

THE POST

thepost.sydney

edition 66 • APR 2025



INSIDE THIS EDITION:
HKCC TERM 2
COURSE GUIDE

TinaBROWN

INDEPENDENT for BEROWRA

AS YOUR LOCAL MP I WILL FIGHT FOR:

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Welcome to April!

To start, I'd like to thank the wonderful women who attended The Post's private International Women's Day event at Magpies Waitara.

A special thankyou to Mayor Christine Kay for attending, Rebecca Kirkis as our guest speaker for telling her incredible tale of adversity, and Wendy Wang from Sunshine Millionaire Wine Group for donating some beautiful wine.

A congratulations are in order for our Yorkshire Tea giveaway winners. Enjoy a cuppa on us!

I'd also like to welcome our newest columnist, Karen Humphries. You'll have seen Karen featured before, and now she will be discussing the ins and outs of surviving cancer more personally.

April is a reverent month. Easter for Christians, Passover for the Jewish community, and ANZAC Day for all Australians. In this edition, we've featured an article from Australian War Widows about the raw emotion that war brings out of us.

The Post were lucky enough to visit the Hills Wildlife Sanctuary, and we've written about their tireless work saving Australian fauna.

Inside, you'll find a profile about J' Ma, The Post's new sales manager, an article about Pennant Hills Oval and the need for sporting infrastructure, and the Hornsby Ku-ring-gai Community College's Term 2 Course Guide.

The federal election is looming, scheduled for May 3. Electorates across the North Shore, its incumbents and challengers, are gearing up for an important fight. More to come on that front.

Until the next edition,

Claudia

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WHERE TO FIND THE POST SYDNEY

Hornsby

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Waitara
Mt Colah
Asquith
Hornsby
Hornsby Heights

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Pennant Hills
Beecroft
Cherrybrook
Westleigh
Dural
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North Sydney

North Sydney
Kirribilli

Ku-ring-gai

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Gordon
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West Pymble

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The Struggles and Vision of Hills Wildlife Sanctuary

Claudia Butjerevic

IMAGE COURTESY:
Dominic Dimech

Nestled in Dural, backed by Berowra Valley National Park, and on 35 acres of natural crown bushland, is the Hills Wildlife Sanctuary.

Established in 1977, the Sanctuary was formerly known as the Kangaroo Protection Co-operative, a not-profit organisation founded by a woman with a love for kangaroos. The valuable acres were given to the organisation by the state government under then-Premier Neville Wran.

Since, the Hills Wildlife Sanctuary has evolved, and takes on Australian wildlife to rehabilitate, care for, and rescue.

All funding comes from grass-roots advocacy, philanthropic donations, and the community. Though native wildlife is under the protection of the crown, the Hills Wildlife Sanctuary and other organisations like it receive no government funding for their work. Federal government deems it a state issue. The state government is currently undergoing an extensive review into the wildlife rehabilitation sector.

During the Black Summer bushfires of 2019, the Sanctuary received an unprecedented number of calls, asking for assistance. Lack of funding and lack of resources meant that many requests had to be turned away, and the wildlife was left to suffer.

For the future, the vision for the [thepost.sydney](https://www.thepost.sydney)

Sanctuary is to have a state-of-the-art hospital, with specialised care for injured wildlife. To be able to establish an Emergency Response Centre to rapidly rescue wildlife during natural disasters, including mobile vehicles with technology and equipment for on site treatment. To support threatened species by introducing endangered breeding programs for micro-species such as reptiles, amphibians, small mammals, birds, and fish. To develop an education hub for the public to learn about and experience native wildlife.

Most of Hills Sanctuary's animal residents come to them after either being hit on the side of the road, surrendered by people who have

tried to domesticate wild animals, or confiscated from illegal trafficking operations.

Wendy the Wombat is one such resident. Adopted by a family after being found on the side of the road as a baby, Wendy was treated as a common house pet. But Wendy is a wild animal, and when she became too difficult to look after, she was surrendered. Other residents are the dingoes on site, who were sold on gumtree to be raised as domesticated dogs. Casper the albino kookaburra is visually impaired and would have a hard time fending for himself. The animals like Wendy and Casper and the dingoes who are not able to be released back into the wild stay permanently at the Sanctuary as ambassador animals.

The Wombat Rehabilitation Facility on site is sponsored by organisation Allowed to Grow Old, founded by Linda Meumann, owner of Calabash Kennels in Arcadia. IFAW (International Fund for Animal Welfare) also contributed towards its construction. The new Flying Fox Rehabilitation Facility is being funded by Servcorp. Harris Farm is sponsoring the installation of a cool room at the Sanctuary. Platinum sponsors are Servcorp and Allowed to Grow Old.

More funding and support are needed to keep the Hills Wildlife Sanctuary running and saving the lives of native fauna.

EDITION 66 – APRIL 2025



Australian War Widows Inc.

ANZAC Day and War Widows

For many defence and war widows, the lead up to and commemoration of ANZAC Day is a time to reflect, not only on their husbands' service, but also the battles they brought home. Their husbands are now gone, but for many widows their grief and the trauma they helped nurse are still raw.

Australian War Widows Inc. (AWW) began with the smallest of beginnings, focusing on teaching weaving and handicrafts to members so they could augment the meagre pensions they received after WWII. The War Widows Guild was founded in 1945 by Mrs Jessie Vasey OBE CBE – a most remarkable woman.

It was she who chose the motto for the Guild. The Guild's motto exemplifies the spirit of Jessie Vasey. She founded a self-help organisation that assisted women widowed through war to come to terms with their loss and sacrifice, and to provide for themselves and their children. It also provided

them with a social connection to women who understood only too well the grief and hardship they were suffering.

Jessie stated on numerous occasions that war widows should always be seen as the chief mourners at any service which honours our veterans and she fought long and hard to bring this to fruition. At numerous memorial services around the country, including ANZAC Day, AWW members are invited to lay wreaths on behalf of all war widows to honour their husbands.

On or around ANZAC Day there are many "Field of Remembrance" services throughout Australia that acknowledge war widows and their husbands who gave their lives in service to our country.

To find out where these services are being held please contact the AWW Inc. National Office at wwidowsnat@bigpond.com or by telephone on **0427 735 871**.

On October 19 each year, AWW celebrates National War Widows

Day to acknowledge and remember the sacrifices that war widows have made. This day, which is her birthday, also honours Jessie Vasey and all the incredible work she did for war widows.

In July 2020, the Guild changed the name of the organisation to Australian War Widows Inc. and going forward AWW ensures that there is always an organisation to look after war widows in need and to advocate on their behalf to the government.

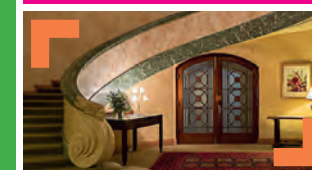
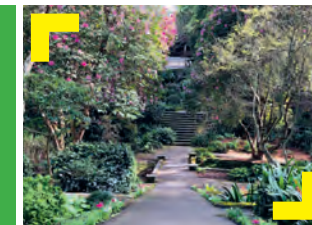
War Widows Motto:

*"We all belong to each other,
We all need each other
It is in serving each other
And in sacrificing for
our common good
That we are finding our
true life."*

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From Dream to Screen: J' Ma's Journey Into the World of Acting

Claudia Butjerevic

Leonardo DiCaprio in Titanic was an awakening for starry eyed teenage girls worldwide. Years later, those girls are now women, and the effects are much the same.

Seeing the film as a young girl with her mother in Taiwan, J' Ma's was not immune to Leo's charm. Her starry eyes, though, were not awestruck with the actor, but at the acting. And so, a dream was born. J' Ma would become an actress.

As with the Titanic, this dream did not experience smooth sailing. When J' Ma informed her mother that acting was the career for her, the news was met with crude dismissal.

'This is going to break your heart,' says J' Ma, laughing softly. **'My mum said, "you'll never make it because you're not pretty enough". I was a young girl, that really hit me. Massively.'**

So, with her mother's words of encouragement, J' Ma tucked the dream away, and stored it as a passing fancy that had no hope of coming true.

Moving from Taiwan to Australia alone when she was a teenager, J' Ma set about establishing herself, studying and working, and gaining citizenship. After many years and a tough breakup, when the weight of the dream became too heavy, J' Ma made a choice. It was either give acting a chance, or forever wonder what if?

'I thought I've got nothing else to lose. If I don't, I'll regret it for the rest of my life,' explains J' Ma.

She began acting classes, but J' Ma still had her reservations. As an

Australian of Taiwanese descent, and with her mother's words hanging above her, J' Ma battled with imposter syndrome and insecurity over how she looked and how her accent sounded.

Alongside honing her craft in the acting classes, J' Ma has made lasting relationships with other like-minded talent. One of her dearest friends, Caitlyn, pushed her to keep striving, and told her that her accent and her heritage are what makes her so valuable and unique.

'Growing up here in Australia,



IMAGE COURTESY:
Kate Mitchell Photography

I never really saw anyone that looked like me on TV,' explains J' Ma. **'It's better now, it's slowly changing. I want people to understand that it doesn't matter where anyone is from. That's why acting is so special to me. Connecting people together, despite what they look like, is what really matters to me.'**

J' Ma takes inspiration from other Asian actresses, stars like Lucy Liu and Michelle Yeoh.



IMAGE: J' Ma and Caitlyn

Tragically in 2021, J' Ma was heartbroken at the sudden death of Caitlyn. But J' Ma did not want Caitlyn's guidance, her acting expertise, and her encouragement to be lost. J' Ma now says she acts not for her own dream, but for Caitlyn, too.

'Caitlyn was so special,' says J' Ma, her voice thick with emotion. **'I don't want people to forget her. She was so talented. So beautiful. I act to remember Caitlyn, and I talk about her for other people to remember Caitlyn.'**

She has been cast in 22 productions, including Ai En in Together (2020), and Jay in Mystika (2023). Most recently, she played Anya in Streets of Deceit (2025), and the eponymous lead in Zilia (2026).

She is the lead in a short film titled Vincent (2026) focused on domestic violence awareness. Upcoming for J' Ma is a project named Mind the Gap about a women's journey finding herself and her faith, and a Christian film called Proverbs 22:6, about the realities of child human trafficking.

J' Ma is grateful for the support of her agents. Paul Newlands from Crème Management in Brisbane, Theo Caesar in the United States, and Stanley from AWM in Taiwan.

To contact J' Ma, visit her website www.jmaactress.com or email her at jmaactress@gmail.com



GoFundMe for
J' Ma's USA Visa
Application Fee



By Tina Brown
Community Independent for Berowra
Publisher, The Post

The Power of Choice and Campaign Funding Realities

**Election Date:
Saturday 3rd May**

Have you ever heard the saying, "You don't know what you've got till it's gone? Elections aren't too dissimilar.

This community is where my journey began, I'm here because of you, and it's here where I want to have this conversation - with honesty, with heart, and with accountability.

I was a newcomer to politics, but I soon realised that my connection to this diverse, complex, and wonderful electorate was precisely why I was asked to run.

Berowra has been seen as a "forever Liberal seat," but the truth is, we've never been given a real alternative. And that's why I wake up every morning, crisscrossing this electorate, meeting small businesses, schools, families, multicultural communities, local clubs, and community advocates.

This isn't just politics to me - it's about changing the trajectory of our region for generations to come.

So, let's be honest with each other. Put away party loyalties and ask not just "are we better off after one term of this government?" but "are we better off after 20 years of successive governments?" I think we all know the answer. We are not.

Our climate is decaying. Cost of living is skyrocketing. Small businesses are closing. Parents can't afford childcare. Seniors are forced to ration medication. And aged care? It's a national disgrace. I know you want to see my policies, they have taken time because I have listened to you while writing them and sought experts to assist, now that the election is called, I will roll out my local plan for a better Berowra.

I am tired of the old parties, tired of the broken promises, tired of the game-playing while real people suffer. And I know you are too. But here's my promise to you: If I am elected, and the powerbrokers in Canberra come knocking, **I will not sell our community short. I will fight tooth and nail to get what we deserve. Supply will only be given to the party that commits - in writing - to delivering for Berowra.** Not in vague assurances, not in political doublespeak, but in concrete commitments that reflect the policies you have entrusted me to take to Canberra.

I love this community with my entire being. This is where I have raised my children. This is where I built my business, where I put down roots. I am not a career politician. I am a single mum, a business owner, and an advocate who is sick of the same old politics. I know what it's like to struggle, to fight for something better. I see young families crushed by rental stress, unable to buy a home.

Let's be honest: Julian has not delivered for this community. He hasn't fought for us in Parliament. He has voted with his party every single time. Don't take my word for it - look at his voting record on theyvoteforyou.org.

So, here's the choice: Stick with the devil you know, the same old politics and get the same result. Or be bold. Choose change. Choose a community Independent.

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

Some ask about my early funding from Climate 200. Let me be clear: I received seed funding based on polling and community support. Those funds paid for the office on Peats Ferry Road in Hornsby and some start up expenses.

But since then, my campaign has been fully funded by you.

I am an Independent. No donor, no lobbyist, no corporation will ever come before my community.

Meanwhile, the Liberal machine is throwing everything at me - smears, attacks, desperate attempts to protect the status quo. I ignore most of it, because, frankly, the free publicity they give my campaign is worth its weight in gold. But I won't ignore the lies, the fearmongering, the cynical attempts to scare this community into submission. You deserve better than that.

This election is the most important in a generation. We can choose another three years of the same, of being neglected, of being taken for granted. Or we can choose something different. A representative who fights for you, who answers to you, who delivers for you.

Because if not now, then when? And if not me, then who?



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One Million and Counting Shaping Global Change



Claudia Butjerevic

Over 15 years ago, 1 Million Women was just one woman: Natalie Isaacs.

A former cosmetic manufacturer, in 2007 Natalie realised the world was shifting, especially after watching the documentary *An Inconvenient Truth* about Al Gore's campaign to educate the masses about global warming. After searching for organisations that focused on climate action to no avail, Natalie decided to form 1 Million Women.

In the beginning, the heart and soul of 1 Million Women was about empowering women to make individual changes in their own households – reducing food waste, not buying fast fashion, and cutting down the power bill.

It was different then, as the climate discussion was both less considered, and less controversial.

'1 Million Women is empowering women to live climate action through everything we do,' explains Natalie. **'How we live, how we consume, how we vote... we have climate in our hearts.'**

Women would sign up and have access to an activity centre. In that first year, 40,000 women joined

the initiative. Now, 1 Million Women has hit their goal of one million participants, and has shifted its focus from individual behaviour to worldwide policy.

Recently, 1 Million Women released its newest goal: to have one million houses electrified by the end of the next government term.

'We were just in Canberra a few weeks ago, a delegation of one million women,' says Natalie. **'We had 26 meetings from politicians, independents and Greens, Labor and Liberal... asking them to commit to the initiative.'**

Helping households to electrify involves government help, through battery storage roll out or finding schemes for renters that landlords can be a part of or incentives to have solar installed.

'Only people that afford it can have an induction cook top or swap out their hot water system... we need to make energy affordable for everybody. It is ambitious but it must happen,' says Natalie.

For more information about 1 Million Women, visit www.1millionwomen.com.au

North Sydney Council Opens Grants Program for 2025-2026

North Sydney Council has opened their grants program for 2025-2026.

Not-for-profits, schools, and creatives can apply for funding for their desired projects.

Applications for the Small Grants and Green Schools Grants program closes Sunday 30 March.

Applications for Creative Grants close Monday 14 April.

Small Grants provide funding up to \$2,000 for projects or initiatives that benefit the North Sydney Community. Green Schools Grants provide up to \$3,000 for school environmental initiatives, such as those focusing on climate change and biodiversity.

Creative Grants include up to \$2,500 for professional development activities and up to \$5,000 for projects benefiting the North Sydney Community. The purpose is to encourage communities and individuals who participate in arts and cultural activities.

Visit:

northsydney.nsw.gov.au/SmallGrants

northsydney.nsw.gov.au/CreativeGrants

northsydney.nsw.gov.au/GreenSchoolsGrants









Sustainable Australia Party

Sustainable Australia Party is an **independent community movement** with a **science and evidence-based** approach to policy - not left- or right-wing ideology.

Sustainable Australia Party's mission is to **DE-CORRUPT POLITICS** for a **fair and sustainable Australia**.

Sustainable Australia Party's plan:

-  Put our environment first
-  Basic income for all
-  Stop over-development
-  Slow population growth
-  End the housing crisis
-  A diverse economy

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Authorised by William Bourke for Sustainable Australia Party, 20 Burlington St Crows Nest NSW 2065.



DE-CORRUPT POLITICS



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Whirl Recycling

Keeping Electronics Out of Landfill Since 2019

Since 2019, local couple Lisa and Adrian Saunders have been on a mission to make electronics recycling free and accessible, helping thousands of households and workplaces clear out unwanted electronics.

They've kept 2.7 million items weighing over 8700 tonnes of electronics out of landfill.

Their service is straightforward and reliable — simply book a free pickup online and Whirl takes care of the rest.

From old laptops and cables to cameras, game consoles and mobile phones, they accept a wide range of items, making sure they're reused or recycled ethically, sustainably and safely.

Whirl loves to give unwanted electronics new life. To do this, Whirl connects used electronics with people who can reuse the unwanted items.

Items that can't be restored or reused are sent to recycling partners to break them down for manufacturing use.

"Most people don't realise how many things we can reuse that are sitting in that bottom drawer," says Lisa Saunders. "We make it easy to clean out the old stuff that's taking up space and gathering dust."

Whirl pickups are quick, professional, and often scheduled within a few days. There's no charge for collection, and businesses even receive a free certificate of data destruction for their records.

All data on devices is fully destroyed. If the item can be reused, it is reset to factory settings, or the hard drive is fully erased.

One of their most common questions is: **"How can you**

run a business offering a free service?" Their answer is there needs to be a balanced approach. Items from their list provide enough revenue to cover costs. They also cover pick-ups of items that have little or no value.

For Lisa and Adrian, recycling electronics is their way to help create a cleaner, more sustainable future for the community. As Adrian puts it, **"Every pickup helps reduce pollution, recover valuable resources, and prevent harmful waste from ending up in landfill."**

Whether you're doing a spring clean at home or upgrading tech at work, Whirl is ready to help.

Book your free collection at whirlrecycling.com.au and join the growing number of Sydney-siders giving it a Whirl.



Passover

12 - 20 April

APRIL holds two major religious holidays.

Passover begins this year on the evening of the 12th and lasts until the 20th of April. Celebrating the escape of the Israelites from Egyptian slavery as denoted in the Torah, Passover involves rituals around the symbolic meal the Seder, during which unleavened bread and the story of Exodus is told.

Easter

20 April

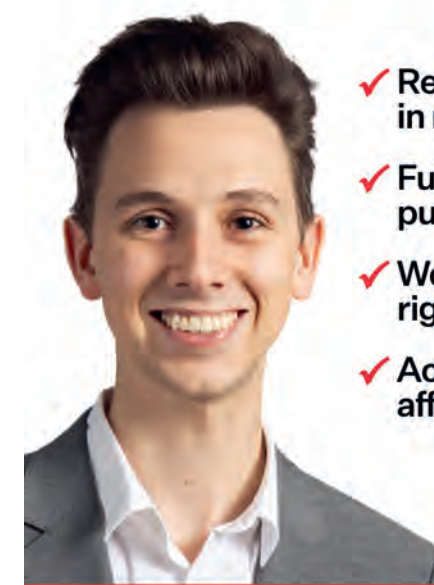
Overlapping the Jewish Passover this year is a major Christian holiday.

Easter commemorates the death and resurrection of Jesus Christ, who was crucified by the Romans. In the lead up to Easter, Holy Thursday is the 17th of the month, Good Friday is the 18th, Holy Saturday is the 19th, and finally Easter will be held on the 20th of the month.

Synagogues and churches across the world will be filled with the faithful come April.



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Labor

BENSON KOSCHINSKI
Labor for Berowra.

AUTHORISED BY DOMINIC OFNER, AUSTRALIAN LABOR PARTY (NSW BRANCH) LEVEL 9/377 SUSSEX ST SYDNEY NSW 2000

Benson is a life-long local resident of the Berowra electorate. Having been part of community action groups since he was a student at Pennant Hills High, Benson is passionate about science, sustainability, action on climate change and social justice.

He is a graduate of Macquarie University in media and biology, and has worked for several years as a video and motion graphics editor, now specialising in 3D visual effects.

As the son of a local GP, and a casual worker, Benson knows how national healthcare and workplace relations policies affect all of us directly, every day.

Benson is running as a progressive voice for the seat of Berowra to help re-elect a Labor government that will make healthcare more accessible, improve education, take action on climate change and protect workers' rights.

"I am proud to have been chosen to represent the party as Labor's candidate for Berowra again in 2025.

"The Albanese Labor Government has achieved so much in the past three years. With the support of Australians, we can continue to work towards a better, fairer future for everyone."

Authorised by Dominic Ofner, Australian Labor Party (NSW Branch) Level 9/377 Sussex St Sydney NSW 2000



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Residential Tenancy Law Changes in NSW

By Cecilia Castle
Castle Lawyers at Asquith



Residential tenants will soon receive greater protection from legislative changes improving rental conditions implemented by the Residential Tenancies Amendment Act 2024 (NSW).

Changes to come into effect in the first half of 2025 include:

- Ending "no-grounds" terminations for renters, requiring landlords to provide reasons to end an expired lease. Such reasons will include breaches by the tenant, sale of the property with vacant possession, the need for significant repairs, renovations, or demolition, and the landlord needing personal use of the property.
 - Limiting rent increases to one per year. Rental increase notices will change from 30 days to 60 days for leases of 6 months or less, and 90 days for leases over 6 months.
 - Making it easier for renters to keep pets. Landlords will be required to reply to a request to keep pets within 21 days, with limited reasons to refuse a pet request. In addition, it is important to note that strata by-laws that ban all pets are not valid, and cannot be used by landlords as a reason to refuse pets.
 - Preventing extra fees being charged at the start of tenancies, such as fees for background checks or preparing tenancy agreements.
 - Ensuring renters can elect to pay their rent by way of bank transfer or Centrepay. Centrepay is a free Commonwealth Government facility for Centrelink customers.
- Where disputes arise in relation to residential tenancies, an application can be made to NSW Civil and Administrative Tribunal (NCAT) for determination of the dispute.

Cecilia Castle is the principal of Castle Lawyers at Asquith.

CastleLawyers.com.au

St John's Asquith Celebrates New Minister

St John's Asquith recently welcomed a new minister.

Reverend Tim Mildenhall has extensive experience as a chaplain and minister in Perth, Broome, and Sydney. Anglican Bishop of North Sydney, Rt Rev Chris Edwards, presented Rev Mildenhall with his license during a commencement service in late February 2025.

'We live in complicated times.'

'I'm looking forward to getting to know people throughout the community,' says Rev Mildenhall. **'Church is about people sharing the very most important things in life. Life is definitely better when you do it together.'**

Member for Berowra, Julian Leaser, along with Mayor of Hornsby Shire Council, Warren Waddell, were in attendance during the commencement service.

POLICY ANNOUNCEMENT

Bring down the cost-of-living by tackling supermarket duopoly

Tina BROWN VOTE 1
INDEPENDENT

I'm fighting to stop Coles and Woolworths from price gouging Aussie families.

My plan enforces a mandatory code of conduct, stronger ACCC powers, and an independent watchdog. If they keep abusing their power, we'll break them up.

Fairer prices, tougher penalties, because you deserve a fair go at the checkout.



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

WHAT DUTTON'S LIBERALS PROMISE VS WHAT THEY ACTUALLY DELIVER...



Julian Leaser voted consistently against **increasing housing affordability**



Julian Leaser voted consistently against **net zero emissions by 2035**



Julian Leaser voted consistently against **protecting threatened forest and bushland habitats**



Julian Leaser voted consistently against **federal action on public housing**



Julian Leaser voted consistently against **increasing political transparency**

Hornsby Sports Struggle for Space:

A Growing Need for Facilities

Claudia Butjerevic

The need for more sporting facilities is weighing on local sporting clubs.

Pennant Hills Oval and its three fields are home to several different sports. During the summer, cricket uses the two oval turf pitches, and athletics uses the athletics track. Winter sees soccer, AFL, Rugby, and Hockey.

Coordination for these sports is left to Hornsby Shire Council. However, with overuse of the facility and conflicting schedules creates a tricky problem.

'As the change of season starts, it feels like we are encroaching more and more on other clubs needing the space,' explains Alice Clayton from Hornsby Districts Athletics and Race Director of Whale Rock Trail Run. **'Winters sports like AFL want to start training, but [Hornsby Districts Athletics] still have our finals coming up and need the space. Same things happen during the switch from winter to summer.'**

Other issues involve storage space for equipment and upkeep of the facility. The long jump

rubber turf at Pennant Hills Oval is nearing a decade in age and now resembles hard concrete with no bouncy spring left. Refurbishing the turf is imperative to prevent injuries for both adults and juniors. Alice explains that securing an infrastructure grant for Council to complete such an upgrade is difficult. Even receiving a defibrillator on site was an uphill battle as Hornsby Shire initially refused. Council only relented after hearing the pleas of a local father whose teenage son experienced a cardiac event at Pennant Hills Oval in June 2024.

For Alice and Hornsby Districts Athletics, the development of Westleigh Park would salve many of the problems. **'Westleigh is obviously a cause of conflict,'** says Alice. **'It would give us two more ovals and an athletics track.'**

Westleigh Park is in limbo, as last year the much-needed 36-hectare facility had funds reneged by the state government. A Development Application has been lodged and is currently pending.

All sports continue despite the limited space availability.

The inaugural Whale Rock Trail

Run made its debut on February 23, 2025, in Lane Cove National Park. Starting and finishing at Pennant Hills Park, the event featured a 6.5km fun run, 17km challenge run, kids' athletics event, and community stalls.

The event was the vision of Alice Clayton. **'I am passionate about enhancing physical and mental health and fostering community engagement through fitness,'** Alice said. **'I've been astonished by how many locals have never stepped foot in these incredible trails and knew I had to make them accessible for everyone.'**

Over 500 runners, aged 7 to 80, participated, with a 50% female participation rate. About 70% of runners were local, while others travelled from the Blue Mountains, Central Coast, Wollongong, and some from Europe. Local sport clubs were well represented, both as participants and through activation stalls hosted by AFL, rugby, and tennis clubs, strengthening community ties and promoting sport participation.

With strong sponsorship potential and opportunities for partnerships with local councils, WRTR 2026 is set to be even bigger.



TERM 2 2025

Stronger
Economy

Affordable
Energy

Community
First

VOTE 1

**Nicolette
BOELE**

INDEPENDENT



**We're here
for people,
not parties**

Authorised by N. Boele for Nixs Run Pty Ltd, 1/784 Pacific Highway Gordon, NSW 2072

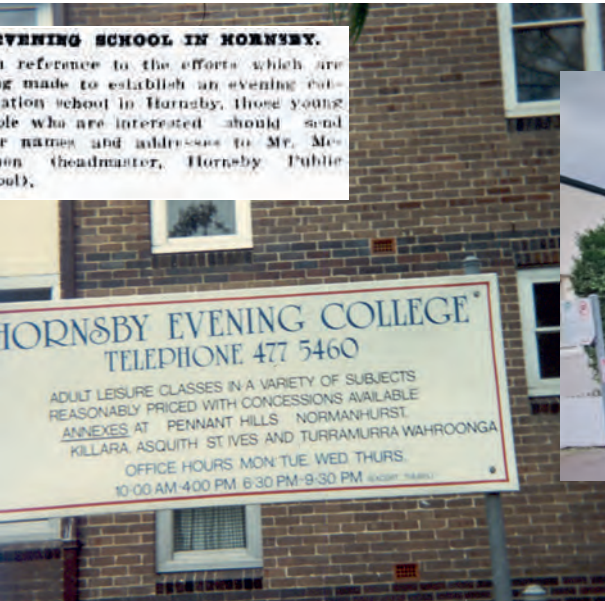
HKCC Centennial Celebration: Honouring Our Legacy, Embracing Our Future

In 2025, Hornsby Ku-Ring-Gai Community College (HKCC) proudly marks its centennial—celebrating 100 years of empowering individuals through education and fostering community connections. Since 1925, HKCC has evolved with our community's needs while staying true to our core values of inclusion, lifelong learning, and social impact.

Celebrating Our People and Partnerships

We extend our heartfelt thanks to our community—our students, volunteers, partners, and supporters—whose dedication and collaboration have shaped our journey and fuelled our mission.

An invitation to reserve tickets for the centennial celebration on 24 May will be circulated from early April.



▼ Former HKCC Head Office at 5 Jersey Street in Hornsby, until around 1988.

▲ Hornsby Evening College in Hornsby Public School Building.

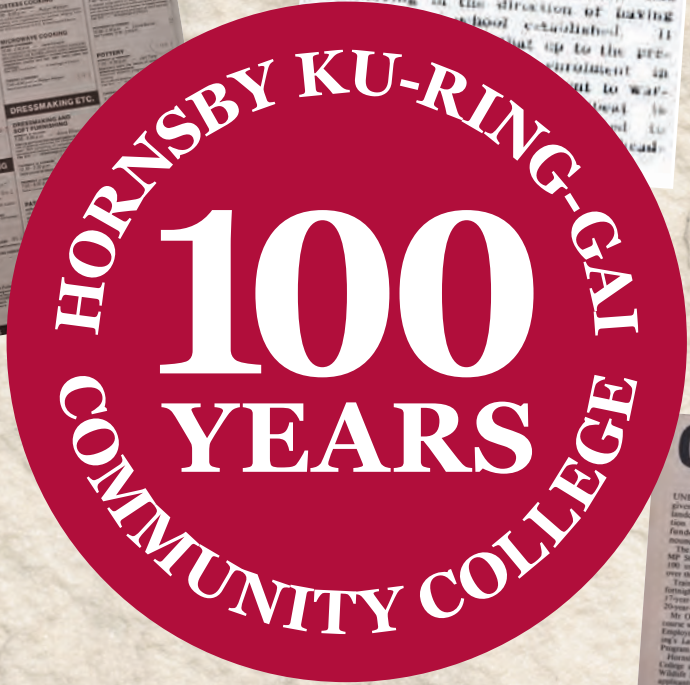
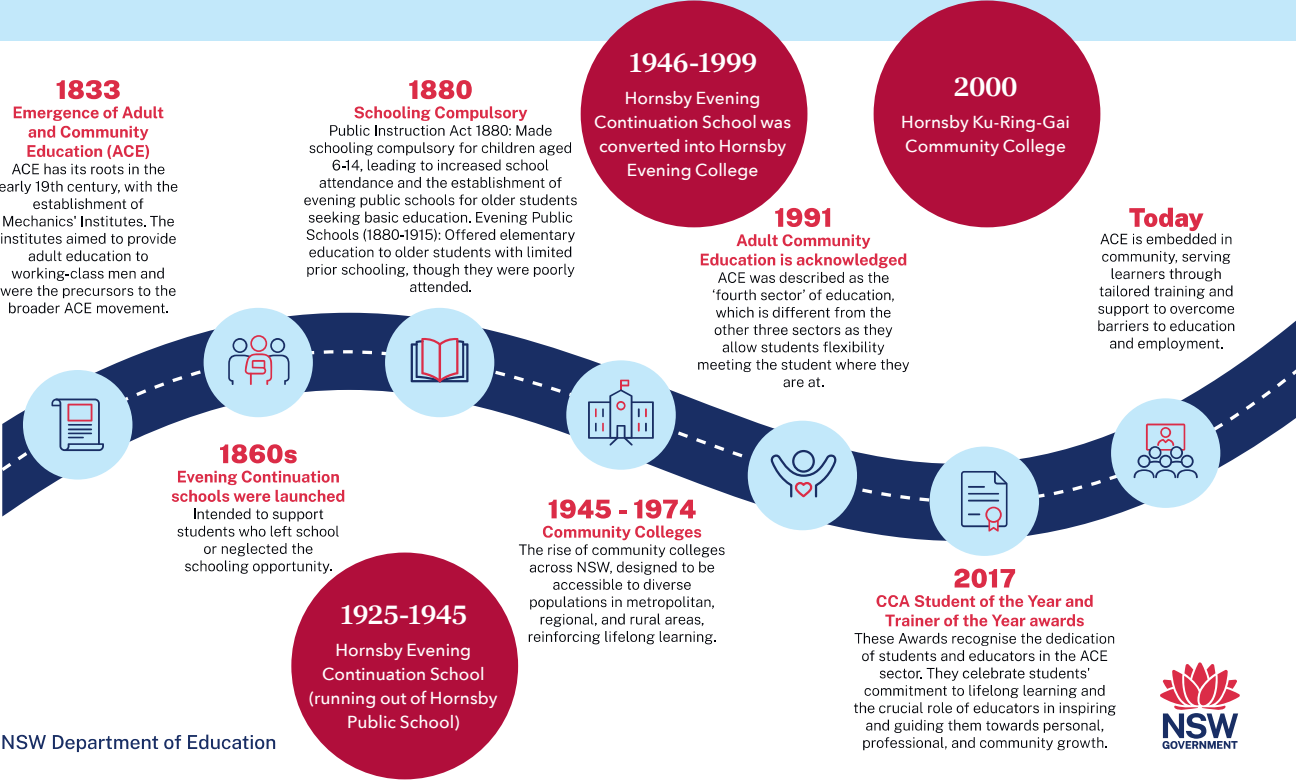
Looking Ahead

As we celebrate our past, we look forward to the future—expanding programs, deepening community impact, and continuing to be a place where **learning changes lives**.

HKCC's Milestones: Embedded in the Journey of Adult and Community Education

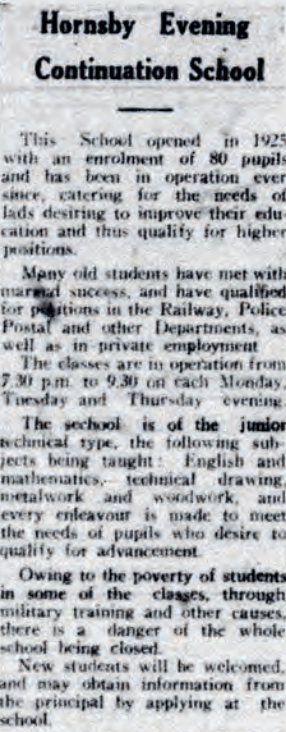
Adult and Community Education Journey Timeline

Delivering tailored education to empower all people in NSW with equitable access to lifelong learning opportunities



A Century of Change and Continuity

Our journey began with a simple mission: to provide accessible education for those seeking better opportunities—many returning from military service and striving for a brighter future. From mums attending night classes in the 1980s to today's learners gaining qualifications in high-demand sectors, HKCC remains committed to second chances and personal growth.



HKCC Stories:

My involvement with HKCC since 1984: From English Student to Papertole Tutor Marlies Davey (Linssen)

My late husband and I moved to Hornsby in 1984. Coming from the Netherlands a few years earlier we were interested in improving our English and when we saw an English course advertised at HKCC we both attended. It surprised us however that most of the students were born in Australia and somehow had missed out on a proper education in their younger years.

Being craft minded, I also enrolled in a HKCC pottery class for a few terms and thoroughly enjoyed this. At this time the classrooms were in the Hornsby TAFE, next to Hornsby Council offices and HKCC head office was in Jersey Street where the Fusion shop is located.

When we started a family, I stopped working and I began making Papertole (3-dimensional) pictures at home and sold these at markets or local art & craft shows. I had studied Art in the Netherlands and a lot of Papertole prints were by a Dutch Artist named Antien Pieck. Several people asked me if I could teach them this craft and speaking to Brian Milligan, who was the principal of HKCC at the time, he thought this would be a wonderful new course for the college. So, in February 1993, I started teaching Papertole at HKCC and am still doing so today, 32 years later.

In the earlier years of Papertole, I felt like I was teaching English as well, as many of my students came from China, Hong Kong or Japan. By naming all the items in the Papertole prints they picked up a lot of new words. Many of my students have returned term after term and a number of them are more like good friends now. Quite a few of my students have exhibited at the Royal Easter Show and have often won prizes and I am immensely proud of their achievements.

In the earlier years I had a day class and an evening class but I had to give up my evening class after my husband passed away so I could be home with my children.

Over the years I have attended other classes offered by the College e.g. Remedial Massage, Website design, Train the Trainer, Silver jewellery, Canva, Resin Cheese Boards and in the last couple of years with my Australian husband Leigh, Italian and Yoga. All these classes have been very enjoyable and informative, and the office staff and course coordinators have always been very friendly and helpful and I always look forward to the annual Art Show which is a great opportunity to catch up with everyone.



Italian Student Pasquale Vartuli

I joined an Italian Class at HKCC in 2022, for Saturdays, with my wife, Margie.

I was not a good student, even though we had an exceptional teacher.

My problem was that I still remembered - resented more like - when I was forced to attend Italian classes, on a Saturday, when I was still at school! When I retired from the workforce in Nov 2024, I decided to learn Italian, properly this time, so when the course was available on Wednesdays, I immediately enrolled, as I now could attend Wednesday classes.

I am hamstrung by the fact that my family, when I was growing up, only spoke the Calabrese dialect, which is not proper Italian.

I am now on my way to speak proper Italian, so that I can "tell off" my relatives and other nosey people in the village I was born in, in 1957 - Arena, in Calabri.



We'd love to hear your memorable experiences at HKCC!
If you have a special story or moment
you'd like to share with us, please submit it via our website



From Student to Teacher Janet Meggitt

I started first as a student and loved the class. I discovered a dance style that was elegant, fun and great exercise. My confidence grew, and some of us performed at the Middle Eastern Dance Festival and numerous other performances. I developed a self belief and when I was dressed in my costume, I became another person.

When the teacher announced that she was leaving, she asked me to take over the class. Over time, I realised that I needed to follow my heart and not try to emulate our former teacher. My confidence in teaching grew. I was a Primary School teacher at the time, however teaching adults is a completely different experience.

I encouraged my students to dress up for the class and invited a well known belly dancer to come which she did and brought with her beautiful coin scarves and other items which the women loved. HKCC was a life changer. I developed a love of everything Middle Eastern. Food, music, instruments and costumes. I have a beautiful collection of veils, coin scarves, jewellery and beautiful skirts. I LOVE sparkly clothes and sequins.

Years ago, when I was fitter and younger, I would perform at friend's birthday parties and was also invited to dance at a fund raising evening.

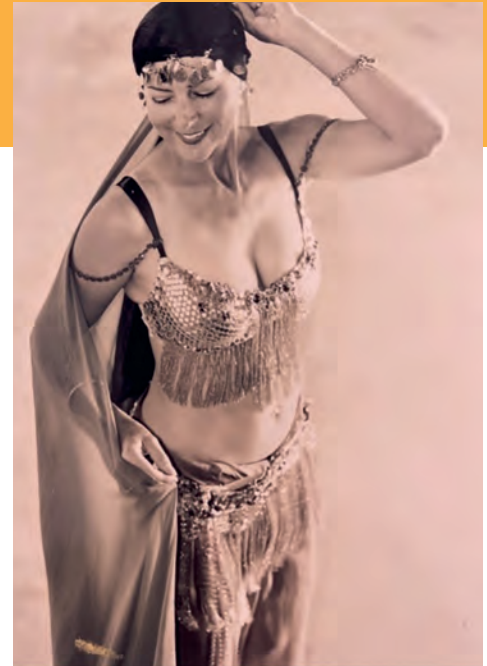
I still have women approach me and ask if I am still teaching or dancing. I have reached my "use by date" although up until a month ago, I would occasionally do a guest track at Zumba.

Belly dancing is a passion. I will be forever grateful to HKCC for instilling in me a love of dance.

I have many funny stories of my "belly dancing escapades". Maybe one day, I will write them all down.

The photo which I have included was a promotional shot. As I was doing casual teaching at my local school, I asked if the photo would not show too much cleavage. As it turned out, it did and the photo, which was a beautiful one, was printed in The Hornsby Advocate.

Thank you HKCC for the opportunity you gave me to grow and change. May you continue to offer your amazing classes.



HKCC Principal Inga Rosenberg

I first began working in the Adult Community Education sector in 2008, when I joined City East Community College, coordinating the Skilled Migrant Mentoring Program. It was incredibly rewarding to work on projects that made a meaningful difference in people's lives.

After relocating to Hornsby, I left the college in 2012 to explore other opportunities while raising my children. However, my heart remained with the Adult Community Education sector. In 2016, I reached out to Hornsby Ku-Ring-Gai Community College to inquire about potential vacancies. The following year, I was fortunate enough to be offered a casual position at reception, which later evolved into coordinating the Adult Community Education (ACE) Program, helping students with barriers to work or study build capacity.

I absolutely loved the work – from getting to know our students and watching them grow in confidence and skills, to collaborating with the many incredible community organisations that we partnered with over the years.

When I was offered the position of Principal in 2021, I felt honoured to be entrusted with this responsibility. It's been incredibly fulfilling to work with a team so passionate about supporting our community.

What I truly love about working at HKCC is how we respond to the pulse of our community. We listen, learn, and take action – whether by creating new programs, refining existing ones, collaborating with other organisations, or seeking funding to bridge gaps.

Reflecting on HKCC's 100-year history, it's clear that many of our core values have remained the same. While going through old photos and newspaper articles, I was struck by how familiar the stories felt – they could just as easily have been written today. A 1944 newspaper article, for instance, mentions free railway passes for students who couldn't afford to travel to the college. Even then, barriers to participation were acknowledged and broken down – a tradition of inclusivity and support that still drives us today.

As we celebrate HKCC's centennial, I'm reminded that this legacy of community-focused education has always been at our core. Just as we've done for the past 100 years, we'll continue to evolve, ensuring we meet the ever-changing needs of our students and community. I'm excited for what lies ahead and I'm proud to be part of a team that's shaping the next chapter of HKCC's story.



HKCC ART + MUSIC

Music and Art have the power to transform, illuminate, educate and inspire. Allow your inner artist to flourish in one of HKCC’s Art and Music classes.

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Acrylic Painting	APS-25262H	Sat	13:30 – 16:30	9	3 May – 5 Jul	Hornsby HQ	CC	\$290*
Art of Watercolour	AOW-25251H	Fri	10:00 – 13:00	9	9 May – 4 Jul	Hornsby HQ	CC	\$290*
Art of Watercolour for Beginners	AOWB-25231H	Wed	10:00 – 13:00	9	7 May – 2 Jul	Hornsby HQ	CC	\$290*
Ceramics	CC-25243H	Thu	18:00 – 20:30	8	22 May – 3 Jul	Hornsby HQ	JS	\$340*
Creative Crafts	CCTA-25261H	Fri	10:00 – 12:00	8	9 May – 27 Jun	Hornsby HQ	SB	\$275*
Drawing and Sketching	AF-25211O	Mon	09:30 – 12:00	8	5 May – 30 Jun		JY	\$255*
Introduction to Drawing	ITD-25241H	Thu	09:30 – 11:30	8	8 May – 26 Jun	Hornsby HQ	AS	\$265*
Painting	AZ-25242H	Thu	12:00 – 15:00	9	8 May – 3 Jul	Hornsby HQ	CC	\$290*
Painting your Favourite Style	PFS-25252H	Fri	14:00 – 16:30	8	9 May – 27 Jun	Hornsby HQ	JW	\$265*
Papertole	AT-25241H	Thu	09:30 – 11:30	8	8 May- 26 Jun	Hornsby HQ	MD	\$220*
Therapeutic Art and Craft	TA-25222H	Tue	13:00 – 15:00	8	6 May – 24 Jun	Hornsby HQ	SB	\$275*

MUSIC

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Guitar Beginner	PF1-25213M	Mon	19:00 – 20:00	9	28 Apr – 30 Jun	MMA	MMA	\$260
Guitar Beginner	PF1-25243M	Thu	18:00 – 19:00	10	1 May – 3 Jul	MMA	MMA	\$290
Guitar Intermediate	G21-25213M	Mon	18:00 – 19:00	9	28 Apr – 30 Jun	MMA	MMA	\$260
Keyboard Beginner	KB1-25223M	Tues	18:30 – 19:30	10	29 Apr – 1 Jul	MMA	MMA	\$290
Keyboard Beginner	KB1-25243M	Thu	19:00 – 20:00	10	1 May – 3 Jul	MMA	MMA	\$290
Singing	PS2-25233M	Wed	19:00 – 20:00	10	30 Apr – 2 Jul	MMA	MMA	\$290

* **Concession = \$10 discount** | **Tutors:** **JW** – Mr Jan Windus, **JY** – Jenny Young, **CC** – Cheree Connolly, **SB** – Sayo Burton, **MD** – Marlies Davey (Linssen), **JS** – Julianne Smallwood, **AS** – Aileen Sanjoto, **MMA** – Morgan Music Academy
Denotes new course Students/Tutors have received recognition award recently Denotes Online Course

HKCC LIFESTYLE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Bridge Club	RBC-25212H	Mon	13:30 – 15:30		Apr – Jul	Hornsby HQ	SW	\$12p/s^
Bridge for Beginners	BB-25252H	Fri	13:30 – 15:30	6	9 May – 13 Jun	Hornsby HQ	SW	\$170
Oracle Card Reading Level 1	OAR-25223H	Tue	17:30 – 19:30	8	6 May – 24 Jun	Hornsby HQ	MN	\$255
Chakras with Oracle Cards Level 2	JCO – 25243H	Thu	17:30 – 19:30	8	8 May – 26 Jun	Hornsby HQ	MN	\$255
Healthy Eating Sugar Shortcuts	HEE-25261H	Sat	10:00 – 12:00	1	21 Jun	Hornsby HQ	LS	\$55
Mahjong for Beginners	MJ-25242H	Thu	13:00 – 15:00	8	8 May – 26 Jun	Hornsby HQ	FC	\$230*
Mahjong Social Club	MJS-25242H	Thu	13:00 – 15:00		Apr – Jul	Hornsby HQ		\$5p/s^
Navigating Menopause	NMP-25261H	Sat	10:00 – 13:00	1	28 Jun		AR	\$125
Sewcial Sewing Day	SSD-25271H	Sun	10:00 – 15:00	1	29 Jun	Hornsby HQ	RD	\$30
Sewing for Beginners	SB2-25223H	Tue	18:15 – 20:15	8	6 May – 24 Jun	Hornsby HQ	RD	\$255
Sewing Improver	SWI-25261H	Sat	10:00 – 12:00	8	10 May – 5 Jul	Hornsby HQ	LA	\$255
Sew Stretch Fabrics	SLW-25271H	Sun	10:00 – 16:00	1	15 Jun	Hornsby HQ	RD	\$175

* **Concession rate available** | ^**Cost per session** | **Tutors:** **SW** – Susan Wade, **FC** – Flora Chan, **RD** – Romi Dupont-Louis, **MN** – Megan North, **AR** – Alison Rex, **LS** – Libby Salmon, **LA** – Lynne Allitt
Denotes new course

9482 1189

WWW.HKCC.NSW.EDU.AU

HKCC LEISURE AND WELLBEING

Optimise your health and wellbeing by participating in HKCC’s spiritual, social, and physical activities. Good health and happiness increase when we are moving and breathing in positive ways. Experience lasting benefits when you join one of our amazing health classes, with our talented and passionate HKCC Tutors!

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Aqua Aerobics	AA-25223MW	Tue	18:30 – 17:15	10	29 Apr – 1 Jul	Mt Wilga	COE	\$190
Ballroom Dancing	DBW-25243G	Thu	18:30 – 20:00	8	8 May – 26 Jun	HG	JM	\$195
Hatha with Yin Yoga	YY-25223SP	Tue	18:30 – 20:00	10	29 Apr – 1 Jul	Storey Park	MK	\$270
Line Dancing Beginner	LDB-25211P	Mon	09:30 – 10:30	8	5 May – 30 Jun	WPCH	CE	\$125*
Line Dancing Improver	LDI1-25212P	Mon	10:45 – 12:15	8	5 May – 30 Jun	WPCH	CE	\$180*
Line Dancing Beginner	LDB-25244H	Thu	18:00 – 19:00	8	8 May – 26 Jun	HWMH	RS	\$125*
Meditation	MED-25233H	Wed	18:00 – 19:00	9	7 May – 2 Jul	Hornsby HQ	DL	\$168
Awareness through Massage	MAS-25262H	Sat	14:00 – 16:00	1	17 May	Hornsby HQ	BS	\$55
Pilates	HP-25241T	Thu	09:45 – 10:45	9	8 May – 3 Jul	TUC	JW	\$185*
Rock n Roll	RNR-25243M	Thu	18:00 – 18:45	5	1 May – 29 May	MCCC	RM	\$99
Silver Treads	ST-25241A	Thu	10:00 – 10:45	10	1 May – 3 Jul	SAC	CC	\$200
Tai Chi/Qigong Intermediate	H2I-25213H	Mon	19:30 – 21:00	9	28 Apr – 30 Jun	HWMH	LK	\$170*
Tai Chi/Qigong Intermediate	H2I-25231H	Wed	10:00 – 11:30	9	30 Apr – 25 Jun	HWMH	LK	\$170*
Tai Chi/Qigong Beginners	H2B-25261H	Sat	11:00 – 12:00	9	3 May – 5 Jul	HWMH	LK	\$115*

Tennis classes for Beginner and Intermediate levels
Pickleball classes stage 1 and Stage 2 plus Social Games
Please refer to our website for details or call HKCC on 9482 1189.

* **Concession rate available** | **Tutors:** **JW** – Jo Wolfgarten, **KWTA** – Kim Warrick Tennis Academy, **CC** – Chris Curran, **LK** – Dr Larissa Koroleva, **CE** – Christine Engleheart, **RS** – Ros Straw, **RM** – Rina Masia, **MK** – Mira Kozik, **JM** – Janette McKenzie, **DA** – Deepika Jinda, **COE** – Cigdem O Ereren, **BS** – Bansi Somaiya
Denotes new course Seniors exercise class

We are proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS.



Peer Support Program

We’re excited to announce the launch of our first fully funded **Peer Support Program for people with a disability!** This program offers a fantastic opportunity to connect with others, build friendships, learn new skills and engage in fun, weekly leisure activities.

Each session will feature a local advocacy provider, giving you the opportunity to chat informally, ask questions, and learn about the available supports, all while enjoying the activities on offer.

Please call 9482 1189
or express your interest via our website:
www.hkcc.nsw.edu.au

VISIT
WWW.HKCC.NSW.EDU.AU
FOR FULL COURSE DETAILS, OR CALL
HKCC ON 9482 1189

HKCC: CHANGING LIVES SINCE 1925



HKCC PATHWAYS

FOUNDATION SKILLS

FSK10119 CERTIFICATE I IN ACCESS TO VOCATIONAL PATHWAYS

- Prepare to participate in a learning environment FSKLRG001
- Engage in short and simple spoken exchanges at work FSKOCM002
- Read and respond to short and simple workplace information FSKRDG004
- Write short and simple workplace formatted texts FSKWTG002
- Participate in familiar spoken interactions at work FSKOCM003
- Use whole numbers and halves for work FSKNUM003
- Use short and simple strategies for work-related learning FSKLRG004
- Use basic and familiar metric measurements for work FSKNUM004
- Use simple data for work FSKNUM007
- Use digital technology for short and basic workplace tasks FSKDIG001
- Use digital technology for routine and simple workplace tasks FSKDIG002

FSK10219 CERTIFICATE I IN SKILLS FOR VOCATIONAL PATHWAYS

- Participate in work placement FSKLRG006
- Use oral communication skills for effective workplace presentations FSKOCM005
- Read and respond to simple workplace information FSKRDG007
- Read and respond to routine workplace information FSKRDG010
- Write simple workplace information FSKWTG006
- Use simple strategies for work-related learning FSKLRG008
- Use short and simple strategies for career planning FSKLRG003
- Contribute to health and safety of self and others BSBWHS211
- Use whole numbers and simple fractions, decimals and percentages for work FSKNUM008
- Use digital technology for non-routine workplace tasks FSKDIG003
- Use business resources BSBOPS101

FSK20119 CERTIFICATE II IN SKILLS FOR WORK AND VOCATIONAL PATHWAYS

- Use strategies to respond to routine workplace problems FSKLRG009
- Use oral communication skills to participate in workplace teams FSKOCM006
- Write routine workplace texts FSKWTG009
- Use routine strategies for work-related learning FSKLRG011
- Calculate with whole numbers and familiar fractions, decimals and percentages for work FSKNUM014
- Estimate, measure and calculate with routine metric measurements for work FSKNUM015
- Interact effectively with others at work FSKOCM007
- Interpret, draw and construct routine 2D and 3D shapes for work FSKNUM016
- Use familiar and routine maps and plans for work FSKNUM017
- Use routine strategies for career planning FSKLRG010
- Write complex workplace texts FSKWTG010
- Use business software applications BSBTEC201
- Plan and prepare for work readiness BSBPEF101
- Support personal wellbeing in the workplace BSBPEF201

Course Guide Design and Graphics

Craig Sutton, The Design Group
www.thedesigngroup.com.au

JOB READY SKILLS

BSB10210 CERTIFICATE I IN WORKPLACE SKILLS

- Use business resources BSBOPS101
- Plan and prepare for work readiness BSBPEF101
- Apply communication skills BSBCEM211
- Work effectively in business environments BSBOPS201
- Engage with customers BSBOPS202
- Contribute to the health and safety of self and others BSBWHS211

BSB20120 CERTIFICATE II IN WORKPLACE SKILLS

- Apply communication skills BSBCEM211
- Work effectively in business environments BSBOPS201
- Plan and apply time management BSBPEF202
- Participate in sustainable work practices BSBUS211
- Contribute to the health and safety of self and others BSBWHS211
- Develop and apply thinking and problem solving skills BSBCEM201
- Use business software applications BSBTEC201
- Use digital technologies to communicate in a work environment BSBTEC202
- Work effectively with others BSBTWK201
- Deliver a service to customers BSBOPS203
- Use business resources BSBOPS101
- Plan and prepare for work readiness BSBPEF101
- Apply communication skills BSBCEM211
- Work effectively in business environments BSBOPS201
- Engage with customers BSBOPS202
- Contribute to the health and safety of self and others BSBWHS211

BSB30120 CERTIFICATE III IN BUSINESS

- Apply critical thinking skills in a team environment BSBCEM311
- Support personal wellbeing in the workplace BSBPEF201
- Participate in sustainable work practices BSBUS211
- Use inclusive work practices BSBTWK301
- Assist with maintaining workplace safety BSBWHS311
- Engage in workplace communication BSBCEM301
- Use business software applications BSBTEC201
- Design and produce business documents BSBTEC301
- Use digital technologies to collaborate in a work environment BSBTEC404
- Write simple documents BSBWRT311
- Contribute to continuous improvement BSBSTR301
- Design and produce spreadsheets BSBTEC302
- Create electronic presentations BSBTEC303

SHORT COURSES

Barista Basics - Operations

**Fri, 09:30 - 14:30, 4 sessions, 16 May - 6 Jun
HKCC and WC \$0.00*~**

This short course includes technical barista skills training (3.5 hours, non-accredited) and learning to work to organisational standards, managing workload and working as part of a team.
The training will be delivered as part of the accredited unit BSBOPS201 Work effectively in business environments.

*** Fee Free Training: Targeted Skills for Small Business (TSB) Program
~ Adult Community Education (ACE) Program**

JOB READY ACCREDITED AND SUBSIDISED

JOB READY SKILLS

CHC33021 CERTIFICATE III IN INDIVIDUAL SUPPORT

- Provide individualised support CHCCCS031
- Facilitate the empowerment of people receiving support CHCCCS038
- Support independence and wellbeing CHCCCS040
- Recognise healthy body systems CHCCCS041
- Communicate and work in health or community services CHCCOM005
- Work with diverse people CHCDIV001
- Work legally and ethically CHCLEG001
- Apply basic principles and practices of infection prevention and control HLTINF006
- Follow safe work practices for direct client care HLTWHS002

PLUS 6 electives from the list below and

120 hours of mandatory work placement

- Recognise and report risk of falls CHCAGE007
- Promote Aboriginal and/or Torres Strait Islander cultural safety CHCDIV002
- Assist clients with medication HLTHPS006

GROUP A - AGEING

- Provide support to people living with dementia CHCAGE011
- Work effectively in aged care CHCAGE013
- Deliver care services using a palliative approach CHCPAL003

GROUP B - DISABILITY

- Contribute to ongoing skills development using a strengths-based approach CHCDIS011
- Support community participation and social inclusion CHCDIS012
- Work effectively in disability support CHCDIS020

ICT30120 CERTIFICATE III IN INFORMATION TECHNOLOGY

- Develop and extend critical and creative thinking skills BSBCEM301
- Securely manage personally identifiable information and workplace information BSBXCS303
- Identify IP, ethics and privacy policies in ICT environments ICTICT313
- Apply introductory programming techniques ICTPRG302
- Create ICT user documentation ICTICT309
- Apply introductory object-oriented language skills ICTPRG430
- Work in a team BSBXTW301
- Run standard diagnostic tests ICTSAS308
- Build simple web pages ICTWEB304
- Maintain interactive content CUADIG211
- Maintain and repair ICT equipment and software ICTSAS309
- Provide ICT advice to clients ICTSAS305



The Nationally Recognised Training NRT logo indicates accreditation meeting national training standards that lead to a nationally recognised qualification.

NOTE: The units of competency listed within the qualifications on this brochure have been edited for promotional purpose. Please call or visit HKCC's website for specific information on each unit of competency.

SUPERVISORY QUALIFICATIONS

CHC43015 CERTIFICATE IV IN AGEING SUPPORT

PRE-REQUISITE CHC33015 OR CHC33021 CERTIFICATE III IN INDIVIDUAL SUPPORT

- Facilitate the interests and rights of clients CHCADV001
- Coordinate services for older people CHCAGE003
- Manage legal and ethical compliance CHCLEG003
- Implement interventions with older people at risk CHCAGE004
- Facilitate individual service planning and delivery CHCCCS006
- Develop and maintain networks and collaborative partnerships CHCPRP001
- Deliver care services using a palliative approach CHCPAL001
- Assist clients with medication HLTHPS006
- Support independence and wellbeing CHCCCS023
- Work with diverse people CHCDIV001
- Recognise healthy body systems HLTAAP001
- Follow safe work practices for direct client care HLTWHS002
- Facilitate the empowerment of older people CHCAGE001
- Provide support to people living with dementia CHCAGE005
- Meet personal support needs CHCCCS011
- Support relationships with carers and families CHCCCS025
- Provide loss and grief support CHCCCS017
- Promote Aboriginal and/or Torres Strait Islander cultural safety CHCDIV002

PLUS 120 hours of mandatory work placement

Talk to us about Traineeships - 9482 1189



This icon denotes courses which attract NSW Government funding under **Smart and Skilled**.

You may be eligible if you are: 15 years or older, have left school, live or work in NSW and are an AUS or NZ citizen, AUS permanent resident or humanitarian visa holder.

ADULT COMMUNITY EDUCATION PROGRAM (ACE)

Smart and Skilled eligible students with barriers to study can access this funding to build capacity. It allows learners to enrol in individual units up to a Certificate III, meeting their specific training needs.

TARGETED SKILLS FOR SMALL BUSINESS (TSB)

Small business owners and their employees who meet the Smart and Skilled eligibility criteria can access fully funded training in targeted courses in information technology, business services and foundation skills.

RECOGNITION OF PRIOR LEARNING (RPL)

If you already have the required skills and knowledge against a relevant nationally recognised unit of competency, please contact HKCC for further information.

Find out more about the pre-enrolment process via our website. RTO 90232





HKCC ADULT + COMMUNITY EDUCATION (ACE)

PROFESSIONAL DEVELOPMENT SHORT COURSES

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
AI for Business 	AIB-25245H	Thu	18:00 – 20:00	1	29 May	Hornsby HQ	AT	\$100/\$0*
Everyday Digital Skills: Computer and Internet Essentials 1	EDS1-25231H	Tue	09:30 – 12:30	3	07 May – 21 May	Hornsby HQ	CW	\$225/\$0*
Everyday Digital Skills: Computer and Internet Essentials 2	EDS2-25231H	Tue	09:30 – 12:30	3	04 Jun – 18 Jun	Hornsby HQ	CW	\$225/\$0*
Barista Basics Operations	BB1-25221HW	Tue	09:30 – 14:30	4	13 May – 03 Jun	Hornsby HQ Withams	CH	\$400/\$0*
Office Applications	OAN-25251H	Fri	09:30 – 14:30	6	02 May – 06 Jun	Hornsby	CH	\$350/\$0*
Xero	X-25251H	Fri	10:00 – 16:00	1	06 Jun	Hornsby HQ	SC	\$180/\$0*
Social Media Marketing and Content Creation	SB2-25235H	Wed	18:00 – 21:00	1	30 Apr	Hornsby HQ	SA	\$150/\$0*

ENGLISH SECOND LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
English Beginners/Intermediate	EC1-25211KO	Mon	09:30 – 11:30	10	28 Apr – 30 Jun	Hornsby HQ	KO	\$220/\$0*
English Advanced	EC3-25251KO	Fri	09:30 – 11:30	10	02 May – 04 Jul	Hornsby HQ	KO	\$220/\$0*
English Intermediate 中级英语	EC2-25211FC	Mon	09:30 – 13:00	10	28 Apr – 30 Jun	Hornsby HQ HKCC校址	FC	\$220/\$0*
English Intermediate 中级英语网上授课 	EC2-25221FC	Tue	09:30 – 13:00	10	29 Apr – 01 Jul	 网上授课	FC	\$220/\$0*
English Foundation 初级英语	EFO-25231FC	Wed	09:30 – 12:00	10	30 Apr – 2 Jul	Hornsby HQ HKCC校址	FC	\$220/\$0*
English Beginners 初级英语网上授课 	EB-25241FC	Thu	09:30 – 12:00	10	01 May – 3 Jul	 网上授课	FC	\$220/\$0*

* **Funding available (See below)** | **Tutors:** **CH** – Craig Hamilton, **FC** – Flora Chan, **KO** – Kaylie O’Hare, **CW** – Colin Wong, **SC** – Sylvia Codd, **SA** – Stephanie Aceglav (Media for Millennials), **AT** – Andrew Third
 Denotes new course  Denotes Online Course

FEE FREE TRAINING:

* ADULT COMMUNITY EDUCATION (ACE) PROGRAM

This training attracts full NSW Government funding if you meet the following criteria:

- Aged 15 or over
- No longer at school or equivalent
- Live or work in NSW
- Meets one of the following:
Australian citizen,
Australian permanent resident,
New Zealand citizen,
Humanitarian visa holder

• and one of the following:

- **Aboriginal or Torres Strait Islander**
- **Receiving government benefits** or are a dependent of someone who does
- **Living with a disability**
- **Dependent of someone with a disability**
- **Low language, literacy, numeracy or digital skills**
- **Culturally and linguistically diverse (CALD)**
- **Unemployed, working part-time, or returning to work**
- **Experiencing financial hardship**
- **Facing personal challenges**
(e.g., family/domestic violence, recovery from addiction, or involvement with the justice system)
- **Aged 15 - 24 and at risk of not continuing education or finding a job**
- **Did not complete year 12 or equivalent**
- **TSB funding stream (for small business owners or employees)**

VISIT
WWW.HKCC.NSW.EDU.AU
FOR FULL COURSE DETAILS, OR CALL
HKCC ON 9482 1189
HKCC: CHANGING LIVES SINCE 1925



SENIORS DIGITAL TECHNOLOGY TRAINING

TECH SAVVY SENIORS

Tech Savvy Seniors is a NSW Government initiative in partnership with Telstra, offering **subsidised training** to seniors aged 60+. Photo ID is required.



COURSE NAME	COURSE CODE	DAY	TIME HRS	DURATION	SITE
Introduction to Cyber Safety	TSSSC-25251HQ	Fri	10:00 – 12:00	16 May	Hornsby HQ
Introduction to Smart Phones	TSSSP-25251HQ	Fri	10:00 – 11:30	30 May	Hornsby HQ
Transport Apps	TSSSPA-25251HQ	Fri	10:00 – 11:30	20 Jun	Hornsby HQ
Shopping Online	TSSCS-25251HQ	Fri	10:00 – 11:30	4 July	Hornsby HQ

BE CONNECTED

Be Connected is an Australian Government funded program for learners over the age of 50, funding one-on-one mentoring and small classes.

COURSE NAME	COURSE CODE	DAY	TIME HRS	DURATION	SITE
Digital Group Mentoring Sessions	BECGS-25221H	Tue	10:00 – 11:30	6 May – 1 Jul	Hornsby HQ
Digital Group Mentoring Sessions	BECGS-25222H	Thu	15:00 – 16:30	8 May – 26 Jun	Hornsby HQ
Digital Mentoring One-on-One	DM50-25231H		By Appointment		Hornsby HQ
Digital Mentoring One-on-One	DM50-25231H	Wed	By Appointment (09:30 – 12:00)	4 May – 26 Jun	Hornsby HQ

VOLUNTEER WITH US: DIGITAL VOLUNTEER MENTORING!

YOU CAN HELP TOO, BY BECOMING A DIGITAL MENTOR!
We’re looking for volunteers to assist and support the Be Connected digital literacy program by mentoring others. You don’t have to be over 50, just interested in using your skills and knowledge to help others.
Email **volunteers@hkcc.nsw.edu.au** or phone **9482 1189** for more information.

COURSE NAME	COURSE CODE	TIME HRS	DURATION	SITE
Mentor Training 	BECMTS-25242H	13:30 – 15:30	15 May, 29 May, 12 Jun, 26 Jun	Hornsby HQ 

 Denotes Online Course

As we celebrate our 100th year, HKCC honours our enduring partnership with Mission Australia, a steadfast ally in supporting those in need within our community. Mission Australia provides vital nationwide services, including safe housing, support for disadvantaged children and families, empowerment for at-risk youth, and assistance for individuals with mental health issues and disabilities.

They are now offering a new FREE service for residents in the Northern Sydney and Northern Beaches areas, connecting individuals from culturally and linguistically diverse (CALD) backgrounds and those experiencing homelessness to local GP services. Mission Australia links people to multilingual, bulk-billing GPs, along with a registered nurse offering free health assessments, including mental health support.



VENUES

24/7 Gym HG

Studio 2, 100 George St, Hornsby

Hornsby Headquarters HQ

Level 1, 45 Hunter St, Hornsby

Hornsby War Memorial Hall HWMH

2 High St, Hornsby

KWTAH Tennis Courts Hornsby

12A Edgeworth David Ave, Hornsby

KWTAW Tennis Courts Waitara

Cnr Edgeworth David Ave and Park Ave, Waitara

Morgan Music Academy MMA

104/2 Burdett St, Hornsby

Mount Colah Community Centre MCCC

6X Pierre Cl, Mount Colah

Mt Wilga Pool

66 Rosamond St, Hornsby

St Andrews Church SAC

2 Water St, Wahroonga

St Ives CGC

Community Groups Centre

Rm 6, Cnr Mona Vale Rd/Rosedale Rd, St Ives

St Peter’s Anglican Church

C/O 207 Peats Ferry Rd, Hornsby

Storey Park, Fowler Hall

12 Old Berowra Rd, Hornsby

Turramurra Uniting Church TUC

Colonnade Room,

10 Turramurra Ave, Turramurra

West Pymble Community Hall WPCB

Loftberg Rd, West Pymble

Witham’s Coffee WC

5 Salisbury Road, Hornsby

HKCC LANGUAGES

Bonjour, Ciao, Hola, Nǐ hǎo, Kon'nichiwa! Get ready for your next overseas trip with us! Our Language Tutors are second to none, always aiming to tailor classes to the needs of their students. Call us to discuss a level suited to you.

FRENCH LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Beginners	FB-25222H	Tue	14:00 - 16:00	6	22 Apr - 27 May	Hornsby HQ	JR	\$195*
Continuers	FB2-25221H	Tue	11:00 - 13:00	6	22 Apr - 27 May	Hornsby HQ	JR	\$195*
Intermediate	FFI-25232H	Wed	13:30 - 15:30	5	23 Apr - 21 May	Hornsby HQ	JR	\$160*
Extension	FE-25223H	Tue	17:30 - 19:30	6	22 Apr - 27 May	Hornsby HQ	JR	\$195*
Extension	FE-25212S	Mon	12:30 - 14:30	8	5 May - 30 Jun	St Ives (CGC)	RW	\$250*

ITALIAN LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Beginners	IBC-25233H	Wed	15:00 - 17:00	8	7 May - 25 Jun	Hornsby HQ	AS	\$250*
Continuers	IC-25232H	Wed	12:30 - 14:30	8	7 May - 25 Jun	Hornsby HQ	AS	\$250*
Extension	IE-25231H	Wed	10:00 - 12:00	8	7 May - 25 Jun	Hornsby HQ	AS	\$250*

MANDARIN LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Beginner	MB1-25223H	Tue	18:00 - 20:00	8	6 May - 24 Jun	Hornsby HQ	BC	\$250*
Beginner Continuers	MBC-25243H	Thu	18:00 - 20:00	8	8 May - 26 Jun	Hornsby HQ	BC	\$250*

JAPANESE LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Absolute Beginners	JAB-25213H	Mon	14:45 - 16:15	6	28 Apr - 2 Jun	Hornsby HQ	KT	\$190
Beginners	JB-25211H	Mon	10:00 - 12:00	7	28 Apr - 16 Jun	Hornsby HQ	KT	\$220*
Beginners Continuers	JBC-25262H	Sat	12:30 - 14:30	7	3 May - 21 Jun	Hornsby HQ	KT	\$220*
Beginner Continuers	JBC-25212H	Mon	12:30 - 14:30	7	28 May - 16 Jun	Hornsby HQ	KT	\$220*
Extension	JE-25261H	Sat	10:00 - 12:00	7	3 May - 21 Jun	Hornsby HQ	KT	\$220*

* **Concession = \$10 discount** | **Tutors:** **JR** - Jocelyn Read-Clive, **RW** - Robyn Williams, **AS** - Alessandra Stefanutti, **BC** - Bill Cong, **KT** - Kimiko Tsukada



SEEKING TRAINER AND/OR ASSESSOR FOR FIRST AID AND BARISTA SKILLS

Please send your resume and cover letter to
enquiries@hkcc.nsw.edu.au



Hornsby Ku-Ring-Gai Community College Inc
ABN 20 410 295 360 | RTO 90232
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enquiries@hkcc.nsw.edu.au | 9482 1189
www.hkcc.nsw.edu.au



The Plumbing Hack Every Pet Owner Needs!



Orsa, Rohan's beloved 2 year-old black German Shepherd with her self-filling water bowl



Rohan installing the self-filling bowl to the outside hose tap

If you've ever come home to an empty water bowl and a very thirsty pup, you know the guilt that follows. Hydration is essential for our furry friends, but keeping up with their water needs can be a hassle—especially during hot Aussie summers. That's where self-filling dog bowls come in, and as a plumber, I think they're a game-changer!

A self-filling dog bowl is a simple, clever addition to your home that connects directly to your water supply, ensuring fresh water is always available for your pet. No more refilling, no more worrying—just happy, hydrated pets!

We've installed these for plenty of local pet lovers, and the feedback has been incredible. One of our customers, Sarah from Baulkham Hills, told us, "It's been a total lifesaver! We never have to worry about Koby running out of water, even on the hottest days."

My top installation tip is placing them in a shaded spot outdoors so the water doesn't heat up during Summer. You can purchase the bowls at most plumbing retailers like Reece, Cooks or even online at Amazon. Make sure only a professional installs it. I've seen too many DIY's turned 'DI Why Did I Do This?!'.

- Rohan Zampieri, Owner of Precision Pipes



For more helpful tips and suggestions, visit www.precisionpipes.com.au

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The Perfect Sport for Older Australians at Thornleigh Squash

Claudia Butjerevic

Squash is one of the healthiest sports to play. It lowers blood pressure, increases muscle strength, improves flexibility, and helps with coordination and bone density. It can be played solo or with a partner.

To make the deal sweeter, squash isn't subject to the temper of the sky — it is an indoor sport that can be played year-round.

This all combines to make a great option for older Australians who are want to stay active and have an opportunity for socialisation.

Established in 1979, Thornleigh Squash and Fitness is teeming with both regular squash enthusiasts and novices. At Thornleigh Squash and Fitness, there is access to individual and group coaching, a Pro Shop for purchasing equipment, internal and external competitions, personal training, and restringing services. The facility has specialised balls that bounce higher than usual to aid those with joint issues when they play.



PICTURED: Thornleigh Squash participants

On the premises, there is a fully licensed bar, a large venue space, and Jimmy's Smash Burgers outside the door. All ages are welcome, and encouraged, to pick up a racket and play.

Harry, aged 68, has been coming to Thornleigh Squash since it opened its doors.

'You can get a lot more exercising in 30 minutes of squash than you can with anything else,' he says. 'There's a lot of people here in my generation and older.'

One of the oldest squash players coming to Thornleigh Squash is Bruce, who is 88 years young, and has been playing squash for 70 years.

'I enjoy squash, you get a lot of exercise very quickly,' says Bruce. 'I play and if I win, I win, and if I don't, I play another game.'

Hoy, a Malaysian immigrant in his 70s, loves the social aspect of coming to Thornleigh Squash. 'I love to joke with my partners... come and meet friends... it's a great way to de-stress.'

Nicki, 67, has played for 40 years but took a lengthy break before returning. 'I used to dream about it,' says Nicky, laughing. 'I like the tactics, trying got analyse what the other player is going to do... I don't have any friends who play squash, so the fact that Thornleigh Squash organises competitions means I can come along and always have someone to play with.'

Year-round, the centre has Social Round Robin matches every Saturday, Friday, and Thursday for casual participants and members.

Visit www.thornleighsquash.com






Second Hand HORNSBY Market

Sunday April 13, 2025
9am – 1pm

Coronation StrEat, Hornsby

For more details scan the QR code or visit: hornsby.nsw.gov.au/market




OVER 30 SECOND-HAND STALLS

Castle Cove Tree Vandals Still At Large

In July 2023, 256 trees were deliberately destroyed in H.D. Robb Reserve, Castle Cove.

The destruction equated to the size of 14 tennis courts, or 3600 metres squared. Vandals used a variety of chemicals and cut the trees with chainsaws. Among the destroyed trees was a 21-metre Sydney angophora believed to have been 80 years old. It is the largest tree vandalism investigation in the area's history.

Despite continuous effort by Willoughby City Council to gather evidence and prosecute the guilty party, the case has reached an impasse

Mayor Tanya Taylor has called on the NSW state government to review the tools and barriers available to take effective action against tree vandalism. In a meeting, Mayor Taylor presented three key points and seven recommendations from Council for the state government to consider. The meeting included NSW Minister for Planning and Public Spaces Paul Scully, Minister for Climate Change & Energy Penny Sharpe, Member for Bennelong Jerome Laxale, Mayor of Lane Cove Merri Southwood, and Mayor of Hunters Hill Zac Miles.

'We simply need more support in our efforts to investigate tree vandalism to ensure that this doesn't become an even larger issue,' says Mayor Taylor.

Australia's Biggest Morning Tea

REGISTRATIONS are open for Australia's Biggest Morning Tea. Every May, across the country, Australians come together to raise life-saving funds to fight against cancer.

Cancer Council encourage individuals, community groups, and businesses to take part by hosting a morning tea event or attending one.

Funds raised by the Biggest Morning Tea will go directly to Cancer Council's research, prevention, advocacy, and support programs. Officially, Australia's Biggest Morning Tea is held on the 22nd of May. Though, Aussies can host an event in any time during May or June.

To get involved, register a morning tea today or donate at biggestmorningtea.com.au

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Volunteer Expo

Interested in volunteering in our community?

Come along to our Volunteer Expo and chat with organisations about opportunities in the Upper North Shore Area. Speak to volunteers about their experiences and find a role that suits your interests and skills.

Suitable for 12 years and older.

Come and also enjoy a free coffee made by a local young person.

Gordon Library
799 Pacific Highway, Gordon

Wednesday 16 April, 11am - 2pm

krg.nsw.gov.au/volunteere expo



The Soup Pitch Event

HAVE an idea to make our community a better place? We want to hear from you!

The Social Local Collective is a new not-for-profit organisation passionate about building happier, healthier communities. We're looking for ideas that can make a real difference—and we want to support you in making them happen!

Join us for a Soup Pitch Night, where your idea could win some funding and community backing it needs to come to life.

How it works:

- Enjoy a delicious bowl of soup for just \$12.

- Funds raised go into the prize pool.

- Pitch your idea to the community.

- Everyone votes for their favourite idea.

- The winning idea receives the funds to get started!

It's a great opportunity to connect with like-minded locals, share your vision, and inspire others to take action. Whether you have an idea, want to support grassroots projects, or just love a good bowl of soup, come along!

When: Thursday, 1st May, 6-8 pm

Where: Salvation Army, 29-31

Burdett St, Hornsby

Have an idea? DM **0482 054 925** or email **hello@sociallocalcollective.com** to discuss and register your pitch.

Come on your own or come with friends! If you'd like to help by cooking, organising, or volunteering, we'd love to hear from you too.

Let's come together as neighbours, spark new initiatives, strengthen connections, and create solutions that support our community.

www.sociallocalcollective.com

Join the Men's Table in North Sydney

Men's Table has an intro session coming up in North Sydney.

The not-for-profit organisation has 250 Men's Tables across Australia, and over 2,500 men participating. In the North Shore alone, Hornsby has 2, Crows Nest has 2, Kirribilli has 1, Lane Cove has 2, as well as Macquarie Park and

Epping.

Men's Table offers men around the country the opportunity to find meaningful connections with other men, and engage in insightful conversations. The organisation wishes to combat the "mateship crisis" in Australia, where 1 in 4 men have poor social networks, and 1 in 3 have experienced periods of loneliness, according to

data collected by Men's Table.

Intro sessions are known as "Entrees" and are for potential new Tables to be formed with men who are on waiting lists. Each Table consists of 8-12 men.

The upcoming sessions will be held at The Union Hotel on April 21 in North Sydney.

For more information, visit **themenstable.org**

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Am I Drinking Too Much?

David Bone

Counsellor at Straight Talk Australia Counselling

About a third of Australian's drink alcohol at harmful levels. If you're reading this article on the train and sharing a bench with two other passengers, odds are that one of you is hitting the bottle more than you should. But is it you?

It's a good question without an easy answer. If you're under 18, research says any alcohol will damage your still growing brain and we've known for a long time that drinking while pregnant has big risks for baby. For adults, the national guidelines say no more

than four standard drinks in one session and no more than ten standard drinks over seven days. At best it's a just a guesstimate that doesn't account for your sex, age or weight.

Don't get me wrong, counting your drinks is a good start and definitely gives you some insight into your drinking habits. But let's be honest, if you're pouring your own drinks at home you're not relying on a measuring glass.

We measure addition by negative consequences. The harm you're doing to your body is one thing, but you also have to look

at the damage your drinking has and is doing to your relationships, your career, your reputation, your bank balance. While they can be easily ignored, the negative consequences of your drinking grow over time, building one on top of the other.

To help you assess your drinking, Straight Talk Australia Counselling has developed a simple guide, ten direct questions to give you some straight answers about your drinking.

To download your free copy of this vital guide head online to

STAC.AU

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5 Life-Changing Benefits of Exercise Through Cancer

Karen Humphries
Empower Your Wellbeing

When I was first diagnosed with cancer, exercise was the last thing on my mind. My GP and physiotherapist explained the research behind its benefits.

At first, I was unsure, but I quickly realised that movement wasn't just about fitness—it was about preparing my body for the journey ahead. Working with my physiotherapist, Darren Pivetta, and the team at Dynamic Motion Physiotherapy made all the difference. Exercise became a crucial part of my survival.

1. Reduces Fatigue and Boosts Energy

Cancer-related fatigue can be overwhelming, but gentle movement helps. Short walks and stretching improved my circulation and oxygen levels, reducing exhaustion. I personally benefited from using an exercise bike and treadmill—even pedalling while on the chemo pole.

2. Supports Mental and Emotional Wellbeing

Having a great team is essential. On my toughest days, the encouragement from my physio team kept me moving. Exercise releases endorphins, which naturally boost mood and reduce stress, anxiety, and depression.

3. Helps Manage Treatment

Side Effects

Chemotherapy and immunotherapy caused joint pain and nausea. Exercise eased my discomfort, improved mobility, and gave me a sense of control over my body.

4. Maintains Strength and Mobility

Cancer treatments can weaken muscles and bones. Staying active helped me maintain my overall wellbeing, which was essential, especially after facing cancer twice.

5. Promotes Deep, Restorative Sleep

Movement helped regulate my sleep patterns, allowing my body to recover more effectively. Quality rest is essential for healing.

If you're facing cancer, talk to your GP or a qualified exercise professional. Research shows movement improves outcomes. Motivate yourself to move—you are stronger than you think.

Each month, I will be sharing information, personal tips and events to help you thrive through cancer.



By Rejimon Punchayil
Karis Life

Rise Again: Dignity After a Fall

While we've previously discussed falls prevention, the reality is that falls can still occur. When they do, the ability to safely regain one's footing is paramount. If no serious injury or medical attention is required, certain techniques can aid in self-recovery. Your Occupational Therapist can provide personalized guidance, and it's always crucial to consult your GP to address the underlying cause of the fall.

However, in many situations, especially at home, in retirement villages, or aged care facilities, assisting someone who has fallen can be challenging and potentially unsafe for a single caregiver. This is where innovative assistive technology, like the Raizer Lifter Chair, proves invaluable.

The Raizer is a battery-operated, mobile lifting chair designed to gently raise a fallen person to a near-standing position within minutes. It's designed for ease of use, requiring only one assistant for assembly and operation, minimizing physical strain. The process is simple: the components are placed around the fallen individual, assembled with minimal disruption, and then activated to lift.

This technology not only prioritizes the safety and comfort of the person who has fallen but also protects caregivers from potential injuries. With a safe working load of 150kg and easy transport in two

lightweight bags, the Raizer offers a practical and efficient solution. Its sleek design allows for a dignified lift, preserving the individual's sense of independence.

This innovative chair enables a single assistant to safely lift a large adult with minimal physical effort, beyond a supportive hand. For a visual demonstration of the Raizer in action, please visit www.Karis-Life.com.au, or their showroom where you can witness firsthand how this technology can restore dignity and independence after a fall. And remember, as April is Falls Awareness Month, it's a perfect time to consider all aspects of fall prevention and recovery.

Cancellation of New Schools in Chatswood and St Leonards

The Minns Labor Government has cancelled two planned schools in Chatswood and St Leonards.

With a growing population, the previous Liberal Government under Dominic Perrottet announced and planned a primary school on the corner of Mowbray Road and

Pacific Highway, and a new development St Leonards Education Precinct for preschool to Year 12 students.

The primary school, which has had \$25 million invested in planning, is not being pursued by the state government. St Leonards Education Precinct has been deemed

unnecessary given the capacity of existing surrounding schools.

'This is a shocking, short-sighted decision that I condemn and will fight every day until we have a state government that delivers the schools we need,' said Member for Willoughby, Tim James, in a statement.

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From Small Business Owner to Business Platform Founder: Eileen Zhang and The Australian Business Elite Club

As a small business owner, Eileen Zhang faced the common challenges of positioning and promoting her business effectively. This led to founding The Australian Business Elite Club (ABE) in 2018.

ABE has since evolved into a prominent business networking platform, bringing together industry leaders, business owners, and professionals. Its core values, the "three Cs"—connect, communicate, and collaborate—guide its mission.

ABE organises various business events, including The CEO Talks and Networking Events, providing members with opportunities to support one another, and promote their businesses.

In addition, ABE is committed to community and charity work. During COVID, ABE facilitated online seminars to help disseminate critical health information to the community, reaching over 100,000 people. ABE has also received multiple accolades, including the Outstanding Contribution Award for supporting the Salvation Army's 120th anniversary, and the Georges River Outstanding Community Awards from 2020 to 2022. Additionally, ABE supports The Lions Club of Sydney Synergy's charitable initiatives.

ABE continues to build on its success, aiming to further serve both business networks and the community.

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EDITION 66 – APRIL 2025



PICTURED:
Eileen Zhang
thepost.sydney

Shark Infested Waters or Harmless Aquatic Playground?



Oly Lee-Young

The unique landscape of Sydney's Lower North Shore is predicated on the estuaries that surround it, the Lane Cove River to the south and Middle Harbour to the north-east. With an absence of nearby open-water beaches, these rivers are often used by locals for various kinds of aquatic activities, whether its sailing, fishing, kayaking or swimming. Tit goes without saying that these waterways are shared with a diverse range of marine animals – sharks included. So how much of a risk is there really?

It was only a few weeks ago on the first day of February that three bull sharks were spotted circling near the Spit Bridge, as reported by the Mosman Collective. In January 2024, a 29-year-old woman swimming at Elizabeth Bay was attacked by a shark and suffered a serious injury to her leg.

According to the Australian Shark-Incident Database (ASID), shark bites have steadily increased in Australia. The leading theory for this is due to the rise of people engaging in water-based activities.

In other words, more people mean more attacks.

Dr Vanessa Pirotta is a marine scientist and founder of 'Wild Sydney Harbour' which seeks to educate the public on Sydney Harbour's wildlife. In response to these findings Pirotta said, **"We are more connected than ever, so if we hear of something like this, we will know about it."**

Yet, ASID only records shark-to-human interactions, meaning there's very limited data that considers the threat posed to our furry, four-legged friends – dogs.

Local dog groomer Graham Manley has been working with dogs in the North Shore for the last two years. **"I've had four dogs in the last six months [that were eaten by sharks] which is quite a lot in that space of time."** According to Mr Manley, the first incident occurred in the Northbridge area where a Labrador puppy was fetching a stick in the bay and **"disappeared without a splash."** In Riverview, two Cavoodles were swimming around a boat jetty when they too disappeared underwater and in mid-January this year, a large

dog was taken in the harbour off Longueville with no splashing.

Sydney Harbour is an important and regular habitat for the eastern Australian Bull shark. Research shows that they're the only potentially dangerous species of shark found all throughout Sydney Harbour.

Though for the most part, sharks stay out of our way. Dr Pirotta says sharks often get a "bad rap" from the media. **"Sharks are doing their thing and we're doing our thing,"** she said. **"We as humans sometimes forget the important ecological role that sharks play in the environment."**

Although a bull shark encounter remains relatively rare, the experts recommend all water-users to exercise caution especially during the summer and autumn months when water temperatures are at their highest, during nocturnal and twilight hours, and where shallow waters are close to steep drop-offs.

Whilst the research shows how rare a shark attack is, it still pays to be shark smart next time you head down to the riverbank.



Claudia Butjerevic

Beloved musical Annie has returned to Sydney at the Capitol Theatre.

Adapted from the 1924 comic strip Little Orphan Annie, the tale was transformed into a legendary musical with a book by Thomas Meehan, music by Charles Strouse, and lyrics by Martin Charnin.

Annie has been on Broadway, the West End stage, been subject to many revivals, and won Tony awards for Best Musical, Best Original Score, and Best Book of a Musical.

It has earned itself passionate fans and a famous reputation courtesy of the heartwarming story and iconic songs.

One such fan is Kristina MacNamara, who has been cast in the ensemble for the Sydney and Melbourne tour.

Living in Northbridge, Kristina has been involved with dance and theatre for most of her life, but fully committed herself to the industry in 2018. A student at the Neutral Bay School of Dance, alum of Brent Street, an acting coach, a singing teacher, a yoga instructor, Kristina has a wealth of knowledge.

"In my later 20s I rejigged my

life and made a second surge into the industry,' explains Kristina. **"You have to be 100% in or it doesn't work."**

Since, Kristina has been involved with Chicago, West Side Story, American Psycho, the Great Gatsby, Rocky Horror Picture Show, and Follies. She had auditioned for Annie previously, but she wasn't ready at the time. Now, Kristina is on the ensemble for the 2025 session.

As a child, Kristina watched the movie constantly.

"It was to the point when as a child I thought "is this unhealthy"?" says Kristina, laughing. **"The show lends itself to the underdog, and everyone likes a kid getting a chance."**

Growing up in an orphanage run by the evil Miss Hannigan, Annie emerges from the slums to stay in a mansion owned by billionaire Oliver Warbucks for a holiday. On a mission to find her birth parents, Oliver helps Annie by offering a reward. Evil Miss Hannigan enlists the help of her brother to foil the quest and take the reward money.

"It is timeless, and kid friendly," says Kristina. **"There is something about kids in the audience**



PICTURED: Kristina MacNamara
IMAGE COURTESY: Shane O'Connor

watching kids on stage, you see yourself up there... It is heart-warming to see bold kids defy odds and go from what they want."

Alongside Kristina, the cast is packed with locals. Dakota Chanel (12, Balgowlah Heights) is one of four youngsters playing the titular role of Annie. Francesca Kong (13, Riverview) is among those playing Pepper. Camille Nko'o (11, Double Bay) and Bianca Papa (11, Narrabeen) will be among those playing Duffy. Ellie Lang (8, Fairlight) and Arianna Lorusso (8, Beacon Hill) will play Molly. Yeshi Jehru (12, Dee Why) and Skye Spiden (11, Hunters Hill) will play Friday.

"If there is anything that stands out to me from this production it's watching confident young girls, and confident young kids, they are so impressive. Sometimes parents might not know how to get kids off their iPads, but a show like Annie is a safe bet," says Kristina.

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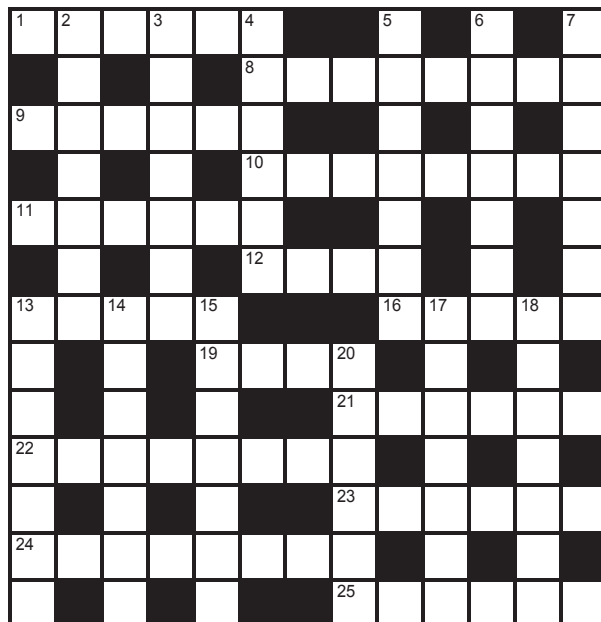
723

ACROSS

- 1 What is a hymn, as of devotion praise, or patriotism (6)
- 8 Name a Rodgers and Hammerstein Broadway hit (8)
- 9 Name an alternative term for a standard-bearer (6)
- 10 What do we call an elected local government representative (8)
- 11 What are surviving memorials of things past (6)
- 12 What is the radiance surrounding the head of a sacred personage (4)
- 13 Which term describes those who apply colour (5)
- 16 What is the jargon of a particular class, profession, etc (5)
- 19 What is a less familiar term for money (4)
- 21 Name another term for yearly (6)
- 22 What might we call a person who lingers idly (8)
- 23 Which term describes a whinger (6)
- 24 What is a highly annoying thing or person (8)
- 25 Name a crisp, pungent, edible root of a particular plant (6)

DOWN

- 2 Name another term for a convent (7)
- 3 To be more hirsute, is to be what (7)
- 4 Name a renowned Victorian university (6)



- 5 What are summerhouses also called (7)
- 6 Which SA town west of Lake Torrens, was established as a weapons research base in 1948 (7)
- 7 On which river does Taree lie (7)
- 13 Name a very long Australian river (7)
- 14 What is a word that describes a person who makes trials or experiments (7)

- 15 To be symmetrical or perfect in form, is said to be what (7)
- 17 What is a woven coloured cord worn around the shoulder of uniforms (7)
- 18 When one ties something up one does what (7)
- 20 What do we call one who cultivates land for growing food (6)

MINI WORD FIND

024

H A S D P P
H C U M E S
T U U R U R
I P A G U M
X S W O L G
E V N A M Y

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

Cups **Has** **Mug** **Red**
Erase **Man** **Mums** **Rug**
Exit **Mrs** **Per** **Ugly**
Glow **Much** **Pump**

CURIO

024

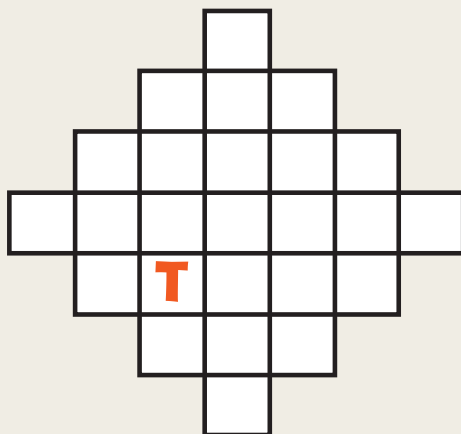
The yoyo is one of the oldest known toys in civilisation, with an early image found on ancient Greek pottery (c. 500 BC). The yoyo spun its way around the world travelling from China through Asia to Europe and it was the first toy to be used by an astronaut in outer space.

E-EQUATIONS

034

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

B	E+F	14
E	X+N	12
F	L-B	
L	B+F	
N	L÷N	
S	E-S	
X	L÷F	



BIYWORD

024

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:

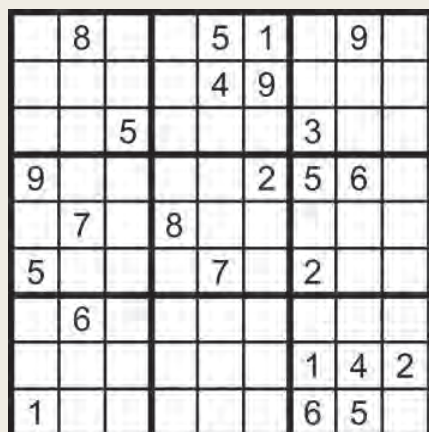
Bite (5)

- Bush call (5)
Energy unit (3)
Everyone (3)
Gusting (7)
Inclined (5)
Lettuce (3)
Major artery (5)
Presumptuous (7)
Social insect (3)

A E L O
A E L R
A F N R
B G N S
C G O T
D I O W

SUDOKU

024



QUICK THINK

024

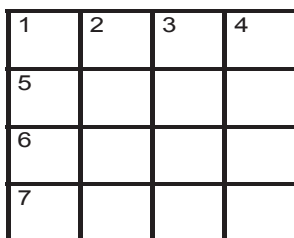
Solve the crossword. Each answer has four letters.

ACROSS

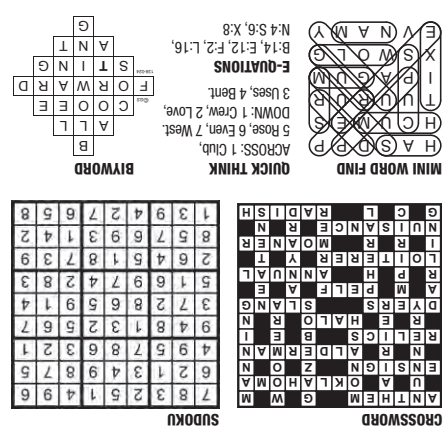
- 1 Association
- 5 Flower
- 6 Balanced
- 7 Left on a map

DOWN

- 1 Ship hands
- 2 Affection
- 3 Applies
- 4 Bowed



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Turns 30 This Year!

Lindfield Fun Run

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This great community event was

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IMAGE COURTESY:
Lindfield Fun Run

founded by Lindfield Rotary Club (now managed by Ku-ring-gai Rotary). Over the years the Fun Run has grown and in 2024 was enjoyed by 2150 runners. The next Fun Run on 4th May is our 30th birthday, and we look forward to celebrating this with many of our previous runners.

As a Lindfield Rotarian, Max Elliot project-managed the event for the first 7 years and grew the numbers to 730 in 2002. Thanks to Max for providing much of the information included here.

The first run in 1996 had 10 km and 5 km distances. The area has several hills, and the 10 km run came to be known as quite tough, which regular runners regard as a challenge. In those days there was no 2 km and no special family entry, both of which attract many families today, making up half our current runners. Families love the opportunity to give their kids a taste of competition in a safe and family friendly environment.

There was some online registration in the early days, but many runners registered by filling in and posting a paper form. The Rotarians promoted the event using

letter box drops, billboards and posters in shop windows

There was no electronic time recording. As you crossed the finish line you were handed a paper number which you took to the "time recording" desk to check in and fix your position. Prizes for distance winners were in cash, the trophy cups came later.

One of the very first cash donors was the Greengate Hotel, who still sponsor the event 30 years later! Thanks Greengate!

All of this was a lot of work, and our thanks go out to those Lindfield Rotarians whose efforts 30 years ago created the event that still benefits our charities today.

All Lindfield Fun Run nett proceeds are distributed to KYDS Youth Counselling service, Hornsby Ku-ring-gai Women's Shelter and Mentoring Men. The 2025 Lindfield Fun Run will be held on 4th May 2025 at Roseville Oval.

There will be runs of 10 km, 5 km and 2 km. You can learn more about the event and register at

www.lindfieldfunrun.org.au

If you need further information, please email **info@lindfieldfunrun.org.au**

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(Please note you must attend the fundraiser to collect the prize.)

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We are incredibly grateful for the generous support from our sponsors, who have contributed some fantastic prizes for the day; Hornsby Ku-ring-gai Community College, The Hornsby Inn, Gozleme King, Wild Finance, Tender Gourmet Butchers, PCYC, Momo's, Blackout Theatre Company and Stylz Hairdressers.

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