

THE POST



Edition 50 - 1 December 2023

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Wishing our community a
safe and happy festive season



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In this bumper 48 Page Edition:

- Stylish living with Home by MB
- Local students head to NASA
- Lifeline opens in Naremburn
- Northern Beaches Chorus Carolling into Christmas
- Loud shirt launches for December
- Fernwood Fitness Hornsby - special offer for readers of The Post!
- Riley's fabulous food review
- Loads of hyperlocal news & more



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Kathy - Wollstonecraft

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Editor's Word Tina Brown



Photo: Lifeline Harbour to Hawkesbury Sydney

MERRY Christmas

& Happy new year



From your local news team
Riley and Claudia

*The next edition of The Post will be
available on 18 January 2024!*



It's hard to believe another year has flown by, but here we are, listening to Christmas carols as we shop and untangling lights for our trees.

Usually by this time of year I've finished all my shopping – however, this year has been nothing short of busy, so I'm looking forward to gift shopping upon print of this December edition.

The Post started this year as a tabloid newspaper, and in June, switched to our new layout as a news magazine which has proven to be a community staple after three years of publication.

I'd like to thank my Journalists Claudia and Riley, who came on board as permanent staffers this year, following their internships. It's difficult to imagine putting this publication together without them now and they are a joy to work with.

We now look forward to the Christmas parties, social gatherings, festive food, time with loved ones, and the New Year's Eve celebrations that December brings.

I hope everyone enjoys a safe and Merry Christmas with your loved ones. We look forward to bringing you more hyperlocal news in mid-January 2024.

Merry Christmas.

Lifeline Giant Book Sale

Saturday 9 to Monday 11 December

Lifeline Harbour to Hawkesbury Sydney is thrilled to announce the much-anticipated return of the GIANT Book Fair, to be held at the always popular location of **Barker College in Hornsby.**

Following the overwhelming success of last year's Book Fair, our dedicated team is eagerly preparing to open the doors once again to the Rosewood Centre, offering an exceptional opportunity for book enthusiasts to acquire high-quality reads at unparalleled prices.

Just in time for the festive season, this family-friendly Book Fair is your golden ticket to snag a bagful of literary treasures while contributing to Lifeline's missions of supporting people in times of crisis, to reach out and equip individuals and communities to be resilient and suicide-safe.

A whopping 90,000+ books will be on sale in more than 50 fiction and nonfiction categories, including: Romance, Memoir & Biography, Literature, Art, Military, History & Politics, Science & Technology, SciFi & Fantasy, Travels & Adventures, Cookery, Gardening, Craft,



Over 90,000 quality pre-loved books for sale across all genres.

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Study Guides and Text Books. The enormous collection of reading, picture and popup books for young people – from infants to late-teens – is a special drawcard for children and families.

Lindfield Village Hub Funding Pulled by State Government

By Claudia Butjerevic

The Minns' NSW Government has withdrawn funding for commuter parking at the upcoming Lindfield Village Hub project.

State Government has pulled \$9.8 million that was previously promised to Ku-ring-gai Council for the development of the Lindfield Village Hub, with the Development Application set to be lodged in 2024.

Ku-ring-gai Mayor Sam Ngai says that the State Government's decision has put the project in jeopardy, and that the news of the withdrawal was completely unexpected.

The Lindfield Village Hub project includes a new library, community facilities, playground, and residential apartments beside the Lindfield train station.

The \$9.8 million in funding was meant to support the infrastructure for 135 commuter parking spaces at the Hub.

At the same time, the Minns' Government have called on all councils to look at the housing capacity by their Local Environment Plan and Planning Controls to add an additional 377,000 homes across NSW.

'While each council needs to play their part, we believe that the community must be consulted to identify the best location for these homes and this process cannot be rushed,' said Mayor Ngai in his Mayoral Minute at the November Council meeting. 'At a time when the government is calling each council to increase housing, it is disappointing to see they are simultaneously cutting funds for

much-needed infrastructure.'

Mayor Sam Ngai announced that he is seeking a meeting with Minister for Transport, Jo Haylen, to discuss the funding that had been withdrawn for the Lindfield Village Hub.

Community group, Support Lindfield, have advised The Post that they are deeply disappointed and will be working with Ku-ring-gai Council and Matt Cross, State Member for Davidson, to try to have the government's decision reversed.

Further, the Member for Davidson has placed a petition on his website for residents to sign and submit to the Minister for Transport.

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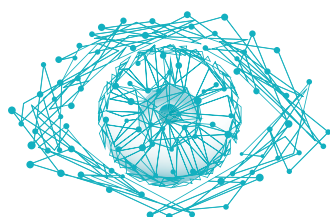
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Sunday 10 December 2023



FROM 4PM

Family Activities | Food Stalls | Santa Photos
7PM Kids Concert 7:30PM Main Carols Concert

sah.org.au/san-carols



Concerns over of the

By Claudia Butjerevic

It appears the NSW Government have an affinity for pulling funds from upcoming projects, and scrambling to reposition the budget to counteract the state's debt.

Much like the Lindfield Village Hub for Ku-ring-gai Council, the campus of the Royal North Shore Hospital (RNSH) in St Leonard's is at the forefront of Willoughby City Council's discussions.

Council is concerned that proposed commercial development on the southern site of the RNSH will hinder more relevant expansions of health-related services.

The Northern Sydney Local Health District Board recently endorsed a Royal North Shore Hospital Master Plan for

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Can We Commercialise the South Campus of the Royal North Shore Hospital

2023-2063. The Masterplan has been completed with the NSW Ministry of Health and Health Infrastructure planning process.

At the time of publication, Willoughby City Council are yet to sit for their Ordinary Meeting of Council for November. On the agenda is a motion to be moved by either Councillors Roussac and Samuel, where Council are to write to the NSW Premier, Chris Minns; NSW Treasurer, Daniel Mookhey; NSW Minister for Health, Ryan Park; and the NSW Minister for Planning and Public Spaces, Paul Scully. The motion requests a briefing on the southern campus of the RNSH along Herbert Street, and the opportunity for the community and clinicians to give feedback on the proposed changes to the site.



Image courtesy Northern Sydney Local Health District

The motion moves to note that Willoughby City Council, North Sydney Council, and Land Cove Council have been actively fighting to reserve the land in question for public health related services for a period of over 100 years. With the motion, Council are to prepare a report that summarised the Masterplan and accounts

the implications the commercial development would mean for Council and the community.

The Post will bring any updates on the site of the Royal North Shore Hospital in the new year.

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Latest News



To lodge, view and track the latest Development Applications in your area please visit: hornsby.nsw.gov.au/property



from the Mayor's Desk

As the year draws to a close, we look forward to down time with our family and friends to celebrate, reflect on the past year and make new goals and plans. With many experiencing financial strain, we can take advantage of what the Shire has to offer this summer at no cost. From paddling in the water to enjoying the serenity of the trees around us or one of our new or upgraded playgrounds, there's so much to experience right here on our doorstep. I will appreciate some time with my family and hope you enjoy the time with those around you.

With the increased risk of bushfires, I trust you have all prepared your homes to reduce the risk to your property and belongings. We are so fortunate to live in a place with abundant bushland, but it does come with its risk, especially this year when the grass and bush is so dry. Don't forget to have a plan for what you would do in an emergency and know what you will take with you and where you will go. There is lots of information to help you prepare on the new bush fire education section of Council's website: hornsby.nsw.gov.au/bushfireaware

Summer is a great time to read a good book, and in saying that, the Hornsby Shire Library's Summer Reading Clubs for children and adults run from 6 December until 23 January to encourage all ages to explore the amazing world of books. Register on the library's website for reading recommendations and for the chance to win great prizes.

To conclude, thank you for your support of Council and for all the time taken to give your feedback and suggestions. I wish you a cheerful and joyful holiday season and a happy new year.

Philip Ruddock AO
Mayor, Hornsby Shire Council

What's on

SEASON'S GREETINGS

Council opening hours
Christmas and New Year 2023-2024
Visit hornsby.nsw.gov.au/christmasopeninghours



CHILDREN'S SUMMER READING CLUB

6 December 2023-23 January 2024

Weekly prizes to be won! Join online via Beanstack or collect your log book from your local Hornsby Shire library.
Visit: hornsby.nsw.gov.au/library



ADULT SUMMER READS

6 December 2023-24 January 2024

Win prizes for adults and teens 12+. Adults and teens are invited to join the summer reading fun. Enter online or pick up a form from your local Hornsby Shire library.
Visit: hornsby.nsw.gov.au/library



JOIN OUR GREAT TEAM

Become a learn to swim instructor or lifeguard. Casual positions available. Call 9847 6306 or email us at: hornsbyaquatic@hornsby.nsw.gov.au

WASTE EVENTS



Bicycle Repair Workshop

Saturday 16 December
9.30am-12.30pm
Storey Park Community Centre

Chipping for Mulch – Westleigh

Sunday 10 December
7.30am-12.30pm
The Old Dog Pound, Westleigh

For details and bookings visit:
hornsby.nsw.gov.au/waste



Brickpit Park Playground Concept Plan

Submissions close: Monday 4 December

Fagan Park Off-leash Dog Park

Submissions close: Tuesday 12 December

Public domain upgrades Asquith to Mt Colah Stage 1

Submissions close: Friday 15 December

Planning for a Resilient Wisemans Ferry Drop-In Info Sessions

Thursday 7 and 14 December, 6-7pm
Wisemans Ferry Bowling Club



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hornsby.nsw.gov.au/bushfireaware



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From the Mayor



December is a special month for all of us in Ku-ring-gai. For Jewish residents it is a time to celebrate Chanukah, and for Christians it is a time

to celebrate the birth of Jesus Christ. However, regardless of our religious background it is also commonly a time to wind down and spend time with our family and friends.

But December is not a happy time for all. In this moment of celebration, it is important for us to look out for our neighbours and friends. Some may be living alone, grieving a recent loss or anniversary of losing a family member. Others may have just lost their job. I'd encourage all residents to keep a look out for vulnerable members of the community.

Ku-ring-gai has several festive events happening this month, including community carols. You can find out full details at krg.nsw.gov.au/christmas

You may have noticed recent announcements from the NSW Government of a goal to deliver 377,000 new dwellings in NSW by 2029. The government expects all councils to play their part, and at this early stage we are still exploring the implications for Ku-ring-gai. We expect further announcements from the state government in coming months, and my view is that regardless of the outcome you as residents must be consulted in the process.

You can contact me at mayorpa@krg.nsw.gov.au

Mayor Sam Ngai

Council meetings and public forums

The next Council meeting will be on **12 December 2023**

The next Public Forum will be on **5 December 2023**



Carols in Ku-ring-gai

Carols on Clanville
Saturday 9 December
4.30pm - 9pm

Roseville Park
Clanville Road, Roseville

Carols on the Green
Saturday 16 December
5pm - 7.30pm

Lindfield Village Green
Tryon Road Lindfield

Carols in the Park
Friday 15 December
5pm - 7pm

Bannockburn Oval
Bannockburn Road, Pymble

Carols at Cameron Park
Saturday 17 December
From 5.30pm

Cameron Park
Gilroy Road, Turramurra



Women's Advisory Committee

Ku-ring-gai Council has resolved to re-establish a Women's Advisory Committee and is seeking nominations from interested community members. Previous applicants are encouraged to reapply.

The Committee will advise Council on issues and services affecting women in the Ku-ring-gai area.

Applications close on **12 January 2024**.

Full details at krg.nsw.gov.au/womensadvisory



Summer holidays for teens

We've got some great activities lined up for young people in Ku-ring-gai aged 12-24 years during the January school holidays.

Choose from barista and job-seeking courses, a car maintenance workshop and a learn-to-surf session. Or learn how to build your own skateboard.

Full details at krg.nsw.gov.au/youth

Ku-ring-gai Council Christmas and New Year operating hours

Friday 22 December – 8.30am to 12.30pm

Monday 25 December – closed

Tuesday 26 December – closed

Wednesday 27 December – call centre open 8.30am to 5pm; customer service centre closed

Thursday 28 December – call centre open 8.30am to 5pm; customer service centre closed

Friday 29 December – call centre open 8.30am to 5pm; customer service centre closed

Monday 1 January – closed

Tuesday 2 January 2024 – back to normal hours

Ku-ring-gai Council wishes you and your family a safe and happy festive season.

krg.nsw.gov.au
Enquiries: 9424 0000



Do They, Don't They Develop St Leonard's Catholic Church?

By Claudia Butjerevic

Willoughby City Council are digging their heels to stop any development on the site of St Leonard's Church.

Plans for development were initially floated by Father Brian in 2017, who formed a Parish Working Committee to determine potential plans for the site of St Leonard's Church, the Presbytery, and the once operational Catholic Primary School.

Since, Parishioner forums have been held in February of 2019, May of 2019, March of 2019, and March of 2021. The forums found through community feedback that there was a desire to update the parking, restore St Leonard's Church, retain the Presbytery, and bring in an aged care operator for the Primary School site. However, a decision was made that the Parish was unlikely to attract an aged care operator.

In April of 2021, Metro Property Development was appointed as development partner alongside the Roman Catholic Church. Plans for the site included demolishing the school building and annexe, constructing a multi-dwelling housing development, converting the Presbytery into a dwelling and

constructing a new presbytery adjacent, creating underground parking, fully landscaping the forecourt, and conservation of the heritage-listed Church.

With this agreement, the developed land would be on lease for a period of 99 years. Any profit made by the development would be awarded to Metro Property Development, which has left Parishioners questioning how the Church are to benefit from, essentially, giving the land away with little to no return.

The Post have contacted the Diocese of Broken Bay to clarify the terms of the agreement. At the time of publication, no clarification has been given.

Coupled with questions of what exactly the deal entails, is the issue of the site's historical significance. In early 2023, the Willoughby Local Planning Panel refused the development application put forth by Metro and the Church, and placed an Interim Heritage Order over the site to halt any development. Council and Diocese of Broken Bay are currently in an ongoing appeal before the Land and Environment Court of NSW to reverse the denied development application.

'While the Church itself is protected,' says Willoughby Mayor Tanya Taylor in

a media release. 'An independent preliminary heritage assessment has revealed that the surrounding buildings also hold local heritage significance.'

Heritage architect, Vanessa Holtham, prepared a report on for the site of 43 Donnelly Road, Naremburn, which Council considered in their October Ordinary Meeting. The report details the original construction in the early 20th century. 'The school land is said to have been donated by the Sisters of St Joseph to the parish,' reads the report. 'Archbishop Kelly claimed that Mother Mary McKillop was instrumental through Divine Providence in determining the place for the future school.'

With the report in mind, Council moved a motion during the October meeting to list St Leonard's Church, the Presbytery, and the School Buildings as a local heritage item.

Any decision by the Land and Environment Court of NSW to appeal Willoughby City Council's development refusal is yet to be determined by the court.

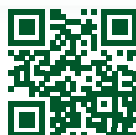
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CONNECT, COLLABORATE, CELEBRATE ART EXHIBITION

For the fifth consecutive year, Willoughby City Council is showcasing the artistic works of people living with disability, experiencing social isolation or at risk of marginalisation. Celebrating *International Day of People with Disability 2023*, this competition and exhibition provides a platform for artists of all abilities to promote themselves and expand their creative talent.

Artists of all abilities are encouraged to submit their work consistent with one or more of the themes – *Connect, Collaborate and Celebrate*. The exhibition is currently on at the Dougherty Community Centre, 7 Victor Street, Chatswood up until 15 December (Monday to Friday, 9am - 5pm). Everyone is encouraged to support our local artists and attend this FREE event.

Image: 2022 Winner Alison Hall, *Flitter Flutter*

REDUCING BUSHFIRE RISK

A multifaceted approach to mitigate bushfire risk encompassing fuel load reduction via controlled burns and a combination of manual and mechanical interventions is being implemented by Council and Fire and Rescue NSW.

Information on proposed controlled burns and access to the *Bush Fire Prone Land Map* is available on Council's website. The Rural Fire Service website offers valuable guidance on home preparedness. Additionally, the Australian Red Cross Get Prepared App is a valuable resource for disaster preparedness, response and recovery. Visit redcross.org.au to download the app.

HAVE YOUR SAY

'Have your say' on a revised *Community Participation Plan*, a foundational document that sets out how the community can provide feedback on planning decisions and details how Council engages with the community across the planning functions it performs under the *Environmental Planning and Assessment Act*.

Changes to statutory and regulatory requirements, and feedback from community members, has led to the development of a revised and updated plan that seeks to respond appropriately to community needs. On exhibition from 13 November 2023 to 11 December 2023.

MESSAGE FROM THE MAYOR



As 2023 comes to a close and we look ahead to the New Year, I am reminded of how much we have achieved this past year. Council has been busy advocating on significant local issues largely managed by other tiers of government including the pressing issue of tree protection, the potential relocation of SBS, an upgrade to our bus interchange and an increase in bus services, as well as the pending closure of our local Australia Post offices.

The *Night Time Economy Strategy* was recently adopted, setting out a key leadership role for Council, working with the local business community to maintain and grow a prosperous and vibrant local economy.

Lastly, I am very excited about our Chatswood Year of the Dragon Festival in February, a fun filled showcase celebrating our city's multicultural heritage and commitment to fostering unity. Visit visitchatswood.com.au/LNY for information on the festival. I wish you all the best for the festive season and I look forward to working with the Willoughby community in 2024.

Cr Tanya Taylor
Mayor, Willoughby City Council

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WITH WILLOUGHBY CITY COUNCIL



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From Marginal Seat to YES Victory

- Bradfield's Changing Landscape



By Nicolette Boele, Community Independent Candidate for Bradfield

Did you know that Bradfield voters returned a solid 52% YES vote in the October referendum? This result beat the national average of 40% and NSW's 41% and made us the only Liberal-held electorate to vote YES.

It wasn't a stroke of luck but the result of lots of conversations by many people, including the dedicated efforts of 470 volunteers united as 'Bradfield for Yes'. Volunteers were from all backgrounds, and they came together to talk with people everywhere – with friends, family, and the public in stations, shops, streets, parks, and homes.

If you're keen to further the efforts of

reconciliation, I urge you to engage with the various organisations already working for Indigenous issues: Reconciliation NSW, Hornsby Area Residents for Reconciliation, the Women's Reconciliation Network, the Northern Sydney Alliance for the Uluru Statement.

Our leafy north shore suburbs are full of people who care and act. This latest vote isn't just a number – it shows that, working across the political spectrum, we can achieve outcomes together. 'Democracy work' builds community ties, and turns frustration into purpose and a sense of collective action. Come join us.

In the May 2022 federal election,



Bradfield became a marginal seat. In October's referendum Bradfield voted YES! If these two recent outcomes are any indication, I think we are in for change – a change for the better – and anyone can play a part.

Get in touch www.nicolette-boele.com.au/contact



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Ku-ring-gai Council Helping Businesses Go Digital

KU-RING-GAI Council and Relaise Business are partnering to help local business owners.

The partnership is promoting a new digital solutions program that equips small businesses with tools, resources and guidance on how to improve their online presence.

The program is designed for people who are struggling to conduct their business online. It will include a step-by-step outline of how to create a website, how to use and engage social media, cyber safety, and digital business processes. Expert digital advisors will provide support to each individual in the program, and participants will receive access to a library of over 200 webinars, workshops, and resources.

The Digital Solutions program is funded by the Australian Government. Fees for the program will apply.

For more information, visit krq.nsw.gov.au/digital-solutions

Green Light for Warriewood Valley Community Centre

CONSTRUCTION for Warriewood Valley Community Centre is good to go.

Northern Beaches Council has finalised negotiations with Belmadar Pty Ltd, the company who has been taken on board as the contractor for the project. It is estimated that the completion date will be sometime in August of 2025.

The community centre is being built on the site of the Nelson Heather Centre, and is being constructed with the capability to become an Emergency and Recovery Centre in times of community crisis.

‘It will have something for everyone with halls for recreational activities, meeting rooms, a community lounge room, large covered outdoor spaces which overlook landscaped gardens, showers and kitchen facilities,’ says Northern Beaches Mayor Sue Heins. ‘In short, a great community centre.’

Scotland Island Awarded Repair Funding

THE New South Wales and Australian Governments have allocated funds to repair and improve the roads and drainage networks on Scotland Island.

The \$2 million grant was awarded to Northern Beaches Council through the Commonwealth-State Disaster Recovery Funding Arrangements, and is being delivered through the Infrastructure Betterment Fund. The IBF is focused on repairing, rebuilding, and improving the drainage and roads which were impacted by the storm and floods of 2021 and 2022.

‘The devastating storm and flood events of 2021 and 2022 left many communities across the state with extensive damage and a massive repair bill. The Northern Beaches was no exception,’ says Northern Beaches Mayor Sue Heins. ‘Scotland Island is one location where we are continuing repair works, with a significant program to rebuild the road and drainage network.’

Council engineers are redefining the scope of the work considering the \$2 million grant funding they have received. Along with repairing the damage, Council are planning to use the funding to build greater resilience of the infrastructure to reduce the likely of future reconstruction.

Read More Online
www.hkpost.com.au



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Free Lifeline Support at Hornsby Library

HORNSBY Shire Council and Lifeline Harbour to Hawkesbury Sydney are partnering up.

Lifeline H2H Sydney, the suicide prevention charity, are offering free mental health support to Hornsby Shire residents for the end of 2023.

Held every Thursday at Hornsby Library, ‘Lifeline Connect’ is an opportunity for residents to enter a confidential space to have conversations with trained Lifeline volunteers, where visitors can be heard and supported.

The trial for ‘Lifeline Connect’ was initially timed for students completing their Higher School Certificate Examinations, though the outpouring of participants has led Hornsby Council to extend the service until Christmas for anyone in the community. Lifeline volunteers are trained in providing support to people in crisis, increasing the safety of those at risk of suicide, and recognising crisis situations.

‘Hornsby Shire is a great place to live but our community is not immune from the various challenges that can face many people at some point in their lives,’ says Hornsby Shire Mayor Phillip Ruddock AO. ‘We’re very proud to partner with Lifeline Harbour to Hawkesbury Sydney on this initiative, to do what we can to facilitate the crucial work they do and to offer these support sessions as a beacon of hope that will assist residents with a path to resilience and wellbeing.’

The Lifeline Connect support hub will run until December 21st 2023. All community members are invited to visit the Hornsby Library for a free chat.

For more information, visit hornsby.nsw.gov.au/lifelineconnect

The Village Chef Wins Award

THE Village Chef at Turrumurra has won the Helping Hand award from Meals on Wheels NSW. The Helping Hand award is presented to meals on wheels organisations that have been exceptional food preparation and food service providers.

Ku-ring-gai’s Meals on Wheels organisation issued a name change earlier in the year, becoming what is known today as The Village Chef. With the change, the menu and food selection options were expanded to include multicultural, vegetarian and gluten free cuisines.

The Village Chef has an output of over 5000 meals delivered each week to elderly and vulnerable residents across the community.

‘Ku-ring-gai Council is very committed to this service because we see how much it benefits our residents,’ says Ku-ring-gai Council Mayor Sam Ngai, mentioning how Council has been offering support to the organisation for over 60 years.

To find out more about The Village Chef, visit villagechef.com.au



The RBA That Stops the Nation



By Riley Warner

For some, the 7th of November marked a day of excitement, glitz and glamour as the 2023 Melbourne Cup played on screens across the country. A race, however, shadowed by the news that, once again, interest rates have been thrown up for hopefully the final time this year.

The Reserve Bank of Australia (RBA) decided to increase rates to 4.35, meaning that everyone's home loan rate has seen an increase of yet another 25 base points.

Increased rates mean Aussies need to, once again, batten down the finance hatches for the fifth time this year in a last-ditch effort to land the final blow to inflation.

This is an incredibly tough ask for families keen to kiss goodbye to an already challenging financial year. This last rate hike now puts unbelievable

pressure on many Aussies, weeks before the Christmas and New Year holidays.

Bendigo and Adelaide Bank's Chief Economist, David Robertson, mentioned in his November Economic Update that while back-to-back increases at the December meeting are not expected, the risk of further rises in 2024 is a real possibility.

"The Cup Day rate increase was well anticipated after the recent CPI data, where core inflation accelerated to 1.2% for the third quarter alone, as well as a range of other factors all pointing to an even slower return to the RBA target," Mr. Robertson said.

"Our view since the July pause in rate hikes has centred on the likelihood of tighter RBA policy by year-end due to stubbornly high services inflation and the view that rate cuts would more likely be a 2025 event.

"Recent CPI data added to this likely scenario as both goods and services prices were firmer than expected, showing demand is proving less responsive to higher interest rates than the RBA had hoped."

It has been a theme in history that stemming inflation isn't an easy task, given the high global energy prices and global conflict that seemingly continued all year. Still, with the recent RBA decision stinging families, we need to keep in mind how damaging rampant inflation is and why the RBA made a decision like this.

There's an age-old saying of being stuck in a rock and a hard place. This cost-of-living crisis puts some truth in that saying as families will undoubtedly do it tough these summer holidays.

Almost \$300,000 in Grants Given by Northern Beaches Council

NORTHERN Beaches Council are offering funding support to not-for-profits, artists, and creatives.

More than 57 community projects have successfully been chosen for Council's 2023/24 Community Grants program. Council will distribute a total of \$292,000 among the projects in order to boost their budgets.

Two grants were available – Arts and Creativity and Community Development – which attracted over 150 applicants for the 2023/24 period. Projects awarded the Community Development grant involve disability support for school children, sensory integration room for high-needs children, art programs, pride events, seniors support, meal services, self-defence

workshops, and multicultural events. Projects awarded the Arts and Creativity grant include live music, women's choirs, First Nations visual art, exhibitions, theatre, literature, film production, jewellery-making, and storytelling.

"There are so many wonderful community groups on the Northern Beaches who are striving to improve equality, reduce disadvantage and delivering direct benefits to local people, communities and our environment," said Northern Beaches Mayor Sue Heins. Council is proud to play its part in supporting these organisations and their vital work in our community. We are equally proud to support local creatives within our community."

Ku-ring-gai Libraries' New Overdue Policy

KU-RING-GAI Council are encouraging residents to visit their local libraries.

Since July, Council have adopted an alternate method to dealing with overdue items in the library branches at St Ives, Turramurra, Gordan, and Lindfield. Instead of charging a fee, an item that is two weeks overdue will have the borrower's membership suspended until the item is returned.

The Gordan Branch has added over 50 new boardgames to the library's collection, including Codenames, SushiGo!, Kemet, Pandemic, Settlers of Catan, Terraforming Mars, and Wingspan, among others.

For more information visit krg.nsw.gov.au/libraryevents

Northern Beaches Council Give \$100,000 in Sport and Recreation Grants

NORTHERN Beaches Council Give \$100,000 Worth of Sport and Recreation Grants

Northern Beaches Council have announced recipients of the Sport and Recreation Infrastructure Grants.

Six sporting clubs were successful in their applications, sharing in a pool of grants amounting to \$100,000. Applicants could apply up to \$35,000 for new or upgraded Council infrastructure on Council land.

The Manly Warringah Field Archers at JJ Melbourne Hills Memorial Reserve will receive a \$30,000 grant to install an all-weather structure, a disabled parking bay, and new paths. Northern Beaches Volleyball Association will receive a grant of \$20,000 to install two dual use seats. Allambie Height Community Tennis Club received a \$18,000 grant to convert one synthetic court into a hard-court. The Avalon Beach Pickleball Association will receive a \$12,000 grant to install sandstone seating blocks and paths at the Avalon Beach Reserve. Long Reef Golf Club and Mona Vale Golf Club were both granted \$10,000 to redesign the bunkers at the 13th hole, and rebuild the existing teaching facility, respectively.

'Sport, recreation and play are a way of life on the Northern Beaches and it's no surprise with the beautiful environment we're surrounded by and facilities available for use,' says Northern Beaches Mayor, Sue Heins.

Applicants are required to complete their projects by the 30th of June, 2024.



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Artarmon's Thomson Park Scores Funding for New Surface and Seating

THE local Artarmon community has scored funding for improvements to Thomson Park as part of a program designed to create a lasting legacy for NSW from the 2023 FIFA Women's World Cup.

Member for Willoughby Tim James said Willoughby City Council had received \$150,000 for new facilities at Thomson Park including the replacement of the current surface and installation of tiered fixed seating.

"Thomson Park is a focal point for sport, recreation and community in Artarmon, serving several local teams as well as the neighbouring Artarmon Public School" Mr James said.

"Sport is part of the fabric of our community and I am pleased that this program established by the former government is having a positive impact on local sport in Artarmon."

Explore Ku-Ring-Gai Library's New App

LIBRARY members can now reserve, renew and download items whenever they want thanks to the new app.

The new app went live this month and is available free of charge from the Apple store or Google Play.

The app offers the latest capability, with users able to check if an item is in their library catalogue through barcode scanning if they are in a bookstore.

They can also reserve items for free collection at any Ku-ring-gai library branch.

The app can store multiple digital cards and link accounts, so members don't have to keep track of physical library cards.

The app offers direct links to the library for access to online books, audio and magazines, as well as round-the-clock music, film and television streaming.

The app can be used in English and Simplified Chinese.

To download visit www.qr.solus.net.au/Ku-ring-gaiLibraryService or your app store.

Nominate Your Ku-ring-gai Citizen of the Year

EACH year, the Local Citizen of the Year Awards in Ku-ring-gai recognises the exceptional work of local unsung volunteers and individuals who have demonstrated excellent citizenship and contributed to the betterment of the community.

The aim of these awards is to honour the local legends who have generously given their time and effort to help others and improve the Ku-ring-gai community.

The awards ceremony is held annually on Australia Day, where individuals and organisations are recognised for their contribution to the community.

There are four categories of awards: Citizen of the Year, Young Citizen of the Year (16-25 years), Environmental Citizen of the Year (Individual, Organisation, School or Group), and Mayor's Award for an Outstanding Contribution by an Individual or Community Organisation.

Recognising the commitment and effort of residents who help others in the community is vital. The awards ceremony will take place on Australia Day, 26 January 2024. Nominations for the award categories are now open.

"These awards publicly honour some of Ku-ring-gai's most outstanding citizens", said Mayor Sam Ngai, who will present the awards on Australia Day next year along with other Ku-ring-gai Councillors.

Nominations for the awards will close as of December 17th, residents are encouraged to put forward who they think deserves to be crowned local citizen of the year in their respective category.

For more information on nominating someone for the NSW Local Citizen of the Year Awards, **visit www.krg.nsw.gov.au/localcitizen**

Read More Online
www.hkpost.com.au

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Calls to Scrap Proposed Development on Bushfire-prone Land

NORTHERN Beaches Council has expressed grave concerns over the Patyegarang planning proposal at Morgan Road, Belrose, also known as 'Lizard Rock'.

The Metropolitan Local Aboriginal Land Council (MLALC) has submitted the planning proposal, which is currently on public exhibition on the NSW Department of Planning Environment website.

However, the Council has raised issues regarding the environmental impact and bushfire risks associated with the development and plans to submit its concerns to the Department.

The proposal would see the destruction of 45 football fields worth of bushland and the construction of 450 homes in a bushfire-prone area, which could pose a risk to residents.

Northern Beaches Mayor Sue Heins said the Council was deeply concerned about the environmental impacts and bushfire risks associated with the development and would be making a submission to the Department.

"We wholeheartedly support the intent of the Aboriginal Land Rights Act – after all, this land always was and always will be Aboriginal land – but we simply cannot condone this particular proposal due to the extreme risks and impacts it presents," Mayor Heins said.

While the Council supports the Aboriginal Land Rights Act, it does not endorse this proposal, given its extreme risks and impacts. The Council has suggested an alternative solution and financial model to the MLALC that would protect the land in perpetuity while still benefitting financially from it.

Significant issues relating to the planning proposal include Bushfire risks associated with evacuation, inconsistency with planning strategies and council conservation zones review.

The final concern was related to the enormous biodiversity habitat loss. With 44.7 Hectares of bushland set to be cleared.

"None of these issues have been addressed in the revised planning proposal," Mayor Heins said.

Pounding the Pavement for a Good Cause: Early Bird Registrations Open for Sun Run 2024

The most well supported and annual event, the Sun Run, follows a scenic route that stretches from iconic Dee Why to Manly Beaches, with entrants able to choose to participate in a 7km or 10km course on Saturday 3 February 2024.

Northern Beaches Mayor Sue Heins said the fun-spirited event is open to everyone.

This year the event welcomes Nedd Brockmann who will be competing on the day – known for his incredible work raising \$2.5 million for the homeless charity Mobilise by completing a gruelling run from Perth to Sydney in an amazing 47 days.

Registrations are now open at sunrun.com.au

Grants for Community Groups Just got Easier

KU-RING-GAI Council is offering 100 local community organisations free access to a grant portal to improve their chances of getting funding.

The free access takes the form of individual subscriptions to the web portal worth \$125 each, which is hosted by the Funding Centre.

The Funding Centre is a not-for-profit organisation that coordinates a grant portal containing over 5000 avenues for community groups and charities to seek funding.

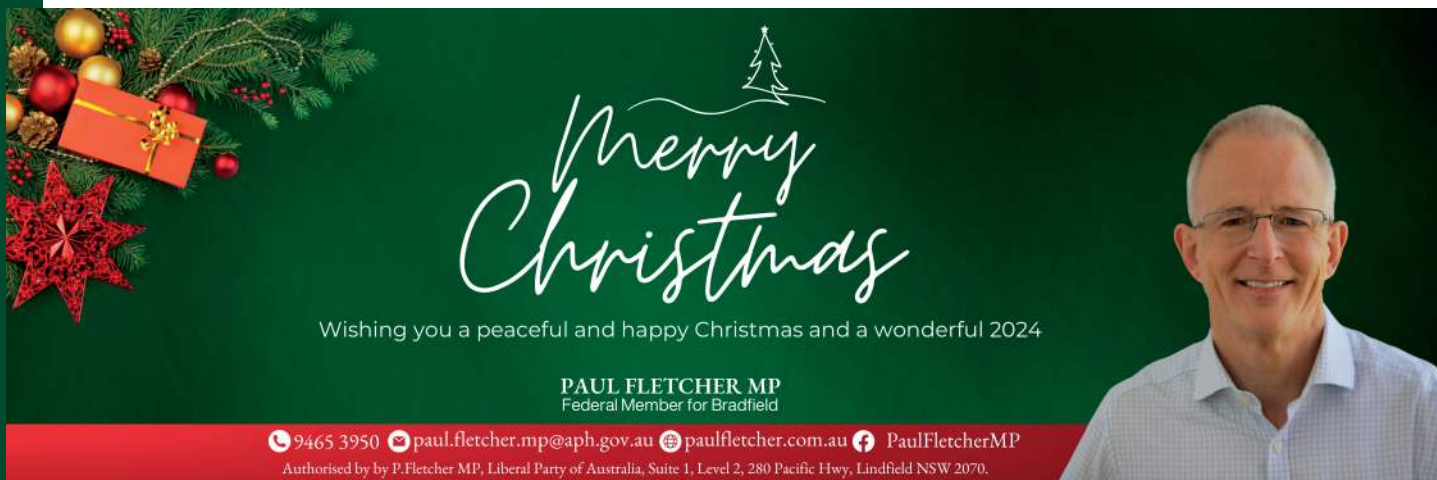
The partnership between the Council and the Funding Centre means that 100 community groups in Ku-ring-gai can get unlimited access to an extensive grants database and tailored email alerts letting them know when grants become available.

They can also receive a monthly newsletter, a personalised dashboard and online help with applying for grants.

Those wishing to apply for the free subscription must have not-for-profit status or be a registered charity. They must also be providing a community service in the Ku-ring-gai Council area.

To apply for a free subscription go to krg.nsw.gov.au/subscriptions





Merry Christmas

Wishing you a peaceful and happy Christmas and a wonderful 2024

PAUL FLETCHER MP
Federal Member for Bradfield

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Authorised by P. Fletcher MP, Liberal Party of Australia, Suite 1, Level 2, 280 Pacific Hwy, Lindfield NSW 2070.

Redefining the Hornsby Town Centre Skyline

By Callum James

The Hornsby Shire Council recently announced their Hornsby Town Centre Master-plan, which will provide opportunities for more than 4,900 new dwellings situated around the mall and train station.

Their plan includes new apartment complexes with a height of up to 36 storeys, and open areas that reflect the bushland identity of the Shire, such as pedestrian and cycling areas, enhanced public transport access, and a new multi-purpose community facility. The Masterplan will facilitate up to 4,500 new jobs in the area.

At their November meeting, Council reviewed the feedback of their Masterplan draft from nearly 500 stakeholders. Council adopted their Masterplan with several alterations relating to feasibility and amenity concerns addressed in the feedback.

Hornsby Shire Mayor, the Hon Phillip Ruddock AO stated that he is delighted to witness this milestone and is contented by the significant progress made on the Council's other projects to provide amenities to support the Shire's population growth.

"Sydney's population is growing, and it is no surprise to us that Hornsby's convenient distance from the Sydney CBD

highlights it on the map when examining future housing needs for this city," Mayor Ruddock said. "We're proud to see Hornsby Shire planning to provide not only housing and transport but the necessary amenity and leisure space required by such growth in neighbouring LGAs as well as locally."

To view the adopted Masterplan, visit yoursay. hornsby.nsw.gov.au/hornsby-town-centre-masterplan



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By Tim James,
Member for Willoughby



As 2023 draws to a close, I want to thank everyone I've met at community events, who has written to me, or shared with me on street corners or at cafes how we can make Willoughby an even better place to live.

Reflecting on the year, we've seen great progress on delivering the infrastructure that sets us up for the future. New schools have been confirmed, major school upgrades delivered at Chatswood, a new local ambulance station confirmed, new public spaces delivered such as Wadanggari Park and the Artarmon local centre upgrade underway. The new Sydney Metro rail line is now only months from transforming how we move around. On our roads, tunnelling has recently commenced on the Western Harbour Tunnel and the Warringah

Freeway Upgrade that will detangle the freeway and reduce the time we spend stuck in traffic. These are all legacies of the former Liberal government, and I will continue to work every day to ensure they are fully realised, and the state government continues to invest and deliver for our community.

The state government has cancelled the Beaches Link Tunnel and doing only a road network review, while now refusing to conduct any public consultation as part of that review. Our community should not be denied the opportunity to have our say. Roads throughout Willoughby remain clogged with traffic from the Northern Beaches and yet there's now no plan, no resources, and no funding from the current government to deliver any improvements.

I welcome confirmation that the new Ambulance Station for our community announced by the previous government will be based on Falcon Street, North Sydney with the state having now purchased the PCYC site. At the same time, the PCYC is an important community asset, and I am calling on the PCYC to retain a presence in our local community with the proceeds from the sale of that site.

Christmas is a wonderful time of year and I hope you all have the opportunity to recuperate and connect with loved ones, friends, and family over the summer. I wish you all a very Merry Christmas and a happy festive season.

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Concerning State of Climate Report Unveils Daunting Reality

By Riley Warner

For years now, experts have warned of a future marked by extreme weather patterns and catastrophic environmental conditions due to rising global temperatures.

This year's State of the Climate Report has been released and clarifies why Aussies are about to experience one searing hot summer for the ages.

As the clock ticks, we now witness these grim predictions coming to fruition as unprecedented climate record levels are continually broken.

The results of our neglect are causing immense suffering and devastation worldwide. We are now entering a period of climate crisis that is entirely unknown to us, a situation that has never been witnessed before in the history of humanity.

Climate-related records were broken globally this year, causing concern over extreme weather, climate feedback loops, and approaching tipping points.

Independent federal member for North Sydney Kylea Tink commented on the recent 2023 Climate Report.

"This week's release of the 2023 State of the Climate Report was yet another desperate plea for nations to do more about climate change, fast. With 2023 set to be Earth's hottest in 100,000 years, scientists say we are now in "uncharted territory", with changes coming even quicker than expected.

"It beggars' belief that global fossil fuel subsidies doubled in 2022, despite the devastating storms, fires, floods and droughts that climate change has already wrought around the world. According to the Australia Institute, Australian governments

spent a mind-boggling \$11.1 billion on fossil fuel subsidies in 2022-23."

The Better Business Partnership, a program emphasising how businesses can succeed sustainably, recently launched its new BBP Greener for Business Partnership initiative, making climate action more straightforward and affordable for small to medium businesses, equipping these businesses with the necessary tools to take on climate change while improving their bottom line.

Program Coordinator at Better Business Partnership, Amanda Choy commented on the new partnership with Greener for Business.

"BBP is so excited to be partnering with Greener for Business to help our local businesses not only save money but go green at the same time. We co-hosted the launch of the platform on 24 October which was the International Day of Climate Action at BBP Award finalist venue Green Moustache in North Sydney.

With the support of Federal MP Kylea Tink and our Partner Council Mayors, the team from Greener and their strategic partners Origin, NAB and Winnings Australia the great new platform Greener for Business makes it so easy for small businesses to save money while helping the planet."

Partnerships between BBP and Greener for Business prove that small to medium businesses will not lay down and wait for the situation to get worse. Unlike most corporate giants who lack environmental consideration, these businesses are pioneering climate action.

As the sun turns up its dials down under, December marks the beginning of a summer met with severe temps. With growing concerns mentioned in the climate crisis report 2023, will constant increased temperatures slowly become an issue talked about on the doorsteps of all future summers?



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By Philip Belcher
LSE Consulting



Revive, Reflect, Refocus

The Festive Season is upon us. The lead up to the Season is hectic for businesspeople, with tight customer deadlines that demand extraordinary effort from the business and its people. Once the end of year is passed, there is a period of calm where we pause, like a marathon runner that has just 'stumbled across the line' feeling exhausted but exhilarated. It is a perfect time to revive, reflect, and then refocus.

Business is an endurance activity. As all endurance athletes know, rest is essential for revival after a tough event, allowing the body and the mind to regenerate which will then enable even better future performance. Take time out to revive, doing whatever it is that enables you to relax, and to give back some of your valuable time to those that support you whilst they are too often overlooked.

This 'quiet after the storm' enables time to pause and reflect. Our revival time should be when we turn our mind to matters other than the business. Our reflection should take a holistic view of the past year and assess how the business is contributing to our personal vision. We are so consumed in the business during the year that we seldom, if ever, take time to look at it from a '3rd party' point of view. Especially, we seldom assess how our business endeavours are contributing to our personal mission or how we can better align them so that they are working in harmony rather than opposed to each other.

Feeling revived and having reflected on the business and its contribution to us personally, we can refocus. It is time to review our plans and rewrite them, considering the results from the previous year and the opportunities/threats that the year ahead presents.

We all know that 'New Year Resolutions' are futile, being noble

just after midnight on New Year's Eve only to evaporate once the euphoria passes a week or two later when things go back to 'business as usual'.

To effectively refocus yourself and your business, review and rewrite your plans. Make a hard copy then read them. Share them with a trusted advisor and discuss them. If necessary, adjust them, then set out an execution plan with milestones that you will achieve, adjusting your activity as necessary as you review the progress. Set up a 'Scoreboard' then use it to surpass your goals. Be clear on what you are aiming for. As the saying goes "If you aim at nothing, that is what you will get!"

I trust that you will take the time to revive, reflect, then refocus this Festive Season. Thank you for reading these articles. I wish you and yours a wonderful Festive Season, with a year ahead that is happy, healthy, and prosperous.

Philip Belcher MBA, FAICD, FIML is Principal of LSE Consulting Pty Ltd, a specialist business leadership and management advisory company.

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A Step Above the Rest at Karis Life

By Riley Warner

In a world where small businesses are often overshadowed by industry giants, navigating a small business consistently passionate about its customers and life itself can pose an array of hurdles to overcome.

For Hornsby's small business gem 'Karis Life', this is far from the case. A steadily thriving business, formally known as 'Comfort Discovered', an operation beginning in 1984, has recently rebranded to adopt the new name Karis Life, becoming a beacon of trusted hope for those seeking assistive independence going leaps and bounds beyond your typical mobility store.

Centering themselves on enhancing customers' independence, mobility and dignity through innovative assistive technology solutions and product ranges.

Holding the company reins is Rejimon Punchayil (Rej), the founder of Karis Life. A highly qualified business professional, Rej has extended his career in business across multiple continents, dabbling in several industries, including manufacturing, international trade and marketing.

It wasn't until a unique car park encounter that the doors to caring for life opened wide for Rej.

Coincidentally, while in search of new business ventures and heading to an organised meeting in Hornsby Westfield, Rej came across the sole reason he pivoted his life to one built around compassion.

"As I was walking after parking my car, I noticed an elderly woman with a walking regulator, as soon as I saw her,



I noticed she looked very terrified and troubled, I walked over to her and offered her help."

Thinking Rej was a concierge— The elderly woman found that she had forgotten where she parked her car.

Reassuring the lady, Rej set off to locate the car for the woman.

"I kept coming back and forth, and she obviously didn't have great recall, given her age. After 1 hour, I went to the centre management and looked at security, and it took me nearly three hours to locate the car, I was just engrossed in finding it for her."

It was at that moment when Rej found his true professional calling.

"This experience was an epiphany. I've been searching for something, and I didn't know what it was, and this experience gave me direction and purpose."

With a direction to separate itself from the assistive technology (AT) pack, Karis Life now Boasts a fantastic 4.9-star Google review rating, glowing with feedback and praises for Rej and his talented team.

Keen to sustain that blossoming reputation, Karis Life distinguishes itself from competitors through its multiple facets of care. Along with their selection of suited products and equipment, Karis Life runs popular 'Live Life Better' community seminars, assistive technology assessment clinics, and continuing professional development (CPD) training to equip therapists with the most effective and modern solutions.

For Rej, Karis Life is not simply work; for him, it's a business to flourish his passion in advocating for the people who need it most, focusing on compassion, expertise and dedication to providing tailor-made assistive technology solutions.

"Karis Life empowers you to live a life with independence and dignity, we are not only about 'care' but about life... and we need to provide people a sense of connection of what was precious to them in their life."

The rebranded Karis Life still has the same fantastic team of faces beneath it and continues to showcase its professionalism. This new stage of Karis Life's journey is the next step in being the growing haven for the compassion they promote in the community.

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I Love a Sunburnt Country, Well Maybe Not



By Michael Tumulty

As summer is now upon us, its perhaps worth noting Dorothea Mackellar's beautiful poem, which I love from Australia 115 years ago.

What Ms Mackellar did not, nor could not have foretold, was the insidious effects of Melanoma cancer where according to the Melanoma Institute Australia.

This year:

- 16,800 of us will be diagnosed with melanoma
- One will be diagnosed with melanoma every 30 minutes
- 1300 will die from melanoma
- 95% of all melanomas are caused by overexposure, making Melanoma the third most common cancer

Ku-ring-gai has 57 ovals and sports fields, the vast majority built in the bronzed Aussie era with woeful sun shade protection.

Ask any environmentalist and they will tell how the earth is continuing to warm in a climate emergency.

Yet those same environmentalists and a small band of elected councillors are standing shoulder to shoulder to prevent sun shade shelter being built at one of our popular sports fields, to me this is not only contradictory but plain nonsense.

Perhaps, those against sun shade protection might like to visit a melanoma oncology ward like I did as a malignant melanoma cancer survivor to fully appreciate just what Dorothea Mackellar really meant by the words "her beauty and her terror" in her famous poem.

Remember your sunscreen this Christmas and enjoy a wonderful Christmas and safe and Happy New Year.

Next Edition:

The January Edition of The Post
will be available on
18 January 2024

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By Claudia Butjerevic

Doors are open at Lifeline's new retail store.

The official ribbon cutting ceremony for the new Lifeline Harbour to Hawkesbury Sydney shop in Naremburn took place on the 14th of November.

Lifeline Shops are a place where the community can donate their unwanted goods to find new homes. All profits made in the reselling of used goods are funnelled back to the charity to help Lifeline continue their vision of a suicide-free Australia.

These retail shops have an extensive collection of generously donated items, including clothing, furniture, books, vinyl records, boardgames, children's toys, and art pieces, among other everyday goods.

Ku-ring-gai Councillor Barbara Ward and Willoughby City Council Mayor Tanya Taylor made appearances at the grand opening event, expressing their support of the charity.

'The store provides not only affordable items, and contributes to our circular economy it also serves as a platform to raise awareness about mental health



Pictured above: Willoughby City Council Mayor Tanya Taylor cuts the ribbon alongside Lifeline staff and volunteers. Elizabeth Lovell, Lifeline H2H Sydney CEO, pictured far left.

issues and reduce the stigma surrounding them,' Mayor Taylor said in her speech. 'Northern Sydney, like any community, faces its share of challenges, and we appreciate the work that Lifeline does to address them head-on. The organization's dedicated volunteers work tirelessly to make a difference in

people's lives, offering a listening ear and valuable assistance to those going through tough times. And we sincerely thank you for the work that you do.'

To find out more about Lifeline Shops, visit lifelineh2hsydney.org.au/lifeline-shops

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Trailblazer Acknowledged with a Reserve Named in Her Honour

UNDERCLIFF Reserve in Freshwater has been renamed **Irene Crump Reserve** to honour the late trailblazing local woman.

Located at the southern end of Freshwater Beach, the reserve includes part of the popular walkway and stairs that form an important pedestrian connection between Freshwater and Queenscliff Beaches.

Northern Beaches Mayor Sue Heins said Irene Crump was a pioneer of her time having a long association with the area as a prominent environmental advocate and leader for over four decades and as a long-standing Director of Harbord Community Kindergarten.

“Legend has it that in 1970 Irene stopped at nothing to save this precious bit of land from developers by climbing what is understood to have been a large Coral tree and refusing to come down even when contractors were cutting the branches of the tree while she was clinging to it,” Mayor Heins said.

“Irene Crump’s efforts are remarkable and so it is fitting her story lives on, and this space is enjoyed as she intended.”

The name change proposal was made on behalf of the Friends of Freshwater and supported by Mrs Crump’s family.



Pictured above: Irene Crump's daughters Bronwyn, Jannice and Christine at Irene Crump Reserve



Pictured right: Irene Crump at Harbord Community Kindergarten. Image courtesy Christine Dennis.

Julian Leeser MP Hosts Bush Fire Preparedness Events

By Claudia Butjerevic

Federal Member for Berowra, Julian Leeser, is urging residents across his electorate to be bush fire prepared and safe.

Member Leeser hosted two bush fire preparedness events on the 26th of November – one at the Dural Country Club for the Hills portion of Berowra, and another at the Asquith Boys High School for Hornsby residents. The events were made possible by the collaboration of both the Hills and Hornsby RFS, who provided information and skill training stalls for the public. Julian Leeser held interviews with RFS representatives to share their valuable experiences and knowledge.

The events set out to highlight the importance of each household creating a bushfire survival plan their homes and families and assessing their risk level.

Attendees were given a booklet which outlined a four-step survival plan. Step one is “Discuss”, encouraging households to talk to each other about what they would do if a bush fire threatens their home. The next step

is “Prepare”, which informs residents of the necessity of keeping shrubs and trees trimmed, grass mowed, and gutters cleared of leaves. Step three is “Know”, relating to knowing the bush fire rating levels, and what the differences between “se-vere”, “extreme”, and “catastrophic” ratings are. Step four is “Keep”, instructing residents to keep valuable contact information, such as the RFS or the Bush Fire Information line, and keep up to date on the conditions of fires around the area.

‘This is expected to be the most dangerous bushfire summer for our area in 20 years. That is why it is so important to get prepared,’ says MP Julian Leeser. ‘I’m proud to have organised these important bushfire readiness events in Asquith and Dural. The hundreds of people who attended came away better-prepared for the bushfire season. I want to thank the RFS for their exceptional dedication to serving and protecting each of us, and for making the events possible.’



Pictured above: Attendees at the Asquith Boys High School venue on Sunday 26 November keen to hear more about creating a bushfire survival plan.



New Parenting Laws for Separating Couples

By Cecilia Castle,
Castle Lawyers at Asquith



Amendments to the Family Law Act and ancillary legislation in relation to parenting matters, child support and additional powers granted to The Federal Circuit and Family Court were passed by federal parliament on 19 October 2023, to commence on 6 May 2024.

The amendments simplify the “best interests of the child” factors considered by the court in parenting proceedings, removing the presumption of equal shared parental responsibility as well as the provision for equal time and substantial and significant time to be spent with children upon separation. The amendments also legislate and clarify the circumstances in which a court can vary an existing parenting order. The new provisions in the Family Law Act are now focused on children’s safety concerns.

There has been a redrafting of provisions under the Family Law Act relating

to compliance with, and enforcement of, parenting orders. There are also amended definitions of “family” to be more inclusive of Aboriginal and Torres Strait Islander culture and traditions.

The court’s appointment of Independent Children’s Lawyers has been extended to matters brought under the Hague Convention for children taken overseas. Independent Children’s Lawyers are required to meet with children the subject of parenting proceedings and give children an opportunity to express a view.

Separating couples considering parenting arrangements for their children are urged to familiarise themselves with the new amendments to the Family Law Act.

Cecilia Castle is an Accredited Specialist in Family Law, and principal of Castle Lawyers at Asquith. CastleLawyers.com.au



By Janine Kitson

Community Transport is Community Service

If you don’t know about community transport – you should.

It’s everywhere – Hornsby, Ku-ring-gai, Northern Beaches, North Sydney and Willoughby. It provides affordable, safe and accessible transportation for older residents who have difficulty catching public transport.

Community transport gives older residents independence to continue living in their own homes; gets them to their medical appointments, the shops and to catch up with friends. All they have to do is ring their local Community Transport office and make a booking for where and when they want to be picked up.

However, eligibility is required. You have to be over 65 years of age and you need an approval from your My Aged Care provider or GP to receive this Commonwealth funded transport service.

Community transport also offers programs of interesting events and outings. I know this, because recently the Hornsby Ku-ring-gai Community Transport brought a busload to enjoy an ABC Friends Northern Suburbs of Sydney meeting and luncheon at the Roseville Club. All this can be found on their newsletters. The Hornsby Ku-ring-gai Community Transport’s newsletter, www.communitytransport.org.au/come-on-our-fun-outings/ includes outings to markets, shows, lunches, the cinema, exhibitions, shows and much more.

These enjoyable and relaxing events bring opportunities to meet new friends as well as peace of mind knowing you will be picked up and brought home safely.

Aging is a natural part of life and it requires support. Community transport enables older residents to retain their independence and dignity by getting them where they need to be. A great community service!



Best Wishes to the People of Bradfield



By Paul Fletcher, Federal Member for Bradfield

Iextend my best wishes to the people of Bradfield for the upcoming Christmas and holiday season.

Christmas is an opportunity to spend time with family and friends, reflect on the year that was, and consume far too much food.

We live in a fortunate and prosperous country – and in Bradfield we live in a particularly fortunate and prosperous corner of our lucky country.

Of course there are certainly people in Bradfield who are doing it tough, and all of us face the day to day challenges of life.

But many people say to me how lucky they feel to live where they do.

As we have seen with attacks on Israel,

on Ukraine and on Armenia, the stability and security we enjoy in Australia is not present in many other parts of the world.

We are fortunate to live in a free and democratic country that protects and espouses the values of rule of law, freedom and equality.

In our democracy, every Australian citizen has somebody who represents them in the federal parliament.

In the electorate of Bradfield, that is my job.

Your issues matter to me. Whether you are a family, young person, pensioner, veteran or small business owner, you are always welcome to contact me and visit my office.



By Julian Leeser, MHR,
Member for Berowra

Reflecting on the Past Year and the Year to Come



Every year has its challenges, and 2023 has been no exception.

Families, households and businesses across Berowra have all experienced financial pressure.

Thirteen successive interest rate increases, and wages not keeping up with prices have put most households under pressure.

Young and old are experiencing the financial vice – with interest rates and rents going up and up.

As your federal MP, I want to assure you that the number one, two and three issue that I'm focused on is the economy. Productivity, workplace

relations and keeping government spending under control really matters.

My view is that it is better that government tightens its belt than households having to tighten its belts.

During such times when we are all are under stress, our sense of community and attachment to community matters more than ever. Getting involved with community groups, like mums' groups, Men's Sheds, bushwalking groups and many of the service organisations can all help alleviate the sense of isolation that can strike in such times.

These groups are important not only for the service they provide our community but the bonds they create across Berowra. It's why I've been proud to work with over 65 local groups this year

in securing federal funding to help them in their work.

We live in a bushfire prone area, and with summer approaching I want to encourage to freshen up their fire plans for the summer. If you haven't ever done one, you can find out more at myfireplan.com.au.

Please read up on this, it could save your life.

As Christmas nears, I want to thank all our emergency services personnel and volunteers for everything they have done over the year and will do over the summer.

Merry Christmas and Happy New Year to everyone across Berowra. I look forward to continuing to serve you in 2024.



By Kylea Tink, Member for
North Sydney



This week is the last full parliamentary sitting week of 2023, and my team and I are ready to make every minute count.

Today, I tabled a Private Members Bill which seeks to leverage the recent High Court decision to bring Australia's immigration detention regime more in line with our international human rights obligations.

On behalf of our community, I'm seeking to restrict immigration detention to 90 days and to ensure children will never again be subject to the cruelty that we once inflicted on Manus Island and Nauru.

Separately, I will also spoke on behalf of all women experiencing violence and call on the government to establish the Australian Family Homicide Index to provide us with the insight we need to help save lives. With 58 women already reported dead from domestic violence in this year alone, we need to develop new and improved responses to family violence, including an integrated and coordinated response across all levels of Government and services, better intervention programs and support for victims.

The Government's Closing Loopholes Bill – which will change the rights of casual workers – will also be back on the agenda for a final reading. I will continue to fight for reforms to this legislation to reduce the burden on small to medium

size businesses whilst supporting stronger protections for workers. As the third largest business centre in Australia, our community has a particular interest in this area and I will continue to fight for the best outcomes for our community and economy.

Thank you as always for your feedback this week, and a special thank you to all who have joined our call for a Royal Commission into Australia's Immigration Detention regime. Please add your name to the parliamentary petition if you have not already done so.

Wishing you and those you love peace, joy and happiness for the festive season and the year ahead.



Northern Beaches Chorus Caroling into Christmas

By Claudia Butjerevic

As the weather warms for our holiday season, Northern Beaches Chorus are warming up their vocal cords to perform joyous Christmas carols.

Northern Beaches Chorus are an all-female community choir based in Brookvale. The ladies rehearse weekly, learning new songs, vocal and stage techniques, and preparing for competitions and performances. The Chorus are part of Sweet Adelines Australia, a not-for-profit musical education association, which connects the Chorus to online resources, international coaching, and both national and international barbershop competitions.

No experience or musical background is needed to join the community Chorus, only a willingness and love for singing.

‘We sing four-part a cappella,’ says Chorus member and volunteer Katinga Schroeder. ‘If you’ve been told you can’t sing, it probably means you have a low voice. You probably can sing, but you need to find a part that works for you.’

The four parts include lead, the melody; baritone, the alto harmony; bass, the low female voices; and tenor, the high voices. These parts are essential for the Chorus to produce their dimensional barbershop harmonies of contemporary music such as “Rolling in the Deep” by Adele, “Can’t Help Falling in Love” by Elvis Presley, and “This is Me” from The Greatest Showman.

Northern Beaches Chorus recently reached out to the community, asking for more interested women to join for their Christmas program. The new members have been practicing a host of famous

carols to perform for the community across December.

On Friday December 15th, the Chorus will perform for “Christmas at the Beach” at the James Meehan Reserve, Dee Why, and on Saturday the 16th the ladies will sing for “Carols in the City” under the Tree in Martin Place.

‘For over 15 years Northern Beaches Chorus has brought our unique a cappella style to audiences at Christmas both on the Northern Beaches and the City. We love entertaining the crowd and seeing the delight on the faces of the young and young at heart, at this time of year,’ says Northern Beaches Chorus Director, Kylie Shanley.

For more information, visit northernbeacheschorus.com.au

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Call for a Royal Commission into Australia’s Immigration

Calling for your support to sign the petition, shed light on Australia’s privatised and offshore immigration detention regime, marked by secrecy and lack of accountability, resulting in widespread suffering, including suicides, torture allegations, and systemic abuse, with a financial cost exceeding \$9.65 billion to taxpayers.

Scan the QR code to sign the petition.



Stylish Living with Home by MB

By Claudia Butjerevic

There is beauty in imperfection – in uneven lines and variations in colour. Handcrafted and rare, Home by MB is an Australian homeware brand that invests in this quiet, imperfect beauty.

Located in Wahroonga and Gordon, Home by MB provides a range of bespoke, artisan products that hold a depth of personality. Each piece is handmade by experts across Asia, who employ their traditional skills and natural materials to create unique, stylish homeware pieces.

‘I recognise there is a real hole in the market for unique products,’ says Samantha Bourn, co-owner of Home by MB and McConnell Bourn. ‘Predominately, 80% of the products I design and get made come from Indonesia, in Java.’

Home by MB caters to those that are tired of entering a shop and being greeted by identical items that were in the shop before. Home by MB is for those that dislike online shopping, and the inability to feel and experience the pieces of furniture you wish



Pictured above: Samantha Bourn, Co-owner of Home by MB and McConnell Bourn.

to bring into your own home.

‘There is an opportunity to bring and present new products, unique things to the marketplace,’ explains Sam Bourn. ‘But particularly in the North Shore, there is a lack of beautiful homeware stores. A lot of retailers are going online, and you hear a lot of people saying they just want to see the product in person.’

Home by MB offers a range of products – French inspired chandeliers, dining tables made from solid fruitwood, hand-woven rattan trays and baskets, Venetian glassware, locally made pure soy wax candles, and cushions with sophisticated piping. When customers are in need of a specific piece of furniture, more often than not Home by MB is able to design and customise the item, and have it made by their artisan suppliers.

Personalised style consultations are provided by the team of interior designers, where Home by MB will visit homes, view the area that is in need of styling, and offer their expertise for a tailored space that customers will delight in. ‘We offer obligation-free, complimentary home visits,’ says Sam. ‘We guide people. We’re doing a lot of home visits, which is really nice.’

Home by MB have two locations, one in Wahroonga on Coonabarra Road, and the other in Gordon, on the Pacific Highway. The Gordon location houses Café MB within the store, a café to sit, enjoy coffee and pastries, and connect with friends.



To find out more
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Rotary Club Gifts Carry Bags to Palliative Patients

By Claudia Butjerevic

The precious items of loved ones who have passed need to be treated with care.

The Ku-ring-gai Rotary Club have taken on a community project for the Neringah Palliative Care Hospital in Wahroonga, making cotton bags for patient's items when they are returned to the families.

Before the pandemic, volunteers would create and supply Neringah Hospital with sturdy bags for the late patient's affects. With volunteers having dwindled significantly, Neringah have resorted to putting the items in plastic bags, a solution the hospice team were unsatisfied with.

'They are embarrassed,' explains Ku-ring-gai Rotary member Warwick Cumming. 'They feel it is



a quite demeaning way to treat the goods of the deceased.'

Along with the cotton bags, Rotary are donating fiddle blankets – tactile activity quilts with zippers and buttons for dementia patient stimulation – and syringe bags for patients to carry medication on their person throughout the hospital. Rotary have put \$5,000 towards the project, creating 10 fiddle blankets, 10 syringe bags, and 700 cotton bags for the hospital.

Neringah Hospital hopes community

members will return to volunteer their time creating these totes for local patient's and their families, though in the meantime, Rotary have been of great assistance, donating a two year supply.

'If we could find a few more volunteers who enjoy doing these things, that would be terrific,' says Rotary member Warwick.

Ku-ring-gai Rotary Club handed over their gift of fiddle blankets, syringe and cotton bags to Neringah Palliative Care Hospital in late November.

Taking Control of Your Home Care Journey

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So, you've taken the first vital step in securing the support you or a loved one needs to age confidently at some. After undergoing a thorough assessment by the Aged Care Assessment Team (ACAT), you now possess a My Aged Care Referral code and have been informed about the approved Home Care Package level you qualify for. This is an exciting juncture, as it signifies the commencement of your journey to receive a Home Care Package.

At this stage, you've been granted the financial means to kickstart your journey toward enhanced support services. It's time to embark on the next crucial step by selecting your preferred Home Care Package provider. To ensure you make an informed decision, begin by researching and comparing these



Pictured above: Your Side client John Neary

providers through the My Aged Care website or other online sources. Don't hesitate to ask them questions like, "What is your fee structure?" and "What services can I expect in exchange for these fees?" Crucially, enquire about whether they offer a personalised care manager who can tailor your package to your unique needs within your budget.

Once you've found a Home Care

Package provider that aligns with your preferences and needs, it's time to proceed to the next phase by entering into a care plan and agreement with them. Your chosen provider will work with you to provide a mixture of services that fit your specific requirements while staying within your budget. The services covered can range from gardening, cleaning, and household tasks to medical and mobility equipment, social outings, occupational therapy, or other allied health services.

The journey to receiving the support you need has now officially begun. You've taken control of the home care journey by ensuring that you or your loved ones can age with dignity and support.

Consider Your Side Australia as your Home Care Package provider and if you have any questions, please call us on 1300 134 332 or email hcpreferrals@yourside.org.au



Walking 10,000 Steps for Pancreatic Cancer

By Claudia Butjerevic

November was Pancreatic Cancer Awareness Month.

Pancreatic Cancer is a particularly deadly cancer, with a five-year survival rate of merely 10.7%. To raise awareness, Canteen Australia, the national charity supporting young people impacted by cancer, are hosting their "Walk in November" challenge. Canteen is encouraging Australians to take 10,000 steps a day in the month of November to stand up to cancer.

St Ives local Imogen was first diagnosed with a rare form of pancreatic cancer at the age of 11. After undergoing surgery to remove the mass from her pancreas, complications from the surgery, and a significant amount of trauma, Imogen was soon cancer-free. Though, the cancer returned in her spleen at the age of 14, found through biannual screening appointments. At 18 years old, she is now currently in remission.

Canteen Australia was a support system for Imogen during her treatment after the second cancer diagnosis. Canteen provides counselling, resources, ways to connect with other's experiencing cancer or witnessing a loved one experiencing cancer, events, and programs.

Imogen is grateful for the aid that Canteen provided her as she battled

cancer for the second time, and has taken up the 10,000 step challenge so they are able to continue their work for other young Australians. 'I wanted to take part in the challenge to help Canteen raise awareness of the support that Canteen provides,' explains Imogen. 'Every young person who goes through cancer, it doesn't matter if they have it or a family member, [Canteen] is very beneficial.'

Committing to take 10,000 steps a day has been aptly named as a challenge, in Imogen's eyes, but it has been rewarding to complete. 'It's a great way to get myself up,' says Imogen. 'My mum has taken part in it with me, so it's been a nice way to bond. I've been walking to my local shops every day.'

Imogen recently sat her Higher School Certificate exams, and has been offered early entry into the Australian Catholic University and Western Sydney University. She hopes to complete tertiary education to become a social worker.

'From the support of my social workers



Photo above: Imogen, looking good and feeling good, looks forward to her tertiary education in 2024.

when being in hospital, and Canteen inspired me because they helped me so much, I want to give back to others who are also going through a hard time,' says Imogen.

For information about Canteen Australia, visit www.canteen.org.au

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Making Cancer Patient's Dreams Come True

By Claudia Butjerevic

Fighting cancer takes a considerable amount of time and focus. As survivors battle through the trenches, their lives are put on hold. Their dreams are placed on the backburner.

Dreams2Live4 is a national charity based in the North Shore making the dreams of patients living with metastatic and advanced cancers come true. It is the only charity of its kind throughout the whole of Australia, attending to the wishes and aspirations of adult cancer patients.

'We make a dream come true, one every 36 hours somewhere in Australia,' says Louise Mahoney, CEO of Dreams2Live4. 'It changes their lives.'

Dreams2Live4 has worked with over 1000 patients in over 250 hospitals Australia-wide. Dreams range from visiting Uluru to swimming with crocodiles to a pamper day to finally marrying a beloved fiancé. Dreams2Live4 are quick to fund and organise any dream that is brought to them, as the charity understands the precious commodity that time is for those fighting advanced cancer.



'A dream has a lasting effect,' says Louise. 'It gives that family the memories that they wouldn't have had... happy memories that don't include hospitals, and waiting rooms, and treatments and scans.'

Cancer treatments are expensive, though when coupled with the likely loss of income become devastating. Dreams are funded, or partially funded, by the generous donations Dreams2Live4 receives from the community, and the fundraising events the charity holds throughout the year.

Dreams2Live4 was founded by Louise Mahoney's sister, Annie Robinson, in the late 2000s. Annie was diagnosed with

metastatic breast cancer, and while undergoing treatment at the Prince of Wales Hospital, in Randwick, she saw a need to not only treat the disease, but feed the soul. Dreams2Live4 began as a program at the hospital where Annie was treated, though soon exploded as more hospitals and patients started dreaming.

'She's left a huge gift,' explains Louise. 'No one looks after adults. There is Make-A-Wish and Starlight and Children's charities... But you can't forget the mums, dads, aunts, uncles, and the grandparents.'

To find out more, visit dreams2live4.org.au



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Loud Shirt Campaign to Continue Throughout December

By Riley Warner

The Loud Shirt campaign has already kicked off, with Aussies uniting to support organisations like NextSense, which is Australia's oldest charity serving children with deafness.

NextSense, formally known as the Royal Institute for Deaf and Blind Children, has been providing services for children with hearing loss for over 160 years and has established Australia's first school for deaf children.

For young Thornleigh local Axel Gandolfi, who received cochlear implants at 13 months old, early intervention and customised therapy already has had an immense difference in his speech and language development.

Smashing his milestones, Axel is now progressing in line with his hearing peers, a glowing example of the achievable feats children with profound hearing loss can achieve with proper care.

NextSense audiologists help the brain recognise and interpret acoustic information while the team of speech therapists and other professionals work together to help each child and family achieve their goals.

“Support from the NextSense Preschool for Axel has been so effective, and cochlear technology is now so advanced that I am just amazed at how far and how fast he is meeting his developmental goals,” says his mum, Julia.

“In fact, you could say Axel is, in certain areas, moving ahead of his hearing peers despite the fact that he didn't have access to sound for the first 13 months of his life,” she said

Through their efforts, children like Axel can reach their potential and achieve developmental milestones at a pace in line with their hearing peers, if not faster.



Loud Shirt Day may have sailed this year, but the fantastic campaign continues all through to the end of December, we can all do our part by donating to organisations like NextSense, which provides critical and wonderful services to children with deafness.

These donations fund support programs, specialised equipment, family and therapist workshops, and community outreach to promote inclusion and understanding.

By combining our efforts, we can help all children access life-changing support and work towards a future where every child has the opportunity to thrive.

New Funding for Cancer Nurses

By Claudia Butjerevic

The Albanese Government has announced a huge investment for cancer nurses across Australia.

The Government is set to commit \$166 million towards the Australian Cancer Nursing and Navigation Program, which will improve access to quality cancer services for people living through a cancer diagnosis.

The McGrath Foundation, a charity that raises funds to provide communities with highly qualified Breast Cancer Nurses, has been charged with recruiting 100 new All Cancer Care Nurses to health services across Australia. The Albanese Government are offering over \$74 million in support of the initiative, so that people dealing with a diagnosis have access to

trained, specialised nurses regardless of the cancer they have.

‘We are incredibly proud to be asked to support in the delivery of the Government’s Australian Cancer Nursing and Navigation Program,’ says Glenn McGrath, Co-Founder and President of the McGrath Foundation. ‘When we started the Foundation, we hoped we could make a positive difference to just one family. So, we are truly humbled by this announcement and what it means for Australian families going through cancer.’

The Albanese Government have additionally committed to allocating over \$20 million for existing prostate nurses delivered by the Prostate Cancer Foundation

of Australia, over \$49 million towards a new Cancer Navigation Service led by Cancer Council Australia, over \$32 million for telehealth support services, over \$9 million for the Child and Youth Cancer Hub delivered by Canteen, and over \$16 million for a Cancer Patient Support Program.

‘Cancer nurses are invaluable to patients who are confronting some of their toughest days,’ says Mark Butler MP, Minister for Health and Aged Care. ‘That’s why the Albanese Government is making the biggest investment in cancer nurses on record, backed by our landmark Australian Cancer Plan.’

For more information about the McGrath Foundation visit:
www.mcgrathfoundation.com.au

Use Your Time As Currency with "SwapAnHour" App



By Claudia Butjerevic

The cash rate is at the highest it's been in twelve years. The cost of living is skyrocketing. Sydney has one of the worst rental housing markets in Australia.

Northern Beaches local, Jean-Philippe Brianchon, has launched a free community-focused app to combat these dire financial straits, and connect locals to each other.

SwapAnHour allows members to use their time as currency, and accrue hours by offering their skills, services or donating goods to people requesting help. The app fosters community spirit and connects neighbourhoods together. The app has over 2000 "Swappers" located across the Northern Beaches and North Shore, including in Freshwater, Manly, Willoughby, Hornsby, and Lane Cove, among others.

SwapAnHour follows fair trade principles, but doesn't involve the market value of skills – an hour of gardening is equal to an hour of IT support.

'When you start helping someone, you go on the app and see people have posted some tasks,' explains Director Jean-Philippe. 'You make an offer... and when the work is done there is a review process. That's where you bank your time, and use

that time when you need help yourself.'

With SwapAnHour, no money exchanges hands, only the value of a local's time. If you help someone repaint a bedroom, you've gained those hours in support you may need elsewhere, like having a leaky faucet fixed in your upstairs bathroom. Swappers are able to lend items, like a lawn mower, in return for using another swapper's surfboard.

'I can see that people have started to understand the concept,' says Jean-Philippe. 'I'm amazed at the skills people have on the app... We've got Swappers with such a diversity of skills.'

SwapAnHour offers the ability to create groups to bring specific suburbs, people with similar interests, or community initiatives together. When a task is published for these designated groups, only swappers who are members of the group can help, localising the app even further.

SwapAnHour is available for both Android and Apple users. The app is free to download and use.



Photo above: Jean-Philippe Brianchon launches an app to assist with the cost of living.

Quite Literally Letting Your Hair Down This December for Bowel Cancer

By Riley Warner

It's no surprise that December is typically the busiest month on the calendar, packed to the brim with exciting holiday plans and a well-deserved break to reflect on the whirlwind year that was. For many of us, this means letting our hair down, for others, in more ways than one.

In this festive season, Bowel Cancer Australia is urging Australians to either "let it grow or let it go," raising funds throughout December to promote awareness and support those affected by bowel cancer.

Bowel cancer is a serious disease that affects many Australians each year. Sadly, many cases are detected

at a later stage, making them harder to treat. There is, however, treatable hope. If detected early, 90% of patients can be successfully treated.

The study found that the incidence of bowel cancer (colon and rectal) has unfortunately increased in Australians under the age of 50.

To support the prevention and treatment of bowel cancer, Bowel Cancer Australia has launched "Decembeard" and "Decemhair."

These two campaigns offer a fun and creative way to raise funds while making a real difference. "Decembeard" allows you to grow your beard and decorate it in fun and imaginative ways. "Decemhair" encourages you to grow your hair elsewhere or let it go if, like me, you can't

grow facial hair.

You can create a profile with your friends and track your monthly progress. Share your link and progress on social media to rake in more support.

By raising awareness about the signs and symptoms of bowel cancer, we can encourage more Australians to take their health seriously. Early screening and regular check-ups with your GP can make a real difference, especially if you're between 50 and 75.

Sign up online to Join the fun and get creative with your mates while raising funds for a great cause. If you're not quite ready to let your hair grow or go, show your support for someone who is by donating to Bowel Cancer Australia this December.

Revolutionary Exercise Technology at Fernwood Fitness Hornsby

By Claudia Butjerevic

HYPOXI has come to Fernwood Fitness Hornsby.

HYPOXI is a low impact exercise program that targets the stubborn areas of fat build up – the dreaded stomach, hips, thighs, and bottom. With a combination of tested technology, exercise, and a specific nutritional plan, HYPOXI supercharges the natural fat burning systems in the body for rapid weight loss results.

This revolutionary technology is three



Fernwood Fitness Hornsby are offering The Post readers a 10% discount for the HYPOXI program.

The HYPOXI program is separate to the gym's standard membership, meaning HYPOXI clients are not locked-in to any additional membership fees.

times more efficient than regular exercise. A single session on the HYPOXI machines burns 375 calories, where a standard treadmill session would only burn 120 calories.

HYPOXI uses vacuum technology to transform exercise. Clients enter either a standing or sitting pod-like machine, where you pedal while wearing a specialised suit on your lower body. The suit compresses the space inside the pod, increasing blood supply, metabolising connective tissue, and targeting subcutaneous fat and cellulite.

Fernwood Fitness are offering this technology at their all-female gym in Hornsby. Clients will have a consultation with a nutritionist, their bodies will be scanned to find their fat levels, and each body part will be measured throughout the program to track progress.

'Women see their measurements shrink and dress sizes drop with their HYPOXI sessions,' says Steve Brookes, owner of Fernwood Fitness Hornsby. 'We are so excited to offer this game-changing tech at Fernwood Fitness Hornsby.'

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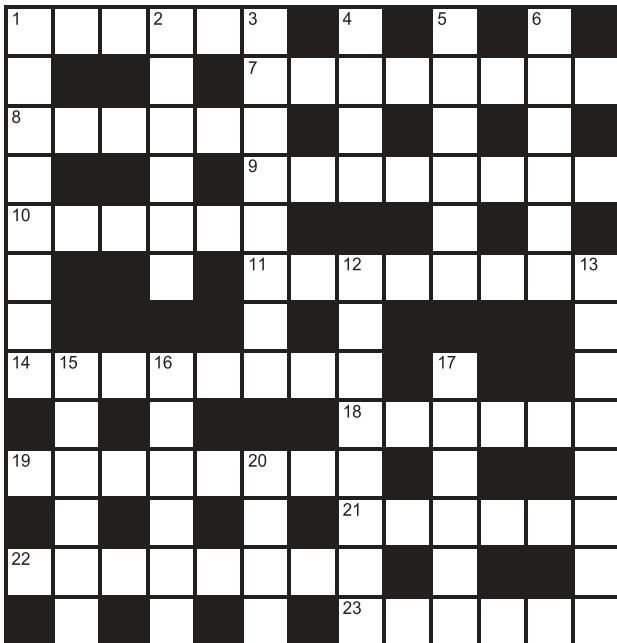
CALL NOW OR SEE US IN-CLUB TO GET STARTED!

GENERAL KNOWLEDGE CROSSWORD

709

ACROSS

- 1 To chain an animal to a stake is to do what (6)
- 7 What, in mathematics, is an expression of the equality of two quantities (8)
- 8 What are stables or sheds for horses or cattle (6)
- 9 To be defective, is to be what (8)
- 10 In which books are stamps or photos kept (6)
- 11 Which object is worn as an amulet or charm (8)
- 14 Name the occupation of Jean Batten (8)
- 18 What is a line drawn on a weather map (6)
- 19 Which term describes a person who suffers from loss of memory (8)
- 21 To be impenetrable to light is to be what (6)
- 22 What is an abdominal birth called (8)
- 23 Name a different term for views or pictures (6)



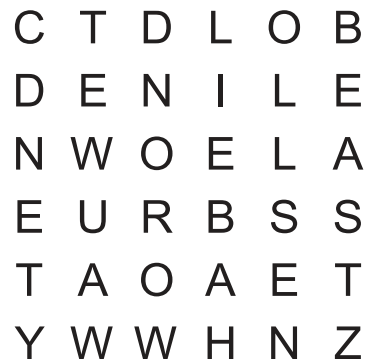
- 4 What is a point where two parts of a curve touch and end (4)
- 5 Name an alternative term for garrets (6)
- 6 Which devotion consists of prayers on nine occasions (6)
- 12 What are dictionaries also called (8)
- 13 Name another term for proximity (8)
- 15 To have improvised a tune, etc, is to have done what (6)
- 16 What are enclosures for sports contests (6)
- 17 What is respect, or reverence paid (6)
- 20 Which term describes an Old World wild goat (4)

DOWN

- 1 Which Australian State is called the Apple Isle (8)
- 2 What is the big toe known as (6)
- 3 Which device offers opposition to an electric circuit (8)

MINI WORD FIND

010



Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- All Elbow Net Row
- Are Lie Old Slid
- Beast Lined Own Wet
- Den Nest Ran

CURIO

010

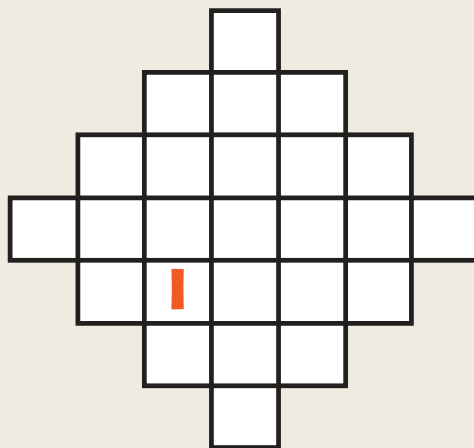
A stint in jail found Marco Polo (1254-1324) detailing his 24-year-long Asian journey into a best-selling manuscript. His descriptions of the wealth and cultures of the exotic Far East had most of Europe debating his 'fantastic tales'. His famous last words were "I have not told half of what I saw."

E-EQUATIONS

020

Letters A to Z have a number value. Some are shown in the right-hand cells. Create remaining values using clues in centre cells.

A	E-P	2
C	O+L	
E	N-A	
L	O÷P	
N	P+L	
O	C-L	20
P	O÷L	5



BIYWORD

010

Build it yourself using the clues and each of the twenty-four letters once only to form ten words: five across and five down. A key word (bold clue) builds on the letter set in the grid.

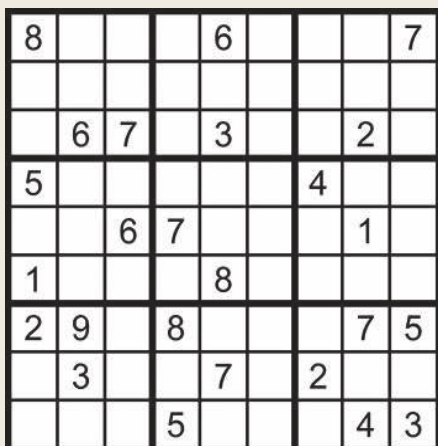
CLUES:

- Farm animal (3)
- IOC code: *Australia* (3)
- Moving art pieces (7)
- Of a city (5)
- Rescuer (7)
- Penned (5)
- Rule (3)
- Star sign (5)
- Droops** (5)
- Letter (3)

A	E	O	S
A	I	O	T
B	I	R	U
C	L	R	V
C	L	S	W
E	M	S	W

SUDOKU

010



QUICK THINK

010

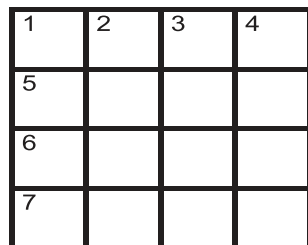
Solve the crossword. Each answer has four letters.

ACROSS

- 1 Pitch
- 5 Field of study
- 6 Taps
- 7 Additionally

DOWN

- 1 Record
- 2 Not written
- 3 Brings home
- 4 Alleviate



SOLUTIONS

QUICK THINK
 ACROSS: 1 Tone, 5 Area, 6 Pats, 7 Eise.
 DOWN: 1 Tape, 2 Oral, 3 Nets, 4 Ease.
E-EQUATIONS
 A: 2, C: 24, E: 7, L: 4, N: 9, O: 20, P: 5.
BIYWORD
 S, C, E, T, W, L, I, O, U, R, A, V, L, I, B, R, A, C, O, M, M, L, M.

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

MINI WORD FIND
 C, T, D, L, O, B, D, E, N, I, L, E, N, W, O, E, L, A, E, U, R, B, S, S, T, A, O, A, E, T, Y, W, W, H, N, Z.

\$7 Million Donation to the Sydney Adventist Hospital

By Claudia Butjerevic

The Sydney Adventist Hospital has unveiled a new imaging centre with the latest digital PET-CT technology.

The Robert and Jeanne Szeto PET-CT Centre will house a new generation of PET-CT scanners that give a larger field of view in a shorter time span when imaging patients. This technology also requires a smaller dose of radiation during the imaging process, which both improves on the safety of staff and patients. PET-CT scanners are able to change lives with their early detection of cancer and brain diseases, such as Alzheimer's.

Within the centre there will be a radiopharmaceutical laboratory, reporting rooms, a large waiting area, as well as specialised rooms for patients to lounge comfortably.

The new centre has been made possible by the generous \$7 million donation of Dr Edwin Szeto, a nuclear medicine physician who has been working at the San since 2018. Dr Szeto dedicated the centre to his parents, as a way to honour their legacy.



Photo above: SAN Staff with the Szeto family at the official launch on 20th November 2024.

'My father was a quietly spoken yet purposeful man,' says Dr Szeto. 'My mother is simply the most selfless and loving person one could imagine, deeply dedicated to her Christian faith. She always reminded us to never forget Dad, and there were frequent conversations about how best to honour his legacy.'

This donation will allow the San to both provide world-class diagnostic services, but also enhance the ability of the hospital to undertake research with the state-of-the-art technology.

'The new centre would not exist without the contribution of the Szeto family,' says Brett Goods, CEO of Adventist Healthcare, operator of the San. 'We are so very grateful to Dr Szeto, and we know the new centre will make an immeasurable difference to the lives of our patients.'

The Sydney Adventist Hospital officially launched the new centre on the 20th of November.

Concerns for Disabled Australians Continue to Grow

By Riley Warner

The National Disability Insurance Scheme (NDIS) was created to empower disabled people to take control of the support they receive. However, the implementation of NDIS has recently failed to deliver on its promise, as we are seeing a worrying return to the very issues that the scheme was designed to address.

This includes difficulties accessing the scheme, inadequate funding for support, and long delays in accessing reviews and support requests.

The NDIA has, however, denied any suggestions that they have made access tougher to receive.

The primary concern among the community is that people living with

disabilities linked to life-limiting illnesses are now being hit hardest by this reduced access. For many individuals, services such as personal care, food and diet, respite, transport, domestic assistance, and social support are can simply be the difference between life and death.

Camilla Rowland, CEO of Palliative Care Australia (PCA), has spoken out about the breakdown of the integration of palliative care services and the NDIS, leaving vulnerable people without critical services.

"PCA is aware that many people with disabilities continue to face significant barriers to their right to funded support as their conditions progress," says Ms Rowland. "PCA is encouraging the Independent Review Panel to explore opportunities to work with all parts of

government to ensure that people with life-limiting conditions get the kinds of support they need in the last chapter of life."

The government and the NDIS must make planning fairer, listen to the voices of those with disabilities, fund plans adequately, and train staff.

A scheme for people with disabilities should be led by individuals who truly understand their needs.

There's no doubt that the NDIS has done wonders for struggling Aussies and proved its worth in the community. However, it needs quick improvement; where the government listens to those with disabilities and takes real action, anything less is simply not good enough.

Glen Street Theatre is Back with a Bang in 2024



THE MOUSETRAP
Image courtesy Brian Geach

By Riley Warner

With an exciting and diverse lineup of performances, the Glen Street Theatre is all set to entertain audiences of all ages and preferences with its anticipated 2024 Season.

The upcoming season promises to be memorable and featuring a wide range of genres, including live music, comedy, drama, film screenings, family shows, dance, and musical storytelling.

Northern Beaches Mayor Sue Heins said the fresh and diverse program offers something for every taste and age group.

“Glen Street Theatre continues to be a wonderful creative and cultural hub on the Northern Beaches,”

Mayor Heins said.

“We are proud to announce a 2024 season program that is joyful, engaging and inclusive.

“We are also excited to present exceptional entertainment in partnership with some of Australia's premier touring production companies.

Some of the major highlights of the program include Agatha Christie's legendary play, *The Mousetrap!*, a well-known classic that has been running successfully on Broadway and West End for decades.

Families can look forward to high-energy shows like *The Gruffalo* and *Dog Man the Musical*. At the same time, music lovers can enjoy performances by famous Australian big-name artists like Kate Miller-Heidke and Prinnie Stevens and live music tributes to Fleetwood Mac,

The Beatles, ABBA, and more.

The season also includes a variety of dramas and acclaimed productions such as the Pulitzer Prize-winning *Wit* by Margaret Edson, *The Peasant Prince* adapted for children from Li Cunxin's memoir *Mao's Last Dancer*, and the Australian drama *The Highway of Lost Hearts* by Mary Anne Butler.

Returning favourites include the Wharf Revue with their new show, *Pride in Prejudice*, the Melbourne International Comedy Festival Roadshow, and a range of film screenings, including Manhattan Short Film Festival, Warren Miller's *ALL TIME*, *Reel Rock 18* and more.

Tickets for the 2024 Season will be available from 18th December. Be quick to book your tickets. Visit glenstreet.com.au or call 9470 5913.

The King's Singers

The King's Singers have represented the gold standard in a cappella singing on the world's greatest stages from London's Albert Hall to New York's Carnegie Hall for over fifty years. They are renowned for their unrivalled technique, impeccable vocal blend and delightful British wit.

Back after a six year break, The King's Singers return to Australia in March and are in Sydney on 18th March 2024, they are performing at City Recital Hall.

For more information visit:
www.kingssingers.com



20
24

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Sunday 24 November 2pm



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Can Segregating Students with Disabilities Be Good?

By Claudia Butjerevic

Schools like St Edmund's Wahroonga, a high school for children with disabilities, are being told they do not need to exist.

The Disability Royal Commission recently released their Final Report in September 2023, and within commissioners were torn on the need for specialised education schools for children with cognitive and physical disabilities.

The report includes recommendations on how to improve laws, policies, practices, and structures in order to foster an inclusive and supportive society. While commissioners agree that mainstream schools require major reform to accommodate a wider array of children, the need for "segregated" schools was a point of contention.

'We know devaluation and 'othering' of people with disability lies behind a long history of segregation of people with disability in Australia,' reads the report. 'This continues to cast any people with disability to the edges of society, to lead lives characterised by limited opportunities and participation, poor outcomes, and isolation from the community.'

Since the report, those intimately involved in the lives, care, and support of students with disability are advocating for the necessity of special education schools. Michael Farrell, principal at St Edmund's College in Wahroonga, believes that the Disability Royal Commission is not seeing the diversity between each special education school, thus putting the schools and students unfairly into one bucket.

"There are students with a disability that would be suited with being educated at St Edmund's, but equally there would be students with a disability that wouldn't be suited to our setting," says Principal Farrell. "Special education settings differ because of their ability to adapt to different children and their needs."

The value of specialised schools for students with disabilities is paramount in Principal Farrell's eyes, and does not lend itself to concerns of restriction and isolation from some Disability Royal commissioners. The ability to decide whether a mainstream setting or a specialised setting is in the best interest of each individual student is conducive to autonomy, and creates limitless opportunities for families.

'Parents want a choice,' says Principal Farrell. 'What's different about a special school setting is how genuine a community it is, and how collaborative... The teachers have a unique relationship with the child's parents, and they are able to stimulate growth. [The teachers] are uniquely equipped professionally to be able to gain the best outcomes.'

The Disability Royal Commission has recommended that mainstream schools reform their systems to foster inclusivity. St Lucy's in Wahroonga, a special education primary school, offers 'satellite' classes, while the Diocese of Broken Bay offer 'Eileen O'Connor Support Classes' – both programs allowing specialised classes to run within mainstream campuses.

It would seem that providing multiple education options, whether that be on mainstream or specialised campuses, allows for the agency and freedom of choice the Disability Royal Commission are calling for.

Each child is unique and individual, making the diversity of educational settings vital to the flourishing of all children, living both with and without disabilities.

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Message from Mission Control Gordon

By Mia Hubber and Riley Warner

This December, what could only be once described as an unattainable dream for most may become a glowing reality. With over 730 Australian and New Zealand secondary students set to launch to the United States to participate in the Case Space School International Study Program, many of whom are lucky students from schools across the North Shore.

The unique program is a life-changing experience for the students involved, as the program aims to ignite teenagers' passion and enthusiasm for STEAM and excitement for the future by immersing them in the incredible environment of the world space travel capital, visiting the National Aeronautics and Space Administration (NASA) and the US space sector.

Curious young locals this month will walk in the footsteps of space travel giants at a time when the buzz around space travel and NASA is at an all-time high, with the exciting Launch of the Artemis 2 mission looming. Part of NASA's Artemis program and the first scheduled crewed mission of NASA's Orion spacecraft, the



anticipated take-off is currently planned to be launched in November 2024.

"It is this spirit of exploration that inspires the CASE Space School, and it is this spirit that we hope to instil in all students," said Natalie Roberts, Senior Program Manager, Actura Australia and based in the Gordon office.

Always at the forefront of innovation and technology, the space industry is experiencing a global boom. This growing sector demonstrates an exciting future of opportunity for our teenagers as its stimulating environment will inspire the next generation of STEAM-skilled leaders prepared to take on and succeed in our innovation-driven world.

CASE Space School offers two distinctly unique programs. The Senior Space School program is designed for years 10-12. Focusing on developing entrepreneurialism, creativity, teamwork, and critical thinking skills, empowering

students with the STEAM skills to excel in their future careers. The Junior Space School program caters to years 7-9 and aims to foster curiosity and interest within the STEAM fields in a fun and exciting way, training young explorers to pursue future studies with enthusiasm.

Lucky students will be put through their paces this December, participating in thrilling astronaut training, examining science and engineering labs, and touring NASA and commercial space companies. Meeting and speaking face-to-face with a real astronaut and mentored by entrepreneurs and space sector professionals as they complete challenging space missions and team projects. This will be an international tour dedicated to learning life-changing personal skills as curious young Aussies pursue their exciting futures.

Autism-specific School Vern Barnett Reveals New Facilities

By Claudia Butjerevic

The long-awaited renovations for Aspect Vern Barnett in Forestville were finally unveiled over November.

The Autism-specific school built additional classrooms, a multi-purpose room designed to support sensory requirements, and sensory playground spaces. These two-year renovations will increase the capacity of the Forestville site so more Autistic students across the Northern Beaches can be supported.

'More than 1,650 people in the

immediate LGA and surrounding suburbs are diagnosed Autistic,' said Vern Barnett Principal, Anna Brady. 'We are pleased to play a role in supporting their journey.'

Vern Barnett is Autism Spectrum Australia's (Aspect) oldest autism-specific school, having been built in 1971 for the Northern Beaches communities. 'Since 1971, we have supported Autistic students and their families to achieve their individual learning goals and realise their potential,' said Principal Brady. 'Thanks

to the extensive additions and renovations, we are now in a position to increase enrolment numbers moving into 2024 and beyond, to meet demand in the local community.'

The open day to showcase the new facilities was held on November 16th. In attendance for the official opening event was the Vern Barnett family, MP Michael Regan, and local member for Davidson MP Matt Cross.

Experience Sydney's Premier Dining Club this Summer

Food with Riley Warner

When you have views of the Harbour Bridge and the iconic Lunar Park as your backdrop, diners expect a premier dining experience.

The Kirribilli Club, founded in 1946, is home to the bustling restaurant 'Lavender By The Bay', ideal for relaxing while enjoying our stunning Harbour Bridge views. The seasonal menu offers fresh and diverse meals to meet everyone's taste buds.

The Kirribilli Club's Lavender By The Bay restaurant possesses the most stunning view in Sydney, and the food is just as impressive.

Showcasing a new and improved menu at the end of October, the Club boasts quality seafood, vegetarian, and classic favourites. Although now smaller in what to offer, the menu is still packed with unique options,



with a shift in focusing on quality and authenticity.

We tried the crispy and flavourful arancini and bruschetta appetisers, served with wood-fired bread, fresh diced

tomatoes, and a tangy balsamic glaze. It was the perfect share plate to get our taste buds dancing.

If you're a fan of seafood, you'll be spoiled for choice with glowing menu options. Sydney is known for its fresh seafood, and the restaurant amplifies that reputation, offering king prawns, rock oysters, and a Lavender Bay seafood platter.

For my main course, I had the grilled Barramundi, presented beautifully on a plate placed on a bed of crushed potato, creme fraiche, asparagus, and Capsicum coulis. Every bite had me wanting just a little more, not to mention finding myself

New Bulla Icecream Range

Product Reviews with Callum

I was delighted to try the brand-new line of ice creams from Bulla Murray St Ice Cream. This new line is in collaboration with celebrity chef and the Queen of Chocolate herself, Kirsten Tibballs.

The new range contains three mouth-watering flavours, Lemon Meringue Tart, Passionfruit Panna Cotta, and Berry Rebellion Tart. All three based off one of Kirsten's desserts.

For those of you who have a sweet tooth, I would absolutely recommend the Passionfruit Panna Cotta, it's deliciously creamy and has a delectable passionfruit flavoured outer coating, with an inner white chocolate layer. The ice cream itself is quite creamy and somewhat tart. Not to mention that it was my favourite.

If you want something a little bit tarter, whilst still being sweet, I recommend the Berry Re-bellion Tart. Inside is strawberry and vanilla ice cream with strawberry sauce swirls inside, which make for a great tart interior. The outer layer is composed of white chocolate and biscuit crumbs and is absolutely divine.

If you want something that's mostly tart, but still sweet, you should try the Lemon Meringue Tart. It's delicious meringue flavoured ice cream with lemon curd all throughout the inside, it's quite tart, but those of you who have a sophisticated palate will enjoy this one. The outer coating is white chocolate with biscuit crumbs, which adds a nice crunch to the snack.

All these ice creams taste extremely similar like their dessert counterpart, and I enjoyed them all.



Pictured above: Kirsten Tibballs with the new range of delicious Bulla Icecreams.

Products provided to The Post by Bulla.

Product reviews with The Post are at the discretion of The Publisher.

Please email Editor@hkpost.com.au prior to shipping.



What's On



The Post is pleased to share with you the latest update on Lifeline Harbour to Hawkesbury Sydney. Lifeline H2HS is committed to building resilience and increasing safety in our community through their diverse suite of crisis support and suicide prevention services. For more information, visit their website: www.lifelineh2hsydney.org.au or call 9498 8805.

***If feeling distressed, access immediate 24/7 support:
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Carer Support Group

A monthly support group for relatives or friends who care for a person who struggles with Suicidality. This free group is offered either online or face to face in Chatswood and will occur every 3rd Monday or Tuesday of the month commencing on 19 and 20 February 2024.

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Email: groupservices@lifelineh2h.org.au

Lifeline Connect

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When: Thursdays, 1-5.30pm

wishing I had the recipe for the coulis.

We also tried the Kirribilli beef burger, a classic Australian dish. Though it may seem simple, the burger and chips were both done to perfection, with excellent taste and presentation. If you can nail the simple menu items, you're doing something incredibly right.

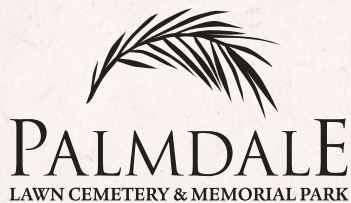
Overall, it is a fantastic dining experience, with food that will get you grinning from ear to ear as you look over a million-dollar view. Rally your family and friends this summer to enjoy what one of Sydney's most iconic venues has to offer.

Christmas Hamper Appeal

Help a family in need by donating cash or food to our annual Christmas Hamper appeal.

For cash donations, scan QR code to the far right.

Food donations (eg. tinned ham, mince pies, Christmas pudding, savoury nibbles, chocolates, tea and coffee) can be delivered to Lifeline H2HS's office at 4 Park Avenue, Gordon.

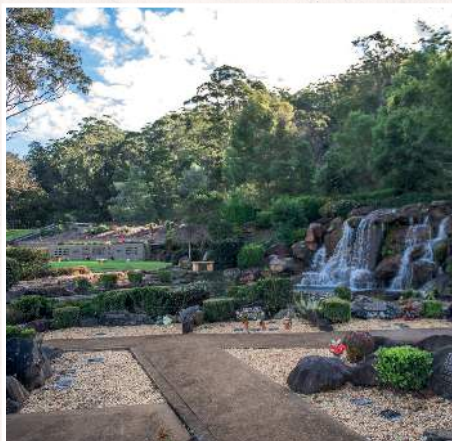


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The January Edition of The Post will be available on
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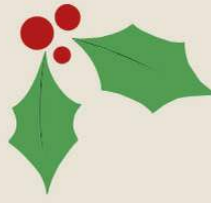
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