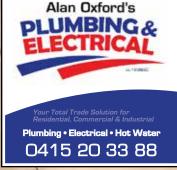


# EARTHMOVING

**Rock Walls Built** All types of Excavations

0418 26 16 76

mbpetith@hotmail.com Est. Over 40 years





Castle Hill Lions warmly welcomes enquiries

Phone Philip - 0451 188 433





This is her story:

"I was the youngest journalist (the cub reporter) on the Thurrock Gazette when it was announced that Queen Elizabeth II would be visiting the Thameside theatre and library complex in Grays to unveil a special plaque.

'The News editor of the Gazette and the senior reporters would follow The Queen and I was given the job of following Prince Philip as he greeted the crowd waiting on the street. I definitely got the better deal. While the reporters following The Queen had to negotiate Royal security, VIPS, officials and the National Press pack, I had Prince Philip virtually to myself, as the photograph, by junior Gazette photographer Ian Billinghurst, will attest.

There was no security, just me and The Prince wandering the length of Grays High Street with crowds, at times five-deep, the other side of a safety barrier lining the street showing their delight at the Royal visit.

HRH was great with the crowd and they absolutely loved having a chat with him. My job was to record what they said to Prince Philip and what he said to them.

It was raining and I had no way of juggling an umbrella, a notebook and a pen so I didn't bother with my umbrella and I certainly had to keep my distance from the Royal brolly.

I was terrified of missing the brief to get quotes from the crowd and the Royal VIP so I had to think quickly of how to function with a very soggy notebook and a biro and hundreds of people.

There were no mobile phones in those days and I had no recording device.

My solution was to grab the name and number of at least five people in the crowd he spoke to (and who lan got photographs of) and speak to them when I got back to the office. I had to engrave their details onto the soggy notepad.

They trusted my credentials because I wore a circular pink paper tag attached with a safety pin to my black cardigan that said PRESS. When we finally finished the walk (fortunately close to the Thurrock Gazette office) I raced inside, grabbed a very soft pencil and gently rubbed it over my engraved notes. It was like creating a brass rubbing.

Fortunately, every single name and phone number I had etched was revealed and I then spent afternoon phoning around and finding out what they had said to the Prince and confirming what he had said back.

He thanked people for standing in the pouring rain waiting, checked that they weren't too cold and wet and suggested they had a good cup of tea when they got home.

If I hadn't been so terrified at the time I would have really appreciated the honour I had to watch a true Royal legend in action and witness the effect he had on people of all ages. I would also have appreciated the timely manner that people rushed home to take my call and be part of the story.

Sadly, I didn't keep a copy of the paper.

When I look at the photo it reminds me of how much journalism, security and Royal protocol has changed over the decades. You can also see the faces in the crowd because no-one is obscured by holding a mobile phone and while I may not have had an umbrella I did have my handbag (which wasn't searched) over my shoulder for some reason.

\*We would love to hear your close encounters with Royalty. Email ivor.jones47@optusnet.com.au

We were bowled over by the number of people who sent entries to our "win a family pass to the Hawkesbury Show"

We asked people to tell us in less than 25 words why they would like to go to the show and we had some great responses.

Some people forgot the word limit while most were spot on.

Grandparents, mums, dads, neighbours and even a couple of 10-year-olds wrote in. There were poems, pleas, a new dictionary definition and a determination to support local businesses exhibiting at the show. There was even one grandpa, determined his 3-year-old grandson should know that milk doesn't come from bottles.

Reliving childhood memories was also a big incentive as was treating someone who was going through a tough time.

Our panel of three had trouble choosing a winner from 48 entries sent by readers from North Richmond to Baulkham Hills and Vineyard to Northmead.

In the end, it was Larry Gillespie from Pitt Town who clinched it. He wants to treat his three grandchildren, impacted by the floods, to a great day out.

The 134th Hawkesbury show is going to be amazing. It runs this Friday (April 23), Saturday and Sunday (April 25) at Hawkesbury Showground, 40 Racecourse Road Clarendon.

For information, ticket prices and bookings visit www. hawkesburyshow.com.au

Publisher: Diana Paton, Adelphi Printing Pty Ltd

Owner: Compton Media Group

# Hills to Hawkesbury

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

www.hillstohawkesbury.com.au | Facebook @hillstohawkesbury



**DIANA PATON PUBLISHER** contribute@ hillstohawkesbury.com.au 0408 011 193



EDITOR/JOURNALIST bev@ hillstohawkesbury.com.au 0439 034 187



**ADVERTISING** advertise@ hillstohawkesbury.com.au 0499 040 726



LAWRENCE MACHADO **JOURNALIST** lawrence@ hillstohawkesbury.com.au

0403 798 686



ATF Paton Family Trust

CONTRIBUTOR ivor.jones47@ optusnet.com.au

# **FLORENCE TURNS 100**

Florence Willcox has packed so much into the past ten decades, from helping to run Severn Vale Farm in Kellyville, her home for 67 years, to girl guide commissioner, bowling club president and mother.

Florence Cassie Garner was born at Ashfield on May 1, 1921. A third child for Henry and Florence Garner and baby sister to brothers Edward and Harry. She grew up in Burwood and, after leaving school she attended Miss Hales Secretarial School where she studied typing and shorthand to become a stenographer.

During World War II, she enlisted in the Australian Women's Army Service and served in various Australian States as a stenographer. She was eventually discharged in Adelaide. Her whole family served during the war. Her brother Harry was killed at the fall of Singapore and her brother Edward served in Darwin.

Florence married Hector Thomas Willcox, a dairy farmer at Burwood in 1949 and became a step mother to Graydon Hodder Willcox. The family purchased their own 50-acre property which they named **Severn Vale Farm in Balmoral Road, Kellyville in 1949**, and ran a dairy farm, selling milk to United Dairies at North Rocks. The dairy business was sold in 1978. The couple had three children of their own, Jean, Dennis and Glenn and also looked after two Barnardos' boys who helped with the farm.

Dennis said his mum helped run the farm and did all the cooking, cleaning and washing. His sister Jean was born with a hole in her heart so his mum was often taking her to the Children's Hospital at Alexandria for appointments and treatment.

Sadly, Jean died from heart problems in 1984. Dennis said his mum was also involved in serving the local community.

"(She was) Commissioner of Girl Guides, a keen member of Toastmistress and also Cumberland Bird Observers, President, on two occasions of Castle Hill Women's Bowling Club, and also President of Mitchell District bowling club."

Florence was still enjoying lawn bowls at the age of 93 (she is Patron of Castle Hill Bowling Club) and was also driving a car up until the age of 93.

Florence lived on the Severn Farm property (named after the river in the UK) until 2016 when Balmoral Road was renamed Hector Court and she moved to Bella Vista Gardens in Fairway Drive, a mere 300 metres from the old farm's boundary. Local streets have been named after Hector, Florence, Willcox and Severn Vale, Graydon and Hodder.

She told her son Dennis she used to love living in Kellyville because of: "the country village feeling and community where everybody looked after each other".

The family's birthday gathering in Kellyville on Saturday (May 1) will feature four generations of her surviving children and their families Florence has 10 grandchildren, 22 great-grandchildren and 4 great-great-grandsons.

Florence said she is looking forward to receiving her birthday telegram from the Queen, Elizabeth II.

Her secret to a long life is: "keeping the mind and body active".





180 YEARS



## Constitution Hill Retirement Community

Discover the relaxed lifestyle and the range of one, two and three-bedroom retirement living units available at Constitution Hill. We are conducting tours in line with current COVID-safe industry guidelines.

Book your tour today 1300 294 519 constitutionhill.com.au

1 Centenary Ave, Northmead NSW 2152

\*Terms and conditions apply, visit constitutionhill.com.au/retirement-residences for details

Australian Unity Retirement Community homes at Constitution Hill are sold under a loan lease arrangement. You will have to pay a departure fee when you leave this village. You will have to share any capital gains received with the operator of this village. For more information please email us at: customercare@australianunity.com.au or call us on: 1300 160 170. 21\_AU1691

# OOO SERVICES .....

## CHILDCARE ARREST

A childcare teacher has been charged over the alleged assault of a child in Castle Hill.

A 26-year-old woman was arrested on Friday, April 9 at a home in The Ponds.

Police allege that between Thursday, March 11, 2021 and Wednesday March 17 a two-year-old boy was assaulted on multiple occasions by his educator at a day care centre in Castle Hill.

The matter was reported to police and officers from The Hills Police Area Command commenced an investigation.

Following inquiries, detectives arrested a 26-year-old woman who was taken to Castle Hill Police Station where she was charged with assault occasioning actual bodily harm; and seven counts of common assault.

She was given bail to appear at Parramatta Local Court on April 27.

## **RIDE SHARE CHARGE**

A man has been charged with sexual touching following an alleged incident in Kellyville last month. It will be alleged that a 31-year-old woman was a passenger in a ride-share vehicle at Kellyville about 11:50pm on Thursday, March 25 this year, when the male driver placed her hand on his genital area.

The woman left the vehicle and the matter was reported to officers from The Hills Police Area Command, who commenced an investigation.

Following inquiries, officers arrested a man when he attended Castle Hill Police Station on Friday, March 26.

The 32-year-old man, from Acacia Gardens, was charged with incite another to sexually touch them without consent.

## **CYCLIST DIES**

A cyclist died after being hit by a car at Quakers Hills on Saturday (April 17). About 7am a group of cyclists was travelling along Quakers Road when one of the riders fell from his bike before being hit by a car. The 55-year-old man died at the scene.

Officers from Quakers Hill Police Area Command established a crime scene and commenced an investigation into the incident.

Anyone who witnessed it, or the events leading up to it, is urged to contact police.

A report will be prepared for the Coroner.

## **DRIVER INJURED**

Two men have been charged over the alleged assault of a ride-share driver in North Kellyville on Sunday (April 18) About 3.10am police responded to reports of a fight between two men on Nullabor Street near Sandbanks Avenue.

Officers from The Hills Police Area Command attended and found a 27-year-old man unconscious in the street suffering a head injury; police rendered assistance until NSW Ambulance paramedics arrived. He was taken to Westmead Hospital. A 19-year-old man from North Kellyville was arrested at the scene and taken to Castle Hill Police Station where he was charged with affray and assault occasioning actual bodily harm. He is due before Parramatta Local Court on Wednesday, May 5, 2021.

Following further inquiries, a 22-year-old North Kellyville man was charged with common assault and affray and is also due before Parramatta Local Court on May 5, 2021.

Inquiries into the incident are continuing.

## **CAR CRASH**

Three men were taken to hospital after a car, carrying five men, crashed and rolled in the front yard of a unit complex at Baulkham Hills in the early hours of Saturday (April 17).

Police say the crash happened after a 2014-model white Toyota Aurion, being driven north along Windsor Road, left the roadway near Rembrandt Drive about 2:40am and hit a street sign before hitting two utilities parked at the unit complex with the impact forcing them into a parked hatchback.

The Toyota then hit a townhouse with such force it dislodged roof tiles and came to rest on the passenger side.

Officers from The Hills Police Area Command allege the driver, a 26-year-old man from Baulkham Hills, attempted to run from the scene. He was taken to Westmead Hospital. A 22-year-old man, from Blaxlands Ridge, who was travelling in the back seat, sustained minor injuries was taken to Westmead Hospital for treatment. Police will allege the man had also attempted to run from the scene.

A 21-year-old man from Baulkham Hills, seated in the back seat, was taken to Westmead Hospital to be checked as a precaution.

Another two passengers, both aged 20 and both from Baulkham Hills, escaped injury. An investigation is now underway into the circumstances surrounding the crash.

Anyone with information or who has dashcam vision, is urged to contact Castle Hill Police or Crime Stoppers on 1800 333 000 or visit the website *nsw.crimestoppers.com*. au. Information is treated in strict confidence. Information is treated in strict confidence.



Anyone with information about this incident is urged to contact Crime Stoppers: 1800 333 000 or *nsw.crimestoppers.com.au*. Information is treated in strict confidence. The public is reminded not to report crime via NSW Police social media pages.





CELEBRATE REMEMBER
FIGHTBACK

#### By BEV JORDAN

Hills Relay For Life celebrates its 20th Birthday at Castle Hill on Saturday May 15, making it one of the longest running Cancer Council Relay events in Australia.

While it may be slightly different from previous events, thanks to COVID restrictions, Hope is still at the heart of this annual celebration of life which raises vital funds for cancer research and support.

2021 Chair of the Hills Relay For Life Lisa Carruthers said that despite COVID restrictions shortening the Hills Relay to a five-hour event, between 3pm and 8pm at Castle Hill Showground it will retain the highlights of the previous events including a candlelight ceremony of Hope.

Lisa experienced her first Hills Relay For Life six years ago as a sponsor.

"It was possibly the first event I could take my family too that was raising money for all types of cancer. My mother had cancer herself so it was very special to do something to honour my mother with the whole family."

She has since lost an aunt and a cousin to cancer. "Anything we can do to help fundraise is very important for my family."

She said the community event will include an opening ceremony, a 20th birthday celebrations, walking on the track, on stage entertainment, the major raffle draw, a candlelight ceremony. The headshave will feature 23-year-old Karenza de Leon who will be having all 86 cms of her hair shaved off to raise funds for cancer research.

The evening will end at 8pm with a 20thbirthday firework display donated by DazzleFX Fireworks and Karen D'Angola Di Jones Real Estate.

This year's event is a ticket only affair so participants need to be registered with a Hills Relay For Life Team to be able to book a ticket at the event.

To join a team or form a team visit the Hills Relay For Life website *cancercouncil. org.au* and search for Hills Relay For Life.

There is also a team called Join the Club for those without a team of their own.

Teams are also being encouraged to Relay My Way throughout the month of May by tackling a series of daily challenges with friends and family.

For more details email *Yvette.Haines@nswcc.org.au* or call **9354 2011**.

Hills Relay For Life volunteers will be at Castle Towers shopping centre from Tuesday May 4 to Saturday May 8 between opening times wrapping gifts for Mother's Day for a gold coin donation. Paper and ribbon have been supplied by Castle Towers so all money raised will go to the Cancer Council. Level 3 near Peter Alexander, Haigh's Chocolates and Myer.





More details ... aussiepumps.com.au/careers

careers@aussiepumps.com.au

Send your resume to:

# **ANZAC DAY EVENTS**

COVID restrictions will see a changed ANZAC day this Sunday (April 25) with the biggest Anzac Day Dawn Service outside the Sydney CBD not happening.

Thousands normally attend the Castle Hill RSL Sub-branch dawn service but it won't be held at the Centenary of Anzac Reserve at Wright's Road this year because of the size of the crowd it normally attracts.

While some suburbs will be holding invitation or ticketed events, others will be holding COVID-safe events for their community.

**RICHMOND:** Richmond RSL Sub-branch will commemorate ANZAC Day 2021 with a Dawn Service to be held at the Richmond War Memorial, Richmond Park, from 5am on Sunday, April 25.

The Dawn Service will adhere to pre-COVID traditions, including a Catafalque Party, keynote addresses and the laying of veteran and community wreaths.

Covered seating will be available for local dignitaries, veterans and older family members, who should arrive no later than 4.40am. Community members are also most welcome to participate in the ceremony, ensuring that they follow current social distancing and other COVID restrictions.

Richmond RSL Sub-branch also recommends that attendees carry personal hand sanitiser and a face mask. The wearing of face masks is not mandatory.

Richmond RSL Sub-branch welcomes the many veteran and community groups who, each year, participate in this commemoration and lay wreaths in honour of our veterans. Richmond RSL Sub-branch will continue to appreciate community families and individuals who also seek to lay private wreaths to honour family members who have served, or are serving.

**CASTLE HILL/KELLYVILLE:** There will be no ANZAC Day Dawn Service at the Centenary of Anzac Reserve off Wrights Road, Castle Hill this year.

Thousands normally attend the Dawn Service (the second largest gathering in NSW) on the playing fields opposite Kellyville Plaza shops but COVID restrictions, limiting attendance, have forced the Castle Hill RSL Sub-branch to change arrangements for this year's event.

President of Castle Hill RSL Sub-branch David Hand said they are encouraging people to hold a "Light up the Dawn" with their family and neighbours on Sunday instead. Paul Garai from Castle Hill sub-branch said: "Light Up the Dawn is continuing as the new tradition for ANZAC Day, and in 2020 residents gathered in driveways and front yards across the district to reflect and remember those who served.

Residents are invited to send photos of their Light up the Dawn event for publication to: media@chrslsubbranch.org.au

**KENTHURST:** There will be a short march from the Caltex Service Station on Nelson St at 8.45am led by the Governor Macquarie Memorial Pipe Band to John Benyon Rotary Park on Kenthurst Rd where a service will start at 9am. The event is being organised by Kenthurst Rotary Club.

**ANNANGROVE:** A service will be held at 11am at Annangrove Park on Annangrove Rd on Sunday April 25 at 11am organised by the Annangrove Progress Association.

**WINDSOR:** There will be a controlled event held by Windsor and District RSL Sub-branch at 5.50am at MacQuade Park. The event is invitation only.

**RIVERSTONE:** The Riverstone-Schofields RSL sub-branch will be holding a private ANZAC Day service.

**GALSTON:** ANZAC dawn service will be held at 6am on Sunday April 25 at the Galston Cenotaph. Everyone will be seated and have to register on arrival.

**GLENORIE:** The ANZAC Dawn Service will be held at the Glenorie Cenotaph and Memorial Gardens at 6am. It will be a ticketed event as the maximum allowed is 250.

**WISEMAN'S FERRY:** The ANZAC Day march will be from Wiseman's Ferry Public School to the Memorial before a 10.30am service.



Uniting has built stylish 1, 2 and 3-bedroom retirement apartments, in a brand-new community in the heart of Westmead's hospital and health precinct. Bring your mum on the Friday before Mother's Day, for a complimentary morning tea and the opportunity to tour these beautiful homes for independent living.

Designed with comfort and convenience in mind, all apartments have spacious rooms and balconies, and some have views overlooking World-Heritage-listed Parramatta Park. There's even a residential clubroom for activities, celebrations and events with neighbours. Conveniently located close to public transport, shops, restaurants and amenities, you'll find everything you need nearby.

Uniting Westmead also has a café, seniors' gym, salon, health consulting rooms, residential aged care, and an early learning centre on site. It's a welcoming and affordable community with apartments now selling from \$575,000.

With plenty of parking available, it's easy to visit 1 Caroline Street in Westmead on Friday 7 May from 10am to noon. See what retirement living looks like, Uniting-style, and have all your questions answered. Book now at uniting.org/westmead

Retirement living that's your mum's cup of tea.

Now selling from \$575,000



FREE Mum's Morning Tea

Visit Uniting Westmead and view stylish and spacious retirement apartments overlooking Parramatta Park.

1 Caroline Street, Westmead Friday 7 May, 10am-12noon

Register now 1800 864 846 uniting.org/ westmead



© Copyright Uniting NSW.ACT 2021 21-IL-911.APR21 A Life of Service

#### By **BEV JORDAN**

There is a huge list of community organisations that Audrey Blood OAM has championed over the years and taking care of others has always been high on her list of priorities.

Mrs Blood moved into RSL LifeCare resident at Ron Middleton VC Gardens in North Richmond, earlier this year after her cancer treatment slowed her down.

"It is close to my family and friends," said the former Windsor resident. Mrs Blood lost her husband Neville in 1985. A World War 2 veteran, he had served with the 9thDivision in Egypt and New Guinea.

She joined the War Widows Guild, starting a group in Macksville where she was living at the time.

Her involvement with the War Widows Guild of Australia spanned more than 20 years and included service as the NSW State President from 2003-2006 and as National President of the Guild, from 2008 to 2012

"There were 100.000 war widows across Australia," she said. "I travelled to every State and did three trips to Gallipoli (to lay an official wreath at the dawn service on behalf of war widows) and one to the Western Front."

Her accomplishments were recognised nationally when she was awarded the Medal of the Order of Australia in 2002.

The mother-of-two lost her daughter Jannette, a nurse at Westmead Hospital, who was killed in a hit

and run on her way home. The loss resulted in Mrs Blood's volunteer work with Compassionate Friends of Bereaved Parents.

Her 30-years as a volunteer has also included time with the State Emergency Service,

Meals on Wheels, Voice Interest Education for Women Club (VIEW) for the Smith Family, Legacy, CWA, plus hospital and medical support groups.

In 2013, she was named Hawkesbury Citizen of the Year for her community work.

Mrs Blood said that her lymphoma diagnosis has resulted in numerous trips to the hospital for treatment plus major surgery in October last

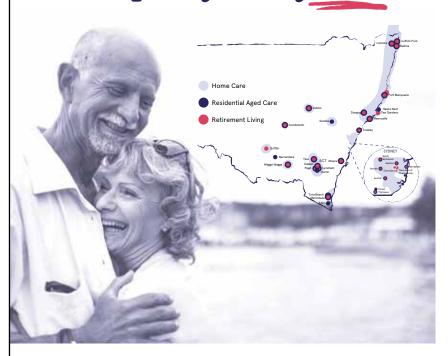
She said she was very happy to move to Ron Middleton VC Gardens.

"It's an excellent place for someone like me." she said.

"I can't cope on my own, I get weak and tired so I need the help which is quite outstanding."



# Uniquely for you.



Call 1300 232 564 or visit rsllifecare.org.au

Since 1911, not-for-profit RSL LifeCare has been developing connected and vibrant communities, for veterans and seniors with personalised care and services that suit your lifestyle.

Throughout our 28 Retirement Villages, 28 Residential Aged Care facilities, and via Home Care services across NSW and ACT we help you stay independent and safe in your own home or one of ours.

RSL LifeCare remains true to its mission to provide peace, security and care to veterans and all senior Australians.

Home Care

**Retirement Living** 

Residential Aged Care

**Veterans Services** 





## Your Care Our Priority

## **PROVIDING HIGHEST QUALITY HOME CARE SERVICES**

The care of your choice



## **Our Speciality**

- ✓ Tailored Care Plan to Suit Individual Needs
- Personal Care
- ✓ Domestic Assistance
- ✓ Transportation
- Social Support and Companionship
- Respite Care
- ✓ Hourly/Daily Care/24-hour & Live-In Care

## Why Choose Us?

- ✓ Quality & consistency of Care
- Highly Experienced, Trained and Reliable Care Workers
- ✓ No Basic Daily Fee and No Long-term. contracts
- Zero exit fees
- Dedicated Care Managers available 24/7
- No other hidden costs

Call us today for a Free In-Home consultation to determine how we can best service you or your loved ones!

02 4789 0622 / 0421 331 327

17/458 High Street, Penrith 2750

#### **SERVICING:**

Penrith · Blue Mountains Richmond · Windsor Hawkesbury · Blacktown Westmead · Parramatta & surrounding suburbs

# OLIVIA'S ADVICE BY BEV JORDAN

OLIVIA ABEY is a thoughtful and caring 17-year-old who is balancing a growing home business with her HSC studies.

The teenager whose anxiety stopped her going to her own Year 10 formal is now providing a "safe haven' for teenagers, keen to get to their own formal but worried about their own body image and what to wear.

She has about 1000 new dresses of all shapes and sizes at her family's home and sees her role not so much as selling fashion but listening to the concerns of the people who visit and finding a style and dress they feel comfortable in.

"It's not really about the dress to me it's more about making sure girls feel confident in their formal dress and feel beautiful because I can totally relate... I didn't feel beautiful when I was looking for my formal dress and so many girls don't," said Olivia. "I was having such a horrible time leading up to my Year 10 Formal (trying to find a dress)."

Her last resort was a garage at a home in Riverstone where the owner had been selling formal dresses for about

"I found a dress but then I ended up getting way too anxious to go to my formal so I didn't even end up going," said Olivia. She said when she and her mum heard the business was closing down last year, her mum suggested they buy it.

"The idea of doing something to help girls who felt the same way as me, was something I felt passionately about," said Olivia. She says there is a lot of pressure on teenagers.

"A lot of the time the fun of formal is taken out of it and it becomes this stressful thing ... you need to go and find a dress, and look perfect. I put music on and we have a laugh and I will pull out dress after dress until they find the one."

Her mission is to enable girls to look great and also

The fact that she's willing to spend time with customers during a one-to-one appointment has given her Formal Fashion House a large and loyal following.

The dresses are good quality and affordable. And it's not just teenagers ... young and more mature women looking for dresses for special occasions are also repeat customers, with dresses varying in price from \$75 to \$150.

"So many people who come here have low selfesteem," says Olivia. "The anxiety of finding a dress that you feel good in can be overwhelming, whether you are a size 4 or 24."

You can follow Formal Fashion House on Facebook and Instagram or call 0413 012 334 to make an appointment.



**NEW VOICES FOR YOUTH** 

Julie Charlton, Rory O'Connor and Munira Tabassum Ahmed are this year's Sydney Hills Youth Ambassadors.

Munira is a talented writer and performer and is passionate about the arts, mental health and wellbeing.

Rory has lived in the Hills all his life. A Bushcare volunteer, Rory is currently completing a media and economics degree at Macquarie University.

Julie is a passionate advocate for people with disability. She has travelled throughout NSW to talk about the issues that they face. A sports coach, she has also been the chairperson at the Youth Advisory Council.

Hills Shire Mayor, Dr Michelle Byrne welcomed the new ambassadors to The Hills Shire Council team saying:

"Each brings something new to the table, as well as a strong focus on ensuring young people remain connected and engaged in their local community."

The Mayor also thanked the outgoing Youth Ambassadors Hayley Irving and Anthony Radic for their dedication to the role during 2020/21.

"Hayley and Anthony have done a terrific job, especially at a time when we were made to remain apart to protect the community from the further spread of COVID-19. The pandemic brought its challenges, but these two individuals worked really hard to ensure their fellow peers remained in high spirits."

Anthony Radic said one of the most significant projects he and Hayley were involved with during the year was collaborating with Headspace Castle Hill to create a weekly video series focussing on Mental Health concerns of local youth. Topics included 'Managing HSC stress' and 'What to do if your friend is struggling'.

Anthony and Hayley also worked on restarting the Hills Youth Army, a group for young people aged between 15 and 25, which this year worked on a Harmony Day project and participated in Clean Up

Australia Day at Bella Vista Farm, collecting nine bags of rubbish (30kg) with the Mayor Dr Michelle Byrne.

Anthony said: "The Hills Youth Ambassadors have been in continuous collaboration with the local NSW police force to discuss long term ways to decrease youth crime. Hayley and I (also) worked with the Cattai Hills Environment Network to discuss ideas concerning their 'Bush kids' program and promote local environmental awareness for primary school children. "

More Information about the Hills Youth Army visit the HYA Facebook page - www.facebook.com/HillsYouthArmy or contact The Hills Shire Council Community Development Officer - Volunteer and Grants on 02 9843 0322 or email volunteers@thehills.nsw.gov.au.

### **CUMBERLAND** COMMUNITY RADIO INC.

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



www.alive905.com.au



CUMBERLAND COMMUNITY RADIO INC.

Streaming Worldwide on





# BREAKING THE MYTHS AROUND RETIREMENT LIVING

For some a retirement village offers the perfect blend of security, community and low-maintenance living. However, there's a few common myths about village life that we're here to clear up.

#### A retirement village is for old people.

Retirement villages offer the independence of living in your own low-maintenance apartment or villa, in a welcoming community. You maintain your own autonomy while reaping the benefits of village life.

#### I'll lose my independence.

A move to a village means eliminating the worry of maintaining a large house and garden, It also opens a range of social options and activities, which you can choose to be involved in as much or as little as you like.

#### Retirement villages aren't good value for money.

Retirement villages are an affordable way to downsize from the family home and free up equity. Before moving in, we'll calculate the exact amount you can expect to pay before, during and after your stay.

The best way to decide if a retirement village is right for you is to take a tour. Uniting has retirement villages throughout NSW and ACT. Get in touch by calling 1800 864 846 or uniting.org/villages.



If you are looking for something to treasure, the Wesley Garage Sale on Saturday on May 1 may be the place to be.

All proceeds from the sale will be donated to Hawkesbury Helping Hands to help families impacted by the devastating floods. The COVID-safe event will be the first garage sale at Wesley Uniting Church at 32, Showground Road, Castle Hill for 18 months.

The annual event has been a feature event at the church for over 30 years. Co-ordinator John Peberdy said this year's event was a smaller event but will include fine china and collectables, books, records, cds, electrical, plants and furniture. There will also be a bric-a-brac, Men's Shed stall and a cake stall.

In 2018/19 financial year the Wesley garage sale committee donated \$85,000 to various charities including Parramatta Mission, Riding For the Disabled and the Hills Women's Shelter as well as overseas aid projects.

Wesley Market Day will be held on Saturday May 1, 8.30am to 1.30pm in the church grounds on Showground Rd, entry via Worthing Ave.

For more details visit the website wesleycastlehill.org.au or call **9894 8999** 



## Retire in style at Uniting Hawkesbury.

- Stylish new 2-bedroom retirement villas in the heart of Richmond
- Close to public transport, health services, and local shops
- Welcoming, pet-friendly community with on-site café, clubroom, salon and residential aged care

Book your appointment today
Call 1800 864 846 or visit uniting.org/richmond

© Copyright Uniting NSW.ACT 2021 21-IL-897.APR21



Hurry selling

#### **COMMUNITY NEWS**

SUPERILE EL DE LA DEL CONTROL DE LA DESCRIPTION DESCRIPTION DE LA DESCRIPTION DESCRIPTION DESCRIPTION DESCRIPTION DESCRIPTION DESCRIPTION DESCRIPTION DESCRIPTION DESCRIPTION

Jason spoke with nurses, other parents of sick kids but most of all his wife Vanessa to find out what would brighten up a child's stay in hospital but also be useful.

The end result was the Supertee Superhero costume which fun but easy to access for medical procedures and has a cape that can double as a bib. The Supertees are packed in bright colourful tins with stickers, a comic and a bookmark and are given to young patients to keep.

Last week Jason and Hills District Dads with the support of Castle Hill RSL and four directors, 10 businesses and community radio station Alive 90.5 helped pack over 700 SuperTee boxes which were all sponsored.

The mammoth COVID-safe effort took just over 5 hours.

"We set a target of 300 Supertees and got more than 700 sponsored," said Jason. The Supertees will now be delivered to children's wards and hospitals all over Australia. Last year 36 Supertees were donated to Hawkesbury Hospital.

Nearly 5,000 children have received Supertees since they were launched in June 2018. Supertee packs are \$45 each to sponsor.

Jason runs the Supertees project as a volunteer. For more information visit www. supertee.org.au.

#### **FRONT PAGE IMAGE:**

Bodhi Slattery, 6, and his brother Caden, 4, surrounded by Superheroes.

There were super heroes of every kind at Castle Hill last week and the quietest of all was father-of-three Jason Sotiris who created the Supertee project for sick children.

Jason was inspired by his own children to come up with a specially designed Super Hero T-shirt to brighten up hospital stays for youngsters after their family's experience.

His daughter Angela was diagnosed with cancer a few weeks after her first birthday.







# **FACELIFT FOR HCA**

Last week marked a fresh new look for Hills Community Aid. The official opening was performed by Chair of the Board Maria Kovacic and Baulkham Hills State MP David Elliott.

HCA Executive officer Mici Beer said the much-needed upgrade to their office in Conie Ave, Baulkham Hills provided more private rooms for clients, disability access, and a better environment for staff, clients and the more than 130 volunteers connected to HCA.

"We are very thankful for the funding we have received from the State Government's Community Builders Partnership."

David Elliott said: "HCA has been the backbone of a lot of the charity work going on in the Hills for more than half a century."

He said the grant was one way of acknowledging that not only is their work needed but they are an essential service.

Hills Community Aid runs several services including a No Interest Loan Scheme, support for DV victims, homeless and people at risk of homeless, the Hills Daily Grind coffee van, Learning in the Hills and supported playgroups. For more details visit www.hca.org.au or call 9639 8620.

# **NEW SCHOOL SITE NAMED**

The State Government has announced the site for the new high school in Marsden Park which will be located on Elara Boulevard and Kaluta Avenue.

Member for Riverstone, Kevin Conolly welcomed the announcement saying the new high school will create a high quality facility for students for years to come. "We know this is one of the fastest growing areas in the state and I am proud that this government is continuing to invest in new and upgraded schools," Mr Conolly said.

Minister for Education Sarah Mitchell said the new high school will provide opportunities for the local community.

"Feedback will be important to ensure we deliver a unique new school with modern facilities that are designed specifically for the needs of this community.

The next steps for the project will include consultation with the local community as the project goes through design, development and preparation of planning documentation.

TAFE courses offering a Certificate I in Business and a Certificate I in Information, Digital Media and Technology are being offered in Richmond and Windsor and are free to people who qualify for either Smart & Skilled JobTrainer or the Mature Age Workers Scholarship

The Certificate 1 in Business Course starts runs on Tuesdays for 10 weeks at Hawkesbury Central Library, 300 George Street, Windsor.

The Certificate I in Information, Digital Media & Technology course will be run at Richmond TAFE, Corner Blacktown Rd and Campus Drive, Richmond on Fridays from 9.30am to 2.30pm for 10 weeks.

Both courses are subsidised by the NSW Government and are free to people those that qualify for Smart & Skilled, JobTrainer and Mature Age Workers Scholarship. To enrol visit www.tafensw.edu.au, call Richmond TAFE customer service on 4570 9099 or email Alexandra.bartlett1@ tafensw.edu.au or call 4570 9099 but be quick.

# Riverside



#### RETIRE IN STYLE TO NORTH RICHMOND

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

- · Secure gated property
- · Security cameras
- · Vital Call in every home
- · Affordable costs
- · Spacious community centre
- · 8km from Hawkesbury Hospital
- · Walk to shops, health professionals and bus stop
- · Nearby scenic walks along the Hawkesbury River foreshore
- · Pet friendly



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

#### **AVAILABLE NOW**

2 BEDROOM, 2 BATHROOM GROUND **FLOOR UNIT WITH COURTYARD GARDEN AND ALLOCATED CARPORT** IN SECURE AREA.







#### **ENQUIRIES WELCOME**

Please Phone Patricia for an appointment to inspect

#### PHONE PATRICIA 0447 334 615 or 4571 4545

34 Beaumont Avenue North Richmond 2754 (opposite Panthers North Richmond)

www.riverside-gardens.com.au

# FRIENDSHIP CLUB CALL

By **BEV JORDAN** 

CONNIE VALLIS is a community stalwart who is keen to start a Friendship group in the Hills to spark good conversation, play board games and organise social outings.

While COVID restrictions made 2020 a difficult year for many people, the Baulkham Hills resident is hoping 2021 will provide more chances for people who have felt isolated to connect with others.

As a long-time volunteer with Computer Pals for Seniors and Baulkham Hills cricket and football clubs, the mother of four, grandmother and great grandmother has had a busy life. She is in the midst of writing her third book but the sudden loss of her husband Keith last year has left Connie living alone for the first time in 90 years.

"After a long happy marriage of 68 years, I am living at home, all alone, for the first time in my life," she told the Hills to Hawkesbury Community News.

"I want to stay in my home because all my memories are here and I am comfortable. I have beautiful neighbours and lots of lovely kids around me but when you close that door at night it is just so lonely. Weekends and nights especially. It's about having company and someone to talk to."

She says her family are wonderful but can't be with her all the time. "I am trying

not to be a burden and I have to try and make a life of my own. Keith and I did absolutely everything together, apart from my Computer Pals. I do still believe that life is what you make it, and if possible, one should try to help oneself," she said.

"There must be other people out there like me, maybe not as old as me, who would like to create a "Friendship Group" where like-minded people in similar situations, can get together socially, days, nights and/or weekends for perhaps lunches, happy hours, dinners, movie nights, card games or book clubs.

"I could also help people write their life story." She has written two books on her life for her family (four children, 12 grandchildren and three great grandchildren) called, Delectable Decades and Grandma, You Didn't, and is now writing her third book with the working title, Chasing the Century.

If you are interested in being part of a Friendship Group call Cathy Pitts at Home Instead on 9980 2226 or email Connie at cmvh28@gmail.com.

## TRAINEE ADVERTISING **SALES PERSON WANTED**

The Hills to Hawkesbury Community News is looking for an enthusiastic, friendly Advertising Sales Trainee.

No previous sales experience is required as you will receive training on the job. You must be passionate about our local community, organised, self motivated and not afraid to contact local businesses to show them our magazine and discuss their advertising requirements. Cold calling will be required, so we are looking for someone who can deal with businesses who say no.

Whilst you will be working alongside our team of Sales Representatives, you will be required to work independently and research your own customers. You must have access to a car, and have a full or provisional driving licence. A mobile phone and laptop will be provided.

The position is 20+ hours per week, and we are looking for someone who will qualify for the Government's JobMaker Hiring Credit. Therefore you will have been receiving a JobSeeker payment, Youth Allowance or Parenting payment for the past 28 days.

If you are interested in this position, please send your resume to Diana Paton via email diana@adelphi.net.au



Each Home Instead ® franchise is independently owned and operated. ©M&S Warner 2021

# CELEBRATE NEW NAME IN TOWN

Grove Square is the new name for the muchloved shopping centre at Baulkham Hills following the purchase of Stockland Mall by local investor and development firm Mintus Pty Ltd.

Mal Hazzouri, founder and Director Mintus Pty Ltd said: "We believe in creating engaging spaces and environments that help bring our community together.

"The aim is to create 'The Meeting Place', a soft landing where people simply want to be".

With that in mind The Grove is throwing a party to celebrate its new name and image and it wants everyone to come and join the grand opening celebrations this Saturday (April 24) between 10am and 2pm to mark a new chapter in Baulkham Hills shopping history.

The festivities will be marked by a host of FREE family friendly entertainment and activities, plus gift bags, prizes and more.

Children will be delighted to capture a photo with their Favourite Superheroes as they roam the centre, plus enjoy free face painting, jumping castle, craft stations, balloon twisters as well as sneak a cuddle with some super cute visitors at the pop-up petting farm.

As well as fun and games, there will be some great opening celebration specials at your favourite stores including Aldi, Coles, Woolworths, Pannetta Mercato plus over 76 specialty stores. Take your time over lunch at one of the many café's such as Little Rock Café, Charlie Lovett or Franky & Co, then browse the latest looks in store at Sportsgirl, Rockmans, Cuiuli, Leilani, Sussan and more!

Following the recent acquisition of the centre by local investor and development firm Mintus Pty Ltd, this rebrand, and Grand Opening is the first step towards a master plan, which ensures the centre continues to provide for the needs of a growing and diverse local community.

Join in the fun and festivities and embrace the new look Grove Square – The Hills shopping centre, as it continues to grow with the local community.

WHAT: Grove Square – The Hills: GRAND OPENING Celebrations

WHEN: Saturday 24 April: 10.00 AM to 2.00 PM

WHERE: 375-383 Windsor Rd, Baulkham Hills NSW 2153

COST: FREE



# **EAR STUDIO**

Passion for Hearing

# HEARING CARE in CASTLE HILLL

- Free Hearing Assessments and Hearing Aids for Pensioners
- Ear-Wax Removal
- Hearing Aid Services
- Independent and Locally Owned



CALL 02 9159 6122 TO ARRANGE YOUR APPOINTMENT!

Suite 9 / 60 Cecil Avenue, Lawton House, Castle Hill, NSW, 2154

www.earstudio.com.au



# JOIN THE CELEBRATION! PENING CRAN SATURDAY, APRIL 24

















**PETTING FARM GIFT BAGS SUPERHEROES**  MC BOBBY DAZZLER

**BALLOON TWISTING** 

**COMMUNITY DISPLAYS** 

**FACE PAINTING PRIZES** PAINT-O-MATIC

YES ALL ACTIVITIES ARE FREE!









\*Events subject to late changes. Photos for illustrative purposes.

375-383 Windsor Rd, Baulkham Hills NSW 2153





# The Hills Shire Council News



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

#### **Experience Beautiful: The Carole King Musical at the Pioneer Theatre**

Pioneer Theatre will open its doors from Friday 7 – Sunday 16 May 2021 for Beautiful: The Carole King Musical, a jukebox musical that tells the story of the early life and career of hit singer-songwriter Carole King.

Pioneer Theatre and Castle Hill Library and community centre located at the corner of Castle Street and Pennant Street, Castle Hill, have been closed since mid-April for renovations. To book your tickets and for information on other upcoming shows at the Pioneer Theatre, visit www.pioneertheatre.com.au

#### **Nelson Road name retained**

The Hills Shire Council has voted to retain the name of Nelson Road, in Box Hill, after the community rallied to keep its existing name.

Council previously exhibited proposed changes to two sections of Nelson Road to make it easier to navigate and these included:

- Section One: Rename part of Nelson Road between Windsor Road and Edwards Road, Box Hill to 'Skarratt Road': and
- Section Two: Rename part of Nelson Road between Edwards Road and Old Pitt Town Road, Box Hill and Nelson to 'Old Pitt Town Road'.

No change was also proposed to the name of Section Three of Nelson Road, extending from Old Pitt Town Road into the suburb of Nelson.

More than 130 submissions were received, with only 10 in support of the name change.

### Need some information on a development application?

To view development applications, visit Council's website and search for 'Development Applications Received and Determined.'



# Save the date

2021 NSW Local **Government elections** 

**Saturday** 4 September

Voting is compulsory

elections.nsw.gov.au/lge21 1300 135 736

Visit www.thehills.nsw.gov.au to find out which ward you're in.

To register to vote, check your enrolment or to update your enrolment details, visit https://www.elections.nsw.gov.au

## Making a Submission to Council?

Any person may make a submission to Council. Submissions which obtain objections must be specific in their content. Council's preferred method of receiving submissions is via Council's website through each exhibition's online submission form. To view current exhibitions, search for 'Have Your Say.'

## **Council Meetings**

Ordinary Meeting: Tuesday, 27 April 2021 - 7pm, **Council Chambers** 

Due to the latest Public Health Order, limited seating is available at Council meetings.



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



# **HAVE YOU NOTICED:**

- **BAD ODOURS**
- GURGLING NOISES COMING FROM YOUR DRAINS?



FIX YOUR BLOCKED DRAINS WITH NUFLOW PIPE RELINING



02 9672 1184 NUFLOW.NET

# **MATERNITY TOURS A MUST**

Tours of the maternity unit at Norwest Private Hospital began again this month after stopping at the start of the COVID outbreak over a year ago.

Midwife Megan Cuff who has been conducting the tours for several years said the tours give people a chance to meet the midwives and also to "feel the friendly culture" in the hospital and find out relevant information.

Last week 16 couples took the opportunity to visit the maternity unit and ask questions directly to the midwife.

"We ask that only the woman having the baby and her immediate partner or support person take the tour so that there are not too many people, " said Megan.

People ask a wide variety of questions such as: "What do I need to bring to the hospital?"

"How many people can be in the birthing room with me? What do I wear whilst in labour?"

"I feel that the tour is important to our clients because sometimes people are worried or even a bit anxious about hospitals," she said.

"I have been taking the tours for approximately six years now and It's a lovely part of my job to share in the excitement surrounding the birth of a baby."

Tours of the Birth Suites and Maternity Suites are held every Thursday evening from 7pm to 8pm. No booking is required. Just meet at the hospital main reception at 6.45pm.

The first few months of the year have been busy with almost 600 babies delivered so far.

As well as the maternity tours restarting other changes have taken place regarding visitors.

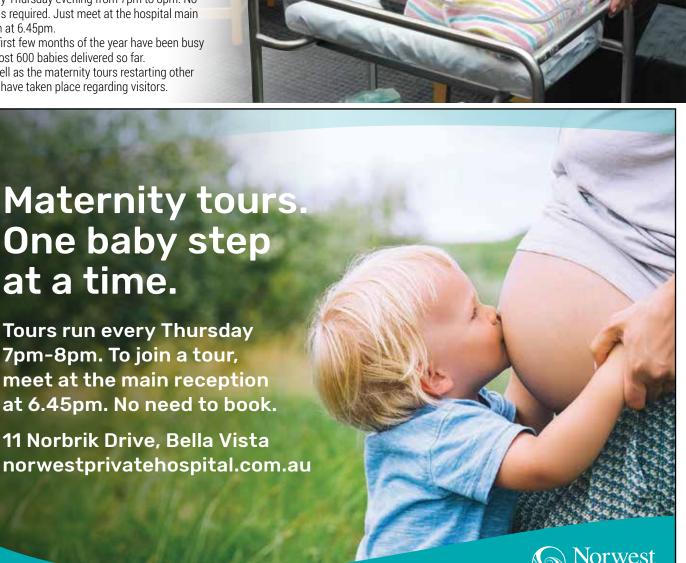
Grandparents are now able to visit the maternity ward between 3pm and 6pm.

ADVERTORIAL

Two nominated support people are now also allowed in the birthing unit during labour and birth and one of the support people may be with the mother on the ward for support and stay overnight. There's no limit to the amount of time they stay. The support person can be swapped as long as there's only one at a time.

Siblings of newborns are welcome to meet their new brother or sister at any time. There are no other visitors allowed to the Maternity Unit.

Norwest Private Hospital is at 11 Norbrik Drive, Bella Vista, Phone: 02 8882 8882 or find out more at norwestprivatehospital.com.au



PRIVATE HOSPITAL by Healthscope





# **DINE OUT AND HELP OUT**

The Dine and Discover Vouchers have a two-fold value at The Hills Club at Baulkham Hills which is donating every cent it gets from the State Government back to help communities devastated by the recent floods.

The Hills Club General Manager Angus Rimmer said the club had collected over \$5000 so far which could be doubled by the end of April.

His proposition to donate the money from April to GIVIT.org.au was backed unanimously by the Club's Board.

The GIVIT organisation is working in partnership with the State Government, Local Councils, charities and community groups during the flood recovery to identify exactly what is needed and ensure that is delivered. It has promised that 100 per cent of the money donated will be used to purchase essential items and services for communities impacted by the floods.

Mr Rimmer said: "We are very careful where we donate money. This is about making sure that 100 per cent of the money donated goes to the people who need it.

"The Club had a lot of help last year from the Government with Job Keeper payments to retain our staff. The Dine and Discover vouchers are a great way of attracting people to our club but we thought we would pass that money we get from the Government to GIVIT to help others."

"It was devastating seeing the impact that the floods were having in our own backyard in the Hills area and across the country," he said. It didn't feel right to be taking this generous stimulus package from the government when the funds could have been of better assistance to these flood victims."

## SARINO'S RESTAURANT & BAR

Refined Italian Fare | Luxe Cocktail Bar | Private Dining & Events











Located opposite Norwest Metro Station, 36 Brookhollow Avenue, Baulkham Hills 02 8884 2828 | sarinos.com.au

# DINE & DISCOVER VOUCHERS

DINE & DISCOVER NSW
MONING MANAGEMENT OF THE PROPERTY OF THE P

The NSW Government has launched Dine & Discover NSW to encourage the community to get out and about, to support dining, arts and recreation and stimulating spending in the economy.

All NSW residents aged 18 and over can apply for 4 x \$25 vouchers, worth \$100 in total.

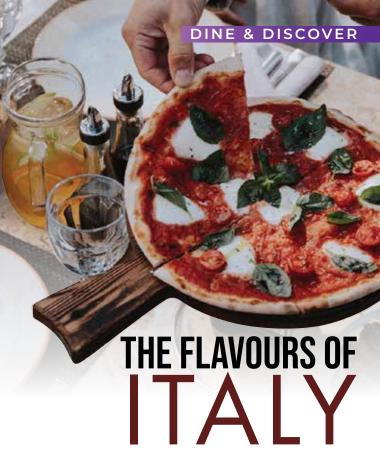
Dine & Discover NSW vouchers are divided into two categories.

- Dine NSW vouchers 2 x \$25 vouchers for dining in restaurants, cafes, bars, wineries, pubs and clubs.
- Discover NSW vouchers 2 x \$25 vouchers for entertainment and recreation, including cultural institutions, live music, and arts venues. Vouchers are valid until 30 June 2021.

#### What you need to know

- Vouchers can be used 7 days a week, including public holidays at participating NSW businesses registered as COVID safe.
- You must redeem your vouchers in person at participating businesses.
- Vouchers are single-use and cannot be used for takeaway meals, online food orders, tobacco, alcohol or gambling.
- Vouchers are single-use and cannot be used for takeaway meals, online food orders, tobacco, alcohol or gambling.
- If you have successfully applied for Dine & Discover NSW vouchers, they will be available in your Service NSW Mobile App and sent to your account email.
- If you use less than the \$25 value of the voucher, the remaining value is forfeited and may not be used later nor reimbursed by the business.





There is a real touch of Italy awaiting for you at the CSI Club at Schofields thanks to Cucina 81.

The restaurant was founded in the flavours of the club's rich Italian culture founded at Schofields in 1979.

Cucina 81 takes love, passion, and a good plate of pasta to new heights with a carefully curated, exceptional menu that will delight.

The extensive menu features pasts and pizzas but also club favourites including burgers, barramundi and schnitzel.

Cucina is Italian for kitchen and the menu reflects the best in Italian home cooking with a fine flair - just be tempted by the beef di menzo.

The CSI Club was created by a small group of Italian immigrant families in 1979 with the sole purpose of establishing a facility that would become a meeting place for their community in the North West region of Sydney. Today the club is open to all and celebrates good food and company as one of the most simple pleasures in life with authentic coffee, desserts and food.

Drop in for the flavour of Italy at The CSI Club 81 South St, Schofields.







# **HELP FOR DISTRESSED MUMS**

Becoming a parent is a time of enormous adjustment - for many it is a time of joy but for some, it brings feelings of anxiety and depression.

The St John of God Mother-Baby Unit (MBU) in Burwood works closely with mothers struggling with postnatal anxiety and depression, to begin their journey to recovery and gain confidence caring for their baby. Partners who may also be struggling emotionally, or need guidance in how best to support the new mother and baby (up to 12 months), are very much part of the holistic approach to care.

The Mother and Baby Unit offers the only specialist inpatient program in New South Wales for

mothers and their babies up to 12 months of age.

The program includes a combination of group therapies or programs, and skills and support with feeding, sleep and settling issues that may arise in terms of baby care.

The MBU provides specialist care from a team of doctors, psychologists, midwives and parent craft nurses. Most mothers and their babies stay for a three-week admission and during this time, a care plan is developed with the mother including group therapy, medication if needed, and assists with sleep and feeding issues and mother-infant bonding.

Planning for psychological care post discharge is important, and mothers can continue being seen at the clinic and also attend the Postnatal Depression Support or Circle of Security group programs facilitated from the adjacent counselling and therapy centre.

A GP referral letter is required for admission to the MBU. Most health insurance funds cover the cost of these programs depending on the level of individual cover. Recent changes in government legislation allow an upgrade in cover for mental health treatment to occur within a 24-hour timeframe. Please speak with your insurer to initiate this change.

Visit www.sjog.org.au/burwood to learn more about the Mother and Baby Unit.



# Perinatal depression & anxiety

St John of God Burwood Hospital offers practical and psychological support for mothers and their families.

Our specialised Mother & Baby Unit (MBU) provides perinatal mental health services for new mums to help you develop a secure bond with your baby.

Our MBU is the only inpatient unit in NSW offering admission for mothers experiencing perinatal depression, anxiety or other related conditions.

## Mental Health Services



Richmond | Burwood



Find out more:

Ph 02 9715 9200 E info.burwood@sjog.org.au www.sjog.org.au/mentalhealth

1 in 5 women experience a mental health issue in the year after childbirth - we are here to help.



# ROBYN PRESTON-MP

## MEMBER FOR HAWKESBURY

#### How my office and I can help you

- Represent you in Parliament and raise local issues with the appropriate Minister or Department
- Answer questions, help you access government services and provide information about community groups and events
- Facilitate applications to become a Justice of the Peace or to obtain a Seniors Card for

Update your electoral enrolment detailsSend a congratulatory letter for

- anniversaries and birthdays of significanceProvide you with details on how to apply
- Provide you with details on how to apply for government grants

The office is located at Western Sydney University, Hawkesbury Campus Building R4, College Drive, Richmond. M: PO Box 505 Richmond NSW 2753 T: 02 4578 0300 E: hawkesbury@parliament.nsw.gov.au

he recent floods brought massive destruction across the Hawkesbury region and is the latest of numerous disasters our community has had to face. Thankfully, we displayed the resilience that forms the fabric of our community and we got through it – or have we?

As I travel around Hawkesbury to flood affected areas, it is clear that the clean-up and restoration won't be done overnight. The impact on farmers, businesses and families has been devastating and there is much to learn in ways to mitigate and manage the consequences of living in a floodplain. To an outsider, just because the rain has stopped and the waters have subsided, they might think that all is

well. It is far from true. Turf farmers have no income for up to 18 months and have massive rehabilitation issues.

Market gardeners have lost their crops and river banks need stabilising. Animals can't graze on the land so food has to be purchased. Caravan parks have had almost everything destroyed. Cafes, golf courses, sports clubs and residential homes are faced with repairs that often won't be covered by insurance.

Both Hawkesbury and The Hills councils are counting the cost as roads, bridges and infrastructure pay the price of being in this flood prone area.

The NSW Government is working closely with councils to restore the infrastructure and to

further progress the clean-up through its Public Works Advisory until the clean-up is complete.

Difficult and hazardous waste is being removed so that people can get back into their homes and local businesses can recover.

Thank you to the emergency services sector, councils and the countless volunteers who came together to contribute to this huge effort.

The recovery centres are still operating and more information can be found at www. service.nsw.gov.au/floods/recovery-centres-and-hubs or by calling 13 77 88. I encourage you to visit the centre so that you can be supported and advised on financial grants and other assistance.



# TELSTRA IS STILL FAILING

Last year I started a campaign to get better telecommunications for our electorate. Many of you told me your Telstra story and explained the frustrations you have had in receiving adequate service from Telstra

I took your story, and hundreds of others like it, to Telstra and I worked with them to try and resolve every excuse they presented for why they couldn't improve their service.

The Bushfire Royal Commission indicated that there are serious telecommunications failures in areas at risk of fire and flood. In fact, just last month, I again had to contact Telstra myself, to get them to resolve long term telecommunications issues that I raised more than 18 months ago at the Hills fire control centre, which was being used as a base for coordinating the flood response for the entire Hawkesbury region.

I have even worked to adjust the mobile blackspot programme to focus on bushfire prone areas like the Berowra electorate in the hope it would encourage Telstra to invest, but Telstra simply does not care about its customers in our community.

Telstra told me that they would build two towers in our electorate and promised they would work with me to get more towers under the Government's mobile blackspot program. But after a year of trying to work constructively with Telstra, they have failed to apply for a single tower for our community under the program.

So, I am asking you again help me to put pressure on Telstra to act. Colleagues in other electorates facing similar challenges are also asking their community to sign a petitions to get Telstra to take action. We will also be looking at ways to use regulation to force Telstra to change their behaviour but I need our community's help in order for Telstra to realise the seriousness of the problems we have.

Please make sure Telstra pays attention, by taking the following actions: Sign the petition (www. julianleeser.com.au/telco). Share the campaign on social media (just share the top post on my Facebook page) www.facebook.com/JulianLeeserMP



### As your MP, I am here to:

- Assist with accessing federal government services
- Attend your local community event
- Arrange congratulatory messages

Please contact my office if I can be of assistance.

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



The Hills Bulls are enjoying their best start to the Ron Massey Cup rugby league season with a perfect record after five matches. The Bulls scored a tough 28-16 win over Blacktown Sea Eagles to secure the Nathan Gremmo Memorial Shield in front of a huge home crowd last weekend.

The Bulls led 14-10 at half time at Crestwood Oval. Josh Benjamin and Josh Lewis converted two tries each with the latter also putting over a penalty and two field goals.

Bulls' skipper Tim Robinson received the Gremmo Shield from Hills Mayor Dr Michelle Byrne. Club president Michael Gremmo spoke and presented jerseys to the players before the match, which is one of the highlights of the season for the club.

"It was a very physical and tough game because Blacktown included two players from a higher grade to strengthen their side," Withers said. "It was an emotional win for us because many of the boys had known Nathan and Michael's speech provided an extra incentive for them. This is the club's best start; I am very happy we won and had no injuries."

On Sunday, which is Anzac Day, the Bulls take on defending premiers Wentworthville Magpies at Ringrose Park at 3pm.

The launch of the first WPL by Hills

Football on April 9 coincides with Sydney

Hills Football General Manager Matthew

"There is a great growth in female football in the Hills, which is fantastic

"Football is growing rapidly in the Hills.

to see," Rippon said. "This will provide

being selected to stage the final of the

2023 Women's World Cup at

Stadium Australia, Homebush.

# **WOLVES ON** THE BOUNCE

Windsor Wolves are feeling let down in their round six game against hosts St Marys, with coach Chris Yates saying "decisions and the bounce of the ball went against us".

The Saints racked up a 34-8 victory over the Wolves after forging a 16-0 lead by the interval. Two second half tries by the Wolves cut the lead before the Saints made the most of a sin bin offence by the visitors to stretch the advantage again.

"I cannot fault the efforts of our players and I know that if they can continue in this vein, we will do better," Yates said.

"This season, the Saints have been putting between 50-60 points on their opponents but we held them to the 20s before they scored two late tries when we were one man down."

The Wolves take on Western Suburbs Magpies for a rare home game on Saturday, April 24, at 5pm.

The Windsor Sports Complex had been flooded for several days due to the heavy storms with the players only able to train there from the previous week.



# **WOMEN'S PREMIER HIT**

By LAWRENCE MACHADO

"For the first time, our Women's Premier League was live-streamed on our HFI Premier Leagues Facebook page to a terrific audience. We have maintained our growth in female football with nearly 2,500 registered female footballers this season."

Rippon, who worked previously at Football Federation Australia and Football NSW, said there is a lot of potential for the female players

"There are a lot of players playing at the highest level within the association and lots of players who have been coming through our juniors," he said.

Hills Football has pathways to the highest levels of the sport but importantly, there are also ideal grassroots participation for both boys and girls through the MiniRoos and Minitildas.

Rippon is also looking forward to launching the Walking Football league for men and women of all ages in June.

competitive teams playing on the first weekend in what is now our largest season on record.

**HOME MAINTENANCE & CARPENTRY** No job too big or too small

**Dominic Licensed Builder** 

3 844 586

We specialise in: Carpentry, plumbing, decking, landscaping & much more.

FREE QUOTES

hilst we remember all those who made the ultimate sacrifice, we must not forget the many other victims of conflict. Many of those who served and returned to our shores also suffered during their time of service, Shell Shock it may have been called after WW1. Post Traumatic Stress was what it may have been after Vietnam. But what ever you may call it, it caused much suffering to not only those who served but also to their family members and for many it was for the rest of their lives

We must also not forget other victims who did not serve in the armed forces, the parents, siblings, wives and children of those who did not return and how their lives were affected forever. Businesses were commandeered and changed to make weapons etc. and large family homes were commandeered as hospital rehabilitation.

The non-combatants during conflict are not to be overlooked either. The nurses, doctors, ambulance drivers, merchant seamen, refugees and interned civilians who may have been in theatres of war were also killed, injured or imprisoned during the conflicts of war.

Like much of the world, our area felt the effects of war during various conflicts. At Baulkham Hills, the Masonic School was converted to a military hospital. The Showground at Castle Hill became a military camp. There were military bases, camps, and airfields at Windsor, Richmond, Schofields and elsewhere each becoming a beehive of activity.

Some of our local citizens, in the past, have spoken of what they remembered of the dark days of wartime. The late Connie Lowe once spoke of the ladies of Lower Portland who,

in a response to a request broadcast by the then Princess Elizabeth (now Queen Elizabeth II) for baby clothes for the bombed out baby victims of London, set to work with their knitting needles

John Doering of Annangrove remembered when war started there was a lot of recruiting. As the war progressed, the general public weren't allowed in the bush at certain times. We couldn't go down to play and fish. The army took it over and used it for army manoeuvres. mock battles etc. Every day you'd see the Air Force in the air with mock battles and dog fights for all the different aircraft training before they went to war.

Other residents of the area reported that they lost their postman who was called up as well as other local personnel. Some of the Italian and German families in the area were interned or had their rifles seized for the duration of the war. There were also reports of hearing the explosions taking place when the midget submarines attacked Sydney Harbour instilling fear in the community thinking that the enemy was just offshore of Sydney and expecting an invasion at any time.

Radio broadcast during the war consisting of news of engagements by various battalions and divisions of the military gave concern to many as they knew of members of such battalion engaged somewhere in Europe or New Guinea and caused concern for the fate of their family member or friend fighting the enemy somewhere offshore.

Blackout curtains were placed over windows and car headlights were covered so



(photo taken by me in 2018)

as to prevent light revealing to enemy bombers the locations of buildings and transport at night. Trenches and bomb shelters were built in backyards and school grounds as hopefully safe havens during bombing raids for families and school students. Rationing was introduced to safeguard fuel and food supplies in case of prolonged shortages.

Many civilians joined in non-combatant roles by joining the workforce in armament factories, the land army, the Red Cross and other areas providing support for the troops and others caught up in the fighting of war. War has and continues to cause suffering to many. So when we say "Lest We Forget" we also must not forget all those others who have or continue to suffer from wartime activities of which there are many hundreds and thousands. Homes and families were decimated - Parents, Grandparents, Uncles and Aunts. So let us remember them all when we stand and say "Lest we forget" They also suffered so that we may continue to live in a free democratic country without tyranny.

## **NEW CHAPTER FOR LIBRAR**

Castle Hill Library, the Pioneer Theatre and the Community Centre at the Pennant Street complex in Castle Hill are now open and safe to visit.

The venues were closed briefly, for a period of two months, while a brand new lift was installed and renovation works were carried out in the Library.

The Pioneer Theatre will reopen with Blackout Theatre's version of Beautiful: The Carole King Musical from May 7 to 16.



## **EVENTS**

- Join bestselling author Belinda Alexandra at Castle Hill Library on Wednesday, May 5 at 6.30pm as she discusses the female bonds that tie her books together. Cost: \$5 per person. Bookings are essential.
- Join Mayor of the Hills Shire, Dr Michelle Byrne and local author Nicola Moriarty for the return of 'In Conversation' on Thursday, May 27 at 6.30pm. Nicola will discuss her latest novel You Need to Know with Mayor Byrne. Cost: \$7.50 per person.

All bookings are essential and can be made online at: www.thehills.nsw.gov.au/library.

## TOP 3 PICKS

#### **JUNIOR BOOKS**

A BOOK FOR BENNY By Judith Koppens I SAW, WE SAW by Yolnu Students from Nhulunbuy Primary School

**FLORETTE** by Anna Walker

#### **ADULT BOOKS**

A TIME FOR MERCY by John Grisham THE BIRTHDAY PARTY by Roisin Meaney THE SENTINEL by Lee Child

#### STAFF'S TOP PICKS:

IN THE WOODS (DUBLIN MURDER SQUAD, #1) by Tana French

> TRANSCENDENT KINGDOM by Yaa Gyasi

HINCH YOURSELF HAPPY: ALL THE BEST **CLEANING TIPS TO SHINE YOUR SINK AND** SOOTHE YOUR SOUL BY Mrs Hinch

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

War Memorial Richmond NSW





War Memorial, Masonic School, Seven Hills Rd.,Baulkham Hills





My late father-in-law. Pte. James Allan (Ivor Jones Collection)



Seven Hills Rd., Baulkham Hills

# SHARE YOUR OLD PHOTOS AND MEMORIES

WE LOVE HEARING PEOPLE'S MEMORIES OF LIFE IN THE HILLS AND HAWKESBURY AREAS AND WE WOULD LOVE TO SEE YOUR OLD PHOTOS. IF YOU HAVE SOME WONDERFUL FAMILY PHOTOS YOU WOULD LIKE TO SHARE, OR IF YOU ARE A LOCAL COMMUNITY GROUP THAT WOULD LIKE TO SHARE YOUR HISTORY PLEASE FEEL FREE TO CONTACT US. EITHER EMAIL IVOR JONES A<mark>T IVOR. JONES 47@OPTUSNET. COM. AU</mark> OR WRITE 17 ROSE ST BAULKHAM HILLS NSW 2153. ANYTHING THAT SHOWS HOW LIFE USED TO BE IS ALWAYS GREAT TO SEE. PHOTOGRAPHS AND STORIES WILL BE ACKNOWLEDGED.

# REASURE TROV

Marie Whetton is passionate about Bella Vista Farm. "I just get the feeling of calmness ... I feel the physical presence of those who once lived there".

Marie's great grandfather arrived from Ireland at the age of nine in 1851 and the family purchased a farm near Bathurst. He married Mary Cranston, and they had 11 children, one being Marie's grandfather George Kennedy. Her grandparents kept the farm and she remembers visiting as a child.

Bathurst is close to Marie's heart and the family returns for ANZAC Days and family reunions.

Her father, Kevin was a motor mechanic in Bathurst but moved the family to Sydney after Marie's two older brothers and sister left home.

It was Marie's mother who saw an advertisement for an undertaker in Lakemba which came with living quarters. Later they moved to Blacktown to the Guardian Funeral Home.

Marie's father was a compassionate and much-respected man in the funeral industry and when the firm relocated – the Kevin Maloney Reflection Room was named in his honour.

Marie and her future husband Geoff were school friends. After their Intermediate exams Geoff got a printer's apprenticeship and Marie left, intending to return the following year.

Her parents agreed that if she got a job in the school holidays, she could continue working. She got a job in a pharmacy at 16 and continued working there for many years.

Marie and Geoff had started courting in 1966 and in 1971, married. 1972 was a big year. They built their house in Baulkham Hills and had their first child - Rebecca. Two years later they had twins, Daniel and James.

# JETTERS TO THE RESCUE

With the recent floods in the Hawkesbury Valley and beyond, it's not only councils and water authorities that are having to deal potential health issues from overflowing septic tanks. Plumbers are also being faced with unprecedented increased blocked sewer and stormwater drains.

Reece, Australia's leading plumbing supply store, Windsor branch are seeing a demand for high pressure water jetting equipment to clear drains fast and efficiently. Australian Pumps are the leaders in supplying drain cleaning jetters.

"Plumbers are coming in requesting Aussie Jetters to get the job done faster. The word has spread that these machines are also far safer", said Assistant Manager Jimmy Veness. "Our plumbers are very happy with the Aussie Jetters and really looking forward to using them.

'Just the range of the jetter alone, 60 metres from the machine, is a huge advantage over any mechanical 'Eel'. The Aussie Viper Mini Reel is a huge benefit in terms of convenience and safety", he said.

Aussie's range of jetters start from 4,000 psi 20 litres per minute flow, with larger machines clearing drains up to 9"! All Aussie jetters now come with a safety plate that protects

the operator when withdrawing the hose from the drain, with bigger machines including free hose restraints and E-stop, urther information is available from Australian Pump Industries

aussiepumps.com.au

Another happy plumber with his Aussie Jetter as many Reece stores stocking up with these drain cleaning greats



in their family business, working in customer service, later in accounts and office supervisor.

Marie and Maureen are still close friends and love volunteering. They joined Bella Vista Farm three years ago and, along with Marge, have created a successful Trash and Treasure stall, with all profits going to Bella Vista Farm. With their love and knowledge of beautiful china, glassware and old treasures the items are of high quality. Royal Doulton and Villeroy & Boch can be found along with DVDs, toys and books. Bella Vista Farm is lucky to have their expertise and enthusiasm.

Next Open Day at Bella Vista Farm is Sunday May 2, and celebrates Heritage Day. Gates are open from 9am to 3pm. Entry to the grounds is free. COVID rules are observed. The 'Friends' will greet you dressed in period costume. Enjoy a Devonshire Tea and listen to classical music performed by the Hills Shire Symphony Orchestra. Tour the house for a gold coin donation and browse the Trash and Treasure Stall.

The Farm is on the corner of Elizabeth Macarthur Drive and Norwest Boulevard Bella Vista. If you are interested in becoming a member, email friends.bellavistafarm@gmail.com



#### **FERGIES TREE WORKS**

**Marie Whetton** 

- No job is too BIG or too small!

Free Quotes No Obligation

Free Advice **Fully Insured** 

0414 428 707 fergiestreeworks@gmail.com



# **WORD SEARCH**

### **RIDING A BIKE**

**BALANCE** HELMET

**BEARINGS** HORN

BELL LIGHTS

**BICYCLE PEDAL** 

**BRAKE PUMP** 

**CABLE PUNCTURE** 

**CHAIN SADDLE** 

**DYNAMO SPOKE** 

UNICYCLE **GEAR** 

**GLOVES** WHEEL

G	Е	Α	R	G	U	R	М	0	J	S	Н	Р	U	Z
В	S	Ε	Т	R	J	R	R	٧	X	Т	Q	U	Т	М
R	A	G	L	A	S	G	N	ı	R	A	E	В	F	N
A	D	S	G	С	٧	0	Z	A	L	L	Ε	В	Н	R
K	D	٧	L	T	Y	Κ	0	A	Н	ı	0	A	Ε	0
Ε	L	U	0	Υ	A	С	R	L	0	С	Н	T	L	Н
R	Ε	S	٧	W	T	0	I	M	Р	A	Ε	Р	С	T
U	G	Т	Ε	Ν	I	S	A	Ν	M	ı	L	Ε	Y	Z
T	W	Н	S	J	Ρ	Ν	Ν	Q	U	N	M	D	С	С
С	Н	G	D	S	Y	Р	Z	L	Р	A	E	A	1	Н
N	E	ı	K	D	N	R	С	Ε	Ε	Q	T	L	В	A
U	Ε	L	Ε	С	N	A	L	A	В	Κ	L	N	Y	ı
Ρ	L	ı	Ε	С	R	Р	L	S	В	С	0	J	Ρ	N
S	В	M	R	٧	U	L	A	Ε	L	L	Y	Ρ	L	X
R	Р	S	I	Q	T	Т	I	0	S	S	Ε	A	S	P

**CODE WORD** 

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

1	2	3	4	5	6	<sup>7</sup> <b>Q</b>
8	9	10	11	12	13 <b>G</b>	14
15	16	17	18	19	20	21
	22	23	24	25	26	1

l''		ľ				ľ					-0	
19		19		26		24		23		24		24
8	24	22	16	24	17	18		17	19	5	5	10
4		24		22		24		26		16		5
25	26	4		6		8		10	5	10	9	25
15				19	15	24	21	5		8		22
25		16		13				10		24		14
14		14		14	25	5	24	22				24
10	14	25	8	10		19		24		10	14	17
22		20		16		21		19		15		10
24	14	24	12	6		12	21	8	15	24	10	26
19		25		25		12		12		25		26
8	25	2	12	14	25	25	26		7	21	10	11

<u>Sl</u>			<u>KU</u>	Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.							
							9	5			
			9	4							
		2			1	8					
	4		1					3			
9			2		6			7			
7					3		2				
		5	7			1					
				8	9						
3	8										

#### **WORD SEARCH**

D	N	H	0	P	Ţ	ı	Н	A	С	Е	В	Т	R	H	7
L	Υ	Α	T	(Ú)	R	N	W	0	Т	D	1	M	L	L	n
н	L	R	G	R	É	É	N	Р	0	-1	N	T	C	L	¥ 8
D	ĸ	L	Ε	R	1	É	M	z	Υ	J	z	L	н	1	Answers
N	О	Е	M	U	E	S	n	6	P	Α	О	U	Е	н	
А	О	М	Α	z	a	V	M	ડ્રો	G	Т	X	0	L	Е	ro
L	R	D	N	Α	L	s	1	N	E	T	A	Т	s	L	n
s	В	0	н	0	K	В	X	R	T	1	N	A	Е	в	from last issue
1	K	R	Α	Р	L	Α	R	T	N	E	c	0	A	R	st
Υ	Α	S	т	C	Н	-1	N	Α	T	0	w	N	M	Α	is
Ε	0	0	т	U	R	Z	U	J	-1	P	S	Ţ	C	М	us
N	Р	н	Α	s	A	L	В	Α	N	Y)	R	D	R	ī	е
0	s	0	N	T	Н	Е	В	R	0	N	X	L	U	D	
c	L	R	D	L	L	ı	Н	Υ	Α	R	R	U	M	H	
R	L	Ι	Т	Т	L	Ε	Ī	Т	Α	L	Υ	0	Р	C	

#### **CODE WORD**

E	Κ	Е	s		С	Α	L	Α	М	Α	R	ı
Х		Х		Р		Z		Р		U		N
Α	Q	U	Α	R	Ι	Α		Ρ	Α	G	Е	D
G		۵		Е		ᆚ		R		M		Е
G	L	Е	N	s		Ε	Υ	Е	L	Ε	Т	s
E				Τ		Α		Н		N		С
R	w	Α	N	D	Α		J	E	s	Т	Е	R
Α		Т		Е		W		N				-
Т	R	0	U	N	С	Ε		ø	С	R	U	В
Т		М		Т		Α		ı		Е		Α
0	R	ı	В	Τ		Р	R	0	٧	Ε	R	В
N		s		Α		0		N		F		L
s	Ε	Ε	D	L	Ī	N	G		Ī	s	L	Ε

#### SUDOKU

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



## SECURE YOUR MEMORIAL BY PREPAYING TODAY

A memorial is a place to commemorate a life, a place for coming generations to pay their respects. By planning and preparing you can reserve a special place just for you and your family, so you can always be together.

From 1 February 2021 to 30 June 2021, Castlebrook Memorial Park is offering a discount on new memorial purchases.

## **SAVE**

# \$500 PER INDIVIDUAL PURCHASE\*

Speak to our friendly team on 9629 1477 and mention the code SAVE2021 to save on your memorial.



\*Terms and conditions apply. Visit castlebrook.com.au/save2021 for more information. PETS 🛞

PETSTHE STATE OF THE STATE OF T

The Hawkesbury Companion Animal Shelter is at 10 Mulgrave Rd, Mulgrave.

Call 4560 4644 or visit Hawkesbury Council's Facebook page

www.facebook.com/hawkesburycitycouncil



### AT A GLANCE

NAME: PICKLES
BREED:
Domestic cat
AGE: 5 years old
SEX: Female
PRICE: \$30



**PICKLES** is a 5-year-old female Domestic Short Hair cat. Staff at the Hawkesbury Companion Animal Shelter say that Pickles is a gentle, affectionate girl who is always the first to come over for some love. Pickles would like nothing more than to live in a home where she will be spoilt with lots of love and affection according to staff. If you would like to give Pickles a home she can call her own, come to the shelter to meet her. Her adoption price has been reduced to \$30 as Pickles is one of the featured cats. The adoption price includes the first vaccination, desexing, microchipping and life time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

**CASPER** is a 5 year old male Domestic Short Hair cat. Staff at the Hawkesbury Companion Animal Shelter say that Casper is a quiet boy who loves sitting in his comfy spot where he can watch what is going on around him. They say he is very responsive when called and is happy to come over to share his affection with you. If you feel you can give Casper a loving home, come to the shelter to meet him. As a featured cat Casper's adoption price has been reduced to \$30. The adoption price includes the first vaccination, desexing, microchipping and life time registration.

Hawkesbury Council's Rehoming Organisation Number is: R251000145.

### AT A GLANCE

NAME: CASPER BREED: Domestic Cat AGE: 5-year-old SEX: Male PRICE: \$30



# HILLS COMMUNITY GARDEN

After nearly two years of planning, The Rotary Club of The Hills-Kellyville has proudly established a Community Garden at Conie Avenue Reserve, Baulkham Hills which will be officially opened on Saturday, May 1.

Keen gardeners who have snapped up the plots and have already been planting on two special weekend events earlier this month.

The community garden has been established with the support of The Hills Shire Council, a Federal grant and with help from members of the community and local businesses.

Community gardens have shown to contribute to a better and healthier lifestyle by:

- providing fresh, safe, affordable herbs, fruits and vegetables
- helping to relieve stress and increase sense of wellness
- getting people active to help improve overall physical health
- providing social opportunities that build a sense of community and belonging
- giving people an opportunity to learn and share knowledge on gardening, nature, and cooking
- providing an inclusive meeting area where all interested people of all ages and cultural backgrounds can come together to share experiences

The idea for a community garden grew from Orange Blossom Garden Competition which The Rotary Club of The Hills-Kellyville has been involved with running for several years.

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

"We believe that this initiative could benefit many in the Community for decades to come."

With the help of generous donors including Bunnings Castle Hill, Turtle Landscape Supplies and Cooks Plumbing, members of the Rotary



Club of The Hills-Kellyville along with interested community members prepared the site and built the garden beds.

Three of the 14 garden beds are still available. To find out more or register an interest call Keith Stapley, Community Garden Chairman on 0412 079 014. The Community Garden is also a project recognising 100 years of Rotary International.

## **BOOK SALE**

The Hare Krishna Community and Cultural Centre (HKCCC) is holding a Book Fair on Saturday, May 8, 10am - 4pm, at Rouse Hill Community Centre. It features the most prominent Vedic titles from SrilaPrabhupada.



**GUTTER GUARD METAL ROOFING** MATER TANKS

ROOF RESTORATION ALL TYPES OF **GUTTERING INSTALLED** 

**8 9748 3022** 

www.abcseamless.com.au



## **AWNING** SOLUTIONS

0435 664 488

sales@awningsolutions.sydney Unit 9 / 74 Mileham Street South Windsor NSW 2756

- Channel Awnings
- Auto Awnings
- Straight Drop Awnings All Indoor Window Coverings
- Rollers, Verticals, Venetians, Panel Glides, Honeycomb, Sheerlite, Plantation Shutters, Screen Doors & more

www.awningsolutions.sydney







**GARAGE DOORS & AUTOMATIC OPENERS** 

1500 76 22 66 Email: sales@baulkhamhillsdoors.com.au

#### Sales

- Installation Service
- Repairs to **Most Major**

**Brands** 

### DOWNUNDER FENCING



Post and Rail. Stock Fencing. Chainwire and Security Fencing.

#### Phone 0408 515 018

downunderfencing@hotmail.com



#### **GVT HOME APPLIANCE** REPAIRS & ELECTRICAL SERVICES

All Repairs Stoves, Ovens, Cooktops, Rangehoods Dishwashers, Fridges, Freezers, Washers, Dryers, and more All Service Guaranteed, All Brands All Models,

All Suburbs 24/7 Service, 25 Yrs Experience PH: 9629 6750 MOB: 0408 253 646



**HOME MAINTENANCE & CARPENTRY** No job too big or too small

Dominic **Licensed Builder** 0423 844 586

40 years experience

We specialise in: Carpentry, plumbing, decking, landscaping & much more.

**MASTERCLASS ROOFING** 



- Roof Repairs
- Rebedding
- Repointing
- Broken tiles
- Fix Leaks
- Replace Valleys

CALL 0417 206 371





4 Generations of Tree Experts -Over 60 years in the Industry. Knowledge and Expertise you can trust.

M: 0414 635 650 / T: 9653 2205

www.mcardletrees.com.au

- Tree Removal
- Pruning
- Stump Grinding
- Land Clearing
- Mulch Sales
- Firewood Sales











# **NOW OPEN**



# **DURAL HOUSE**







Offering contemporary, resort styled accommodation with 145 High Care, Permanent or Respite places and 24 hour Registered Nursing Care.

#### **FEATURES:**

- Stunning modern interiors spacious, beautifully appointed single & limited double rooms all with private ensuites
- Each room features state of the art beds, flat screen TV's with Foxtel and Wi-Fi
- Large oversized windows allowing natural light to flow in
- Beautifully landscaped designed courtyards and surrounding gardens
- Nutritious meals are home cooked by our experienced Chef and served in one of the many dining rooms
- · Café and private dining room to entertain guests
- Arts and craft room, cinema, hair and beauty salon, chapel and library
- 7 Day Recreational Program





To enquire or book a tour, please contact
Melissa Yan, Director of Nursing on 8410 0000 or
Thompson Health Care Office on 8467 9333.
Email: dural@thc.net.au

705 Old Northern Road, Dural NSW 2158 www.thompsonhealthcare.com.au