

THE POST



edition 64 • FEB 2025

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Welcome to February!

First and foremost, I'd like to thank readers for contacting us here at The Post about our new layout! We appreciate your suggestions, opinions, and insights. Making the publication better for both you and us is a team effort.

With the start of February, we are now prohibited from saying "2024 was last month". Time stops for no one, but February is a sweet spot, not least because it is the month of love with Valentine's Day. February is back to work, to school, and to reality.

To help you swallow your new and continued routines, we have a packed month.

Karen Humphries, who readers of The Post will be most familiar with, is our Cholangio Queen. February 15 is World Cholangiocarcinoma Day, and Karen is on a mission to eliminate this little-known cancer. At the same time, this month is Ovarian Cancer Awareness, which needs attention and funding to help those currently battling, and those who will need to in the future.

Inside, you'll find news on the Artarmon Post Office, and how the local community have implored council, state, and federal government to maintain the vital service.

Ku-ring-gai councillors had a heated conversation at their final 2024 council meeting, where they called the grant process into question.

The Honourable Philip Ruddock, former Member for Berowra and former Hornsby Shire Council Mayor, has written a column on why multiculturalism is so vital.

Independent candidate for Bradfield Nicolette Boele has jumped on as a columnist.

A new member has joined The Post team!

In January, we welcomed J' Ma into our folds as our Sales Manager. J' is a talented, energetic, kind young woman. She has jumped headfirst into her role, and we are certain you will enjoy working with her as much as we do.

Until the next edition,

Claudia

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WHERE TO FIND THE POST SYDNEY

Hornsby

Berowra
Brooklyn
Waitara
Mt Colah
Asquith
Hornsby
Hornsby Heights

Thornleigh
Pennant Hills
Beecroft
Cherrybrook
Westleigh
Dural
Galston

North Sydney

North Sydney
Kirribilli

Ku-ring-gai

Turrumurra
Gordon
St Ives

West Pymble

North Turramurra
Killara
East Wahroonga
Wahroonga
Pymble
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79 Mt Pleasant Avenue Wahroonga, NSW 2076



The Bobbo Returns for 2025

Claudia Butjerevic



CREDIT: Sourced from Bobbin Head Cycle Classic website

Another year, another Bobbin Head Cycle Classic.

Annually, the Bobbo brings cyclists to Turramurra on Sydney's Upper North Shore. Traversing the course, participants take in the scenery of Ku-ring-gai Chase National Park and the coastal sights from West Head.

The event is a major fundraising effort for Lifeline, Australia's leading suicide prevention charity. Every \$100 raised funds two hours of Lifeline crisis support. To sweeten the deal, the highest individual fundraiser wins a new Trek bike valued at \$2,000.

There are four courses to cycle:

- "The Park Explorer" a 27km ride
- "The Scenic Challenge" a 57km ride
- "The Tough Trek" a 80km ride
- "The Ultimate Endurance" a 104km ride

After the cycle, the Bobbo village becomes a hub of post-ride activity, with refreshments, performances by local school bands, and massages for the riders at the Training, Health and Wellness Centre.

The Bobbin Head Cycle Classic is organised by the Rotary Clubs of Ku-ring-gai, St Ives, Turramurra, Wahroonga & Upper Northern Beaches.

The Official Partner of the 2025 Bobbo is Platinum Asset Management, and Diamond Partner is Magpies Waitara. Gold Partners are Ku-ring-gai Council, North

Shore Private Hospital, the Marshall Group, Hornsby BMW, the Sydney Adventist Hospital, and Mount Wilga Private Hospital.

The Post is a media partner for the Bobbo.

For more information about the Bobbin Head Cycle Classic, visit www.bobbinheadcycleclassic.org.au

Ku-ring-gai Council

Have your say on dual occupancy housing minimum lot sizes

Ku-ring-gai Council is seeking your feedback on the minimum lot size for dual occupancy development.

A dual occupancy development refers to two dwellings developed on one site. The dwellings can be attached or detached. The NSW Government has permitted dual occupancies across all land zoned R2 (Low Density Residential) in Ku-ring-gai, with some exceptions.

Council is seeking feedback on two minimum lot size options, which meet NSW Government's requirements and seek to manage local planning impacts.

Visit www.krg.nsw.gov.au/dualoccupancy for full details and to have your say.

Alternatively, you can send a written submission quoting reference **S14428-3-2** to the General Manager, Ku-ring-gai Council, Locked Bag 1006 Gordon, NSW 2072.

Your feedback must be received by midnight on Thursday 20 February 2025.

All submissions are public documents and will be considered in a final report to Council. If you do not want your name or address made public in any report please state this in your submission.



Enquiries: Ku-ring-gai Council's Urban Planning Team
9424 0000 or dualocc@krg.nsw.gov.au



Why Our Multicultural Country is About Living in Harmony

By Hon Philip Ruddock AO, former Minister in the Howard Government and Australia's longest serving Immigration Minister; Federal MP for Berowra 1993-2016; Mayor of Hornsby 2017-2024

Some have described me as a multicultural enigma.

Indeed I have dedicated my longstanding public life of more than 50 years to a deep commitment to and strong advocacy for the critical importance of multiculturalism as Australian nation building. I have described our multicultural society and our immigration story, while not perfect, as an exemplar for the rest of the world. I continue to maintain my engagement with community groups that represent our multicultural society. I believe in multiculturalism and its respect for mutual tolerance and diversity. We build our nation together.

I was proud to introduce the Living in Harmony initiative as Minister for Immigration and Multicultural Affairs in 1999. On 21 March each year we celebrate Harmony Day.

Over the many years of attending Australian Citizenship ceremonies, new citizens take an oath or affirm their commitment to our democratic institutions and values as part of a solemn compact where new citizens also confirm their respect for freedom of religion, ethnic and cultural diversity, gender equality and the like. At those ceremonies all attendees are invited to swear or reaffirm their loyalty to Australia and that social compact, an initiative I was proud to introduce.

Since 1788 we have become an immigrant derivative nation. Except for our first Australians we are all migrants. Even the First Fleet demonstrated the diversity that reflected London being an international city. A number of convicts transported in 1788 were Jewish. Our Jewish community is an intrinsic part of the foundations of our rich, culturally diverse society. There is no place for antisemitism. Since 1788 these waves of migration have come from all over the world and comprise more than 150 different countries of origin and ethnicities. Many have fled persecution and conflict, including political, economic and social upheaval; many have come to seek better opportunities for themselves and their families; all of them come to build our nation together.

Imagine if every migrant brought the conflicts that have been left behind and prosecuted them here. Our society would be completely fractured.

We have worked hard over the many years to create our nation building success story: the investment of governments (irrespective of political affiliation) to support communities in their settlement experience, the critical handshake experience between the host country and the new arrivals, the rich diversity that is our schools, universities, workplaces, religious, social and cultural groups. We

have all benefitted both individually and as a nation from what constitutes modern Australia.

We have more than 50% of our population overseas born or with a parent overseas born. We have the third largest population of overseas born of any country, only exceeded by Israel and Luxembourg. We have shown the world that diversity is not a problem.

Now what we have built together is under serious threat. There should be zero tolerance of antisemitism. There should be zero tolerance of any racism.

No one who lives in Australia should be marginalised or feel unsafe. Living in harmony is not a glib expression. It goes to the fundamental heart and fabric of our society that we have created.

All of us have an important role to play here. Governments can only do so much. It's up to the rest of us to stand up for what we value most, a tolerant and respectful society that warmly embraces diversity in all its elements. No one should be called to account or threatened due to disagreement with the political or military actions of a foreign government. Whoever is prosecuting the current targeting of the Jewish community represents a sinister threat to the fabric of our whole society. It is not the Australian way. Reach out to our Jewish friends, reach out to our Muslim friends and help them.

Australia Post Closure to Make Way for New Housing Development

Claudia Butjerevic

An Australia Post branch on Hampden Road in Artarmon will permanently close on the 12th of March to make way for new housing development.

Architecture firm Sjb Architecture submitted a development application (DA) on behalf of developers Ignazia Pty Limited in October of 2023. The DA, which is still under consideration, outlines the demolition of the existing Australia Post structure for the construction of a new 5 storey shop-top housing, consisting of 18 apartments, a communal open space, and a commercial ground floor premises.

The nearest alternative post office is located 1.79 km away in Chatswood, leaving the local community deeply concerned. Displaying their outrage at the closure, over 130 locals rallied together in early January, including Willoughby City councillors, Mayor Tanya Taylor, Member for Willoughby Tim James MP, and Federal candidates Gisele Kapterian and Nicolette Boele.

'The community are up in arms,' says Valerio Domenici, owner of Zucchero Caffè Bar and Treasurer of Artarmon Village Inc. **'We've lost our banks, we've lost all the ATMs... There're solutions out there, it's a**

matter of finding them.'

In response to the closure, Councillor Anna Greco, in her personal capacity, initiated a petition to the federal government. With the help of the Artarmon Progress Association, Artarmon Village Inc., and businesses along the strip, the petition was signed by 1,811 residents within the span of a week. Federal MP Kylea Tink for North Sydney has submitted the petition to the Petitions Committee in Canberra.

Australia Post has cited a 25% decrease in customer visits since 2021, making the Artarmon facility "well below the state average".

'All Artarmon team members will be offered new roles at surrounding outlets or closer to home,' says an Australia Post spokesperson.

In addition, the organisation emphasises that the area is well-served, with five post offices within a 2.5 kilometre radius, including the Chatswood Post Shop 1.7 kilometres away.

CREDIT: Render taken from DA Application



The community, who recognise that other post offices are available, believe that with Artarmon's population expected to grow, and the demand for accessibility for older residents, having Chatswood with limited parking as the nearest alternative is unsuitable. Not to mention, the community believe that the closure directly contradicts with Australia Post's legal obligations under the Australian Postal Corporation Act 1989. The Act requires that mail services be "reasonably accessible to all Australians" and emphasises the social importance of equitable access.

National post office numbers at the end of the 2023 financial year were 4,271, while the 2024 financial year saw a drop to 4,198.

'A Post Office is the bedrock of a functioning village,' said Community Independent Nicolette Boele. **'There are no banks present on the high street in Artarmon; it's critical that the Post Office stays open.'**

Tim James MP released a statement expressing his disappointment, saying that the solution is to find a new location within Artarmon shops.

The outcome of the community advocacy, and whether federal intervention will occur, is pending.

From the Mayor



Last month it was my pleasure to present the winners of the 2025 Local Citizen of the Year Awards. Congratulations to Madeleine Steel our Citizen of the Year, Matthew Hayes, Young Citizen of the Year and Sofia Zvolanek, Ku-ring-gai's

Environmental Citizen of the Year. The Mayor's Award for an outstanding community group contribution went to the Hornsby Ku-ring-gai Women's Shelter. All these wonderful local people have demonstrated great dedication to our community and thoroughly deserve their awards!

The next few weeks are a busy time for Ku-ring-gai, with several important community events happening.

Lunar New Year celebrations are continuing with the popular Lunar New Year food market at St Ives Village Green and some fun activities at the Ku-ring-gai Wildflower Garden, Gordon Library and the Ku-ring-gai Art Centre.

On Saturday 15 February between 10am and 1pm we'll be holding another clothing, toy and book swap at St Ives Showground. Bring your unwanted children's toys, clothes and books in good clean condition and swap them with other local residents. It's a great way to save money and save the environment!

The 2025 Seniors Festival is on next month with free activities and excursions for our residents aged 55 plus. It's our way to say thank you to older residents for their contribution to our community – and for them to meet new friends and try new things to do.

Go to our website at krg.nsw.gov.au for full details of the Seniors Festival events.

Thank you to everyone who provided submissions during the public exhibition of the Council's alternatives to the NSW Government's transport-oriented development planning controls. Our planning team is now assessing all your feedback for a report to be presented to Council.

Following NSW Government changes, Council is seeking feedback until 20 February on two minimum lot size options for dual occupancy developments in Ku-ring-gai. Go to krg.nsw.gov.au/yoursay to find out what's proposed and how you can give feedback.

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

Mayor Christine Kay



Kids clothing, book and toy swap

Bring your used kids toys, books and clothes (0-12 years, good condition) along and exchange for new to you items for the kids in your life. By reusing items and giving them a longer life, we help to reduce the amount of clothing sent to landfill and contribute to our zero emissions goals.

Hosted by Ku-ring-gai Council Net Zero Champion Volunteers.

Saturday 15 February
10am – 1pm

St Ives Showground
Douglas Pickering Pavilion
450 Mona Vale Road St Ives

Free to attend
Register now at www.netzero.krg.nsw.gov.au/Events



Everything for Seniors

Explore fun and interesting things to do in Ku-ring-gai at this expo. Join a community organisation or club, find help-at-home services, or sign up to volunteer. Discover events and activities close to home. Enjoy delicious morning tea, lunch and barista made coffee. Stay for the 2.45pm live stream of the Premier's Gala Concert.

Wednesday 12 March
10am – 2pm

Turrumurra Uniting Church Hall
10 Turrumurra Ave

Free
No need to register, just turn up
Enquiries: **9424 0836**



Help at home and how to access aged care services

Join us for a FREE informative online session on My Aged Care. The talk will discuss services, the assessment process, what support is available for older people and the latest aged care reforms. The online session will be presented by Wendy Hill of Carers NSW.

Scan the QR Code to register for the Zoom link. Or go to krg.nsw.gov.au/seniorsfestival

Thursday 11 February
1.30pm – 2.30pm

This is a free event brought to you by Mosman, Ku-ring-gai and Willoughby Councils.

Enquiries: **9424 0970** or lli@krg.nsw.gov.au



Get involved this Seniors Festival

This March we're organising a month of activities for older residents, many of them free!

Local community groups and Ku-ring-gai Council will provide a wide range of Festival events including open days, outings, talks, courses and many opportunities to meet like-minded people for chatting, singing, dancing and creating.

For more information and bookings go to krg.nsw.gov.au/seniorsfestival

Council meetings and public forums

The next Council meeting will be on **18 March**
The next Public Forum will be on **11 March**

Yorkshire Tea Giveaway and Recipes

Yorkshire Tea is the UK's number one tea brand. A family business originating in Harrogate, Yorkshire Tea have been creating brews since 1896.

There are four brews in the catalogue:

In an exclusive giveaway with The Post, **Yorkshire Tea** are offering samples to readers.

Please email editor@hkpost.com.au for a chance to get your hands on some tea!



CREDIT:
Provided ZENO Group

Biscuit Brew Milky Icy Pole

Recipe:
200ml condensed milk
800ml semi-skimmed milk
100ml boiling water
10 Yorkshire Tea Biscuit Brew tea bags

Whisk the condensed and semi-skimmed milk together. Place tea bags in a jug, pour over 100ml of boiling water, and let steep for 30 seconds.

Add the tea bags to the milk mixture and stir well. Cover and refrigerate overnight for maximum flavour. Remove tea bags, squeezing gently to extract all the tea goodness.

Pour into lolly moulds and freeze for at least 8 hours. To serve, run the moulds under warm water to release the lollies.

Ginger & Spice Tea Loaf

Recipe:
150g crystallised ginger
350g mixed dried fruit (figs, apricots, sultanas) 3 cups/750ml tea made with Yorkshire Tea
1 teaspoon bicarbonate of soda 300g self-raising flour

Yorkshire Tea Proper Black Tea — Sourced from farms in Africa and India, this blend is big on flavour, seriously refreshing, and kind to the people who grow it.

Yorkshire Tea Gold — teas from Assam, Kenya and Rwanda – and buy them from the top ten tea gardens in the world to make a rich,

smooth, and satisfying brew.

Yorkshire Tea Proper Strong — a strong blend. It's rich, robust, and full-bodied.

Yorkshire Tea Biscuit Brew — Yorkshire Tea and biscuits without the biscuit. Malty sweetness, recommended with milk.

165g brown sugar
teaspoons mixed spice
1.5 teaspoons ground cinnamon
1.5 teaspoons ground ginger
2 eggs, whisked

Line a 28x8x7.5cm high loaf tin on the base and sides. Add 2 cups of the Yorkshire Tea in a saucepan with the ginger and dried fruit and bring to the boil. Simmer for 20 minutes until the tea mostly evaporates and the fruit plumps up. Add the bicarbonate of soda and mix and cools for 10 minutes.

Preheat oven to 180C. Whisk the flour, brown sugar, mixed spice, cinnamon, and ginger together until there are no lumps of brown sugar.

Add the whisked eggs and fruit as well as the liquid and extra cup of Yorkshire Tea. Mix until just combined and the flour is mixed in but do not overmix. Scoop into the tin and bake for 35-40 minutes or until the centre springs back when touched.

In an exclusive giveaway with The Post, **Yorkshire Tea** are offering samples to readers.

Please email editor@hkpost.com.au for a chance to get your hands on some tea!



Elder Law Documents A Cautionary Tale

By Cecilia Castle,
Castle Lawyers at Asquith



Thelma reviewed her will and prepared an Enduring Power of Attorney ("EPA") in readiness for a long and worry free retirement. The EPA would ensure her financial affairs would be managed by her chosen appointees in the event of her decline or losing her mental capacity.

Being in good mental health at the time, Thelma resisted having

an Enduring Guardianship ("EG") document prepared until she felt she would need one. An EG would ensure that if Thelma suffered loss of mental capacity her medical and personal care decisions would be made by Thelma's own appointees following her specific directions.

Time passed and Thelma was referred by her doctor for assessment by an Aged Care Assess-

ment Team that revealed Thelma was in mental decline and no longer able to sign legal documents. This created the need for a legal guardian to be appointed for Thelma, and competing applications to NCAT were made by her family to determine who would be most suitable to take control as Thelma's legal guardian.

The dilemma caused friction in Thelma's family that could have been avoided had Thelma decided who she wanted to appoint as her Enduring Guardian/s whilst she had capacity to decide who would care for her in the event of her loss of mental capacity.

Consideration should always be given to the essential trilogy of documents needed when approaching seniority, namely Enduring Powers of Attorney, Enduring Guardianships and updated wills.

Tina BROWN

VOTE 1



Your Strong Local Voice

Hi, I'm your community independent candidate in the upcoming federal election in the seat of Berowra.

As a small business owner and mother of two teenagers, I understand the challenges and aspirations of families, businesses, and individuals in our community.

I'm passionate about:

- Addressing the cost of living crisis and its impact on mental health
- Supercharging Australia's response to the climate crisis
- Making housing more affordable for both renters and buyers
- Fostering respect for women

I'm here to stand up for all of us, free from the constraints of lacklustre party politics.

Together, we can create a brighter future for Berowra.

FIND OUT MORE



INDEPENDENT
TinaBrownForBerowra.com.au

Authorised by Tina Brown, 1/149 Peats Ferry Road, Hornsby NSW 2077

Thinking of renovating your BATHROOM?

Smith & Sons Hornsby and Turramurra are your local Bathroom renovation experts. Whether you are looking to create more space for your family or modernise your existing space Smith & Sons have got you covered.





Your Guide To Finding Love This *Valentine's Day*

By Cristina Davy
Dating and Relationship Coach
Aim for the Stars Coaching

As Valentine's Day approaches, singles may feel the absence of a romantic partner and the desire to connect with someone.

Consider online dating, which becomes a lot busier around Valentine's Day.

Refresh your profile with current photos and a catchy tagline like "Looking for my Valentine." Engage in lively conversations to see where they might lead. Another option is joining Facebook groups for singles and sharing a post about yourself and your hobbies, using a fun Valentine's tagline. These interactions can reveal shared interests or chemistry.

Let your immediate circle know you're open to meeting someone new. Friends, colleagues, and acquaintances might introduce you to a potentially great match, easing initial concerns through mutual connections.

For hobby enthusiasts, joining new group activities can foster

connections over shared interests, potentially leading to meeting someone special.

While it's wonderful to find someone special to share the day with, in the end, Valentine's Day is about experiencing love, connection and joy, whether with someone new, long-time friends who have a similar lifestyle, or even yourself.

Open your heart to what might unfold, and let each step bring you closer to the connection you desire by creating opportunities to let other single people know you exist, keeping in mind, the dating journey is also about self-discovery and embracing new experiences.

info@aimforthestars.net.au
Call Cristina 0432 012 164

Ku-ring-gai Council's \$2,300 Diwali Grant Sparks Lengthy Debate Over Approval Process

Claudia Butjerevic

Before the close of 2024, Ku-ring-gai Council spent the majority of the year's final General Meeting debating a \$2,300 grant.

Despite the relatively minuscule amount, the issue caused a stir between councillors, and the grant approval process was called into question.

The crux of the argument came when Councillors Jeff Pettett and Cedric Spencer, who did not agree that specific approved grant funds should blindly be deferred to other expenses.

In April 2024, not-for-profit organisation SHARE applied for funding to host a Diwali celebration in Ku-ring-gai. Though SHARE has headquarters out of the electorate in Hurstville, and despite the organisation specialising in private exercise classes to seniors over 50, the grant was approved unanimously by councillors in October.

As Diwali fell in the beginning of

November 2024, the tight window meant the event did not come to pass. Instead, SHARE sought approval to transfer the \$2,300 grant to their upcoming Holi event, planned for March 2025.

Council staff traditionally deal with such matters, but as Councillor Barbara Ward is on the board for SHARE and declared a conflict, the matter was brought to Council.

Cr Spencer was against approving the deferral, stating in the December meeting, **'Each grant is assessed accordingly based on certain criteria, every grant is different, every event is different... There is no application for a grant for Holi. We are jumping the gun, we are preapproving for something that someone has not applied [for].'**

Cr Pettett reflected the same reservations as Cr Spencer, further into the meeting stating, **'Was this**

ever an event that was actually going to happen? We don't know... This particular organisation doesn't hold these sort of events, it is a not for profit organisation looking after the health and wellbeing of seniors.'

Councillor Martin Smith moved an amendment to have the staff recommendation of allowing deferral become the motion, arguing that the grant application indeed went through a rigorous process. Further, Cr Smith spoke to SHARE holding two past Diwali events, and being relevant to the community as, at one point, the organisation conducted exercise classes in Lindfield.

After over an hour of debate about a single grant worth \$2,300, the motion to approve the deferral was carried, only opposed by Cr Spencer, Cr Pettett, and Mayor Christine Kay. This is quick work for a council that spent two years debating a park bench.

Stronger Economy

Affordable Energy

Community First

VOTE 1

Nicolette BOELE

INDEPENDENT



We're here for people, not parties



Free Ticket,
Big Win

Thornleigh Local Takes Home \$100,000

A Thornleigh man has won \$100,000 from a free lottery ticket.

Drawn on Tuesday 7 January, the local resident received the 1st prize in the Lucky Lotteries' Super Jackpot 10912.

'I'm overwhelmed with excitement,' said the Thornleigh man when he found he had won. 'I'll be able to take a solid chunk off my mortgage... I'm going to have to leave work early.'

Each game has two draws. The first determines the winning numbers and the other determines the jackpot number.

Last financial year, official lotteries contributed more than \$1.8 billion to community initiatives, hospitals, health initiatives, education, and disaster relief through state lottery taxes and donations.

Kapterian Clinches Bradfield Preselection

Claudia Butjerevic

Liberals have preselected public sector strategist and lawyer Gisele Kapterian to run for the federal seat of Bradfield.

Up against anti-Voice activist and Indigenous businessman Warren Mundine, Kapterian secured her ticket at the preselection.

With 207 votes to Mundine's 171, Kapterian is now set to face off against Independent Nicolette Boele in the upcoming federal election.

Winning against Boele in 2021

by the skin of his teeth, previous Member for Bradfield Paul Fletcher resigned from politics in December. Fletcher's resignation left the door open for a new Liberal candidate to try to readjust the sails and prevent the snatching of another traditionally Liberal seat by an independent.

'I'm excited to represent this community and I'll be hitting the ground running... let's get Australia back on track,' said Gisele Kapterian in a social media post following the preselection.

A Breath of Fresh Air: The New-Bub Bushcare Group Brings Parents Together

The New-Bub Bushcare group is a new initiative that connects new parents.

Hornsby Shire Council launched the program in November 2024 to foster an opportunity to connect with nature, build friendships, and nurture both the environment and mental health.

'The program achieves several strategic priorities, including reducing social isolation, enhancing community participation and recruiting new Bushcare members,' says Mayor Warren Waddell. 'We hope that parents in our community will come along, give it a try, and experience the many benefits this group offers — for themselves, their children, and the local environment.'

Held every third Monday of the month at the Mount Colah Community Hall, sessions run from 10am to 12pm. The first hour of each session is dedicated to Bushcare, with parents helping to

maintain the bushland surrounding the Hall under the guidance of a Bushcare Trainer. Children are cared for by students enrolled in TAFE NSW's Adult Migrant English Program, all of whom have completed child safety training and hold Working with Children checks. A Child Safety Officer from Hornsby Shire Council supervises the students.

'It was a truly wonderful experience and a much-needed opportunity for new mums like me to connect with others in a relaxed and supportive environment,' says Liching Yew, a new parent who participated in the trial.

For the second hour, parents will join their children for a social time with refreshments.

The next New-Bub Bushcare session will be held on Monday 17 February.

Parents can express interest in joining and learn more by visiting www.hornsby.nsw.gov.au/bub-bushcare

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 we get back to business following the summer period, we're eager to continue making a positive impact in our community. 2025 is set to be a significant year, with many important initiatives to shape the future of Hornsby Shire. In March, we're looking forward to engaging with you around our **Community Strategic Plan, Your Vision | Your Future 2035**. We're also excited to reveal to you the first stages of our major project within Hornsby Park. Of course, we'll continue to deliver the many projects and initiatives outlined in our 2024-27 Delivery Program. Stay tuned for more news to come.

As a Council, we're committed to delivering events and activities across the Shire for the whole community to enjoy. So, we're excited that our popular **'Food Truck Fridays'** are returning in 2025. Food Truck Fridays will showcase some of Sydney's best food truck offerings with live music at different locations in Hornsby Shire.

In February, the trucks will roll into Berowra, then in March they will visit Cherrybrook and Galston. More than just providing delicious treats, our Food Truck Fridays activate our public spaces and our local evening and night-time economy. For details, see hornsby.nsw.gov.au/ftf

We're also excited that Remagine, our annual environmental art prize and exhibition, returns this May. We're calling on artists across the Shire to submit a piece of work for this year's competition. The theme is **'RE:THINK TO RE: PURPOSE'** and entries are open until 1 May. Visit hornsby.nsw.gov.au/remagine to find out more.

I look forward to seeing you at one of our many events and activities across the Shire in 2025. And if you would like to get in touch, please feel free to email me at wwaddell@hornsby.nsw.gov.au

Warren Waddell
Mayor of Hornsby Shire

What's on



GREAT FOOD LIVE MUSIC

FRIDAYS, 5pm-8.30pm
hornsby.nsw.gov.au/ftf

Berowra Oval
21 February
Galston Recreation Reserve
7 March
Cherrybrook, Greenway Park
21 March



Lifeline connect

Every Thursday, 1pm-5.30pm
Hornsby Library

Free service staffed by skilled, compassionate, and non-judgemental Lifeline volunteers. Drop in for a chat and seek the support you need.

hornsby.nsw.gov.au/whatson



WASTE EVENTS

Chipping for Mulch – Mt Kuring-gai
Sunday 16 February, 7.30am-12.30pm
Council Depot, 5 Beaumont Road,
Mt Kuring-gai

Compost and Worm Farm Workshop
Thursday 20 February, 10am-12.30pm
Community Recycling Centre, Thornleigh

**Repair Day – Clothes, Bikes,
Furniture and Electronics**
Saturday 22 February,
sessions from 9.30am-1pm
Storey Park Community Centre, Hornsby

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



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Binning your batteries is a fire risk and is harmful to people and the planet

hornsby.nsw.gov.au/battery-safety



EDWARD BENNETT OVAL PLAYGROUND UPGRADE

Submissions close: Monday 10 February
yoursay.hornsby.nsw.gov.au



CALL FOR ENTRIES

hornsby.nsw.gov.au/remagine



Artwork by Fleur Brett,
Yellow Torso (The Muse), 2024



Understanding and Preventing Dementia

Friday 28 February, 10am-12pm
Cherrybrook Community and Cultural Centre
Free. Bookings essential:
hornsby.nsw.gov.au/whatson

The Cholangio Queen

Karen Humphries

Claudia Butjerevic

For Karen Humphries, her time is divided between her home and the Royal North Shore Hospital.

After having her gallbladder removed in October of 2021, Karen was diagnosed with Cholangiocarcinoma. Rare and aggressive, the disease involves cancer in the bile ducts, stationed in the upper GI tract.

What ensued for Karen was immediate radical surgery and chemotherapy to her liver, appendix, and lymph nodes. The cancer spread, and Karen underwent six months of more chemotherapy. For Cholangiocarcinoma, the five-year survival rate is abysmal. If

the cancer is localised, the survival range is from 18% to 23%, for metastasized cancer outside of the bile ducts, survival falls between 2% and 3%.

With great effort, she went into remission, but not for long.

January 2024 saw a return of her disease in the form of stage 4 metastatic incurable cholangiocarcinoma.

'I had seven additional tumours in my liver, bile duct, local and regional lymph nodes,' explains Karen. **'I will remain on treatments for the rest of my life and require biliary stenting.'**

Her survival, in Karen's eyes, is completely due to the expert and

unwavering care of her team at RNSH and the Northern Sydney Local Health District, including Professor Nick Pavlakis, medical oncologist; Professor Jas Samra, pancreatic cancer and pancreatic neuroendocrine tumour surgeon; and Dr Neomal (Nemes) Sandayake, gastrointestinal specialist.

No stranger to the need for chronic health support, Karen has been a rare disease advocate having lived with Ehlers Danlos Syndrome the majority of her life, and a health mentor. She is tuned into the need for inclusivity, recognition, and championing cancer wellbeing.

'I have a dream that all cancer survivors in our community will have the support emotionally

IMAGE COURTESY:
Simon Cardwell



PICTURED:
(l to r) Nick Pavlakis,
Caelum Davis,
Karen Humphries



IMAGE COURTESY:
Simon Cardwell

and mentally to be able to live with more joy,' says Karen. **'Ten sessions on the current mental health plan aren't enough to help face the trauma when you go through cancer.'**

From her chemotherapy pole, Karen started the Socks4Cancer initiative in 2021. With the help of her community, she has raised \$22,500 for the NORTH Foundation, Hornsby Relay for Life, and other Cholangiocarcinoma related organisations.

Now, Karen aims to raise \$100,000 for the Cholangiocarcinoma Department at RNSH through the NORTH Foundation's Costumes for Cancer. The funds will go towards support, medical equipment, and Professor Nick Pavlakis' circulating tumour DNA research.

'It will be a game changer for people living with Cholangiocarcinoma like myself,' says Karen. **'It will enable a patient to have access to prevent other relapses so treatments can start sooner.'**

On the cancer survivorship steering committee at RNSH, she has contributed to the upcoming launch of CanSupport, for better mental health and wellbeing in a cancer survivor, even after remission.

Karen thanks her community, her church Mount Colah Uniting Church, her physiotherapist Darren Pivetta, and the help of The Post's Publisher Tina Brown for supporting her advocacy campaigns and highlighting her work in Australian parliament.

'My community are my reasons to get up every day, they are the pivotal key for my day-to-day survival,' says Karen.

World Cholangiocarcinoma Day falls on the 20th of February.

To donate to Karen Humphries Costumes for Cancer initiative, visit

costumes-for-cancer.raisesite.com/karen-humphries

To find out more about Socks4Cancer, visit www.facebook.com/Socks4Cancer/



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Join HKWS for *International Women's Day*

Claudia Butjerevic

International Women's Day is on the 8th of March.

The Hornsby Ku-ring-gai Women's Shelter is hosting an event on the 27th of February in honour of IWD. This year marks 10 years since the shelter has been operating in the community, providing refuge for women experiencing hardship and domestic abuse.

At the Pymble Golf Club in St Ives, HKWS is inviting the community to book tickets. All event proceeds directly support the work of HKWS.

Keynote speakers for the event will be Jess Hill and Annabelle Daniels OAM.

Award-winning journalist and

Australian of the Year 2025 nominee, Jess has dedicated her career to investigating and documenting domestic violence. In 2020, her work "See What You Made Me Do: Power, Control and Domestic Abuse" won the Stella Prize.

Annabelle Daniels OAM is the CEO of Women's Community Shelters. She has been pivotal in establishing shelters across NSW, including in Hornsby, Forster, Castle Hill, Penrith, South Penrith, Bayside, Parramatta, Revesby, Camden, and Guildford.

The Master of Ceremonies is HKWS Ambassador, journalist, and sports broadcaster Nick McArdle.

'It's important for the community to come together and listen to powerful women's voices,' says Catherine Knox, CEO of HKWS. **'Celebrating women but acknowledging the challenges.'**

In previous years, HKWS's IWD events have sold out, flooded with women and men in the community, championing the work of the not-for-profit.

'Our whole community supports us,' says Catherine. **'It's a lunch for everybody... it's so important to recognise the men in our community who are our allies. They play a really important role.'**

For more information about the Hornsby Ku-ring-gai Women's Shelter, visit

hkws.org.au



Raising Awareness and Funds for Heart Health in Australia

Heart disease is Australia's leading cause of death.

Each year, Heart Research Australia (HRA), an organisation created by a group of Royal North Shore cardiologists in 1986, calls the nation to focus their attention on the heart and help bring funds to vital life-saving research.

During REDFEB, individuals wear red, fundraise, donate, and start a conversation on the importance of healthy hearts.

To date, Heart Research Australia have raised over \$36 million. In the 2024 financial year, the organisation was able to facilitate 20

research projects, PhD grants, and fund equipment.

Hornsby Heights local Chris had a startling encounter with his own heart health in May 2004. While on a friend's boat in Pittwater, Chris briefly capsized when in a small dinghy, submerging into the cold waters. The effort to haul himself out, combined with the shock of the temperature, caused plaques to block his right coronary artery. This resulted in a heart attack.

'I'd never had any issue, and we had a company policy which said that I had a stress test every year,' explains Chris. **'I was only 52.'**

A new research trial known as ETAMI, Early Triage of Acute Myocardial Infarction, funded by HRA, allowed the ambulance to make direct contact with the team at Royal North Shore Hospital and diagnose Chris. Prior to this, patients would be sent to a local hospital, and only once diagnosed there be transferred to a main hospital.

As a biologist, Chris speaks to how interested he was in the process of watching the team break apart the blockage with a balloon, then put

in a stent.

'Using the catheter to actually break up the heart attack, that was relatively new too, then,' says Chris. **'Three days later I went home, and I've never had any issue since. Just one blockage, one artery.'**

Now, Chris is an ambassador for HRA, speaking at conferences, being involved with workshops, and interviewing doctors as a sort of "dumb patient" to cut through medical jargon and help deliver vital information to the public.

'What I've been forever grateful about is the things that I've done since the heart attack, including meeting my grandchildren, meeting my future daughters-in-law,' says Chris.

'It's something you can never repay... I hope we'll get to the day when people will be able to be much more a master of their own destiny... predicting when they're going to be vulnerable, and how to stop it in advance.'

For more information about REDFEB, Heart Research Australia, and how to participate, visit

www.heartresearch.com.au



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Hours:

Tuesday to Friday, 8.30am-4pm
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Closed Public Holidays



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



By Nicolette Boele,
Community Independent for Bradfield

Bradfield *Deserves Better*

Nicolette Boele is a candidate in the upcoming 2025 Federal Election for the seat of Bradfield

Hello, I'm Nicolette Boele and I'm running as a community independent candidate for the seat of Bradfield in the upcoming federal election.

I'm a local mum and I've built my career driving change across finance and clean energy. I helped set up the Clean Energy Finance Corporation, built an Australian electric vehicle start-up, and have been an executive for clean investment groups.

I'm standing because I believe the major parties have lost sight of what is important.

Somewhere along the way, political parties have shifted from doing what's best for our community and this country, to maintaining power at all costs. I believe we all deserve better than that. You might have already seen my advertisements, or spoken to me or one of our volunteer team over the past few months. We've been working hard to meet as many lo-

cals as we can, to understand your concerns and what you expect from your elected representatives.

The rising cost of living is something we're all worried about.

So many of us now have to watch carefully where every dollar goes, and it seems the price of everything just keeps going up. I know it's particularly hard for families looking for a home here, with house prices amongst the highest in the country.

High housing costs lock families and young people out of our neighbourhoods, and that means people are under stress, grandchildren are separated from their grandparents, and local businesses suffer. Many of us look at the costs of everyday basics like groceries and petrol and wonder what we'll have to give up. I know this is especially hard for retirees on fixed incomes.

I am committed to delivering

sensible, evidence-based solutions to all these problems. If our elected representatives work together in our interest, instead of squabbling and playing petty power games, we can deliver policies that will help everyone in this community thrive.

If I'm elected, I will:

- Make childcare more affordable
- Cut red tape and inefficient taxes to help small businesses
- Crack down on unfair supermarket practices
- Introduce shared equity schemes for first-home buyers and frontline workers
- Push for states and local councils to deliver new homes that are well built and well serviced
- Subsidise small batteries for homes and businesses to cut power bills

I'm keen to meet as many locals as possible so if you see me, please come up and say hello!



INSPIRING INDEPENDENCE.
TRANSFORMING LIVES.



CREDIT: Provided Margot Natoli
Project Management

Debuting on March 2 at Wahroonga Park is a brand-new event: Sparkling WAHROONGA: Food + Wine Festival.

This free-entry community festival is brought to the Upper North Shore by the same producer of the Wahroonga Food + Wine Festival.

Celebrating NSW cellar door wines, small-batch distilleries, craft brews, international cuisine, and artisan produce, the festival is set to bring together locals and tourists alike for a taste of gourmet food and beverage.

Sparkling WAHROONGA is designed as a feast for the senses.

Event highlights include:

- 30 renowned NSW wineries featuring a selection of sparkling, white, red, and rosé wines;
- 10 top-tier distilleries;
- 2 craft brewers, Six String Brewing Company and North's

For more information, visit
www.wahroongafoodandwinefestival.com.au

Collective new Depot beer;

- 10 gourmet food vendors with an array of multicultural dishes;

- 15 artisan producer stalls displaying local produce and handcrafted goods;

- The Greens North Sydney is showcasing a seafood menu featuring caviar, oysters, lobster rolls, paired with their Piper-Heidsieck French champagne bar and a selection of Robert Oatley's wines.

To round out the event, an all-day lineup of live music will entertain the ears. Genres will range from jazz to acoustic to contemporary.

Sparkling WAHROONGA: Food + Wine Festival is supported by Ku-ring-gai Council, The Cavill Group, and The Greens North Sydney.

Pre-sale tasting packages are available for purchase.

Drones Uncover Hidden Koala Population in Hills and Hornsby



Evidence of a breeding koala population has been found in rural areas across the Hills and Hornsby.

Volunteer group The Hills-Hornsby Rural Koala Project (HHRKP) recently partnered with Landcare Australia through the Wildseek Project, Queensland University of Technology, and NSW Wildlife Information, Rescue and Education Service.

New data obtained by Wildseek's drone work shows 13 detected koalas, several of which are female, throughout Glenorie and Maroota. As the catalogued area is a small portion of the overall bushland, HHRKP is confident there is a local, low density koala population in the area. For HHRKP, this is groundbreaking discovery.

'Drones were able to validate the data we had collected on our map and to add some robust data,' wrote HHRKP in a post. **'Now we can work toward knowing more and being able to protect them.'**

Visit www.hhrkp.org for more information about The Hills-Hornsby Rural Koala Project.



Unburden Your Home: Declutter with Heart

By Rejimon Punchayil
Karis Life



This holiday season, I visited an older couple whose home, while filled with cherished memories, was also overwhelmed by possessions. It made me think: are your treasured items enhancing your life, or are they creating a burden? We all know how sentimentality can tug at the heartstrings, but sometimes, holding onto too much can have unintended consequences for our well-being.

Clutter isn't just about aesthetics. It can pose real physical challenges, increasing the risk of trips and falls, making it difficult

to move around freely, and even affecting air quality. Beyond the physical, a cluttered environment can contribute to stress, anxiety, and a sense of being overwhelmed.

The good news is that decluttering can be truly transformative. Mayo Clinic's Dr. Craig Sawchuk emphasizes the real health benefits of clearing out the clutter. Studies show that a tidy, organized space fosters a sense of calm and control. It can reduce stress hormone levels, improve focus and decision-making, and even boost emotional resilience.

Imagine a home where everything has its place, a sanctuary designed for your current stage of life.

Decluttering isn't about discarding precious memories; it's about creating a space that supports your health and happiness. It's about making room for what truly matters. If you'd like to explore resources and support for decluttering, Mission Australia's Making Space is a great place to start. This program is specifically designed for people living in the Sydney Local Health District.

If you like to discuss about other Assistive Technology solutions to enhance your independent living, please speak to one of our friendly specialists or head to:

www.karislife.com.au

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Community Champions Celebrated at Ku-ring-gai Citizen Awards

Claudia Butjerevic

Four nominees were awarded at a special ceremony on Australia Day to mark their significant contribution in the community.

Ku-ring-gai Council annually host the Ku-ring-gai Local Citizen of the Year Awards to recognise groups and individuals. The 2025 ceremony was held on the 26th of January at Knox Grammar.

The Mayor's Award for an Outstanding Contribution by a Community Group was presented to the **Hornsby Ku-ring-gai Women's Shelter**. HKWS delivers respite and a safe environment for women fleeing domestic violence, helping to empower those in crisis by providing access to financial advice, outreach services, counselling, and other essential services.

Ku-ring-gai's Environmental

Citizen of the Year was awarded to **Sofia Zvolanek** for her volunteering efforts with Birdlife Australia's Powerful Owl Project, her wildlife rescue and rehabilitation, and being a 2023 was a finalist for the Nature Conservation Council 'Rising Star' award. Sofia has recorded 2,224 species and has made 154,535 identifications across her online platform Inaturalist.

The Young Citizen of the Year award was presented to former Ku-ring-gai High School student **Matthew Hayes**. With a keen interest in politics, public transport, and advocacy for young people with disabilities, Matthew began volunteering at the Sydney Tramway Museum after leaving school and is active on his YouTube channel Aheadmatthewawesome. Matthew was elected to be

the Youth Member for Wahroonga in the NSW Youth Parliament and was elected by his peers to the position of Youth Deputy Premier.

Ku-ring-gai 2025 Citizen of the Year was awarded to **Madeliene Steel** for her work setting up organisation Empowering Parents in Crisis (EPIC). In 2024, EPIC facilitated 1065 connections, supported over 700 people through their phone helpline, hosted 29 workshops and forums, and organised 24 community walks.

'These awards are a great way for our community to thank and recognise these special people,' said Mayor Christine Kay. **'Congratulations to the winners and thank you to all the many hundreds of other volunteers who work round the clock to help the people of Ku-ring-gai.'**

CREDIT: Provided Ku-ring-gai Council



Smartphone Films on the Rise

Claudia Butjerevic

Even without the desire to produce professional-style films, short form content for TikTok, Instagram, Facebook, YouTube have allowed anyone to pick up their phones and create for the masses.

As technology booms, with advancements and better audio and visual, creative filmmakers have begun to grab their mobiles instead of bulky camera equipment.

With this new age of cinema weaving through the culture, film festivals are taking entries for categories shot entirely on smartphones.

In November of last year, Australia's international short film festival for phones, Smart Fone Flick Fest, drew hundreds of world-wide entries. Northern Sydney locals had their smartphone films featured at the festival.

Pete Malicki from Artarmon and his thriller "Fair Paranoia" shot on a Samsung Galaxy S22 was under the Highly Commended category.

Kai Phoenix Munton from Wahroonga and his drama "Be Real" shot on an iPhone 14 Pro Max was in the Kids category.

Ella-Maree James from North Ryde and her horror "Déjà rêvé"

shot on an iPhone 13 Pro Max was in the Kids category.

Amy Wallbank from Roseville and her drama "A New Page" shot on an iPhone 12 Pro was under the Mini Films category.

Sarah Armstrong and her comedy "Stacey and her toy duck" was shot on an iPhone 12 Pro was in the Mini Films category.

Reasons for turning to smartphone for filming are simple enough to understand. Mobiles are more portable, smaller, less set up is required, and more readily accessible to those who may not be able to commit to more professional supplies.



Real Leadership for Berowra from a local business woman and community champion

By Tina Brown,
Community Independent for Berowra
Publisher, The Post

Tina Brown is a candidate in the upcoming 2025 Federal Election for the seat of Berowra

January has flown by, and my campaign for Berowra is in full swing.

Running for election wasn't something I had planned, and as you all know, I'm not a career politician or a party insider. It's been a steep learning curve, diving into the many issues that matter to our community and shaping policies that reflect real concerns.

The policies I've developed come from my personal and business experiences right here in Berowra. They address real challenges people of all ages are facing—rising costs of liv-

ing, the climate crisis, mental health support, and respect for women.

Did you know that staff at Hornsby Police Station spend 50% of their time dealing with domestic violence-related incidents? Or that one in three homes in our electorate is in a bushfire zone?

These are urgent issues, and they need real action.

My time as Publisher of The Post, my experience welcoming international students to Australia, and my

role as a mother have all prepared me for this next challenge: **bringing the voice of our community back to Parliament and ensuring politics is about people, not parties.**

I'm looking for more volunteers to help in a variety of ways—whether it's joining a corflute wave (which is always fun!), letterboxing, or providing behind-the-scenes support. If you'd like to get involved, please reach out via my website.

tinabrownforberowra.com.au

Authorised by Tina Brown for Tina Brown for Berowra, 1/149 Peats Ferry Road, Hornsby NSW 2077

SI Hornsby Raises \$7,000 for HKWS

SI Hornsby

Members of SI Hornsby held another very successful fundraiser for the Hornsby and Ku-ring-gai Women's Shelter in September last year. Raffle tickets were sold to raise funds as well as members holding afternoon teas for friends to come along to in their own homes.

The total raised for the shelter came to \$7000. A great result!

the residents access much need psychological support which many of them are not able to pay for as they do not have access to Medi-

care cards being asylum seekers and refugees.

The club has been supporting the women's shelter for 10 years since it opened and has raised an impressive \$82,000 in that time.

Soroptimist International is the leading international volunteer organisation for women working through service projects to educate, enable and empower the lives of women and girls worldwide.

For further information, contact **Pam** on **0425 229 615** or

visit the organisation's website siseap.org

CREDIT: Provided SI Hornsby

The funds will be used to help

Book a tour in February

Helping you and your loved one with respite care

Catholic Healthcare's newly refurbished Chantal Cottage at McQuoin Park in Wahroonga has reopened to offer vibrant and personalised dementia-friendly respite services. Day programs include gentle exercise, art and craft and social outings that foster health, wellness and social connections.

Service hours have been extended to provide carers more opportunities to take a breather from caring responsibilities and give their loved one a great day out.



To learn more, please call **1800 225 474** or visit catholichealthcare.com.au
McQuoin Park – Chantal Cottage 32 McAuley Place, Wahroonga NSW 2077



Lindfield Fun Run

Calling for Sponsors to Support Local Charities

Lindfield Fun Run 2025 is looking for sponsors.

A major fundraising initiative of Ku-ring-gai Rotary, the annual event is calling on companies to become sponsors, donate prizes, or offer fundraising incentives and competitions for the day.

The all-ages community event is slated for Sunday 4 May 2025 in Roseville Park.

Funds raised will go to KYDS Youth Counselling, a service for struggling young people, the Hornsby Ku-ring-gai Women's Shelter which assists women experiencing domestic and family abuse, and Mentoring Men, the not-for-profit organisation providing one to one mentoring for men undergoing life's challenges.

In 2024, the Run secured over 2,200 registrations and donated \$66,000 to the selected charities.

Sponsorship packages are available for interested parties. These are Partner, Diamond Sponsor, Gold Sponsor, Silver Sponsor, and Bronze Sponsor.

For more information about the Lindfield Fun Run, visit lindfieldfunrun.org.au

To become a sponsor, contact sponsors@lindfieldfunrun.org.au

CREDIT: Sourced from Lindfield Fun Run website



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Facing the Fear

Georgie Beck's Fight Against Ovarian Cancer and Her Call for Awareness

Claudia Butjerevic

February is Ovarian Cancer Awareness Month.

It is the most lethal female cancer in Australia. Fortunately, women diagnosed with stage one ovarian cancer have a 93% survival rate. The problem, though, lies in the fact most women with this deadly cancer are diagnosed in the advanced stages, where only 29% of women will survive past five years. For the cancer to develop from stage one to stage four only takes a year.

Georgie Beck, an Ovarian Cancer Australia ambassador and survivor, is making strides to raise funds and awareness. Only in her 40s, Georgie was diagnosed in 2022 with stage 4 ovarian cancer. Her only symptom was two weeks of bloating.

'Symptoms mask what we go through monthly or with menopause, so feeling full after

eating, it can mimic IBS, it's very similar,' explains Georgie. **'There is no early detection test... a lot of people**

take a long time to be diagnosed, and they are dismissed as having women's problems.'

This year for Ovarian Cancer Awareness Month, Georgie is headed to Canberra as a keynote speaker for a parliamentary breakfast on February 11th, where members of federal parliament and important figures in the ovarian cancer space will be in attendance.

'I'm speaking about fear,' says Georgie. **'The fear that we have all the time. The fear of going into chemo, the fear of your cancer coming back, the fear of every three months having scans, and the fear of telling your kids. The mental game of**



CREDIT:
Provided Georgie Beck

ovarian cancer is almost even bigger than the symptoms and the medicine.'

There are not many ovarian cancer ambassadors, due largely to the low survival rate, and the trauma of reliving the experience. Georgie works with Ovarian Cancer Australia to show her sons that there can be goodness in the terrible hand she has been dealt.

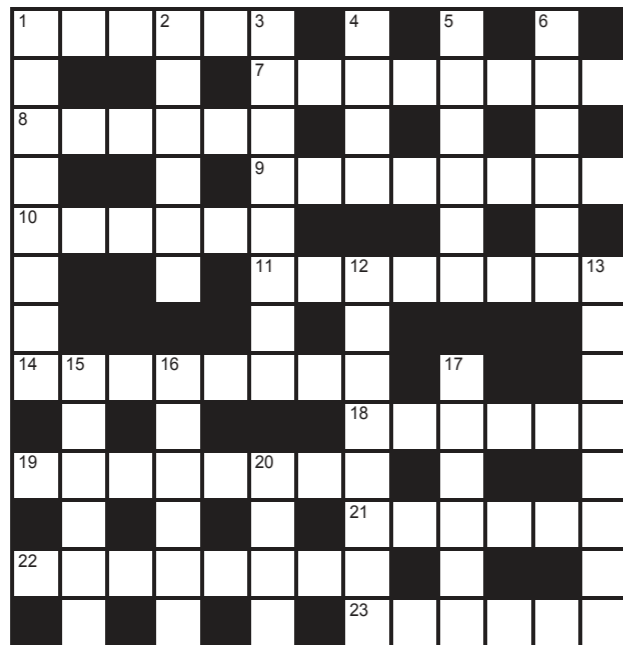
'This cancer needs more funding because it's lagging behind in survival rates more than any other cancer... hopefully they give more priority to it.'

For more information about Ovarian Cancer Australia, visit www.ovariancancer.net.au

GENERAL KNOWLEDGE CROSSWORD 721

ACROSS

- To have a highly coloured or ruddy complexion, is to appear as what (6)
- The Roman numeral XVIII is the symbol for which number (8)
- What is a decoration made of small pieces of stone, glass, etc., of different colours (6)
- Which enlarged mass of lymphoid tissue in the upper pharynx common in children, often prevents nasal breathing (8)
- Which measles are known as rubella (6)
- Name substances used in hygiene such as soap, deodorant, etc (8)
- Which communication was once sent by morse code (8)
- Which term describes something that is contrary to reason, or common sense (6)
- What do we call one who seeks advancement, honours, etc (8)
- Which person lends money at an exorbitant rate of interest (6)
- What is a journalist also known as (8)
- What are items in a sports program (6)



- What is a vessel from which wine, water, etc, is served at table (8)
- Name a monster, commonly represented as a hideous giant (4)
- What is a sudden interruption to the supply of blood to the brain (6)
- What is an offer of something for acceptance (6)
- What are the ends of yards of square sails (8)
- Name an annual Christian festival (6)
- Who was a prolific US inventor, Thomas ... (6)
- To be sagacious or shrewd, is to be what (6)
- Name an alternative term for a poker stake (4)

DOWN

- Which type of chemical is used in disinfecting (8)
- What are royal domains or kingdoms called (6)

MINI WORD FIND 022

G N O R T S
A T G A I A
R E C N A D
O Y K E U D
R E E D A R
G N O M A R

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

Add	Dancer	Eye	Rid
Among	Den	Ink	Rung
Cat	Due	Rag	Strong
Dam	Ear	Reed	

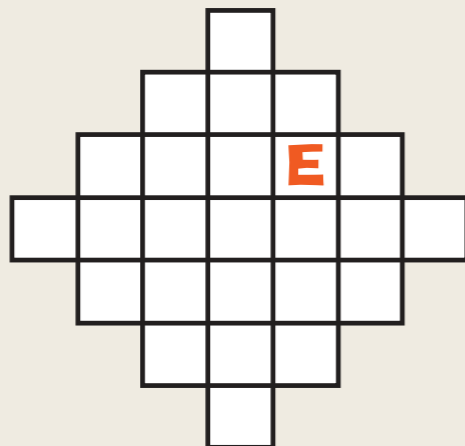
CURIO 022

In NSW, in 1940, two RAAF training planes collided mid-air and became stuck together – one on top of the other! Most of the two crews bailed with their parachutes, but one brave pilot landed both planes at once. All crew members and both planes survived the incident!

E-QUATIONS 032

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

C	N+P	
F	T-W	
N	C-P	17
P	Z-W	9
T	W+F	
W	P+F	10
Z	P+W	



BIYWORD 022

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:

- Bitterly amusing (3)
- Desalination (abb) (5)
- Egg and milk dessert (7)
- In the middle (7)
- Liquor distilled from sugar cane (3)
- Make good again** (5)
- Produce an egg (3)
- Tired (5)
- Water droplets on surfaces (3)
- Wed (5)

A D N T
A E R U
A E R W
C L R W
C L R Y
D M S Y

SUDOKU 022

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

QUICK THINK 022

Solve the crossword. Each answer has four letters.

ACROSS

- Bypass
- Dash
- Acreage
- Minus

DOWN

- Voiced
- Foal's mother
- Frozen treats
- Darjeeling and oolong

1	2	3	4
5			
6			
7			

SOLUTIONS

QUICK THINK
ACROSS: 1 Omit.
DOWN: 1 Oval, 2 Mares, 3 Race, 4 Area, 5 Less.E-QUATIONS: 3 Cars, 4 Teas.
CROSSWORD: 1-11, W-10, Z-19; 1-11, W-10, Z-19.BIYWORD: 1 Omit.

SUDOKU

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

MINI WORD FIND

G	N	O	R	T	S
A	T	G	A	I	A
R	E	C	N	A	D
O	Y	K	E	U	D
R	E	E	D	A	R
G	N	O	M	A	R

Guys & Dolls

Handa Opera
on Sydney Harbour

IMAGE COURTESY:
Opera Australia



Opera Australia is presenting a brand-new production of the classic musical *Guys & Dolls*.

Set against the backdrop of our fair Sydney harbour, *Guys & Dolls* promises a larger-than-life, colourful rendition of the award-winning show at the open-air stage Handa Opera on Sydney Harbour. The production is live for four weeks, from 21 March until 20 April.

Guys & Dolls follows the illegal gambling scene in mid-twentieth century Manhattan and tells the tale of how a bet can lead to falling in love. *Guys & Dolls* features snappy showtunes, 50s costuming, and spills out onto the harbour in this Handa Opera revival.

Talented Australian creatives are casted. Cody Simpson is Sky Masterson, a gambler prepared to

take any bet, Annie Aitken is Sarah Brown, a sergeant of a local mission, Bobby Fox is Nathan Detroit, a veteran street hustler, Angelina Thomson is Miss Adelaide, a nightclub singer, and Jason Arrow is Nicely-Nicely Johnson, a small-time gambler.

In the creative cast is Scarlet Lindsay, a Wahroonga-born and Turramurra-raised performer. Being in the ensemble is surreal to Scarlet, as her day job is working in the ticketing office for the Sydney Opera House.

'It's a real pinch-me moment to go from being in the box office to actually being the one on stage,' says Scarlet. **'I adore being an ensemble member... You are getting to embody and**

live in character... the ensemble is what builds the world.'

Guys & Dolls is directed by Shaun Rennie, with musical direction by Guy Simpson, choreography by Kelley Abbey, set design by Brian Thomson, costume design by Jennifer Irwin, and sound design by Jim Aktins.

'It's one of the most famous musical theatre shows in the canon... Guy Simpson is doing all new orchestrations of the music, that will really elevate it,' explains Scarlet. **'Kelley Abbey is one of the world's best choreographers, it has so much fierceness, so much athleticism. On this scale, people won't be ready for how big this *Guys & Dolls* will be.'**

For ticketing information, visit opera.org.au/productions/guys-dolls-on-sydney-harbour

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