - www.winterfest.com.au. 40 Racecourse Road, Clarendon NSW 2756 (opposite the RAAF Base). Connect with us on Facebook, Instagram, Youtube

Old Seed Drill Comes to an End

BY VERN SOTTER

The Friends Of Fagan Park are going to dismantle and scrap an old seed drill. The seed/fertilizer drill was manufactured by H.V.McKay P/L in Victoria.

Hugh Victor McKay (1865 – 1926) was a farmer and engineer in Victoria in the late 1800's. He developed horse drawn farming equipment with factories at Sunshine and Ballarat in Victoria. The company grew in size over the years and at its peak, employed 3,000 personnel, and formed a partnership with Canadian Company Massey-Harris. The range of machinery expanded to headers, chaff cutters, cane cutters, hay making, balers, field mowers, and much more and also equipment for the war effort in WW1.

The exact age of this seeder drill is not known but is most likely 1920's to 1930's. The model is a "Sunshine" but no casting name marks are visible. It is a 14 row seeder used for

the sowing of wheat, oats and barley. Bagged seed grain would be poured into the wooden hoppers along the length of the machine, where simple adjustments would be made to regulate the feed rate of the seed to the speed of the motive power, be it horse or tractor. 14 rows approximately one foot apart would be sown in a shallow furrow and covered over in one pass of the paddock. A distributor disc would rotate around and around under the seed, pushing a constant regulated amount of seed down a tube into the furrow in the ground. This seeder in the image will be dismantled by the Friends Of Fagan Park and scrapped.



Anyone who reads this article and would like any parts, the wheels will be sought after, can contact the friends of Fagan Park and make a donation of your choice of how much to our on- going work at Fagan park at Galston. Ring Ian 0419 435 475 or Vern 0405 703 413.

A TALE OF *Two Migrants* (PART 1)

A while back my wife and I joined a bus tour to Jindabyne and one evening during dinner I overheard a conversation where one of our fellow travellers was relating to some others of her time as a child emigrating to Australia back in the 1950s. My ears pricked up when I heard her mention of the name of the ship and when she arrived in Australia.

Later I spoke to her and we discovered that we had similar experiences and had also travelled on the same ship, at the same age and in the same but on different voyages. We have since become friends

This is part 1 of Hilary's story in her own words:-

ODYSSEY OF AN 11 YEAR OLD FROM ENGLAND TO AUSTRALIA 1958

It was sometime in 1957 that my father told me we were emigrating to Sydney, Australia, sheep and kangaroos immediately came to my 11 year old mind!! It had been my dream to be a ballerina, attending dance classes 5 days a week, so I was not happy about this move, my parents said that it was to give me a "better life". It was only 12 years since the war ended and times were still tough in England, I can remember going with mum to the grocers with the ration book. My father was an ex-Grenadier Guard having served in Italy and North Africa during the war. With my mother, they managed a shop in Marton, Blackpool in Lancashire. This was considered a "good" job at the time as a house came with the job. An Aunt told me I was a lucky girl to be going to Australia and to remember everything about the journey.

We were interviewed by Australia House and I clearly remember seeing posters saying "Australia Needs You". Once we were approved, we had to wait to be given a sailing date. The first date came in late 1957 so my parents resigned their jobs, farewell parties and gifts were given and packed into large trunks including a brand new bike and two beautiful ballerina dolls given to me by my dance teacher. I remember seeing them briefly get placed into one of the trunks. The luggage was then dispatched to The British Road Services ready to go on the road to Southampton.

However our sailing date got cancelled, quite a common occurrence at this time, after all my parents were 10 pound POMS, not paying passengers and children under 12 went for nothing!!!


So with no job or house we went to live with relatives in Manchester and I started back at school to sit my final exams. British Road Services were informed and our luggage was put into their storage.

Finally on 4th February 1958, we arrived at Southampton ready for the 6 week journey to Australia, with just 2 suitcases. These had served us well during the wait for a sailing date. We were sitting on the deck of the "Fairsea" one of many belonging to the "Sitmar

line" and the first non-British ship employed to carry assisted immigrants from Britain to Australia, when we heard my father's name on the loudspeaker requesting him to go to the Purser's office. When he came back he told us our luggage was not on board. When we went to live with our relatives my father read there had been a big fire in the warehouse of The British Road Services, my father assured us our luggage would have left by then, headed for Southampton, however it now looked as though that was not the case. We were given the option to leave the ship or set sail. My mother made the big decision to sail. I can remember my parents being very brave they probably shed tears away from me, as for myself I was worried about my bike, ballet costumes and presents!!

Our cabin on D deck, had a port hole, the water came up half way. There were 8 bunks to a cabin, tiny wardrobes (didn't bother us as we didn't have much) I was an only child, so my mother and I waited for the other 6 women to arrive. My father was down the passage way in a cabin similar to ours and he waited for the 7 men, who would be related to the 6 women in my cabin. The bathrooms were shared and I was fascinated by the showers never having seen anything but a bath before!!

(TO BE CONTINUED NEXT ISSUE)




Another outlet where you can pick up your copy of

Hills to Hawkesbury Community News

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Annangrove Shops



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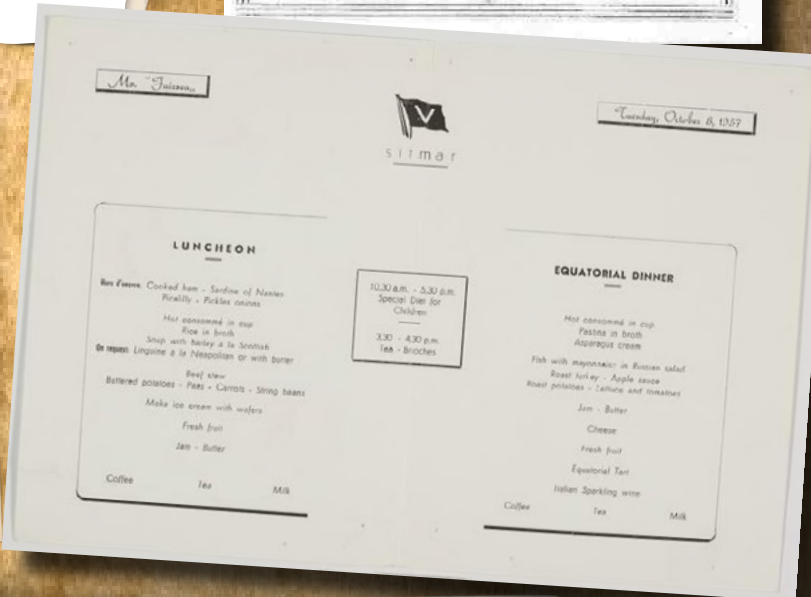
Hills to Hawkesbury Community News

PHOTOS FROM THE PAST

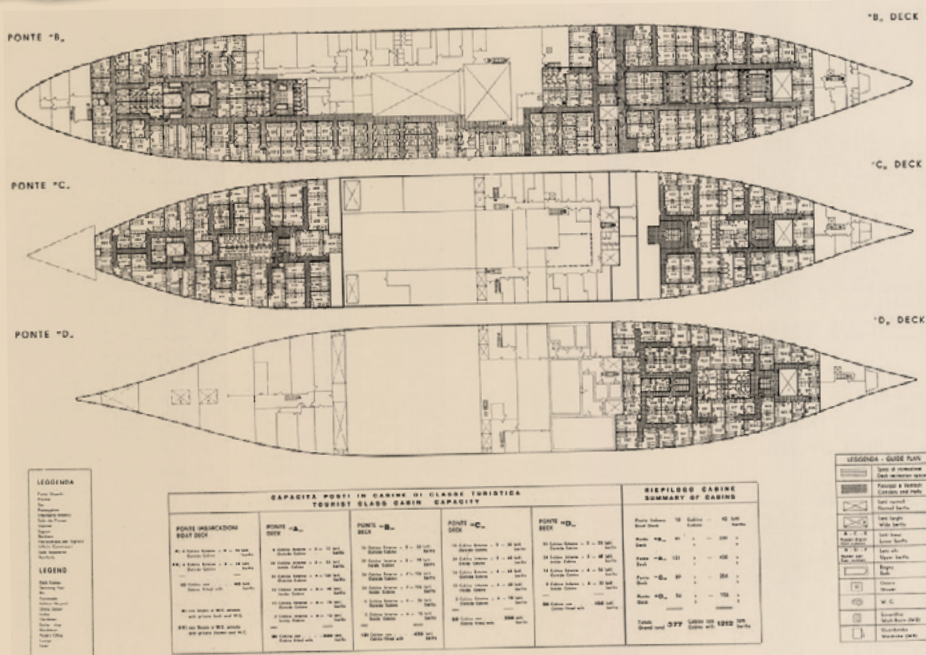
COLLECTION COMPILED BY
IVOR JONES SHOWING LIFE IN
THE HILLS AND HAWKESBURY
AREA DURING PAST DECADES.



fairsea pasengers
1957



Fairsea-plan-2-1961



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@siseap.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 | ✉️ airsidedneyhills@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

New Mobiquip Aged Care Equipment Store Opens in Sydney's Hills District

Residents of Sydney's Hills District have a new destination for all their mobility needs with the opening of a new Mobiquip Aged Care Equipment store. Located at 319 Windsor Road, the store promises to be a comprehensive hub for those seeking quality mobility aids and equipment, enhancing the independence and quality of life for many in the area.



The Mobiquip store has been designed with accessibility and convenience in mind. Its spacious layout allows for easy navigation, and the welcoming atmosphere is accentuated by knowledgeable staff ready to assist customers with personalised service. Whether it's for elderly individuals, people with disabilities, or those recovering from injuries or surgery, Mobiquip offers a wide range of products including wheelchairs, mobility scooters, walking aids, lift chairs, homecare beds, and daily living aids that make life easier.

Founder of Mobiquip Australia Stuart Pepper, expressed his enthusiasm, saying, "We are thrilled to bring Mobiquip into Sydney's Hills District. After years of servicing clients across Sydney's Beaches and North Shore, our goal is to provide top-quality mobility solutions and exceptional customer service led by our

experienced showroom lead Susan and her team. We understand the unique challenges our customers face, and we're here to help them find the right equipment to enhance their daily lives."

One of the standout features of the store is its extensive range of cutting-edge mobility scooters, showcasing the latest in technology and design. These scooters are available in various models to suit different needs, from compact, lightweight versions ideal for travel to more robust everyday machines and specialist offroad models suited to rural landholdings.

A striking feature of the showroom is Sydney's largest display of riser recliner/lift chairs under one roof. With brands including Theorem Concepts, Pride Mobility, Ambassador, IMG, and Configura, customers are sure to find a style and size that suits their lifestyle.

In addition to mobility devices, Mobiquip Australia also offers daily living aids such as ergonomic kitchen utensils, incontinence products, and bathroom safety equipment. This variety ensures that customers can find comprehensive solutions all under one roof.

Mobiquip's arrival in Sydney's Hills District is a significant addition to the local business landscape, providing essential services to those in need. The store not only offers high-quality products but also serves as a community resource, fostering greater independence and mobility for its customers. With its customer-centric approach and extensive range of products, Mobiquip is set to become a cornerstone of support and care in Sydney's Hills District. (See our ad for details or call us on 90242 2820).

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

	20	12	5	17	26	9	18	14	26	1	17														
24		21		12		14		8		21		2													
14		8		11	20	3	19	21		5	20	12													
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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
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SUDOKU

Rating: ★ ★ ★ ★ ☆

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

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

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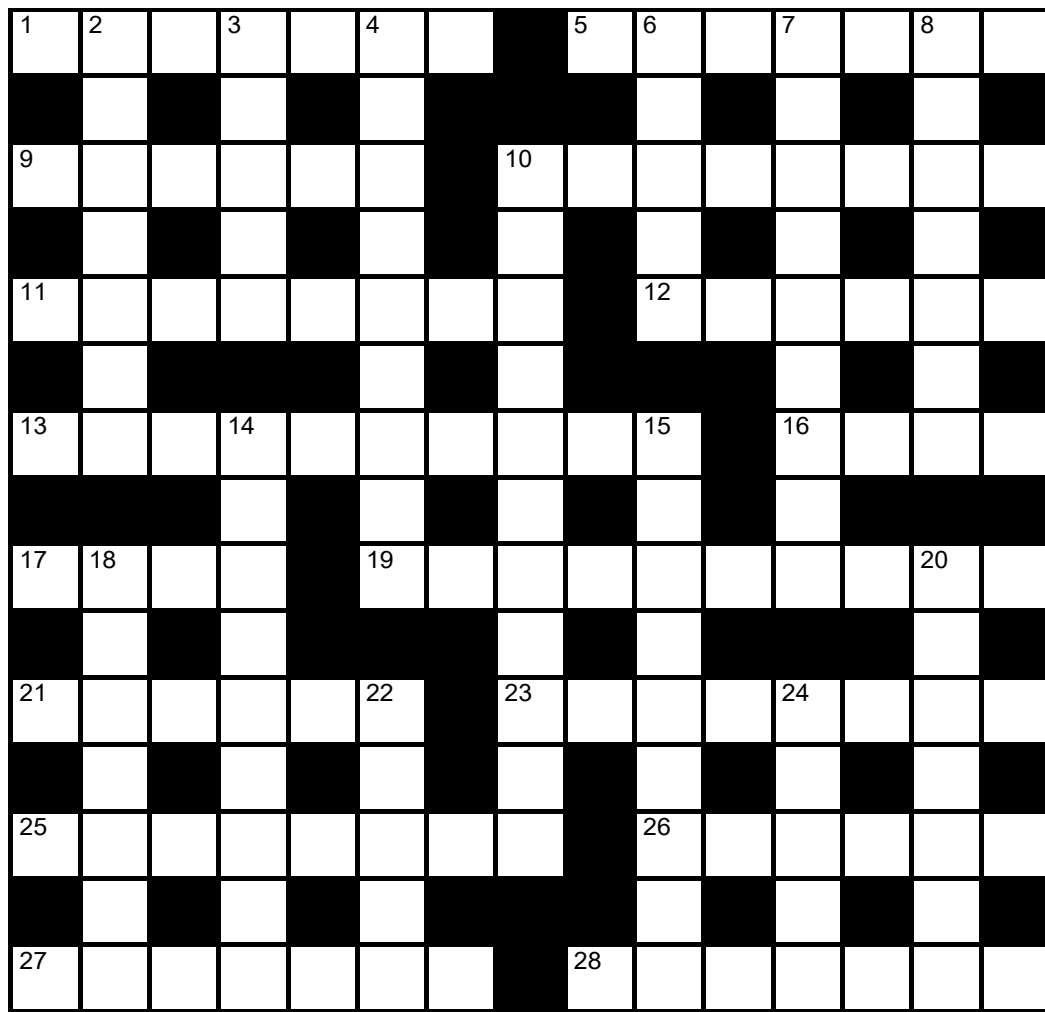
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Across

1. Gulps of air
5. Assistance for the needy
9. Big commotion
10. Exploit
11. In an emergency, it doesn't come second
12. Small wave
13. Field hockey player with Olympic gold and bronze medals
16. Land of ayatollahs
17. It may be half-baked
19. Corresponding
21. Sunk
23. It goes, according to Cole Porter
25. A dishonest flyer, by the sound of it
26. Gum arabic
27. Simulated on a computer
28. Hang in there!

Down

2. Knockoff
3. Tiny particles
4. White-flowered NE Queensland rainforest tree
6. Go in
7. Clue in the dirt
8. Parrot variety
10. Burnett River dry spot?
14. Directly
15. Bellarine Peninsula swamp
18. Genuine
20. Catholic welfare organisation
22. Subject of Professor Higgins' experiment
24. A lot

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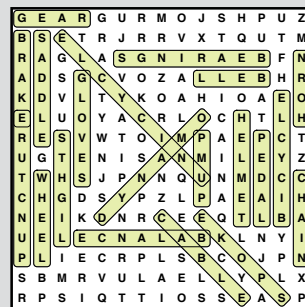
WORD SEARCH THE MARKETS



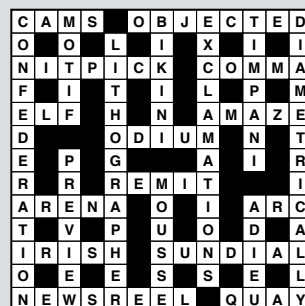
ANALYSIS	DAY TRADE	INVESTMENT	OPTIONS
ARBITRAGE	DIVIDEND	LIMIT ORDER	SELL SHORT
BEAR MARKET	EQUITY	MANAGEMENT	SHARES
BULLISH	FUTURES	MARGIN	TRADING
COMMODITY	HEDGING	OFFSETTING	TREND

Answers from last issue

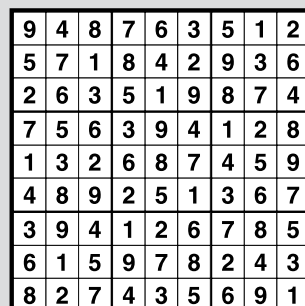
WORD SEARCH



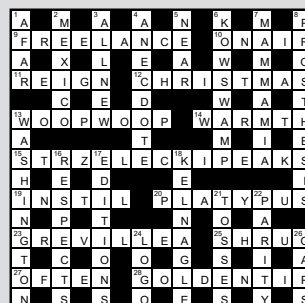
CODE WORD



SUDOKU



CROSSWORD



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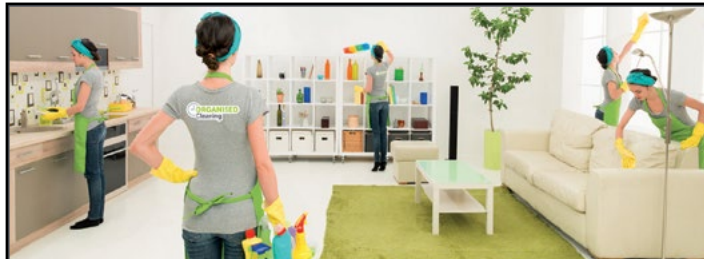


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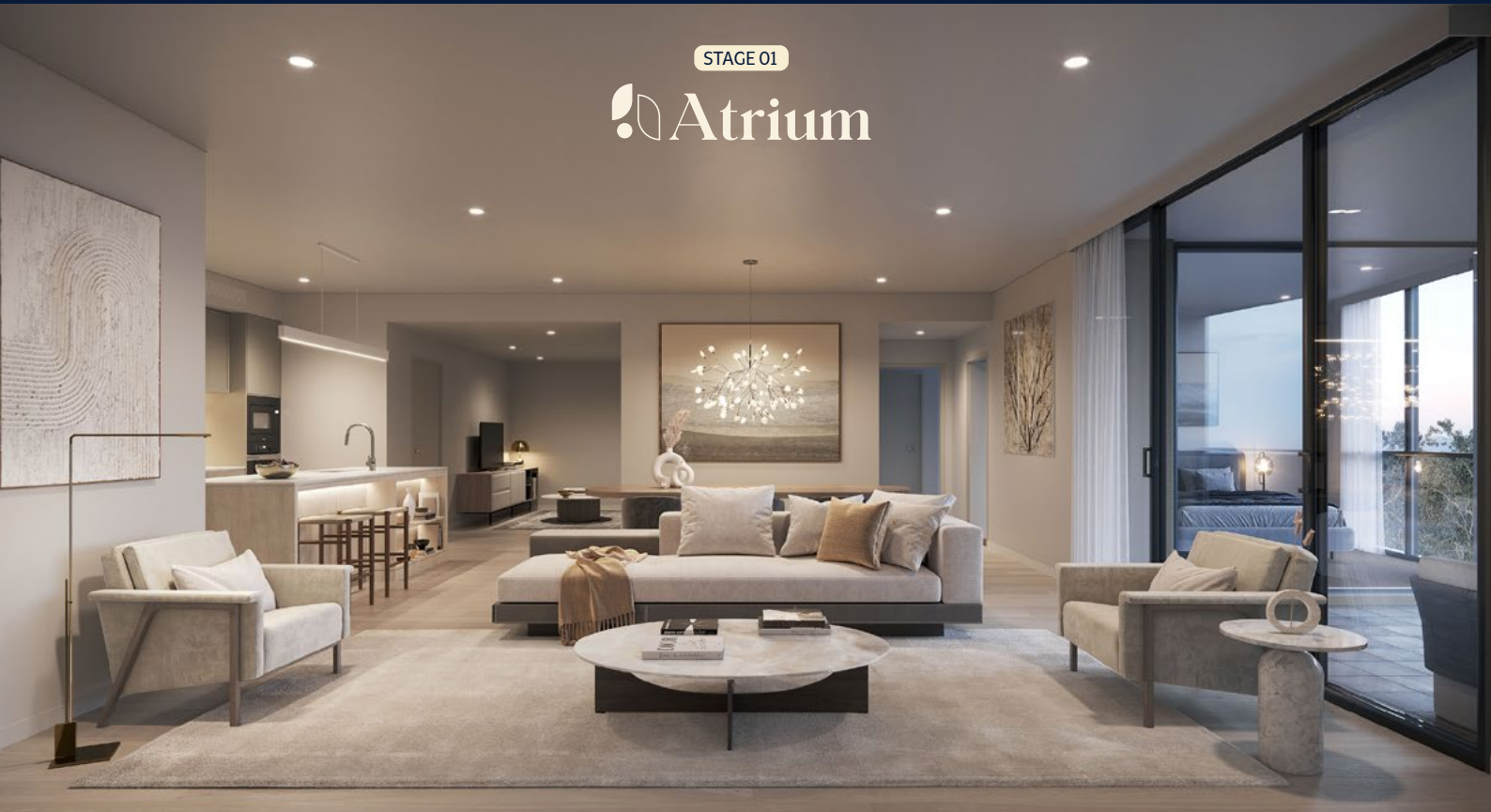
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