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Community News | 15th – 29th November 2024 | Volume 41 – Issue 23
Local Stories, Local Events, Local People and Local Businesses

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LIGHT UP WINDSOR IS HERE!! MORE DETAILS ON PAGE 13

Powerhouse Castle Hill

Powerhouse Castle Hill has won the Sir Zelman Cowen Award for Public Architecture.

It is the second major architecture award the facility has won this year.

Presented by the Australian Institute of Architects on Thursday 7th November, the 2024 National Architecture Awards recognises Powerhouse Castle Hill as 'an exemplar of architecture as an interface between the public and research, preservation and curation'.

The Jury citation also described the building as one which 'invites curiosity – placing architecture as a vehicle for experience, both fascinating and cerebral'.

It was designed by Sydney-based Lahznimmo Architects, built by Australian construction company Taylor and delivered in partnership with Create NSW. Powerhouse Castle Hill opened in March 2024.

The \$44 million development at Castle Hill is part of a \$1.3 billion transformation of Powerhouse, led by the creation of Powerhouse Parramatta, one of the world's most significant new museum developments, and is set to open in 2026.

Powerhouse Castle Hill represents a reshaping of museum practice to increase accessibility to collections and connection to local communities, allowing visitors to enjoy one of Australia's most important applied arts

and sciences collection of over half a million objects.

At more than 8,000sqm, Powerhouse Castle Hill has been constructed to international museum standards and features a visible store, allowing public viewing into the 3,000 sqm Very Large Object storage area holding the museum's transport collection. It also features one of the southern hemisphere's largest photographic cycloramas that can carry objects up to 4 tonnes and enable the ongoing digitisation of the collection.

Powerhouse Chief Executive Lisa Havilah said, 'We are thrilled that Powerhouse Castle Hill has been awarded the Sir Zelman Cowen Award, the highest prize in Australian architecture.

It sets a new international benchmark in bringing research, collection, conservation and community together in new ways, designed specifically for the Powerhouse Collection.'

Lahznimmo Architects Director Andrew Nimmo said, 'The material palette, both inside and out, is minimal and elemental, with the honest expression of materials on display to showcase their natural properties – including mill finish aluminium, off-form concrete walls and polished concrete floors.

'We aimed for 'beautiful utility'; a building with a calmness and cool precision, that



Powerhouse Castle Hill. Image by Rory Gardiner

would protect the Powerhouse Collection and functionally serve the activities within.'

Powerhouse Castle Hill was also awarded the 2024 New South Wales Architecture Award for Public Architecture earlier this year.

Powerhouse Castle Hill is open every weekend 10am–4pm. To find out more visit <https://powerhouse.com.au/visit/castle-hill>



ACKNOWLEDGEMENT

'We acknowledge the traditional Owners and Custodians of the land of the Dharug and Darkinjung People on which we work and pay our respects to Indigenous Elders past, present and emerging'. The Aboriginal and Torres Strait Islander peoples are the land's first storytellers.

Hills to Hawkesbury

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



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The Hills to Hawkesbury Community News has been serving this area for nearly 40 years. Its 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 of drop off points for the Hills to Hawkesbury Community News, visit our website www.hillstohawkesbury.com.au or click on the QR code.



TRIBUTES FOR PAUL 'GRIFFO' GRIFFIN

BY BEV JORDAN AND LAWRENCE MACHADO

A minute's silence was held at Hills Shire Council on Tuesday night (November 5th) in memory of well-known local businessman Paul "Griffo" Griffin who died on Melbourne Cup Day after an alleged assault.

The 55-year-old was struck at the Ettamogah Hotel at Kellyville Ridge at around 8pm. He was taken to Westmead Hospital where he was put on life support. He died on Friday 8th November. Police have charged a 43-year-old man with assault occasioning death.

Hills Mayor Michelle Byrne said: "Paul was a renowned local businessman and community champion whose generosity and determination to help others knew no bounds.

"Paul grew up in The Hills, attended Muirfield High School in North Rocks and lived in Norwest. He was a proud local business owner, founding Griffin Air Conditioning in 1999, which was based in Seven Hills and operated throughout The Hills Shire and wider Sydney.

"Many members of The Hills community knew Paul through his love of sport, especially rugby league. Paul played rugby league in the 1980s and 90s as part of Hills Bulls and North Sydney Reserve Grade, but his love for the game went far beyond being on the field. "Paul was heavily involved with Hills Bulls where he was a board member from 2013 – 2021, a major sponsor for close to 30 years and a coach

since the 1990s. Paul's devotion to the club was recognised with life membership in 2013. His most recent role with the club was Senior Football Coordinator, a position he held for 12 years.

"His commitment to rugby league also saw him share his generosity and volunteering across many other sporting teams and organisations within The Hills and across the wider Sydney region, NSW and Australia. "

The Hills Bulls said in a Facebook post that Paul was larger than life and a dedicated family man.

"Paul's love for his wife Robyn, children Kayla, Jayden and Dana, grandchildren, parents, siblings and extended family was evident in everything he did," the club said. "He was a mentor, a friend, and an inspiration to many. His generosity and community spirit touched everyone around him.

"While we mourn the loss of this extraordinary man, we also celebrate the incredible legacy Paul leaves behind. Paul's passion for the game of rugby league, and unwavering dedication to the Hills Bulls will



forever be remembered by all who had the privilege of knowing him".

According to Mark Jenkins, the chairperson of the Parramatta Junior Rugby League, Paul's influence extended far beyond the sidelines.

"Paul's passion for the sport, his unwavering dedication to the development of young players, and his selfless commitment to grassroots rugby league have left a lasting legacy that will be felt for many years to come," Jenkins said.

Paul was a big supporter of the Jersey Day initiative which encourages people to register for organ donation. His organs have been donated to give others the gift of life.

A service is being planned for Crestwood Oval, the home of the Hills Bulls.

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FRAUDSTER CAUGHT

A man is due to face court charged with nearly 30 fraud-related offences spanning the Sydney area following his arrest at Quakers Hill on Tuesday, 12th November.

In the past six months, 28 incidents have been reported to police, where elderly victims were targeted by persons posing as bank officials. They have been allegedly tricked into believing their bank accounts and credit cards have been compromised.

On each occasion, elderly victims have been instructed to place their credit cards into an envelope and leave it in their letter box, along with their PIN numbers.

The cards were collected and allegedly used across greater Sydney to make purchases and cash withdrawals from ATMs.

Detectives from Riverstone Police Area Command commenced an investigation and identified offences using this method occurred in Riverstone, Kuring Gai, North Shore and Blue Mountains Police Area Commands.

Following inquiries, on Tuesday 12 November 2024, investigators attended a unit at Walker Street, Quakers Hill, and arrested a 22-year-old man.

Police later executed a search warrant at the premises and seized a number of items relevant to the investigation.

The man was taken to Riverstone Police Station where he was charged with 28 offences: dishonestly obtain financial advantage by deception (27 counts) and recklessly deal with proceeds of crime.

Police allege that the frauds exceeded \$65,000. Riverstone Police Area Command Crime Manager, Detective Inspector Meagan

Finlay said the arrest was the result of an extensive investigation across numerous commands which resulted in identifying an offender targeting elderly people."

Police would like to use this incident to remind the public to take the following precautions to reduce the risk of being scammed by cold-callers:

- If you receive a threatening phone call (and demanding money), hang up immediately;
- Do not disclose personal details to the caller;
- Never provide your personal or banking details to a person who calls you;
- Never provide your financial PIN or account passwords to anyone;
- Do not make any payments to the caller, either via phone, internet, or cash;
- If you are suspicious about the credentials of a person on the phone, ask questions of them. If they avoid answering or refuse to provide information, hang up;
- Don't let scammers pressure you – scammers use detailed scripts to convince you that they're the real deal and create a high-pressure situation to make a decision on the spot;
- If you think you have provided your account details to a scammer, contact your bank or financial institution immediately; and
- Contact police immediately to report the incident.

To find out more information about scams or to find out other ways to protect yourself, visit www.scamwatch.gov.au.

If you have been the victim of a scam, you can report it to local police or to the ACCC online at the 'SCAMwatch report a scam' page or by calling 1300 795 995.

North Shore Hospital for further treatment. The 46-year-old man was arrested at the scene. He was taken to hospital under police guard for treatment for a minor injury to his head.

A crime scene was established and examined by specialist officers.

The 46-year-old man was released from hospital and taken to Gladesville Police Station where he was charged with wounding a person with intent to cause grievous bodily harm.

He was refused bail to appear before Burwood Local Court today (Mon 11 Nov 2024).

roadside breath test. He was taken to Castle Hill Police Station where he returned a blood alcohol reading of 0.110. His licence was immediately suspended, and he was charged with Mid Range Drink Driving, and will appear in Parramatta Local Court on the 11 Dec 2024. The 45-year-old driver of the other vehicle has been conveyed to the hospital as a precaution.

SPEEDING TEENS

At 2.30am 9th November 2024, Ryde Highway Patrol officers were conducting stationary speed enforcement on the M2 Motorway near Windsor Road, Baulkham Hills. During this operation, a 19-year-old male driving a 2016 black BMW 530i was observed traveling westbound at an estimated speed of no less than 150 km/h in a sign-posted 100 km/h zone. The P-Plate driver was stopped and spoken to by police. He was issued a fine of \$3,300 for speeding over 45 km/h and received an automatic licence suspension for six months.

On Thursday, 7th November, around 1:30pm, police observed an unregistered red BMW 3 Series convertible fitted with plates registered to a green BMW 5 Series sedan in Castle Hill. The vehicles belonged to an 18-year-old male, a suspended P1 license holder. At 9:30am the next day, police spotted the same red BMW on Cecil Ave. Upon noticing the police, the driver allegedly performed a u-turn and sped off, losing sight of the officers. Minutes later, the vehicle was located stationary on Parsonage Road, the driver having "driven the wheels off it" in an alleged attempt to avoid being caught. The driver received six infringement notices within 24 hours, totaling \$3,862 and 6 demerit points, and was arrested and charged with

****Drive motor vehicle while license suspended, 2nd+ offence**.**

FIREARMS SEIZED

A 74-year-old South Maroota resident faces several charges after police discovered multiple unregistered firearms and ammunition at his property.

Police responded to calls from neighbours on the evening of Saturday, November 9th who alleged the 74-year-old fired a shotgun in his backyard, causing distress to nearby residents.

When police arrived they secured the area and conducted a thorough investigation. The man (who is not a firearms licence holder) was allegedly found in possession of multiple unregistered firearms and ammunition. Additionally, prohibited drugs were discovered on the premises.

He was arrested and taken to Castle Hill police station. He faces multiple charges, including unauthorized possession and use of firearms, possession of unregistered firearms, failure to safely store firearms, possession of ammunition without a license, and possession and supply of prohibited drugs. He was given strict bail to attend Parramatta Local Court next month.

Police thanked community members and reminded the public about the NSW Firearms Amnesty, asking that all unregistered firearms are surrendered.

STABBING CHARGE

A man has been charged following an alleged stabbing in Carlingford yesterday.

About 2pm yesterday (Sunday 10 November 2024), officers attached to Ryde Police Area Command were called to Carlingford Road, Carlingford, following reports of a stabbing inside a restaurant.

Police were told two employees had an argument before one man allegedly stabbed the other man multiple times in his head, face and arms.

The 63-year-old man suffered non-life threatening injuries and was taken to Royal

LUCKY ESCAPE

An 18-year-old escaped serious injury when his car was sliced in half following a crash on Old Northern Road, Baulkham Hills at approximately 7.15pm on Tuesday, November 5th.

Police are still investigating the incident on Old Northern Road at the junction of Hill St, Baulkham Hills.

The P-plater walked away from the scene but was arrested after returning a positive

Windsor High School Students Graduate from RFS Cadet Program

BY LANCE ZAFE

Fifteen students from Windsor High School completed the 13-week Secondary School Cadet Program (SSCP) run by the NSW Rural Fire Service (RFS) on the 30th of October.

The two-decade state-wide run program has provided students within the Hawkesbury District and across NSW with essential fire safety knowledge and valuable firefighting skills.

The cadets learned the use of canvas hoses and different nozzles or branches and equipment such as water pumps, rake-hoes, radios, and emergency procedures in the truck itself.

RFS Hawkesbury District Manager, Superintendent Jonathon Hill, presented the students with their Certifications of Completion at a school ceremony.

"This event acknowledges the hard work and dedication of the students who embraced the challenges and learning opportunities offered by the program," Supt Hill said.

"The program also fosters a sense of community and volunteerism and instills core values such as teamwork, leadership, confidence, and initiative."

Supt Hill thanks Deputy Group Captain Phil Hurst, who led a team of 40 volunteers and

staff members, Windsor High School Principal Jennifer Hawken and School Cadet Coordinator Jacob Litchfield for helping to make the program a success.

RFS Cadets Coordinator Jacob encourages the students to go into the community and be part of their local brigade.

"Particularly in regions like Hawkesbury, with its extensive service area and numerous RFS stations, a strong volunteer base is essential. Every member, regardless of age, plays a vital role in supporting the community during emergencies," he said.

The "Doll's House demonstration" and the excursions to the Windsor Fire & Rescue and the Hawkesbury SES HQ at Wilberforce were the students' favourite parts of the SSCP. They saw scenarios such as structure fire phenomena, backdraft, and practical fire activities using extinguishers.

Jacob said the cadets were fascinated with those parts because they remember natural disasters such as the 2019/20 Gospers Mountain bushfires, the recent Hawkesbury floodings, and their impact on the Hawkesbury community.

COMMUNITY NEWS



The Windsor High School students who completed the RFS SSCP.

"It's through this program that they are able to learn about how the emergency services help to reduce the impact of these disasters," he said.

When asked why they liked the program and what stood out, Windsor High School students Ruby, Luke, and Gurjaap replied:

RUBY: "I think it made me more confident, particularly with my teamwork and communication skills."

LUKE: "It was good to see and learn about something that helps the community. It was also fun learning about how firetrucks are used, along with all the different equipment available to local firefighters."

GURJAAP: "From a more practical perspective, it was exciting to learn how to put out a fire at home if I ever needed to and protect myself around fires."

RUBY: "My favourite part of actually getting to use the different hoses."

GURJAAP: "Like Ruby, my favourite part was using the hoses, but I particularly enjoyed knocking over the cones when we were learning to aim in the target practice activities."

NSW Department of Education



Application period for selective high school and opportunity class entry in 2026

Application dates: **Thursday 7 November 2024 to Friday 21 February 2025**

Applications for selective high school entry in Year 7 and opportunity class entry in Year 5 in 2026 are open from **Thursday 7 November 2024 to Friday 21 February 2025**.

Selective high schools and opportunity classes are one of the ways that the NSW Department of Education provides support for high potential and gifted students. High potential and gifted students are supported across all NSW public schools through high potential and gifted education programs.

Students living in rural and remote locations may apply for Aurora College, which provides online selective high school and opportunity classes in NSW public primary schools and high schools.

For more information and to apply online visit: edu.nsw.link/shs-oc



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Applications close Friday 21 February 2025.

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out and about
with MICHELLE BYRNE

Baulkham Hills Community Garden

The increase in apartments in our town centres and around transport brings with it an important need for access to open and green space for residents. The importance of this need cannot be understated given the direct links between good physical and mental health and open space.

Community gardens are becoming more common as a way of providing a space for those who live in apartments who don't have access to their own gardens as well as for those who live on smaller lot sizes with little to no backyard. Community Gardens provide an opportunity for residents to dig around the dirt, grow their own herbs, fruits and vegetables, find some stress relief, enjoy the outdoors and connect with other community members.

In 2021, the first Community Garden opened in Conie Avenue, Baulkham Hills, driven by the Hills-Kellyville Rotary Club. For many years, the Hills-Kellyville Rotary Club have run the Orange Blossom Garden Competition and have seen the joy gardens and gardening itself bring to people.

President of the Rotary Club of The Hills-Kellyville John van den Burg said: *"Our involvement in the Garden Competition revealed an opportunity for a Community Garden given the increase in higher density living in the area. We believe that this initiative could benefit many in the Community for decades to come."*

The Club saw the need for a Community Garden that would bring together residents who live in the apartments in and around the Baulkham Hills town centre and to contribute to their well-being.

With a lot of hard work and determination particularly by Rotarian Keith Stapley, the Hills-Kellyville Rotary got the Community Garden in Baulkham Hills off the ground with assistance from the Hills Council, local businesses, community members and a grant from the Federal Government.

To visit the Baulkham Hills Community Garden shows that the effort in establishing and running the Garden is well worth it. There is a sense of community and belonging by the

members of the community who are no longer strangers but friends. It is a place to learn and share knowledge on gardening, nature, cooking and to trade produce and recipes. It is bringing together residents of all ages and backgrounds and is adding to the community spirit of the Hills. The Community Garden is a great place to spend time and is so popular with residents that it needs to expand in the near future.

Anyone can join the Baulkham Hills Community Garden and it is not restricted to residents living in Baulkham Hills. There is a small fee to join with all funds going back into the maintenance and running of the garden. Regular gardening sessions are held on most Saturdays between 9am and 12pm so why not pop down and check it out?

For more information on the Baulkham Hills Community Garden including upcoming events such as Open Days go to <https://www.hillscommunitygarden.com>

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Corner Elizabeth Macarthur Drive and Norwest Boulevard,
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A GIFT IN YOUR WILL can give KIDS more time

The arrival of a new baby brings parents, relatives and friends joy, excitement and love. For some parents there is also the unexpected when their new little one receives a diagnosis that swings the pendulum from happiness to confusion, concern and sometimes fear.

For parents, Lara and Brendan, the pendulum moved in the wrong direction for their newborn son Lachie.

"He wasn't gaining any weight even though I was feeding him constantly. I could see how hungry he was, but every time he fed, the food would just go through him," explained Lara.

In the first few weeks alone, little Lachie lost 500 grams. Lara went searching for answers, determined to find out what was happening to her little boy and just days later, she received a voicemail she would never forget. It was a message from the hospital asking her to call back. Lara received the devastating news – her baby boy had cystic fibrosis.

The very next day, Lachie had his first appointment at The Children's Hospital at Westmead. Then at just five weeks old, little Lachie began his lifelong treatment plan.

Cystic fibrosis is the most common life-threatening genetic disease affecting Australian children. It severely affects the lungs, digestive system and sometimes the reproductive system, causing an abnormal build-up of sticky

mucus that can make it difficult to breathe. Advances in treatment have seen improved quality of life and life expectancy for those with cystic fibrosis, but currently, there is no known cure.

"When he's well, Lachie's regular treatment includes oral medication – around 20 tablets a day, vitamins, a nebulizer in the morning, physiotherapy and another nebulizer in the evening. When he's unwell, it's a whole different story".

Fifty years ago, children with the most common and most serious forms of cystic fibrosis rarely lived past the age of five. Today, there are adults with cystic fibrosis who are having their own children.

Lachie is now thriving, and Lara puts this success down to the incredible team that surrounds them including doctors, nurses, dietitians, physiotherapists and more.

Leaving a gift in your Will to Sydney Children's Hospitals Foundation (SCHF) could help kids like Lachie to live with cystic fibrosis.



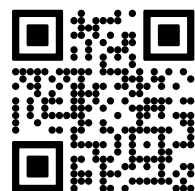
By leaving a gift in your Will to SCHF, you can help fund groundbreaking research, purchase vital cutting-edge equipment, and enable SCHF to continue world-class healthcare for sick kids.

Leaving a gift, as little as 5% can help shift the pendulum in the right direction and give sick kids more time to be kids, experience life and enjoy growing up.

If you would like to learn more about leaving a gift in your Will, call 1800 770 122 or email plannedgiving@schf.org.au



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



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RECLAIM THE NIGHT

BY BEV JORDAN

A community **Reclaim the Night** Event will be held at the heart of Castle Hill on Friday, November 22nd between 4.30pm and 7.30pm.

Organised by Castle Hill Rotary Club and District 9685, the evening will provide a chance to hear from survivors and service providers and join a 1km walk around Castle Hill CBD.

Schools, civic leaders, police and community members will be joining Rotarians for the event which will start at the entrance to Castle Hill Metro and will finish with a barbecue

Reclaim the Night is a global movement advocating for women's safety in public spaces, workplaces, and homes. Originating in the UK during the 1970s, this event stands against all forms of violence towards women and their families. Wear purple to show your support and unite to say NO to domestic and family violence and YES to respectful relationships. Free Registration on the link provided.

WHEN: Friday November 22nd.
Meet at 4.30pm for a 5pm start.

WHERE: Arthur Whitling Park, Castle Hill (top of the escalators to Castle Hill Metro)

LINK: Free to register www.facebook.com/events/930184732359570

HILLS SAY NO TO DV

A moving rose ceremony to remember all the women, children and men killed as a result of domestic violence will be held at Castle Hill RSL on Friday, 29th November starting at 10am.

The annual event is hosted by the Hills Domestic Violence Prevention Network with organisers saying the number of roses needed increases almost daily.

The rose ceremony is a poignant reminder that behind every statistic there is a person and shattered family and friends..

Last week the total for the year was 75, the most in the ceremony's five year history.

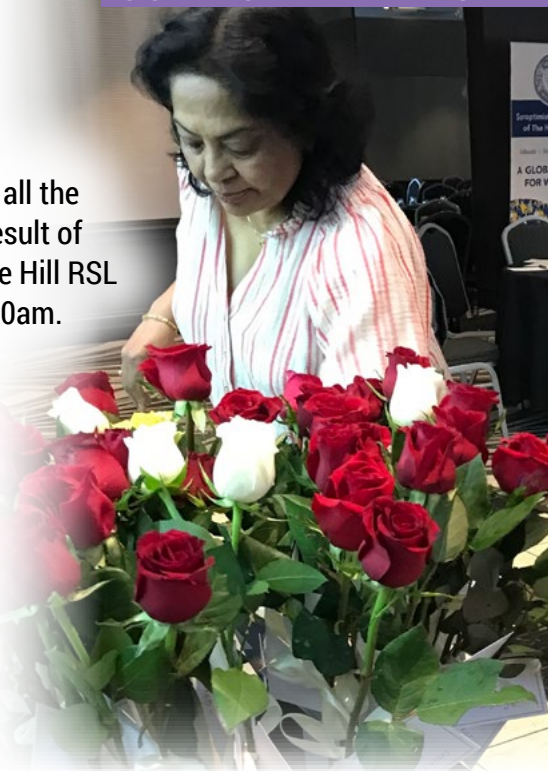
Aileen Mountfield from the Lisa Harnum Foundation said: "it's very sad the number of people who have lost their life as a result of domestic violence already this year.

"Raising the issue of domestic violence is so important. DV is no respecter of post codes.

"This year, our guest speakers are Rob and Deb Sanasi. Their story is quite unique in that Rob was a perpetrator, mainly in coercive control type of behaviour.

"He had a moment, quite literally, where he said "she isn't the problem, it's me.

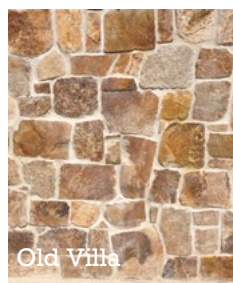
"He went on to have lengthy counselling and today they remain happily married."



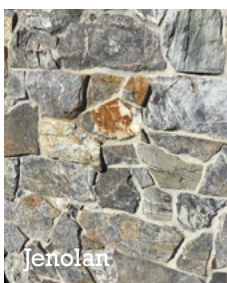
Aileen said the couple's testimony was very powerful and quite unique.

The event will run from 10am to 12.30pm.

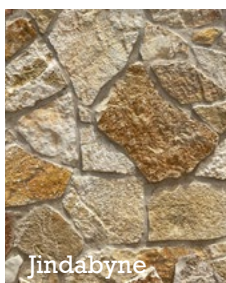
To register visit eventbrite.com.au and search for Hills Says No to Domestic Violence 2024 HDVP or visit www.eventbrite.com.au/e/hills-says-no-to-domestic-violence-2024-hdvpn-registration-969842885177



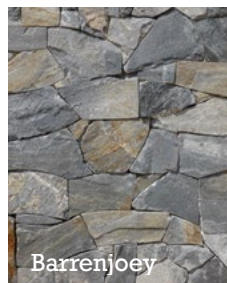
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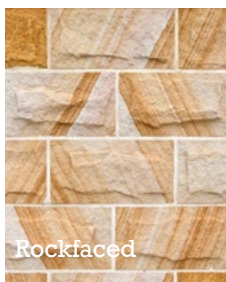
Envirostone



Flinders



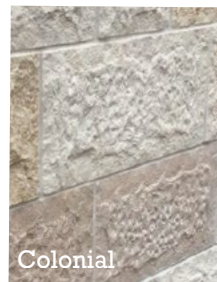
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Because we care

Celebrate Christmas

the Hawkesbury way at LIGHT UP WINDSOR 2024

Get set for the biggest ever Light Up Windsor Street Fair on Saturday, 30 November 2024!

The Christmas fun will be from 5pm to 9pm. Bop along to festive favourites in between shopping for stocking stuffers, get your photos at the snow flurries and Christmas lights, and enjoy the free face painting, roaming and on-stage entertainment and fun family activities.



The main stage on George Street will provide hours of entertainment including the best in local music and dance talent.

With 40+ stalls offering Christmas decorations, homewares, pet gifts, handmade

jewellery and more, plus many of the Windsor Mall shops open for trading, Light Up Windsor will be the perfect opportunity to find Christmas gifts for your loved ones. Local cafes and restaurants will also be open, as well as extra food trucks to cope with demand, so there will be plenty of food options!

Santa is so excited, he's even sending TWO live reindeer all the way from the North Pole to meet visitors and pose for family snaps! Meet and greet tickets will be on a first come first served basis on the day for a gold coin donation to the Mayor's Christmas Appeal. Santa and Mrs Claus will also greet families in person throughout the evening.

For the first time, the festivities will extend past Windsor Mall to the Windsor train station, thanks to an **Open Streets Program** grant of \$65,000 from the NSW Government.

The Hawkesbury's festive elves are planning illuminated Christmas installations, festive chalk art and Christmas murals all the way along George Street, so leave the car at home and come by train for the full Light Up experience!



Reindeer passports are back

Council's award-winning 'Find a Reindeer' competition will also be back! Find seven reindeer on the night and deliver your passport to Council's tent to collect a special prize!



Saturday 30 November 2024 | 5pm to 9pm

For more details and updates visit
www.lightupwindsor.com.au

[f](#) hawkesburycitycouncil [ig](#) hawkesburyevents

This event is proudly funded by the NSW Government under the Open Streets Program in association with Hawkesbury City Council.

LIGHT UP WINDSOR IS PRESENTED IN CONJUNCTION WITH WINDSOR BUSINESS GROUP. HAWKESBURY CITY COUNCIL THANKS EVENT SPONSORS

- Windsor RSL – Stage Sponsor • Western Sydney Airport – Silver Sponsor • Rafton Family Lawyers – Reindeer Sponsor
- Budget Car and Truck Rentals – Gold Sponsor • Western Sydney Airport – Silver Sponsor
- The Christmas Tree Company – Silver Sponsor.

ARCADIAN QUILTING NEWS

Two short months 'til Christmas ... and during that time everyone will be busy with decorations, presents, parties and planning delicious food.

It's hard to sit still looking at the fabulously colorful quilt by Kim - think of Pinatas, Pina Coladas, Spanish dancing, Mexican hats, sunshine and twirling skirts, clapping, dancing and gaiety.

Where did she start with this project? Top right-hand-corner; perhaps the centre or was there "a first row" she knows; we don't!

A lot of activity is happening within the quilting group before Christmas with visits from charities, quilts to be donated to the Illawarra Refugee Programme, The Assistance Dogs Australia Charity and the Christmas Challenge Block, the quilters' End-of-Year Christmas Party on the 4th December - all before early December! There is always time to

welcome a 'visitor' - All are very welcome before - or after Christmas!!

Call in, say 'hello' and see the team in action at the Community Centre where the meetings are held.

'New' members for this year are already very much a part of the Arcadian Quilting team, contributing and sharing their ideas and adding greatly to the friendship circle.

Meet 1st, 3rd and 5th Wednesday of each month at the Community Health Centre, The Glade, Galston. Meetings commence at 9.30am. For further information please call Carole on 9894 7749.



AUTHOR TALK TÊA COOPER

Enjoy listening to bestselling Australian author Têa Cooper on Tuesday 3 December 2024 from 10.30am to discuss her latest novel – The Golden Thread. The story is set in 19th century New South Wales and it weaves past and present and involves a yellow silk dress, lost gold and a missing grandmother.

The event will be held at the Hawkesbury Central Library, 300 George Street, Windsor. Tickets are \$5 and include light refreshments. Bookings can be via <https://hawkesburylibrary.eventbrite.com/> or call the library on 4560 4460.

Nepean / Blue Mountains Prostate Cancer Support Group – November Group Meeting

The next Group Meeting of the Nepean / Blue Mountains Prostate Cancer Support group will be held on Monday 18th of November, 2024 at the Emu Sports Club, 1 Leonay Parade, Leonay, NSW 2750 commencing at 6.45pm for a 7.00pm start.

Our guest speaker at this Meeting will be Roneen Grant. Roneen is a Provisional Psychologist with a Bachelor of Psychology (Honours), Master Professional Psychology. The topic for her talk will be "Post Operation Depression".

The meeting is open to all men who may be experiencing prostate problems or just wish to become more aware of this disease. Newcomers will be made most welcome.

As usual at all of our Group Meetings, partners are not only welcome but are encouraged to attend.

For further information www.prostatesupport.org.au or 'phone the Group's President David Wilkinson on 1300 13 38 78.

STEP INSIDE THE VINEYARD'S FESTIVE WONDERLAND

THE VINEYARD

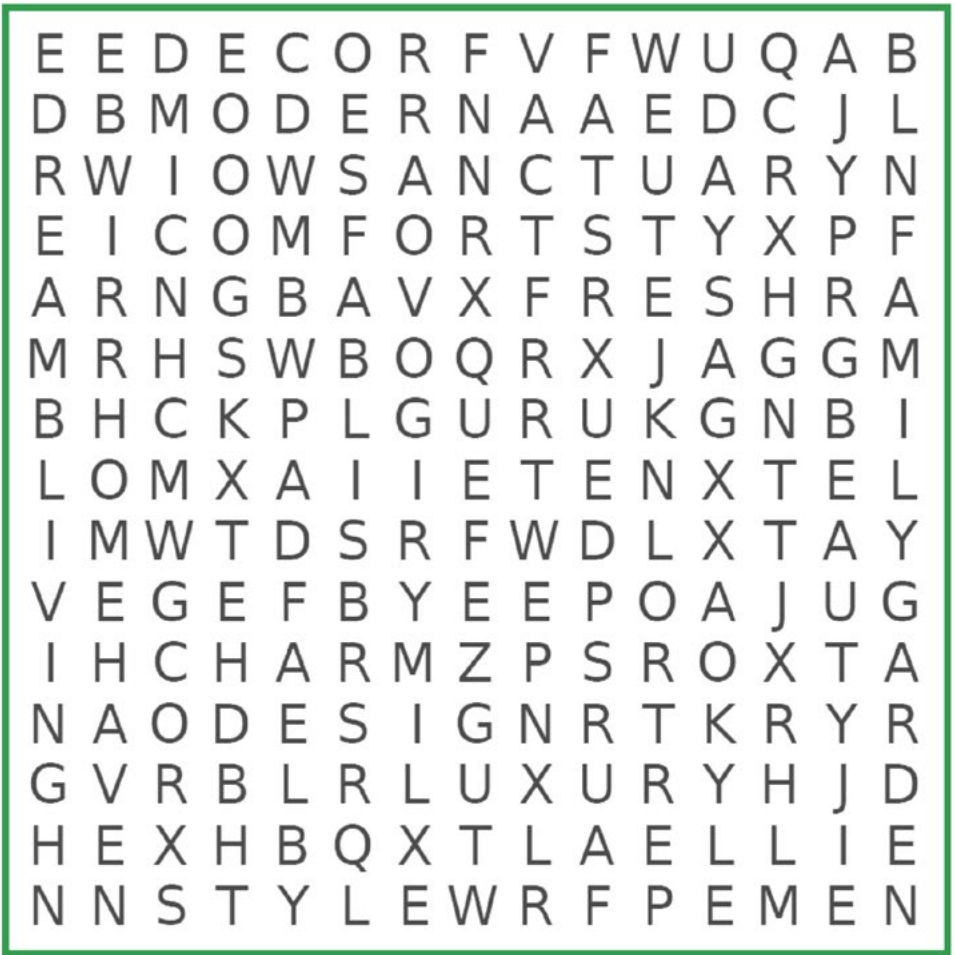
Christmas Village

• THE VINEYARD'S CHRISTMAS VILLAGE OPENS from 1 NOVEMBER •

Sun 15 Dec CHRISTMAS CAROLS & SANTA VISIT

Wed 25 Dec CHRISTMAS DAY BUFFET • Nightly CHRISTMAS LIGHTS

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At Better Homes & Gardens Real Estate Luxury Living, we offer more than just expert real estate services. With the power of a trusted TV show, magazine, and experienced team, your property gets the exposure it deserves.

Our team is proud to bring this next level of service to the local market, extending from The Hills to the Hawkesbury. With seasoned professionals and a client-first approach, Better Homes & Gardens Real Estate Luxury Living is your new partner in every real estate endeavor, ensuring smoother, more successful transactions for all.

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The Hills Shire Council News

Exciting takeaways in Council's Annual Report

The Hills Shire Council has made significant strides this past financial year, as outlined in the 2023-2024 Annual Report, recently approved at an Ordinary Council Meeting.

The report highlights Council's achievements and sets a promising outlook for the future.

This includes:

Financial Strength and Responsibility

- Council's prudent financial management is evident in its debt-free status and an operating surplus of \$162.6 million.
- Council is ranked as Australia's No.1 council area on the 2021 Index of Economic Resources.

Enhanced Recreational Spaces

- Several new parks, playgrounds, and sports fields were completed, offering residents more opportunities to stay active and enjoy outdoor spaces.

Illuminate the Hills and Celebrate Christmas



Illuminate The Hills will bedeck the Queen Elizabeth II Memorial Rose Garden with festive cheer from Thursday, 28 November 2024 – Thursday, 2 January 2025.

Join the Mayor of The Hills Shire, Dr Michelle Byrne on opening night to watch the lights get switched on and enjoy free coffee, ice cream and a sausage sizzle.

There will also be traditional Christmas carols and a visit from Santa and Mrs Claus.

The lights will be switched on from 7:30pm on Thursday, 28 November and will light up the rose garden each night until Thursday, 2 January 2025. Search 'Illuminate the Hills 2024' on Council's website for more information.

Council Meetings

Tuesday, 26 November 2024 at 7pm

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

A Greener Community

- Council recorded the highest increase in canopy coverage among metropolitan councils.
- Initiatives such as Chemical and Electrical Clean-Up events have seen strong community engagement and positive impacts.

Expanding Infrastructure

- Council invested \$308.2 million over the past year in service delivery, infrastructure renewal, and the development of new assets, enhancing community facilities and services.

Supporting Community Initiatives

- Over \$150,000 was awarded to local organisations through the Annual Grants Program, strengthening community connections and support.

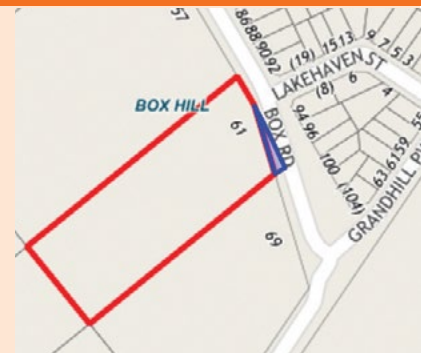
Community Celebrations

- Celebrations like the Lunar New Year Lantern Festival and Illuminate The Hills brought the community together and showcased the area's vibrant spirit.

For full details, visit The Hills Shire Council's website and search for "Annual Report."

Proposed Road Closing – Box Road, Box Hill

A portion of road reserve that is adjacent to 61 Box Road, Box Hill is proposed to be closed by The Hills Shire Council under Division 3 of the Roads Act 1993. The section of road reserve is triangular in shape and contains an area of 224.8m². Upon closure, Council intends to sell the land to the adjoining landowner.



All interested individuals are invited to make submissions concerning the proposal to the General Manager, The Hills Shire Council, PO Box 7064, Norwest NSW 2153, within 28 days of the date of this advertisement.

Please contact Council's Principal Coordinator – Property, Amy Brooks on abrooks1@thehills.nsw.gov.au for enquiries. The reference number for the proposal is 1/2022/RC.

CHRG: Strengthening the Heartbeat of Local Sports

Castle Hill RSL Group, otherwise known as CHRG, continues to be a cornerstone for sports and community in the Hills District, supporting nearly 4,000 active members across 20 diverse sub clubs. From golf to swimming, and from cycling to darts, each club is a hub for people passionate about their sport, finding camaraderie, purpose, and growth.

Thanks to CHRG's support, these clubs thrive as vibrant spaces where individuals of all ages come together to participate, compete, and build lasting connections.

One of the most powerful ways CHRG brings these clubs together is through their regular Sub Club Showcase. At these gatherings, club representatives can connect, share their successes, discuss challenges, and brainstorm new ideas.

October's Sub Club Showcase focused on storytelling, with clubs sharing their journeys, achievements, and insights. This open dialogue helped clubs learn from each other, inspiring new strategies and deepening bonds that go

beyond their individual sports and community groups.

CHRG Group Chief Operating Officer, Andy Abey said: "These meetings are about more than sports – they are an opportunity to celebrate what each club brings to our community and to learn from one another, so we all grow stronger together.

"The Sub Club Showcase fosters an environment of mutual support and shared purpose," she added.

Volunteers are the lifeblood of these clubs, dedicating their time and energy to ensure activities run smoothly and that newcomers feel welcomed. CHRG's support goes beyond funding; it extends to recognising these essential contributions and creating an environment where volunteers feel valued and supported.

This appreciation of volunteer efforts was a key theme in the recent Showcase, as clubs discussed how they could better support and retain their most dedicated members.

At the same time, many clubs are focused on growing their membership, eager to expand their reach and welcome more residents into the sporting community. By sharing strategies that have worked for others, clubs gain new ideas to enhance recruitment efforts, ensuring that everyone in the community has access to an inclusive and engaging sports environment.

Through these regular Showcase events, CHRG does more than support individual clubs; it strengthens a network of sports enthusiasts, volunteers, and community leaders. Together, they create a vibrant and connected community that will continue to inspire, support, and grow for years to come.

If you're interested in learning more about our sub clubs or want to become part of this vibrant community, visit castlehillrsl.com.au/sub-clubs for more information. Whether you're looking to pick up a new hobby, meet like-minded individuals, or get involved in your local community, there's a place for everyone at CHRG's sub clubs. Join us today!

CHRISTMAS

HUGE TOY RAFFLES

OVER \$5,000 IN TOYS TO BE WON!

CASTLE HILL RSL

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TICKETS ARE
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TICKETS ON SALE
FROM 5.30PM AND
DRAWN FROM 7PM

TICKETS ARE
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- ALL PROCEEDS GO TO LITTLE WINGS -

DON'T LET NOISE STEAL YOUR HEARING: Prevention & Solutions for Industrial Deafness

Imagine the deafening roar of a jackhammer on a construction site, the relentless pounding of metal in a factory, or the piercing scream of jet engines on a runway. These intense, everyday sounds are more than just a backdrop to hard work—they're a ticking time bomb for your hearing. Decades ago, little was known about the long-term impact of such noise exposure. Workers braved these environments without adequate hearing protection, unaware of the irreversible damage accumulating over time.

Today, we understand that prolonged exposure to loud noise can lead to **industrial deafness**, also known as noise-induced hearing loss (NIHL). This preventable but life-altering condition affects thousands of people, diminishing their ability to hear the world around them and impacting their quality of life.

What is Industrial Deafness?

Industrial deafness results from prolonged exposure to high noise levels, leading to irreversible damage to the delicate structures of the inner ear. Symptoms include:

- Difficulty hearing conversations
- Tinnitus (ringing or buzzing in the ears)
- Increased sensitivity to loud sounds

High-risk professions include boilermakers, plumbers, rail-workers, builders, machine operators, and miners, among others.

How to Prevent Industrial Deafness

- **Avoid Noise Exposure:** Limit time spent in noisy environments where possible.
- **Wear Hearing Protection:** Use earplugs or earmuffs in high-noise areas, such as during concerts, sporting events, or in industrial workplaces.
- **Limit Exposure Time:** Even common household equipment like lawnmowers and power tools can harm your hearing if used for prolonged periods.

Understanding Noise Levels

Sound is measured in decibels (dB), and its intensity can have a profound effect on hearing health.

- **Safe sounds:** Conversations (~60 dB) pose no risk.
- **Threshold for harm:** Noise above 85 dB, such as in a noisy restaurant, can cause damage after 8 hours.
- **Hazardous levels:** Noise above 140 dB, like a jet engine or explosive sounds, can cause immediate damage.
- **Critical rule:** A 3 dB increase doubles the sound intensity, halving the safe exposure time.

Seeking Help

To help prevent industrial deafness:

- **Customised solutions:** We offer tailored hearing protection at Ear Studio.

- If you suspect you are experiencing industrial deafness, act promptly:
- **Comprehensive hearing assessment:** At Ear Studio, we take a detailed history and evaluate your hearing health and offer rehabilitation to suit your needs.
- **Assistance with claims:** You may be eligible for workers' compensation benefits, even if the exposure occurred years ago.

Conclusion

Protecting your hearing is paramount, especially in environments where noise levels are high. Industrial deafness is not just a workplace hazard; it can significantly impact your quality of life, affecting everything from conversations with loved ones to enjoying the simple sounds of nature. The good news is that with the right knowledge and proactive steps, industrial deafness is preventable.

If hearing loss has already occurred, it's never too late to seek help. Advances in audiology mean there are effective solutions, including hearing aids and rehabilitation programs, to improve your hearing and overall well-being.

At Ear Studio, we're here to guide you every step of the way. Whether you need custom hearing protection to prevent damage or support in managing existing hearing loss, our team is ready to help. Don't let noise rob you of life's important moments—act today to protect and preserve your hearing health.

Contact our friendly reception team on 02 9159 6122 or visit www.earstudio.com.au for more information or to book an appointment online. Let us support you on your journey to better hearing health and a brighter future.

**Don't let noise steal your hearing,
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At Ear Studio, we create custom-made earplugs that are perfectly shaped for your ears, offering superior protection from harmful noise. Because these earplugs are tailored to fit your ears precisely, they provide a much more comfortable fit and more importantly, a greater reduction in noise compared to foam or other over-the-counter products. We also offer special musician plugs with varying levels of protection to suit different needs.



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**Lawton House, Suite 9-10 / 60 Cecil Avenue
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Christmas Cheer is here

Brass bands, fresh Christmas trees, Christmas carols and festive markets are all happening over the next few weeks.



NOVEMBER 28TH TO JANUARY 2ND

Illuminate The Hills will see the Queen Elizabeth II Memorial Rose Garden at Baulkham Hills twinkling with festive cheer from the end of this month.

The glittering garden will be lit with thousands of twinkling fairy lights, lined with magnificent Christmas installations and adorned with a dazzling nativity scene.

The Queen Elizabeth II Memorial Rose Garden is one of the largest of its kind in NSW, with over 4,000 roses from 80 different species. The garden also features concrete pathways, making it accessible for wheelchairs and prams.

The rose garden is located on Roxborough Park Road, Baulkham Hills next to Waves Fitness and Aquatic Centre. The lights will be switched on from 7:30pm on Thursday, 28 November and will light up the rose garden each night until Thursday, 2 January 2025.



LIGHT UP WINDSOR STREET FAIR (OPEN STREETS PROGRAM)

Saturday, 30th November 2024 - 5pm - 9pm

Windsor will be lit up all the way along George Street from the Windsor Train Station to the Windsor Mall. Historic Thompson Square will be activated and 50+ market stalls will extend along Windsor Mall, George Street and Baker Street.

DECEMBER 3RD: CONCERT AND LUNCH

If you want to feel like Christmas has arrived and a brass band will do it for you then Dural Salvation Army is holding a free Christmas concert and lunch on Tuesday 3rd December.

The event is at the Dural Salvation Army premises on the corner of Newline Rd and Old Northern Road Dural and the festivities start at 10am.

The Salvation Army Sydney Veterans Band, a brass band of over 30 players, will present a musical program including popular Christmas music. Entry is from Old Northern Road.

CHARITY CHRISTMAS WRAP

Hills Relay For Life Volunteers will be wrapping your gifts for a go 1d coin donation at Castle Towers from Monday, December 2nd until COB on Christmas Eve. All funds raised will go to the Cancer Council to fund research and support programs.

DECEMBER 8TH: CHRISTMAS CAROLS

Glenhaven Carols by Candlelight has been a community favourite for over 20 years. On Sunday, December 8th Glenhaven Oval will be filled with thousands of local residents ready to celebrate the festive season. Reid the Music, Jenna's Singing School, Sister 2 Sister School of Singing, NorthWest Wind Ensemble, Castle Hill RSL Youth Wind Orchestra and the Hills District Pipe Band are all set to entertain.

There will be food, rides and attractions with the event starting at 4pm. Santa will be coming to town and the firework finale starts at 9pm.

DECEMBER 7TH AND 8TH AND DECEMBER 14TH AND 15TH: CHRISTMAS TREES

Rotary Clubs across the Hills and Hawkesbury will be selling fresh Christmas trees across two weekends. All profits will fund Rotary charity initiatives.

The Rotary Club of Hills-Kellyville is selling at two locations.

Club members will be selling trees on Saturday 7th and Sunday 8th December and Saturday 14th and Sunday 15th December at The Bull & Bush Hotel (car park), cnr Windsor Rd and Seven Hills Rd, Baulkham Hills and at The Ettamogah Hotel (car park), cnr Windsor Rd and Merryville Rd, Kellyville Ridge.

Norwest Sunrise Rotary Club will be selling fresh Christmas trees on the same weekends from the underground carpark at Bunnings, Castle Hill.



Castle Hill Christmas Twilight Markets

VENUE: Castle Hill Showground

DATE: 29th November and 20th December

TIME: 3 pm – 8 pm

Bella's Annual Christmas Markets

VENUE: Bella Vista Hotel

DATE: 1st December

TIME: 10 am – 3 pm

Hawkesbury Country Christmas

VENUE: Hawkesbury Race Club

DATE: 23rd November

TIME: 10 am – 3 pm

Hills Christmas Fair

VENUE: Hills Adventist College, Kellyville

DATE: 1st December

TIME: 5pm – 8pm

Glenorie Community Carols

VENUE: Les Shore Reserve

DATE: 7th December

TIME: 6:30pm

Carols in the Park

VENUE: John Beynon Rotary Park, Kenthurst

DATE: 13th December

TIME: 3 pm – 9 pm

Carols by Candlelight

VENUE: Fagan Park, Galston

DATE: 14th December

TIME: 5 pm – 9 pm

Glenorie Village Christmas Markets

VENUE: Old Northern Rd, Glenorie

DATE: 22nd December

TIME: 9 am – 1 pm

The Australian Pioneer Village Twilight Christmas Market

VENUE: Australian Pioneer Village, Wilberforce

DATE: 6th December

TIME: 5 pm

Kurrajong CWA Christmas Stall

VENUE: Old Bells Line of Road, Kurrajong

DATE: 7th December

TIME: 9am – 3pm

Kurrajong Carols by Candlelight

Venue: Memorial Park Kurrajong

Date: 14th December

Time: 5:30 pm – 7:30 pm

Hanna Park Carols

VENUE: Hanna Park

DATE: 21 December

TIME: 4:30 pm – 9:30 pm



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.

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☎ 8882-9555 ✉ castlehill@parliament.nsw.gov.au
🌐 www.raywilliamsmp.com.au

Authorised by Ray Williams MP. Funded using Parliamentary Entitlements.

REMEMBRANCE DAY



It is always a great honour to attend the Remembrance Day ceremony at the Castle Hill RSL Club, to remember Australians who served, and are continuing to serve in our armed services, particularly those who made the ultimate sacrifice.

It was again a wonderful ceremony, and a moving tribute to all who have served.

Lest we Forget.

Annual Grant Programs

There are two annual grant programs that are now open for applications:

HERITAGE GRANTS: Open for individuals, businesses, local government, and not-for-profit organisations who are the owners, managers, custodians or the long-term lessee of an item listed on the State Heritage Register.

INFRASTRUCTURE GRANTS: These grants are made possible by the Clubgrants Category 3 Fund which re-invests profits from registered clubs' gaming machines into community projects. Funding is available for infrastructure projects in four areas:

- Arts & Culture
- Community Infrastructure
- Disaster Readiness
- Sport & Recreation

For more information visit my website: www.raywilliamsmp.com.au

A Big Win for Australians with Student Loans, including right here in Greenway

Education should empower, not burden, Australians. That's why the Albanese Government's decision to cut 20 per cent off all student loan debts is a crucial step toward a fairer, more accessible education system that helps millions nationwide, including right here in Greenway.

In Greenway, over 22,000 people—17.2% of our electorate—are carrying Higher Education Loan Program (HELP) debts.

For these hardworking Australians, this reform will make a real difference.

Whether juggling rent, childcare, or daily living expenses, Greenway residents with HELP debts now have the opportunity to see their financial load lightened significantly.

From June next year, anyone with an existing student loan—whether from university, TAFE,

apprenticeships, or vocational education—will benefit from a 20 per cent reduction.

For someone with the average HELP debt of \$27,600, this means around \$5,520 simply wiped away, freeing up that money for other vital expenses. This isn't just relief—it's recognition of the importance of education and the heavy cost that can come with it.

Many Australians struggle with the added pressure of repaying loans while managing housing, living expenses, and family needs.

This 20 per cent reduction, combined with our recent indexation reform, aims to ease this burden in a practical way. Beyond debt relief, we're adjusting the repayment system to allow Australians to keep more of their earnings before they start repaying their student debt.

This is a holistic approach to ease the financial strain on graduates and working Australians, allowing them to put money toward their lives and futures. With 500,000 fee-free TAFE places, expanded University Study Hubs, and a new framework to ensure managed growth and needs-based funding for universities, we're building an education system that works for everyone.

Reducing student debt is about more than just money—it's about delivering real, lasting change for Australians. We believe in an Australia where no matter where you live or your financial background, education is within reach, opening doors to opportunity and prosperity.

Together, these reforms ensure a brighter future for all Australians, especially those in Greenway, empowering our community to build the future our country deserves.

As your Federal Member for Greenway,
I'm here to help.

Albanese Labor Government Delivers for Greenway in 2024-25 Budget

The Hon. Michelle Rowland MP

✉ PO Box 8525, Blacktown NSW 2148

☎ (02) 9671 4780

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

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

📱 @mrowlandmp

✉ Michelle.Rowland.MP@aph.gov.au

🌐 michellerowland.com.au



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Riverstone Youth Forum

Kids are our future, they are the champions of change. Hearing from them and their ideas gives us a chance to see things from a fresh perspective.

Earlier this year I initiated a Youth Forum designed to bring together students from both public and private schools across the Riverstone electorate with one purpose in mind – to have their voice heard.

As Parliamentarians we implement policies that directly affect the lives of young Australians yet all too often they are not involved in the process. In an area like Riverstone which is home to the most youth in NSW and is undergoing a seismic change both in terms of size and demographics I think it's vital to engage with the people who will inherit the choices our government makes and the legacy we leave behind.

The opinions of these young leaders were thoughtful and insightful. Far from the common misconception that teenagers are disengaged, the participants offered strong opinions on issues ranging from cost of living, housing affordability, mental health and social connection. The students pointed out how pressures on the household budget affected their families and how that was impacting on their own mental health. They worried about how housing affordability was impacting on their desire for independence as they prepare to embark on their careers. They identified the effect social media was having on

disconnecting them from their peers and the antisocial nature of platforms that have such a negative effect on their mental health yet have become so integral to their lives. They yearned for more direct, interpersonal relationships.

Above all, they proved the importance of engaging with the next generation and valuing the way they see the world.

It was a great pleasure to host some of these students in the NSW Parliament, where they had the opportunity to engage directly with ministers and other MPs. Students attended question time, spoke directly with Premier Chris Minns and Youth Minister Rose Jackson about their experiences during the forum, and had the chance to present their report to the Premier and ministers. It was an honor to facilitate

direct consultation between our youth and the state's top decision-makers, ensuring that Riverstone's next generation has a say in their future.

I wish to thank North West Community Services, in particular CEO Angela Van Dyke and Child and Youth Counsellor Team Leader Vanessa Sokalik. This initiative could not have happened without their assistance. NWCS's enthusiasm and guidance ensured the students felt empowered to put forward their thoughts, no matter how controversial or uncomfortable.

The Riverstone Youth Forum was a resounding success. It has given me a greater insight into the issues that matter most to our young people and, importantly, ideas on ways to create a better future for them.

WARREN KIRBY MP
MEMBER FOR RIVERSTONE

ADVERTISEMENT

Youth Forum 2024

☎ (02) 8883 3499 📧 riverstone@parliament.nsw.gov.au
📍 Shop 20, 2 Sentry Drive, Stanhope Gardens NSW 2768

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AUSSIE BUSHFIRE SURVIVAL GUIDE

Aussie Pumps has produced a new 2024 'Bushfire Survival Guide' that can assist communities preparing for this fire season. The guide is loaded with invaluable information to help property owners make informed choices for their bushfire plan.

It covers the basics of preparing a home or property regardless of whether the owner intends stay or leave. It also assists with fire pump selection, setting up sprinkler systems, and routine maintenance to keep gear primed ready for an emergency.

A quality firefighting pump like the Aussie Fire Chief is key to setting up a protection system. It's capability that counts. Unfortunately, not all pumps are designed to deliver top performance. Second rate gear can risk property, pets, stock and even lives.

The 'Survival Guide' deals with product selection but stresses the need for an adequate water supply to be available and for the property to be fully prepared to be defended.

"Homeowners need to be planned, prepared and practiced at using the gear well ahead of any emergency", said Aussie Pumps' Adrian Duggan. "The time to get organised is now!" he said.

The Aussie Bushfire Survival Guide is free and is available from Aussie Pumps directly or through your local Aussie Gold Distributor.

The Aussie Bushfire Survival can assist locals to prepare ahead of the peak fire danger period.



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: MAX
BREED: American
Staffordshire Terrier
SEX: Male
AGE: 8 yrs 3 mos
and 2 wks
PRICE: \$99



MEET MAX, the ultimate laid-back companion who's ready to enjoy his golden years in a cosy retirement home. According to staff at the Hawkesbury Companion Animal Shelter, 8 year old Max is the epitome of chill, valuing the simple pleasures in life but still up for the occasional playful romp. Staff say he's the perfect blend of relaxation and a dash of spirited energy, making him a delightful addition to any calm household. With a solid understanding of basic commands, Max fits right into your routine with ease. Staff say if you can offer Max a gentle walk around the neighbourhood or a lazy afternoon in the backyard, he is ready to bring love and tranquility into your home. His adoption price is \$99 which includes desexing, the first vaccination, microchipping and lifetime registration.

Hawkesbury Council's Rehoming Organisation Number is:
R251000145

LIZZY is a laid-back girl with a calm disposition and a go-with-the-flow attitude according to staff at the Hawkesbury Companion Animal Shelter that makes her a joy to have around. Whether lounging at home or exploring new surroundings, Lizzy exudes a serene energy that brings peace to any household. One of her standout qualities is her pleasant nature towards other dogs, interacting gently and playfully with her furry friends. Staff say Lizzy's intelligence is evident in her ability to perform basic commands, making her a delight to train. Her easygoing attitude means she's happy to accompany you on an adventure, ready to adapt to your lifestyle, no matter how relaxed or active it may be. She's more than ready to bring her charming personality and loving nature to any family seeking a calm and affectionate furry companion. Her adoption price is \$99 which includes desexing, the first vaccination, microchipping and lifetime registration.

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

AT A GLANCE

NAME: LIZZY
BREED: American
Staffordshire Terrier
Cross Sharpei
SEX: Female
AGE: 1 Yr, 3 Mos
and 1 Wk
PRICE: \$99



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Kellyville 8883 0533 | Unit 1/106 Windsor Rd, Kellyville
Baulkham Hills 9157 5557 | 472 Windsor Rd, Baulkham Hills

CONTACT US sydneyanimalhospitals.com.au



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HIDDEN IN THE HILLS

Ferals and Invasives

BY LACHLAN TURNER

Hills district residents may be surprised to know that there are a considerable number of feral animals roaming unchecked throughout the region.

Residents may also be surprised at the number of invasive garden escapee plant species that are colonising our bushland and adjacent areas.

Most feral and invasive pests are the direct result of historical human decisions, some supposedly made with good intentions. Some were to help eradicate other introduced species. Recent history has proven otherwise. It has now become the responsibility of everyone to be aware of the devastation caused by these exotic species which have no place in the Australian environment. All have the potential to destroy various elements of our unique Australian Biodiversity. Many have toxic effects on humans, domestic animals, livestock and native Australian birds, mammals, fish and insect species. By doing nothing about the adverse consequences of

these species, the sad history of feral infestations continues to be perpetuated.

It is illegal to keep, sell and trade (swap) many of these declared plant and animal species designated as having a detrimental effect on Australia's biodiversity.

There are strong requests for community members to notify appropriate authorities where any of these species are observed in their locality, as well as in other environmental situations elsewhere. Some known local feral animals include foxes, cats, rats, rabbits, dogs, deer, cane toads and possibly horses and goats. All are a death sentence to native birds, mammals, reptiles and riparian dwellers.

Some invasive plants known to overwhelm native bushland plants are Asparagus Ferns, Lantana, Blackberry, Privet varieties, Wandering Jew (Trad) and Scotch (English) Broom.

Feral birds such as Indian Myna, Starling and Feral Rock Pigeon harass and compete with native species for food and nesting spaces.

To read more about the destruction of Australia's Environmental Biodiversity, copy the this web link <https://online.fliphtml5.com/awdd/jsni/> into your browser's search box.



Red fox chook yard

Indian Myna

Cane toad

Deer



Feral cat



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Dick Petrikas Chainsaws		



Pure artistry from Sydney Hills Gymnasts

BY LAWRENCE MACHADO

Sydney Hills Gymnastics have more reasons to celebrate this year, having been crowned Gymnastics NSW 2024 Men's Artistic Gymnastics (MAG) Overall Grand Prix Champion Club for the third successive year. The highly-successful club was among the big winners at the recent 2024 NSW MAG Junior State Championships, with the outstanding Noah Saad (Level 4 Under 10), Oscar Rogers (Level 5 Under 11), Krishna Manoj (Level 6 U12) and Luke Slemint (Level 6 Open) emerging state champions. In addition Rony Chie (Level 4 Open) and Vivian Shah (Level 1 U7) finished runners-up in their categories.

Noah sealed his title with an outstanding pommel routine where he scored 10.050, while Oscar was dominant on the parallel bars and high bar, scoring over 10. Oscar finished strong on the pommel to win the gold medal. Luke's outstanding performances reflected his commitment to building difficulty in his optional routines.

Sydney Hills Gymnastics Director and MAG Head Coach Vassili Trofimov said they were incredibly proud of their gymnasts and what they have accomplished. "This year's success is a testament to their hard work, perseverance and growth," he said. "Their dedication to training and teamwork makes this win especially meaningful."

This latest triumph follows the club's third consecutive NSW MAG Overall State Clubs Champions award in September.

The club said the constant success of Sydney Hills Gymnastics is due to their vastly-experienced MAG coaching staff including Trofimov, Sasha Kazhamiak, Yiheng Wang, Tim Hawken, Saeed Keikha, Jad Kheir, Tim Corey and Jack Hobson. SHG's choreographer, Celeste Warren, also played a big role in preparing the gymnasts for the major events.

This year also saw the senior men winning 12 gold, 11 silver and six bronze medals at the Australian Gymnastics Championships in May, with Ritam Malik, Daniel Chalabov and Julian Tavares going on to win medals for the national team at the 2024 Junior International competitions.

The club is also proud that Lucas Engesser had an impressive debut this year representing Australia as a senior international gymnast and reaching the apparatus final.

"This year's incredible achievements have shown what we can accomplish together," a club official said. "With so much talent and heart in our team, we are looking forward to an even brighter future in the world of gymnastics."

The club has been very successful at state and national level; Last year they were crowned the Men's Gymnastics Club of the Year, Men's Gymnastics International Coaching Team of the Year and Men's Gymnastics Junior Development Coaching Team of the Year, while four of their athletes also won awards. They have centres in Castle Hill and Bella Vista.

Rouse Hill Teen Nikki Wins Coaching Honours

BY LAWRENCE MACHADO

Nikki O'Neill, the first Under-9 coach for Northwest Lightning AFL club, is already making her mark, winning the Female Rookie Coach of the Year and the Young Leader of the Year (NSW) awards.

The Rouse Hill local won the coveted Young Leader of the Year award for her wonderful commitment, leadership and generosity. "It was so different from any other sport I'd played and I just fell in love with it from the start," said Nikki, 17.

"I also had a really good coach in my first year so I knew how important that role was, I actually got the coach's award at the end of it. In playing, I learned the value of positivity and resilience and I thought that was important to pass on to other girls in the club so when the opportunity came up, I put my hand up for it. The biggest lesson would be, probably, to always try to build a relationship with every kid. If you don't have a relationship with the kid, they won't want to listen to you or, like, won't want to respect you in any way, when you try to coach them on-field. I think they really like to maybe have a younger woman around them, someone they can see themselves in and look up to, rather than say a dad."

"It's important for me to give back. At Northwest Lightning, so many good things have come to me ever since I started playing there. I would tell anyone, especially young women considering volunteering, that they should do it, because it's just volunteering a really small thing ... but it can have a really big impact on their life and your life, and I would tell them that they should definitely do it."

The Northwest Lightning was formed in 2016 as a joint venture between Westbrook Bulldogs, Hornsby-Berowra Eagles and Pennant Hills Junior Demons with all-girl teams from 7-17 years.



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www.gwsrovers.com.au

Annangrove Environment Centre

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

Arcaidian Quilters

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

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

Castle Hill Senior Citizens Club Inc.,

Over 55's welcome to 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

Christian Over 50s Social Group

Carol | 0412201005

Computer Pals for Seniors – The Hills

Welcomes seniors for low-cost peer-to-peer courses, discussion groups, and one-on-one training on digital phones, tablets, and laptops. Make friends and learn to love technology—new discussion group on Artificial Intelligence.
Margaret Moxon | 0412 539 110 | cphills.org.au

Cumberland Bird Observers Club

Conducts 3 outings a month to observe birds in their natural environment. Meetings 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 – Castle Hill Branch

Monthly meeting every 2nd Tues at the CWA Hall, 2 Annangrove Road, Kenthurst (off Angus Road) from 10am. Also Craft mornings for members on 1st and 3rd Tues of the month from 10 to 12.
Maureen | 0410 582 723
castlehillcwa@gmail.com

CWA of NSW – Galston Branch

Meets 2nd Wed each month at 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 – Toongabbie Branch.

Monthly meetings held 1st Tues of the month at Toongabbie Girl Guide Hall in Junia Ave Toongabbie from 10am. Craft mornings for members 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 0427 8498 | www.duralmensshed.org

East Kurrajong School of Arts

1st Tues each month 10am to 1pm. Bring along any sort of craft activity, pencil or brushes to practice your drawing or painting with Ruth. 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).
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.

Glenwood Men's Shed

Jim | 0438 701 275

Hawkesbury Artists & Artisans Trail

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

Hawkesbury Camera Club

Club meets at 7.30pm on the 3rd 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 Thurs 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 Feb, April, June, Aug, Oct.
Pamela Hempel | 0407 660 579
www.fffhnc.com

Hawkesbury West Probud Club

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

Hawkesbury Woodcraft Cooperative Ltd

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

Hills District Historical Society Inc.

Meets at 7pm 4th Mon of each month. Museum located at Bldg 10, Balcombe Heights Estate, 92 Seven Hills Rd, Baulkham Hills and opens on the 1st and 3rd Sat of each month 12.00pm to 4pm.
Secretary Pam Wilson | 0474 204 080
pam.wilson52@gmail.com

Hills District Women's Bowling Club

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

Hills Harmony Chorus

Barbershop style 4 part harmony All Singers welcome. 7.30pm @ Kellyville Anglican Church, 45 Presidents Rd. Kellyville.
info@hillsharmony.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
Robert | 0425 233 783
HillsOMNI1@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. We have members 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 Probud Club of Baulkham Hills

Baulkham Hills Sports Club on Renown Rd, Baulkham Hills meets on the 2nd Wed of the mo 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 West Pennant Hills - Cherrybrook

westpennanthills_secretary@lions.sydnet
Raj | 0429 440 746

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 to 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 VIEW Club

meets 10.30am at Baulkham Hills Sports Club on the 2nd Tues of each month. A guest speaker will be featured each month. 4th Tues of the month a social outing is organised.
Margaret | 9873 2402

Pennant Hills Garden Club

Meets 4th Wed at 9.30am at Pennant Hills Community Centre. Inquire or just come along to a meeting.
pennanthillsgardenclub@gmail.com

Probus of Baulkham Hills

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

Probus Club of Carlingford North Rocks

Meets at the Vikings Sports Club every 3rd Mon of the month at 10.30am. Membership is open to recently retired and semi-retired members.
Ken | 0408 963 060 | thebunts2@gmail.com

Probus Club of Cherrybrook Combined

A mixed gender club of 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

Probus Club of 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 Club of Glenhaven

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

Probus Club of Glenorie

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

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.
Ken | 02 96296459

Probus Club of 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 Club of Kellyville Combined

Meets 2nd Monday of the month from 10am-12pm at Glenhaven Community Centre, 76 Glenhaven Road, Glenhaven (next door to public school and adjoining the park).
Veronica | 0408 025 577
Susan | 0400 039 308

Probus Club of Pennant Hills Mens

John | 9487 1385

Probus Club of Pennant Hills Combined

Meets at Hotel Pennant Hills every 3rd Monday of the month at 10am.
Lorene | 0429 396594

Probus Club of Pitt Town

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 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

Probus Club of Windsor

Meet first Wednesday of the month at 10am at the Windsor RSL club 36 Argyle St. South Windsor
Ann | 0414298945 or Elaine | 0428844461
windsorprobus2756@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.
Donna | 0416 082 626

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 | sithehills@siwp.org

The Hills Community Aid and Information Service Inc

9639 8620

The Hills Learning Centre

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

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 the 4th week of each month.
Robyn | 0416 035 655

The Sydney Hills Branch of the Association of Independent Retirees

Mal Steel | airsdneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

hillsladiestennis.org

Wanderers Bushwalking and Outdoor Club

Meetings are held on the 2nd Tuesday of each month at 8 pm at Crestwood Community Centre, Cnr Crestwood Drive and Conway St, Baulkham Hills.
John | 0423167467
www.bushwalkingsnw.org.au/wanderers

West Pennant Hills Sports Club

Ladies social tennis Tues 9.30 to 11.30 (no play school holidays) 103 new line Rd W. Pennant Hills

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

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

WHAT'S IN A NAME?

Since I started writing in this publication, many new residents have moved into the areas of the Hills and Hawkesbury districts. In this article I hope to explain the origins of various suburb and locality names.

AGNES BANKS, a locality in the Hawkesbury region, was named after Agnes Hilson, the mother of Andrew Thompson (1773-1810), who was described by Governor King as the "Father of Windsor". Thompson was an ex-convict who received a grant of 840ha on the banks of the Nepean River near Yarramundi Lagoon. He named his parcel of land after his mother.

ANNANGROVE was a property owned by Lt-Col George Johnston who lived at Annandale and was famed for his role in putting down the Castle Hill Rebellion in 1804. He planted an orange grove on the property.

ARCADIA was originally part of a district called Galston Heights. It was named Arcadia in 1895, the name being derived from Greek mythology and meant to epitomise the pastoral character of the area.

BAULKHAM HILLS was in official use from about 1801-2 and was bestowed by Andrew McDougall, a Scotsman, who arrived in the district in 1798. He named the area after a village in Roxburgh, Scotland. I have also heard that the name was a corruption of Balcombe Hills. A section of the suburb is known as Balcombe Heights.

BEECROFT, appropriately named in 1886 when a large number of beehives existed in the area. Some say that the suburb was named, however, by the then Minister for Lands after the maiden names of his two wives, sisters Hannah and Mary Beecroft.

BELLA VISTA, once part of Baulkham Hills, was named after Bella Vista Farm. The property was owned by the Pearce family for over 100 years and was once a leading citrus farm for the colonies. A portion of the farm, including the home, remains today and is open to the public on the first Sunday of each month.

BOX HILL, named by wealthy ex-convict Samuel Terry after Box Hill, London.

CARLINGFORD was originally called Mobbs Hill after the Mobbs family who owned orchards in the district. It was renamed in the mid 1800's after Lord Carlingford, Under-Secretary for the Colonies, at the request of residents of the area.

CASTLE HILL. The name was mentioned in dispatches by Governor King in March 1802 and is said to have arisen because of the splendid views from surrounding hills. It was also the site of a rebellion in 1804 by 300 Irish convicts.

CHERRYBROOK. The land was originally granted to Mary Russell in the 1820s. A descendent, Mary Anne Thompson, inherited the land. She married Joseph Harrison in 1839 and they named the property after the cherry trees that they planted near a creek that ran through a portion of the property.

CLARENDON comes from Clarendon Park, an English Royal forest. In 1811 William Cox built a home there and called it Clarendon House. Cox built the first road across the Blue Mountains in 1814-15.

CONSTITUTION HILL, is part of Toongabbie, The name has been in use since 1797. It was the site where the rebels of the 1804 rebellion had gathered to attack the settlement of Parramatta. However they decided to head along the Windsor Rd towards Windsor and were then pursued by Lt.-Col. Johnson's troops.

MORE LOCALITY NAME ORIGINS WILL APPEAR IN FUTURE ISSUES.

ALIVE WITH INTERVIEWS

Naomi Stockman from Bella Vista is one of the many presenters on Alive 90.5 FM. Naomi hosts the "Lights On" radio show at midday on Fridays for one hour bringing fantastic informative talks and upbeat music. The one hour show from 12-1pm covers a variety of topics around mental and physical health, personal growth, overcoming adversity, self-reflection, relationships, parenting, family dynamics, business, lifestyle and more.

Some of her recent guests have been Clinical Hypnotherapist - Sarah Chemaisssem, Learnerobics dyslexia supporter - Monique Peters, Coach and Mentor - Debbie Roberts and most recently, Ivanna Ruger a local home-schooling mum who has overcome paralysing nerve pain from a spinal haemorrhage through her own research and tenacity.

Ivanna speaks openly about waking up six years ago in pain with no sensation in the right side of her body. After being told there was nothing doctors or neurologists could do, she began the daunting quest of finding her own treatments, supported by her family which eventually led to her recovery through improving her mitochondrial function and stimulating stem cell production.

You can listen to past episodes at www.alive905.com.au by clicking on the "Lights ON" radio show at 12pm Fridays in the program guide. You can also listen to the show live each week via live stream on the web or by tuning your radio to 90.5 FM on Fridays at 12pm. Support local radio with Alive 90.5 FM.



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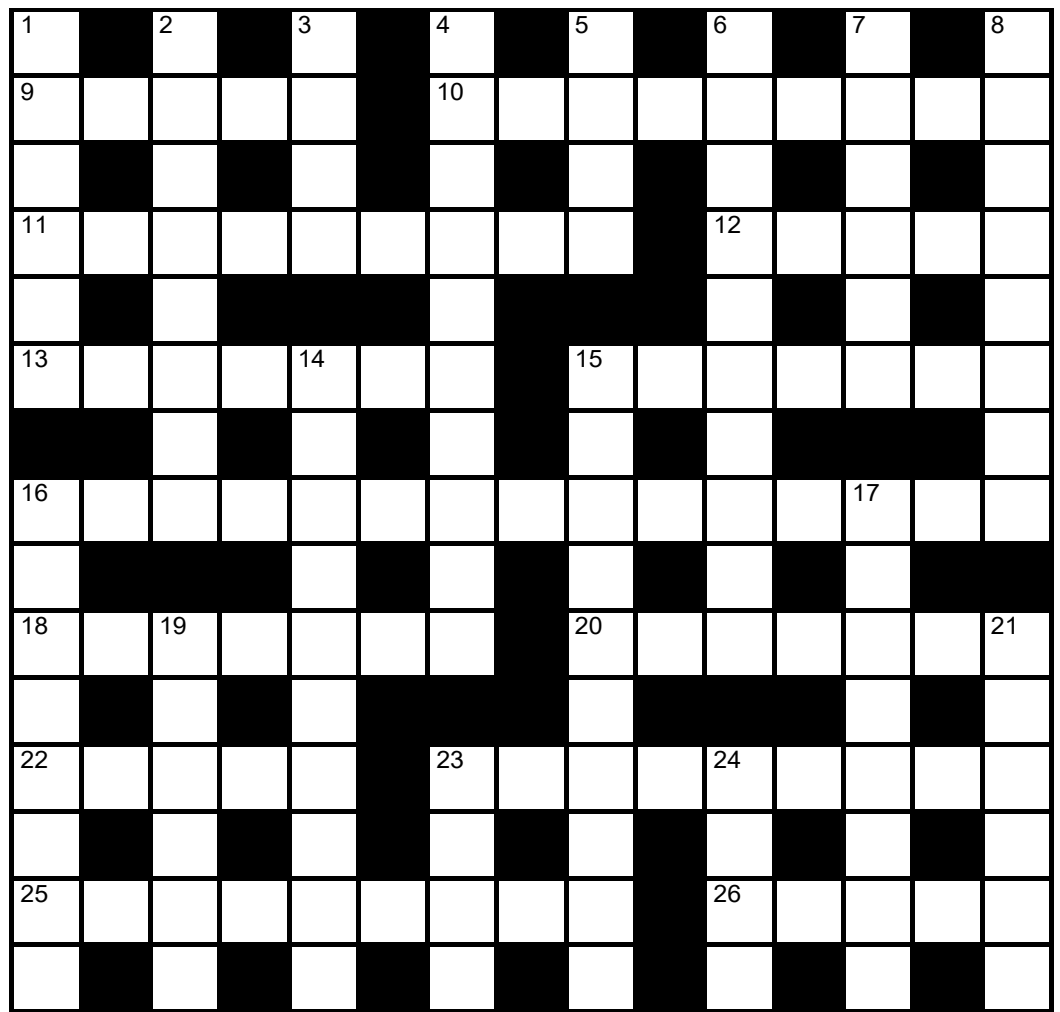
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10. Law
11. Reviewing
12. Group of experts
13. Concrete block used as an anchor
15. Don't have to
16. Poll outcomes
18. Area near the wicket
20. Play piano, or find lake in NW NSW
22. Former national netball captain Liz ---
23. The Royal ---, a carnivorous white bird
25. The golden-headed ---, "the finest tailor of all birds"
26. True up

Down

1. Very cold
2. Dismember
3. Ruffian
4. Olympic gold, silver and bronze rower - and policeman
5. Free from bias
6. Pro golfer Jan ---
7. "Imagine" songwriter
8. The least change produces competitors
14. Vessel in charge of smaller ones
15. "Sticks", former St. George Dragons pro footballer and coach
16. Factual proof
17. Prankster
19. Simple and unpretentious
21. Ashore
23. Inoffensive one
24. Ark wright

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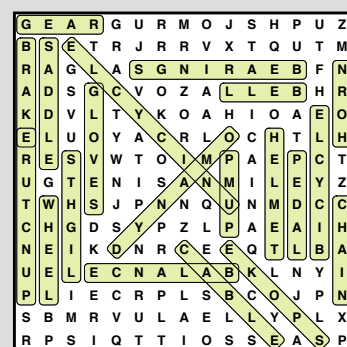
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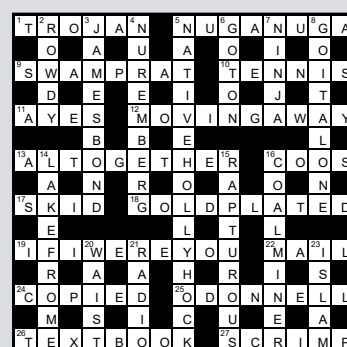
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Answers from last issue

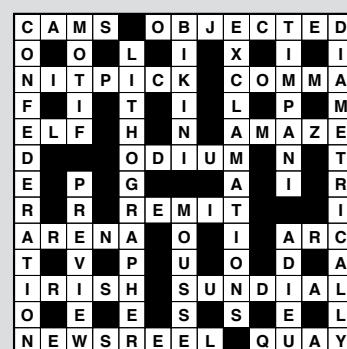
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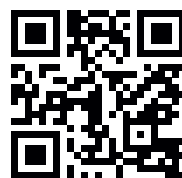
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