

Up and away

able to take a balloon flown by part of this City Festival.

Bob Cook will with support officer Peter and sergeant Shane Nurragingy from 9am to Sunday is fine. Cook, 57, of Inverra, is a transport aircraft pilot and flight instructor with 6500 flight hours and a member of the RAAF Aerobatic Roulettes team.

He has been with 28th Squadron for 19 years and started flying balloons for community, school, and recruitment events 16 years ago. His team has also travelled to Thailand and the Philippines to promote the RAAF.

"The balloon carries four adults or two adults and three children per flight to a height of 200 metres," Squadron Leader Cook said. "Each flight lasts about five to seven minutes."

Useful connection, no strings attached

MOTIVATED businesswomen now have a fresh opportunity to connect, chat and swap ideas, with the launch of The Sydney Women's Network.

The group was started by district residents Natalie Moutia and Cindy Steele. The pair met through Women With Altitude, a networking group that previously ran in The Hills but has since disbanded.

Ms Steele runs her own jewellery business and said the former networking group was so beneficial for her that, since its closure, she felt something new should be established.

"We felt there was a need for women to connect in the local area," she said.

"We're targeting women in business and mums too."

She said there would be no official membership, no fees and no guest speakers - simply lunches and gatherings giving women a chance to meet and connect.

Ms Moutia, a marketing consultant, has written a self-help guide for women in business and is passionate about helping other women to succeed.

"No other group does this at no cost, no strings attached," she said.

"Through Women With Altitude, I got to meet so many people.

"I got not only clients but also personal contacts."

The pair will host a networking lunch at Blacktown Workers Club on Friday, May 30, from noon to 3pm.

To register, email Cindy Steele, cindy@desiredjewellery.com.au (phone 0414 392 004), or Natalie Moutia, natalie@nmarketing.com.au (phone 0419 687 846).