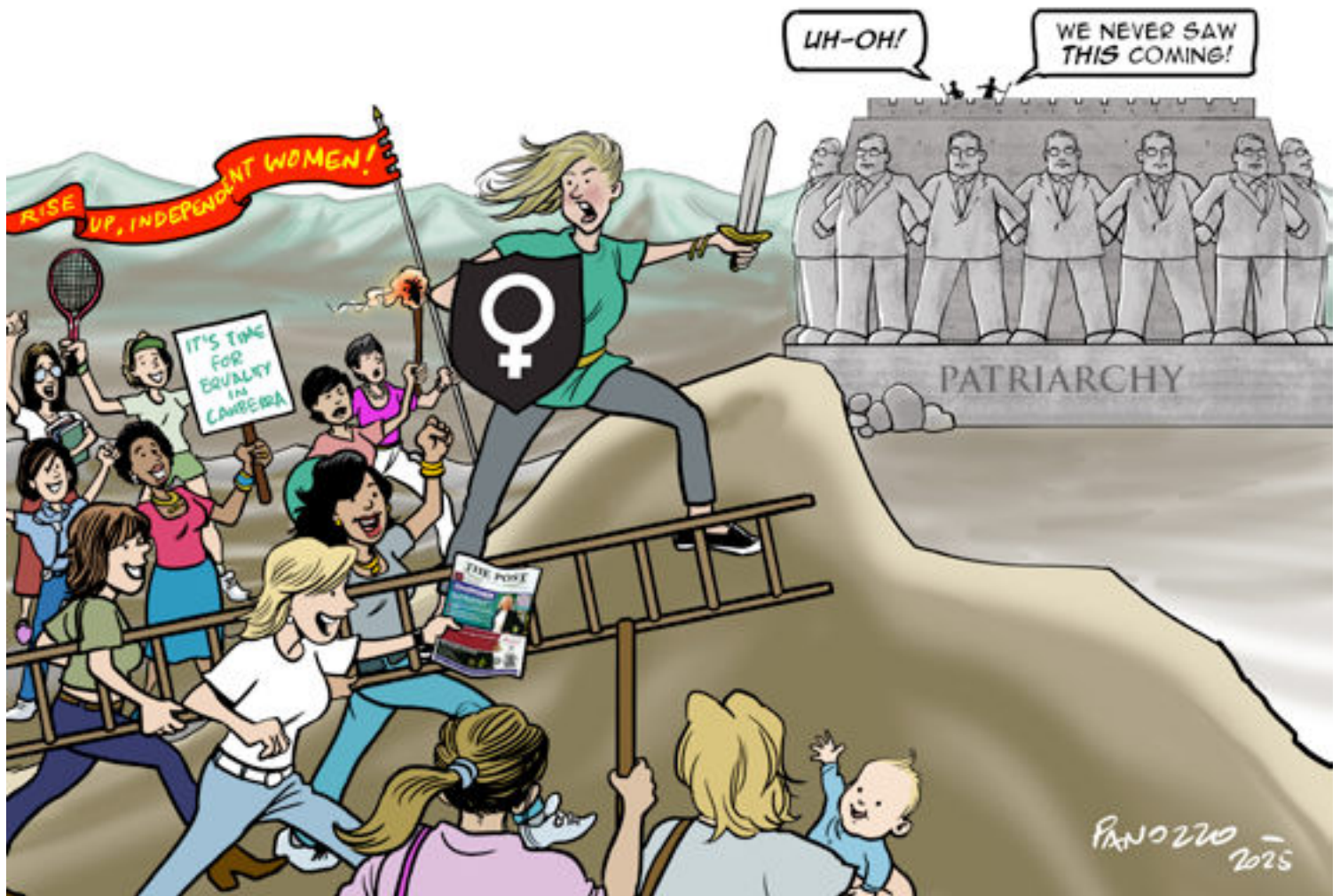


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Welcome to May!

To start, you'll notice that this edition has come to you early. With the coming election, this edition contains election material for you to read prior to this May 3. Included inside are articles by guest writers who have a comprehensive understanding of our political landscape.

As Mother's Day is this month, we are hosting another giveaway for our readers. Thumb through to read more.

We spoke with Madeleine Steel from not-for-profit EPIC, cover the rezoning on Johnson Road in Galston, feature an article about the possible development of Round Corer Dural, and discuss the dangers of rat poison on local fauna.

International Midwife Day is May 12, so we spoke with a midwife at the San to see what midwifery is all about.

Find out about the Sydney Drug Education and Counselling Centre, the 90-year Hornsby man who won the NSW Good Sports Award, Turramurra local Trent Jones who won Gold for Australia at the Winter Special Olympics, and the new data indicates Hornsby will be heavily effective this year by cold and flu.

Hope everyone had a lovely Easter, and a relaxing break for ANZAC Day.

Good luck to all political candidates on the last leg of your campaigns. A special good luck to Tina Brown, our publisher, on her first candidacy run!

Until the next edition,

Claudia

inside this edition

- **Planning Proposal to Turn Rural Village Into Town Centre** pg. 4
- **Mother's Day Giveaway** pg. 5
- **Election Pages** pg. 7-15
- **Resident Rage Over Industrial Rezoning at Johnson Road, Galston** pg. 17
- **Expected Cold and Flu Surge: Data Indicates Hornsby to be Most Affected** pg. 18
- **Rat Posion Killing Local Powerful Owls** pg. 19
- **Guiding the Way: Chloe J's Heartfelt Journey as a San Midwife** pg. 20

WHERE TO FIND THE POST SYDNEY

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Beecroft
Cherrybrook
Westleigh
Dural
Galston

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North Sydney
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Planning Proposal To Turn Rural Village Into Town Centre

Claudia Butjerevic



The Landowners Group of Dural Mall, Village Green and adjoining commercial properties at Round Corner Dural held a Planning Proposal meeting on the 31st of March. Community members and interested parties were seen at the meeting, discussing amendments to the commercial zones at Round Corner. Sam Russo, representative

By Jan Primrose
Convenor, **Better Planning Network, Inc.**

Residents of Dural and Round Corner recently attended a public meeting where a Planning Proposal to spot rezone the semi-rural Round Corner shopping village and turn it into a town centre, was shown by developers.

The Planning Proposal, which is soon to be lodged with the Hills Shire Council, includes towers up to 18 storeys high containing 175 apartments, plus 57 seniors living units and 12 townhouses. A total of almost 250 new dwellings on the current Round Corner shopping village site.

Also included would be a medical centre, childcare centre, community hub, a shopping centre and 1,500 car spaces.

The overwhelming response from the audience was that residents did not support putting such a massive development on this site.

Residents main concern was traffic, with a rural road system that does not cope with the current traffic congestion, let alone add-

of the Landowners Group, assert that more than 200 people were in attendance. The largest issue raised, according to Mr Russo, were traffic conditions. The Landowners believe thorough aerial imaging studies need to be conducted to find solutions to traffic congestion in and around the site. For Mr Russo, progress needs to

ing such intense development on one site.

Residents pointed out that the South Dural Planning Proposal and the more recent Derriwong Rd, Dural proposal were both rejected because of the lack of road infrastructure. The then NSW Government wanted the South Dural developers to contribute to the surrounding road infrastructure which they refused to do.

It is understood that the proponents of the Round Corner Town Centre Planning Proposal are only offering to provide four on-site entry/exit driveways but not contribute to the wider road infrastructure.

Other significant concerns raised by residents at the public meeting were overdevelopment of the site, height of the towers, the urban centre being out of character with the surrounding rural area, visual impact, loss of local shops and access difficulties.

While the developers suggested

occur so more residents can be welcomed into the area.

A Planning Proposal has been lodged. **The Hills Shire Council confirms there is an application lodged, though as the relevant fees have not been paid, the planning proposal and its documents cannot be reviewed by the public.**

that if the town centre was built the NSW Government would be more likely to provide road funding, 'build it and they will come', residents were sceptical this would occur within any reasonable timeframe. The costs to widen Old Northern Road and New Line Road are prohibitive and no state government has been willing to fully fund them.

Better Planning Network considers spot rezoning results in uncontrolled development being built without any type of supporting infrastructure, where local amenity is sacrificed for a few more dwellings and large developer profits.

The urbanisation of rural areas is supposed to be quarantined to the North-West and South-West growth areas, not spread willy-nilly across the whole Greater Sydney basin. That is exactly why we now have the Transport Oriented Development Program and the Low and Mid-Rise Housing Policy, to contain urban sprawl. Developers cannot have it both ways.

Hornsby Rezoning Info Night

Join us for an exclusive information night focused on the latest rezoning updates across Hornsby. Discover how the changes may impact local property values, development opportunities, and future planning. Our team will break down what the rezoning means for homeowners, investors, and developers, with expert insights and a live Q&A session.

Booking essential. Please email - nicolawilliams@stonerealestate.com.au

7th May 2025

OPEN 5.30PM - START 6PM

HORNSBY RSL - 4 HIGH STREET HORNSBY
BORONIA ROOM

The Post readers have the chance to win **two double pass** tickets to **The Grandparents Club**, a hilarious musical comedy starring beloved Aussie icon Lynne McGranger (Home and Away). Showing at **Hornsby RSL on October 17**, this feel-good show is perfect for a mum's night out or a multi-generational family treat. This giveaway is made possible by Good Humans PR.



The Post readers can enter to win a **Uniden App Cam SOLO X2K Bell Wirefree Video Doorbell**. It includes a 2-way audio feature, allowing for communication while you're inside or away from the home. With Colour Night Vision capability, 2K Super HD camera has a 135-degree viewing angle to make it easy to see exactly who is at the door, whether it's a courier, kids coming home or an unexpected visitor. The included wireless chime rings like a traditional doorbell, without needing to rely on notifications via the app and having your smartphone always on hand.

Uniden App Cam SOLO X2K Bell - \$159.95

This giveaway is made possible by Bastion Agency.

To enter, simply email The Post at editor@hkpost.com.au Good luck and happy Mother's Day!

Happy Mother's Day

How EPIC Supports Parents of At-Risk Youth



Claudia Butjerevic

Empowering Parents in Crisis, or EPIC, was founded on World Kindness Day 2021 by Madeleine Steel.

At its core, the not-for-profit is a safe space for parents of young people, and a platform for parents to connect with other families who are experiencing mental health concerns or life-threatening behaviours.

Like most not-for-profits and charities, EPIC came about when Madeleine, wading through crisis with her own son, noticed a need for meaningful support for parents. EPIC recognises that parents are the first responders for their children, and that empowering parents allows for the best support for their children.

'It's really hard thinking that your child's in the balance,' explains Madeleine. 'It's tough... you want your young person to be able to stand tall and proud.'

EPIC began with walks. Parents came together to talk, listen, learn, and unwind. It evolved to include workshops, and online meet ups. EPIC also offers useful resources like strategies for tackling behavioural issues, podcasts that give practical tips for parenting dilemmas from educators, and information from professionals about drugs, alcohol, neurodiversity, criminal behaviour, and more.

Members are referred to EPIC through the organisation's connection with local North Shore and Northern Beaches schools, through the police, through hospitals, and through their connection with other organisations in the same space, such as Ku-ring-gai Youth Development Service (KYDS).

EPIC is supported by Ku-ring-gai Council, City of Ryde Council, Mosman Council, and Willoughby City Council. Funding is offered through grants and philanthropic donations, but for EPIC to grow and support more parents, financial aid is necessary. In the 2023/24 financial year, EPIC made over 700 peer support calls, held 24 walk events, 29 workshops and forums, and made over 1,000 connections between parents.

'Parents are navigating emergency departments, school reviews, late night calls, waiting lists, and they feel helpless, isolated, and overwhelmed,' says Madeleine. **'Australia's amid a mental health crisis. Rates of anxiety, depression, and self-harm among young people are rising and suicide is the highest killer of young people in Australia.'**

EPIC is offering free youth mental health first aid training on the 25th of May in Mt Colah. The next EPIC Walk is at St Ives Showground on the 4th of May.

For more information, visit www.empoweringparentsincrisis.com

PICTURED:
EPIC members on an EPIC Walk



Aged Care Careers Expo

Thursday 15 May 10am - 12.30pm

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krg.nsw.gov.au/agedcareexpo

The Aged Care Careers Expo is brought to you by Your Side, Ku-ring-gai, Mosman and Willoughby Councils.



Election

Minority Government Inspires Democracy for the Good of the Country

By Cecilia Castle
Castle Lawyers at Asquith



Parliament is comprised of members elected by their community to represent their interests. Government passes laws in accordance with those interests after bills are put to the parliament and debated by its elected members. If passed, they become law.

Majority government by a single party or coalition is one way to form government. However, it is not the only way to effectively govern at the Federal level.

A minority government occurs when a major party or coalition does not have the majority of seats in the House of Representatives, also known as the lower house.

Minority government is increasingly anticipated as a real possibility in the next election.

Bills to create new laws require a majority of votes. A party without a majority of members in parliament needs the support of independents and minor parties (known as crossbenchers) to pass laws. This process involves negotiation, collaboration and shared power in the lower house, rather than reliance on party doctrines and policies. This is where independents make a difference. They advocate for their community interests, as opposed to party line interests.

Minority governments are historically not uncommon in different

countries including New Zealand, Norway, Canada and Denmark. The first three Australian federal governments were minority governments. The Gillard government (2010 - 2013) was also a minority government, passing laws such as the NDIS, reduction in carbon emissions and instigating a Royal Commission into child sexual abuse. One Aussie dollar also bought \$1.05 U.S. dollars.

Independents consider each proposed bill on its own merits to represent the views of their electorate. They are not chained to party policies with whip in tow.

Minority government can provide effective governance, nurturing democracy.

House of Reps Candidates

BENNELONG

- 1 YUNG Scott
- 2 DEVINE Barry
- 3 NALBANDIAN Robert
- 4 LAXALE Jerome
- 5 HART Adam
- 6 CHAN Eric
- 7 BENNETT Craig
- 8 AUGUST John

- Liberal
- HEART Party
- Trumpet of Patriots
- Labor
- The Greens
- Family First
- One Nation
- FUSION

BEROWRA

- 1 COUSINS Martin
- 2 MATTINSON Gerald
- 3 KOSCHINSKI Benson
- 4 WOODWARD Roger
- 5 CLARKE Brendan Michael
- 6 BROWN Tina
- 7 BASTIAN Stephen
- 8 LEESER Julian

- The Greens
- One Nation
- Labor
- Independent
- FUSION
- Independent
- Trumpet of Patriots
- Liberal

BRADFIELD

- 1 GUNNING Samuel Joseph
- 2 SINGH Harjit
- 3 YIN Andy
- 4 McCALLUM Louise
- 5 MANTON John
- 6 KAPTERIAN Gisele
- 7 BOELE Nicolette
- 8 MULLIGAN Rosemary

- Libertarian
- The Greens
- Independent
- Labor
- One Nation
- Liberal
- Independent
- Trumpet of Patriots

BPN and The Post Community Event: Urbanisation of Rural Lands Dural and Galston

Claudia Butjerevic

Better Planning Network Incorporated and The Post Sydney recently held a forum for the community to discuss the urbanisation of rural land in Dural and Galston.

Held at the Galston Community Centre on the 16th of April, candidates for the seat of Berowra were invited to attend, speak to residents, and answer questions. All candidates were sent personal invitations. Those that attended were Benson Koschinski for Labor, Martin Cousins for The Greens, Brendan Clarke for FUSION, and Independent Tina Brown. The forum was moderated by Michael Bell OAM, former mayor of Hornsby Shire Council.

Over 60 residents were in attendance. Many disgruntled Galston residents asked about the possible rezoning of 1-3 Johnson Road, made cases about keeping the

character of the local area, asked what these candidates would do to ensure the land does not over-develop, and asked their solutions to traffic concerns, housing affordability, and population growth.

After the forum, candidates lingered to speak more closely and personally with the residents.

'BPN was impressed with the candidates' view that as a Federal representative they would accept the responsibility to listen to and provide assistance to their constituents on local and state issues as well as federal matters,' says Jan Primrose, Better Planning Network Convenor. 'Housing supply is after all being driven by Federal Government housing targets. The attending candidates certainly listened and responded to residents' concerns about the urbanisation of their rural lands and the lack of

infrastructure being provided to support it.'

She continues, 'It was disappointing that the incumbent Federal representative, Julian Leeser, did not reply to our repeated calls to his office as to whether he would be attending. We provided a seat on the stage for him in the hope that he would attend but it was sadly vacant for the whole evening. Thank you to those candidates that took the time and interest to interact directly with rural residents and take their concerns on board. Many thanks to the excellent MC, Michael Bell OAM and to The Post for co-hosting the evening.'

PICTURED:

(L to R) Brendan Clarke, Martin Cousins, vacant seat for Julian Leeser, Benson Koschinski, Tina Brown



HOW DUTTON'S LIBERALS REALLY CARE FOR THE COMMUNITY...



Julian Leeser voted consistently for decreasing availability of welfare payments



Julian Leeser voted consistently against increasing access to subsidised childcare



Julian Leeser voted consistently against reducing tax on lowest income bracket

Berowra needs someone who cares.

Tina BROWN
INDEPENDENT

VOTE 1



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

In a cost of living crisis, you **deserve** a fair day's pay for a fair day's work.

Berowra's vulnerable **deserve** a strong voice.

You **deserve** transparency in politics.



Julian Leeser voted consistently **against** criminalising wage theft



Julian Leeser voted consistently **against** a Royal Commission into Violence and Abuse against People with Disability



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

Tina BROWN
INDEPENDENT

VOTE 1

You deserve a leader that believes in honest, accountable leadership, a leader that puts people first.

Vote for Change.
Vote 1 - Tina Brown

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



By Tina Brown
Community Independent for Berowra
Publisher, The Post

The Real Threat to Democracy Isn't the Teals – It's Party Politics Without Accountability

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

If you've received a Liberal Party mailout lately, you'd be forgiven for thinking Independents are part of some secret plot to hand the country over to the Greens.

These flyers—paid for with party donations from vested interests—warn that voting Independent is a risk. They claim that community candidates like myself will always vote with Labor and the Greens.

But let's take a moment to call this out for what it is: a desperate scare campaign, designed to distract you from their own record of blind partisanship and political stagnation.

Let's talk about Julian Leeser—the current Liberal MP for Berowra.

He's a decent speaker, polished in presentation, and often talks about principles. But let's look at what really matters: his votes in Parliament.

Julian Leeser has never voted against the Liberal Party. Not once.

Not on climate. Not on integrity. Not even on issues that have divided his own electorate, like the Voice to Parliament, where he resigned from the frontbench only to fall back into line weeks later.

While the Liberal Party accuses Independents of voting with Labor and The Greens here's the truth: Julian Leeser votes 100% with Peter Dutton.

And what has that loyalty delivered?

- Leeser voted against a Royal Commission into Robodebt—a scheme that devastated vulnerable Australians and led to tragic consequences.
- Leeser voted against stronger powers for the National Anti-Corruption Commission, including real-time transparency and broader investigative scope.
- Leeser voted against meaningful climate action, supporting new coal and gas projects, fossil fuel subsidies, and weaker emissions targets.

These are not the votes of a free thinker. These are the votes of a party loyalist.

The irony is rich. While the Liberals criticise Independents for supposedly voting with others, they celebrate MPs who vote only with their party. No deviation. No dissent. No independence.

So let me say this clearly: I will never be part of any party—not Liberal, Labor, Greens or otherwise. I'll work with anyone if it

means delivering for Berowra. That's the job. That's what true representation looks like.

Our community isn't being served by a party machine. It's being managed by it.

Berowra has become a safe seat, and with that label comes complacency. Developers are circling our green space. Infrastructure like New Line Road remains stuck in announcement mode. And community concerns about overdevelopment, health access and transport are falling on deaf ears.

If the Liberal Party wants to talk about dangerous voting records, they should start with their own. Because Australians are smarter than fear campaigns. They're ready for integrity, transparency and leadership that doesn't follow the script.

This election, don't be scared into submission. Be bold. Demand better.

My name is Tina Brown, and I'm running as your Independent for Berowra—not to play the game, but to change it.



Volunteer with Team Tina

Donate to flip Berowra Independent



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

Making Your Vote Count at the May 3 Election

Richard Whittington

Welcome, to possibly the most confusing, jargon-laden – but certainly the fairest – voting system in the world. There is none which tries so hard to capture and reflect the wishes of all those who participate in it.

At the Polling Booth

Whether you're voting early, or on polling day, you'll find a bunch of people near the entrance to the polling booth (these aren't "officials") handing out "how-to-vote" cards for the candidate they're supporting. You're not obliged to take one.

You'll be given two ballot papers: a light green one for the House of Representatives – your local electorate representative (MP); and a big white one for the Senate, where we are electing six people to represent the entire state of NSW. Armed with these, you'll go into the privacy of a little booth, ready to mark your ballot papers.

A Valid Vote

Let's start with the House of Representatives, because this is where you're voting for a member of parliament to represent your electorate and, hopefully, to assist you in dealing with the Australian government, if the need arises.

Regardless of the number of candidates listed on the ballot paper, you must put a number in every square, in sequence, from the one you "like best", to the one you "like least". If there are seven candidates, you must number 1 to 7.

What is Preferencing?

Now, the hugely misunderstood business of preferences comes in. And, not only are there some differences between local government, state and federal elections, there are even differences between voting for the House of Representatives and the Senate.

Remember the How-to-Vote card you might have been handed outside

Richard Whittington is freelance writer based in Ku-ring-gai. He spent the first 15 years of his career working on national and state election campaigns and three years on the staff of Prime Minister Gough Whitlam.

the polling booth? If you hear a party or a candidate saying, "We're giving our preferences to xyz", they are not. They're not "giving" their preferences to anybody. All they're doing is issuing a How to Vote card which shows their recommendation on how they want you to indicate their preferences.

But it's really none of their business. The decision on how you number that ballot paper is entirely yours, and it's done in perfect privacy.

What's the Point of Preferential Voting?

In the House of Representatives there are now 150 seats, each with one member of parliament. They are called "single member constituencies".

In many countries, like the UK, single member constituencies are filled with what's called a "first-past-the-post" voting system. You just mark one box, for the candidate you want to win, and that's it. Whoever receives the most votes, wins the seat.

Sounds simple, but it can – and does – produce bizarre results which don't reflect the wishes of the majority of the electorate. For instance, let's say there are four candidates in the race, with "A" representing the "Rather Nasty" Party, B representing the "Really Nice" Party, "C" the "Fairly Nice" Party and D the "OK" Party.

If "Rather Nasty" A wins 30% of the votes, "B" 28%, "C" 22% and "D" 20%, "A" is declared the winner, even though "A" would probably not have been even the second (or third or fourth) choice of those people who voted for any of the other three candidates.

The Count

We'll limit ourselves, here, to counting the House of Reps votes for each electorate.

As soon as the polls close, at 6.00pm on Saturday 3 May, the AEC staff at each voting place will lock the

doors and start counting the votes.

Pre-poll, absent and postal votes are counted elsewhere, with postal votes being accepted until 13 days after 3 May.

The box marked "1" on the ballot paper is called a "primary" vote. All these are sorted, manually, into piles for the primary vote for each candidate.

When all the primary votes from the entire electorate are tallied, from this "first count", if one candidate has more than 50 per cent of primary votes, that's it – they're the winner!

However, in many seats, the so-called "marginals", none of the candidates achieves more than 50 per cent of the primary vote. Here's where your preferences come in.

To start the "preference distribution" process, the candidate with the lowest number of primary votes is "eliminated", and their votes are re-distributed according to who was marked #2 on the ballot papers of those who voted for this last-placed candidate. Then all the piles are counted again. Sometimes this pushes a candidate over the "50 per cent" mark, and they're declared the winner.

Just as frequently, though, there is still no winner so the candidate who is now in last place is eliminated, and the votes cast for them are examined. Again, the "second preferences" are distributed as votes to the candidates remaining in the race. But what if the second preference is for the candidate who was eliminated a little earlier? Good question! They look at the #3 on the ballot paper and so forth.

One of the important considerations for voters is that while preferential voting allows you to indicate who you favour most, it makes it just as important for you to indicate who you favour least.

Good luck. You can make a difference!









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



There's more under **Policies**. Plus, sign up to our **eNewsletter**:
www.sustainableaustralia.org.au

Social media (via website):



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



DE-CORRUPT POLITICS

The 2025 Election Goes Back to the Future... *Kinda*

Anthony Caruso

After two and a half years, 3 Redistributions and a failed referendum, Australia is heading back to the polls on the 3rd of May. With the polls currently indicating that we are heading for another Hung Parliament.

There are a lot of similarities playing out for this election, with a Labor Party being dragged further to the left and a Liberal/National Coalition being dragged further to the right, meaning that we are getting an election that is all about the base, bout the base, bout the base (Ok... I'll stop now).

With so much to play out and to play for, let's look at where we stand:

The 2022 Election gave the Australian Labor Party, under Anthony Albanese, their best result since Kevin Rudd back in 2007. However, it should be noted that this was also their worst performance in terms of Primary Vote in its history, with its share of Primary Vote dropping by -0.76 to 32.58%. So how were they able to get a majority in this current climate?

The first reason, a relatively minor issue for the ALP in the current political climate, is that one of the biggest beneficiaries of the Primary Vote dip was the Australian Greens, who vote went up by 1.85PP to 12.25%. Considering that 80% of Greens preferences end up back with the ALP, this doesn't end up damaging the TPP position significantly.

The second reason, much more significantly, was the rise of the Teal Independents, backed by Climate 200. This grouping of "Independent" MPs, backed by climate activ-

ist Simon Holmes-a-Court, ended up taking 6 seats off the Liberal Party, in a campaign aimed at trying to win the Centre Vote.

The net result was a loss of 19 seats from the Coalition, but only 9 of those seats going to Labor, with a total of 7 being won by Independents and 3 by the Greens, meaning that the Coalition were left with their lowest seat count as a percentage since the Coalition won power for the first time all the way back in 1949.

Since the 2022 Election, things have gotten than much harder for the Coalition, starting with 4 fewer seats than what they came out of the 2022 election with.

The Labor Party retain their count of 77 seats but there have been changes within this, along with the pick-up of Aston and the Redistribution of Bennelong.

For the Independents, they had one other loss, being the abolished seat of North Sydney, which had been covered extensively within The Post and saw the end of Kylea Tink's tenure in parliament.

As with any Federal Election, the States will have their own stories to play, with their own narratives and issues. This will influence the result in very different ways.

New South Wales – The Fault Lines appear to have been drawn

White the Coalition appear to be making a gain based on the previous election, it is only a small gain of 1.5PP on the Primary Vote and a 2PP gain on 2PP. With Bennelong already notionally Liberal, the only seat that this would then deliver for the Liberal Party would be Gilmore, on the NSW South Coast. However, this is the favourite to blow out, as a community backlash around

offshore wind farms, coupled with popular former NSW Minister Andrew Constance staging a political comeback, means that the Liberal Party are on track to win the seat easily. In play will be Robertson (based on the Central Coast), Paterson (North of Newcastle) and Parramatta.

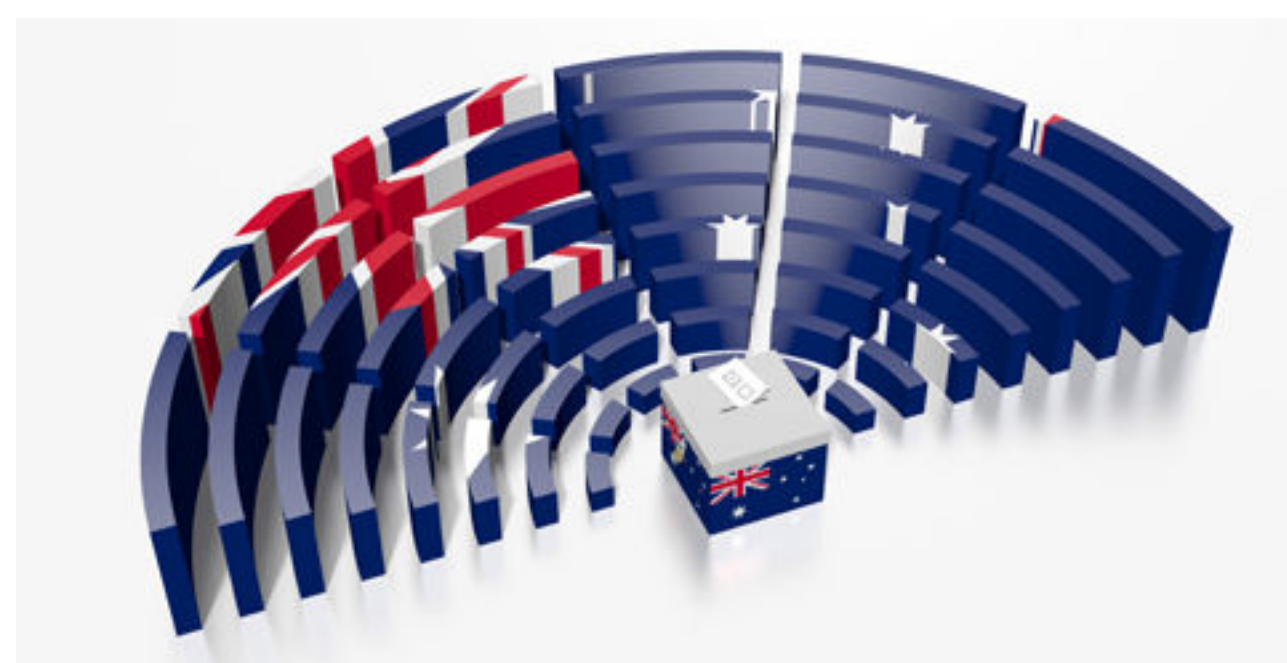
The second story to play out in New South Wales will be the battle of the Liberal Party against the Teals. On the current swing, the Liberal Party do stand a chance to win back Mackellar from Dr Sophie Scamps. However, they are under intense pressure to hold Bradfield. Paul Fletcher's retirement means that the benefit of incumbency is gone, with Nicolette Boele running against Gisele Kapterian. The other fascinating piece of this story will be Berowra, where Julian Leeser is under pressure from Tina Brown the former Editor-In-Chief of this paper.

One race that shouldn't be ignore is the division of Fowler, one of the few negative stories for Labor back in 2022. Kristina Kenneally's tilt for Federal Parliament failed again, this time at the hands of former Liberal Party member-turned Independent Dai Le. The Labor Party demonstrated their complete ineptness when it came to parachuting candidates, with Kenneally's run from Scotland Island scuppered by one of the most popular local personalities in the Fairfield, Liverpool and Cabramatta area.

Expected Seat Changes – Gilmore (To Liberal Party)

In Play – Robertson (LAB vs LIB), Mackellar (IND vs LIB), Bradfield (LIB vs IND) Berowra (LIB vs IND), Fowler (IND VS LAB), Patterson (LAB vs LIB).

**READ FULL ARTICLE
ONLINE THEPOST.SYDNEY**



What You Need to Know About Voting for the Senate

Benjamin Caswell

There are two houses in the Australian Federal Parliament.

The Lower House is called the House of Representatives and the Upper House is called the Senate. The Senate has historically elected more members to the crossbench, with neither major party rarely achieving a majority. Former Prime Minister Paul Keating once commented on this situation, calling the members of the Senate 'unrepresentative swill', more for his frustration at having bills scrutinised more than how the members got elected. This article will focus on the Senate and will cover the topics of who is running in 2025 for the NSW Senate, a little history, and how you cast a vote.

The 2025 NSW Senate Ballot is the smallest it has been in decades, with only 19 Groups running and 3 ungrouped candidates. The last time the ballot had 19 groups was back in 1996 and has fallen dramatically from the 45 groups in 2013 and 42 groups in 2016 respectively. This was mainly due to two changes made after

the 2016 and 2019 elections. Group Ticket Voting (GVT) was abolished and party registrations were tightened to have a higher membership threshold. GVT resulted in absurd results occurring, such as the election of Wilson Tucker from the Daylight Savings Party in the Western Australian Upper House, off just 98 votes!

The biggest change noted in the ballot this year across the Senate races is more groups running joint tickets. Traditionally, the blue Coalition of the Liberals and Nationals would do this, but 2025 has seen emergence of the yellow coalition named 'Australia First Alliance'. The yellow coalition includes the Libertarian (formerly Liberal Democrats), the HEART (formerly Liberal Informed Medical Options Party) and new kids on the block, People First Party. The other parties running are as follows: The Australian Labor Party, Australia's Voice, Fusion, Family First, One Nation, Animal Justice, Australian Christians, Legalise Cannabis, Sustainable Australia, Indigenous-Aboriginal, Lambie Network, Australian Citizens, Socialist Alliance, The

Greens and The Trumpet of Patriots (a mixture of the former Clive Palmer United Australia Party and the Federation Party). The unregistered Socialist Equality Party is running as Group B on the ballot. To finish off the ballot at the right-hand side will be the 3 ungrouped candidates.

To ensure you vote counts at this election, you can choose to either number at least 6 boxes above the line or to number at least 12 boxes below the line. The Australian Electoral Commission has section on practise voting in the Senate on their website.

As for the prospects of this election, the 6 Senate Seats in NSW have had a history of splitting 3 to the left-wing and 3 to the right-wing parties. At the last election, this resulted in 3 for Liberal and Nationals, 2 for Labor and 1 for the Greens. The 3rd Liberal/National seat in NSW is at risk from One Nation but this is the only change foreseeable at this election.

Remember, that every vote counts! Happy voting!

Turrumurra Local Trent Jones Takes Home Gold in Special Olympics Winter Games 2025

Claudia Butjerevic

Turrumurra local Trent Jones has taken home a Gold Mental in the Special Olympics Winter Games 2025. This year's Games took place in the alpine resort, Sestriere, north of Turin, Italy.

Trent participated in 3 skiing events – Alpine Skiing, Giant Slalom, and Super G – winning first place in the intermediate division of Giant Slalom on the 12th of March. He was one of the oldest competitors at 53 years old.

Together, Australian athletes secured 3 Gold Medals, 4 Silver Medals, and 3 Bronze Medals. The Australian team was made up of 14 competitors, plus the coaches and support staff.

'I went really really really fast,' said Trent after winning the Gold. **'Go Australia!'** yelled Trent excitedly.

Celebrating the victory with



IMAGE COURTESY:
Supplied by Jones family

family, who travelled across the globe to watch Trent receive Gold on the international podium, Trent is thrilled to have won.

He has another ski camp in August and will be competing in the Interschools Special Olympics.

Though in his 50s, Trent does not want to slow down his skiing.

'He will want to continue as long as possible,' said Jill Jones, Trent's mother. **'We will encourage him.'**

Resident Rage Over Industrial Rezoning Proposal at *Johnson Road, Galston*

Claudia Butjerevic

Residents are pushing back against rezoning Council land on 3 Johnson Road Galston.

Owned by Hornsby Shire Council and currently zoned as RU4 Primary Production Small Lots 'operational land', the plot 1 Johnson Road is a council storage facility and where the Galston Rural Fire Brigade is located. 3 Johnson Road is mostly unused, surrounded by vegetation and host to a high voltage power supply that cuts through the site. The site is beside the Galston Sewage Pumping Station owned and operated by Sydney Water. The site is neighboured by low density residential dwellings and rurally zoned residential lots.

In 2022, Council began investigations to find if any development opportunities for industrial use could be applied to the site. After receiving a feasibility analysis, Council resolved to prepare a planning proposal and informed the local community. The Planning Proposal illustrates changing the zoning classification to E4 General Industrial which could see warehousing, manufacturing, logistics,

and other industrial activities.

Residents have been vocally against the possible rezoning. A petition to protect the site was submitted to Council with 832 signatures. Locals are disgruntled as though 832 individuals signed the petition; it counted as only one submission against the rezoning.

The community have been using the site as a recreational park – exercising, picnicking, dog walking, and gathering. Locals have held meetings against the rezoning.

On the 31st of March, over 50 residents came together with the Galston Area Residents Association (GARA). Hornsby Shire Councillor Nathan Tilbury was in attendance, and representatives of Berowra candidate Tina Brown.

'I've seen and heard the community's concerns and I've taken the position to stop industrial units coming forward,' said Cr Tilbury, addressing the gathered locals. **'I'm your representative on council and I'll be providing information and advice as this**

process evolves.'

Later, the community attended Hornsby Shire Council's General Meeting on the 9th of April and voiced their angered concerns.

'This proposal is not just flawed. It is fundamentally broken. But worse — this version is even more diabolical than the original plan that was quietly being pushed before the last council election... You didn't just ignore community feedback. You actively escalated the proposal,' said George Nadwie, President of GARA, before addressing the mayor directly. **'Mayor Waddell, you are the original proponent of this rezoning we know you have been the driving force behind this from day one. You've tried to dress it up as "growth" or "futureproofing," but the truth is this: you are backing a development agenda that serves private interests, not public good... And right now, trust in this Council is hanging by a thread.'**

PICTURED:

Galston residents protesting Johnson Road rezoning at Hornsby Council Chambers



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Excepted Cold and Flu Surge: Data Indicates Hornsby To Be Most Affected

Claudia Butjerevic

New insights predict a surge in cold and flu cases following the Easter and ANZAC Day public holidays.

The Codral 2025 Cold and Flu Forecast indicated that 2 in 5 Australian households and 6.1 million Australians could be impacted before the end of May. New South Wales, as Australia's cold and flu capital, will experience the largest wave.

Among the predicted top affected regions is Hornsby.

'While 2024 was one of the worst cold and flu seasons in recent history, 2025 is already following a similar trajectory,' says Codral spokesperson Simone Tawadros. **'The data indicates that the cold and flu season is notably shifting earlier each year, now anticipated to hit peak**

number of cases in June instead of August.'

Last year, nasal congestion was the most common symptom, though this year coughs are predicted to dominate the ranking, followed by congestion, pain, and fever. Average symptoms last 8 days, with the general course of illness peaking on days 2 and 3 with sore throats, runny noses, coughs, and low-grade fevers.

IQVIA partnered with Codral to map the spread of cold and flu nationwide.

'By leveraging an advanced model that integrates cold and flu reports, medicine sales, web search trends, climate data, and historical consumption patterns, we can offer sharper insights that ever before,' says Sashi Anantham, Principal of IQVIA.

New Waste Scheduling App for Ku-ring-gai Locals

A new app for waste collection is available for Ku-ring-gai locals.

Residents can download the **"Your Waste"** app to easily access their bin collection calendar from their smartphones. Inside the app are several features, including personalised bin schedules; the ability to set bin night reminders; notifications for any changes like disruption to service; waste guides; proper sorting practices for recycling, general waste, and green waste bins; and maps for drop-off

locations that accept used goods.

'Our research shows that most people are now accessing information about Council services through their phone,' says Mayor Christine Kay. **'Your Waste is a convenient and easy way to get important information about what's happening with waste services.'**

"Your Waste" is available for iPhone and Android phones, found in the Apple or Google app stores.



Claudia Butjerevic

Common rat poison is killing threatened local owls.

Second-Generation Anticoagulant Rodenticides (or SGARs) cause internal bleeding when ingested and are

becoming an increasing risk to Australian wildlife.

These specific rodenticides are regulated in the US, Canada, and across the EU. However, in Australia, SGARs are readily available for public purchase from supermarkets, hardware shops, and online.

In November of 2021, a member of the public reported a deceased Powerful Owl in Byles Creek, Beecroft. After collection by Birdlife Australia, the necropsy and liver sample revealed that the Powerful Owl had ingested a SGAR.

'The Powerful Owl who we named 'Elias' was an older male,

Rat Poison is Killing Local Powerful Owls

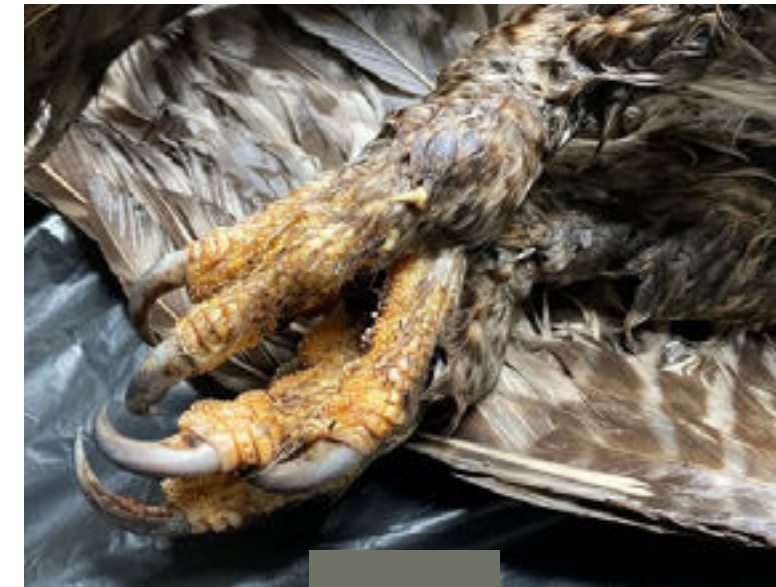


IMAGE COURTESY:
Georgia Cameron

a result of habitat loss, illegal tree-clearing, hazard reduction burns, and often become roadkill victims.

Birdlife Australia are petitioning the Australian Government to ban SGARs. At the same time, as governance

moves slowly, solutions to the problem of secondary poisoning begin in each Australian home.

Ways to avoid purchase of SGARs are by making a home less rodent friendly. The Powerful Owl Project mention keeping a tidy garden, storing pet food indoors, sealing entry points in roofs and cavities, and consulting environmentally friendly pest controllers.

The Powerful Owl Project is fighting for additional signage on local roads to alert drivers that these animals are present and to be vigilant.

Find out more here

www.actforbirds.org/ratpoison

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Elevate Mum's Self-Care

By Rejimon Punchayil
Karis Life



This Mother's Day, let's move beyond traditional gifts and focus on presents that truly nurture Mum's well-being, fostering both her independence and vibrant sense of self. Consider thoughtful options that support her active life and precious moments of rest.

For the mum on the go, gifts promoting circulation and energy are key. The ingenious "Push-Cush," a local innovation, offers a simple yet effective way to maintain healthy blood flow while seat-

ed, enhancing her comfort and ability to stay active. A portable pedal exerciser is another excellent choice, allowing for gentle exercise anywhere, contributing to her overall vitality and sustained independence.

Acknowledging the importance of mobility and confidence, a stylish and reliable seat walker (rollator) can be a wonderful gift. Providing essential support for navigation, it empowers her to maintain her independence with grace and security.

This Mother's Day, consider a truly unique expression of your love: a bespoke rise recliner, custom-built to her exact preferences. Imagine a haven of comfort designed by her, from the style and fabric to the perfect colour. Explore trendy, stylish designs, including those inspired by Swedish aesthetics, creating a personalized piece that complements her home while offering unparalleled support and ease.

Browse **karisLife.com.au** for ideas and details. A custom rise recliner offers the ultimate tailored comfort, making every moment of relaxation a special, individual experience.

Choose gifts this Mother's Day that speak to Mum's holistic well-being – presents that support her active life, encourage moments of self-care, and celebrate her enduring independence. It's about giving her comfort, confidence, and the ability to flourish.

90-Year-Old Hornsby Cricket Volunteer Champion Wins NSW Good Sports Award

Claudia Butjerevic

Good Sports Awards has celebrated Dougal Graham from Blowfly Cricket Association in Hornsby.

The Alcohol and Drug Foundation's annual Good Sports Awards recognise those that have been working to break the link between substance use and sport, and those who strive to tackle difficult topics like drugs, smoking, mental health, and safe transport.

Dougal was named the NSW Volunteer of the Year and praised for his fundraising dedication and ability to create a welcoming environment for all players.

'Dougal is an inspiration to us all. At 90 years old, he continues to give his time and energy to ensure BlowFly Cricket thrives,' said BlowFly Cricket Founder Mark Rushton.

Since 2021, Dougal has bagged over 85,000 recyclable items, raised over \$8,500 for the Blowfly Coaching Academy, and has strengthened community ties.

'He is a true champion of grassroots sport, and we are incredibly grateful for everything he does. This recognition is a fitting tribute to a man who has given so much to BlowFly Cricket and beyond,' says Mark Rushton.

Good Sports is Australia's largest

community health sports program, supporting more than 12,000 Australian clubs for over 25 years.

PICTURED:
Dougal Graham
IMAGE COURTESY: ADF



Sydney Drug Education & Counselling Centre:

60 Years of Community Impact

Claudia Butjerevic

Founded in 1967 by Eric Gray, Sydney Drug Education and Counselling Centre has been in the community for almost 60 years.

In the beginning, SDECC was known as the "Drug Referral Centre" which opened before Christmas in 1970 in founder Eric Gray's family home in Fairlight. It was a place of refuge for the homeless, those struggling with addiction, and for people escaping violence. Initially, it was Manly based and Manly focused. But with lack of funding, the organisation had to change course and broaden its reach.

After securing support from the health commission, the service transformed to MDECC, the Manly Drug Education and Counselling Centre. After many years as MDECC, it changed again in 2016 to its current name, Sydney Drug Education and Counselling Centre.

There are two offices, a Northern

Beaches location in Manly, and a North Shore location in St Leonards. The not-for-profit specialises in free counselling for young people between the ages of 12 and 25 who are experiencing the effects of alcohol and drug use. The vision of the organisation is to empower young people to live fulfilling lives, while minimising the harm of substances and mental health issues.

SDECC offer free individual counselling, groups for parents, groups for young people, and mental health assessments. In 2024, SDECC saw 744 new clients and offered over 6,900 services. According to SDECC, the most common substances that this age bracket encounter are alcohol and cannabis.

Alongside the counselling, SDECC is heavily invested in educational harm reduction. Their program **"Elevate"** allows SDECC to meet young people at their level. The organisation enters local schools to start conversation

about drugs and offer a safe space for those who may be negatively involved. Schools SDECC has worked with include Mackellar Girls, Balgowlah Boys, NBCS Cromer Campus, Forest High School, Killarney Heights, Killara High, and Narrabeen Sports High. Booked in are Pittwater High and Marsden High School for upcoming **"Elevate"** presentations.

'We are developing the next 3-to-5-year strategy,' explains Dominique Robert-Hendren, CEO of SDECC. **'One of our key priorities is to make sure we break down the stigma around alcohol and drugs. It is a reality and the more we can have the community lean in and support, it will help people to feel they can get help. The data shows that most people take 17 to 19 years to ask for support.'**

SDECC is funded by Sydney North Primary Health Network and NSW Health.

For more information, visit **sdecc.org.au**

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Dating Disasters – Is It Them or Is It Me?

David Bone
Counsellor at **Straight Talk Australia Counselling**

When unexpected things happen in our modern lives help is always just around the corner.

When your car breaks down an NRMA man will be there in a flash. If your cat is stuck in a tree those friendly Hornsby Firefighters in truck 050 can recover that wayward feline.

But when you're on a first date and it starts to go badly you may as well be stranded in the Simpson Desert, no one is coming to your rescue. You can't call your relationship counsellor to suddenly appear and help you get things back on track. When it comes to dating it's a lot of trial and plenty of error.

Almost a quarter of Aus-

tralian's report being emotionally lonely while more than 38% have experienced a breakup which means a lot more of us are actively dating, so how come we aren't finding the perfect match on date one and living happily ever after just like they do in Hollywood?

If you've been on 20 or even 100 first dates which always end the same way – you going home alone again and complaining to your dog – is the problem with all the

people you're dating or could it just be you?

There's an easier way than dating, dating, dating and hoping eventually your luck will change and you'll find the one, your one. But and it's a big BUT it means being willing to look at yourself and maybe even trying a different approach.

Dating and finding love, it's really hard.

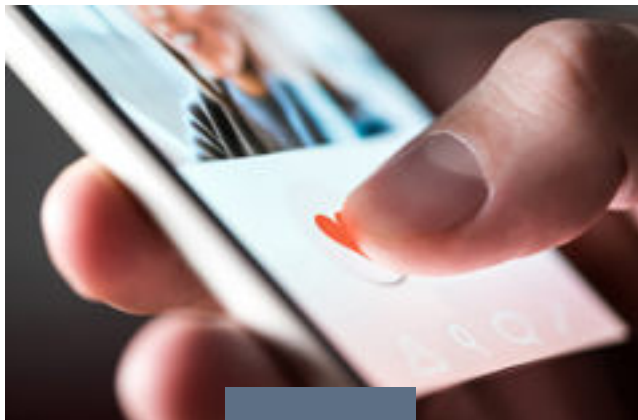
While Straight Talk Australia

Counselling can't come along on your date, we have developed the next best thing a free, downloadable dating guide.

If you're ready to try dating differently we'll help you improve your search for love.

To find out more head online to

STAC.AU



Need Help With A Dispute About A Will?

Free Seminar

Fox & Staniland Lawyers are giving a free public seminar to help people understand how estate disputes work and how a will is challenged or a claim made against a deceased estate.

The theme is to inform you about options and choices available, alert you to the traps in deceased estate disputes and to show you how you might overcome them.

We will discuss will challenges and deceased estate disputes in a relaxed atmosphere. There will be plenty of time for your questions.

We will also talk about Court options and costs, so you will know exactly where you stand.

Thursday, 29 May 2025
6.45pm – 7.45pm

The Board Room
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Dennis Barton

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Reid Park Upgrades

Mosman Council have upgraded the facilities at Reid Park.

The new and upgraded playground now features an interactive nature play area, other inclusive play equipment, soft-fall surfacing, and a shade sail.

The project was funded by Council and the NSW Government through the Local Small Commitments Allocation - Playground and Park Upgrades program. Residents were free to access the site and the refurbishment from the first weekend in April.

'The playground upgrade was developed in consultation with the community, with valuable ideas and feedback incorporated into the design,' says Mayor Ann Marie Kimber. **'It's wonderful to see our young residents now enjoying this revitalised space.'**

Reid Park was officially opened in the presence of Mayor Kimber and other councillors, Council staff, State Member for North Shore Feicility Wilson, and representatives from the organisations that had a hand in the park's facelift.

PICTURED:
Reid Park playground



Ku-ring-gai Council Grant Applications Open

Applications are now open for community grants in Ku-ring-gai.

Grants include up to \$5,000 for arts and cultural activities, events or programs; up to \$5,000 for community development projects that enhance the social and economic wellbeing of residents' and up to \$2,000 for small equipment and tools.

'These groups are the lifeblood of Ku-ring-gai, contributing so much to the community - often

on very limited budgets,' says Mayor Christine Kay. **'Council is proud to support their efforts through our annual Community Grants program.'**

Last year's round of grants saw sporting clubs, preschools, and churches install debrisators on site. Projects including vocational training for those with disability, domestic violence awareness campaigns, musicals, and seniors events, among others, were able to come to life through the Com-

munity Grants program.

To help community organisations prepare their grant applications, Council is holding an information workshop on Friday 11 April, from 10:30am – 12pm, at the Council Chambers, 818 Pacific Highway, Gordon.

Applications close on 9 May 2025.

For more information about the grants and how to apply visit:

**[www.krg.nsw.gov.au/
communitygrants](http://www.krg.nsw.gov.au/communitygrants)**

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Hornsby RFS Volunteers Honoured for Heroic Service

More than 30 NSW Rural Fire Service volunteers were recently celebrated for their service battling fires both in the state and across Australia.

Among the honoured volunteers was David Stockman from the Galston Brigade and the Support Brigade. David received the National Medal 3rd Clasp for 45 years of service.

In 1978, David joined the Galston

Brigade and after 25 years continues to serve the community as the Brigade Station Officer.

Sacha Price was acknowledgment for her 30 year service with the Long Service Medal 2nd Clasp. Joining the Berowra Brigade at the age of 15 in 1991, Sacha is part of the Districts Senior Leadership Team and a member of the Muogamarra Brigade.

'Many RFS members go above and beyond for their brigades, local

community, and further afield and it is fitting to recognise the dedication they all show,' said RFS Commissioner Rob Rogers.

'I would like to take this opportunity to thank the families, employers and support networks of RFS volunteers, without whom we could not be as resilient and effective in our mission to support and protect lives and property.'



Lance Witham Celebrates 30 Years in Coffee: *Supporting Local Cafés with Fresh Roasts and Industry Know-How*

Coffee runs deep in Lance Witham's veins. Born on a coffee farm in Zimbabwe, Lance's lifelong connection to coffee took root early. After moving to Australia in 1983, he worked alongside his father before founding Witham's Coffee in 1995 – where the first sale, ironically, was a hot chocolate.

Today, Witham's Coffee is a fixture in Hornsby, Sydney, with a roastery, espresso bar, and showroom where customers can enjoy a brew while watching the roasting in action. Customers can also order on-line and receive freshly roasted coffee,

delivered directly to their homes or offices. More than just great coffee, Witham's has become a trusted partner to independent cafés, thanks to its hands-on support, flexible ordering, and commitment to quality.

'We started small, with a café and a roaster in the corner,' Lance says. **'I know what it's like to work seven days a week and face customers across the machine.'**

That empathy shapes the way Witham's operates – roasting to order, delivering within 24 hours, and never imposing minimum quantities. This flexibility is crucial in today's economy, where many cafés

are ordering smaller batches more frequently.

Witham's also offers tailored barista training to help cafés serve consistently great coffee.

'Consistency is key,' says Lance. **'It's like cooking – give clear instructions, and you get better, more reliable results.'**

Through economic downturns and industry shifts, Witham's has remained resilient by staying agile and customer-focused.

'We've seen tough times before, and we've survived,' says Lance. **'Now, we're looking forward to the next 30 years.'**

Learn more at withams.com.au

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Not-for-profit in Pennant Hills Calling Out for More Singers

Claudia Butjerevic

A Pennant Hills local, Jennifer Kaye has long loved music. Training to be an opera singer at the Sydney Conservatorium in the 90s, Jennifer became enthralled with the vocal ensemble repertoire from the sixteenth and seventeenth centuries.

This period includes forms like the madrigal, a secular vocal form from Italy that took root in the Renaissance; the canzonetta, a lighter version of the madrigal; and villanella, Italian folk song from the era.

'My goal when I changed careers from the public service to music was to sing professionally on the opera stage,' says Jennifer. **'But even though it was exciting to sing at the Opera House as part of the full force of the opera chorus, it is the small, unaccompanied vocal ensembles that I have enjoyed the most.'**

Jennifer went on to teach singing at Loreto Normanhurst between 2003 and 2017, before running her own vocal ensembles from home. She has found like-minded enthusiasts who enjoy performing the madrigal



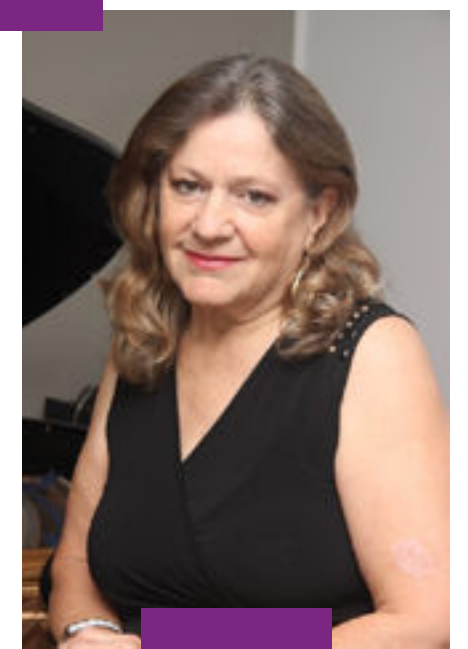
PICTURED:

TOP: Philomel of Sydney
BOTTOM: Jennifer Kaye

repertoire. In 2024, as part of a trio, Jennifer performed in Port Stephens in a fundraising concert for the Tomaree Cultural Development Group. The trio helped raise \$3,500 for the cause.

Her group, Philomel, is a not-for-profit looking for more members. With weekly group rehearsals in Pennant Hills and no fees but a subscription to cover costs, Jennifer hopes to bring more interest to the neglected genre.

'The main requirement is a love of the songs, but we are also seeking confident singers who are comfortable with reading music and singing in languages, and who have the time to work on the repertoire from week to week,' says Jennifer.



Contact Jennifer at jenind@aussiebroadband.com.au or on **0439983799**

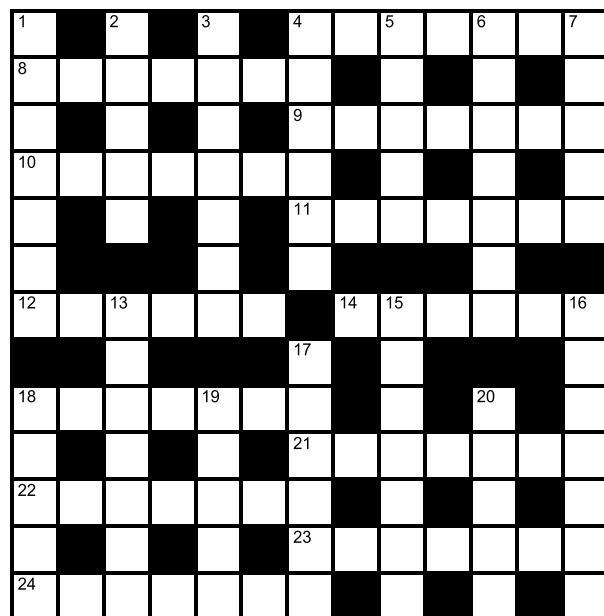
The group can be found on YouTube under the handle **"Philomel of Sydney"**.

GENERAL KNOWLEDGE CROSSWORD

700

ACROSS

- 4 What, in wartime, are flights over enemy territories (7)
8 Name the title of ancient Egyptian kings (7)
9 What do we call one who gives a professional opinion (7)
10 Which elementary particle is a constituent of all atomic nuclei, except normal hydrogen (7)
11 What is a more common term for the patella (7)
12 Name the cavity at the upper end of the human windpipe (6)
14 In Alexandre Dumas' novel, Edmond Dantes was the Count of Monte ... (6)
18 What is another name for an hereditary sovereign (7)
21 Which term describes personal property (7)
22 Name a tube that enables a person swimming face downwards to breathe (7)
23 What do we call that which is put forward to conceal a true purpose (7)
24 What are people who experience morbid enjoyment from inflicting pain (7)



- 4 Which parts of human legs lie between the knees and ankles (6)
5 In which form of theatrical entertainment are recent events, etc, parodied (5)
6 What are spiders, ticks, centipedes etc, called (7)
7 Name the piece of leather used for sharpening razors (5)
13 Name an Australian long-distance swimmer, Des ... (7)

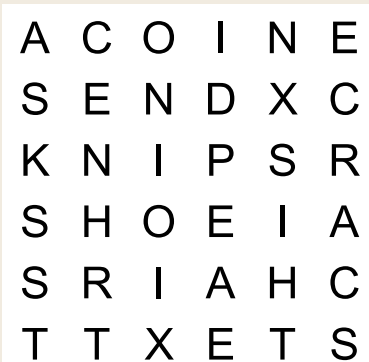
- 15 Who founded Singapore in 1819, Sir Thomas Stamford ... (7)
16 What is another term for corpulence (7)
17 What do we call the young of dogs, wolves, and such (6)
18 Who were the nine sister goddesses of classical mythology (5)
19 Which term describes profligate or dissolute men (5)
20 What is a company of eight singers (5)

DOWN

- 1 Name a dog with a long, silky coat, and drooping ears (7)
2 What is an item of information (5)
3 What do buzzards and their like eat (7)

MINI WORD FIND

001



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

Asks	Pink	Text
Coin	Scarce	This
Export	Send	Ties
Hairs	Shoe	

CURIO

001

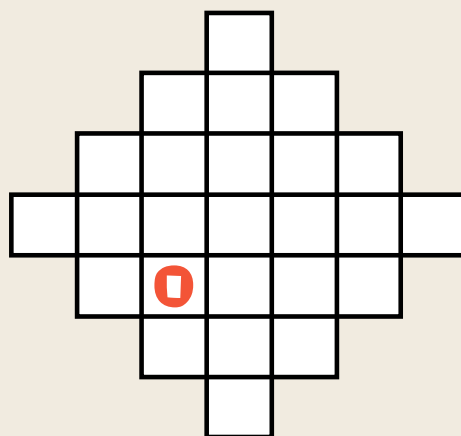
Albert Einstein (1879-1955), known for his genius in theoretical physics, believed the true sign of intelligence is not knowledge but imagination: "If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales."

E-EQUATIONS

011

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

A	H÷B	5
B	C×C	
C	I÷P	
E	C+A	
H	A×B	20
I	P×C	
P	E+C	



BIY WORD

001

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.

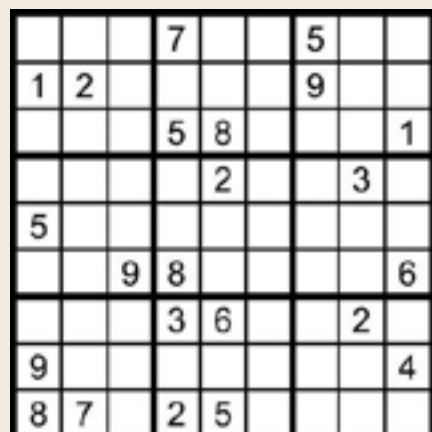
CLUES:

- Bench-top (7)
Cosmetic injection (5)
Crazy people (coll) (7)
Curtsy (3)
Dead on arrival (3)
Enclose animals (3)
Main force (5)
Negative ion (5)
Unit: linear fibre density (3)
Wilt (5)

A	E	O	R
B	I	O	S
B	L	O	T
C	N	O	T
D	N	P	U
E	N	R	X

SUDOKU

001



QUICK THINK

001

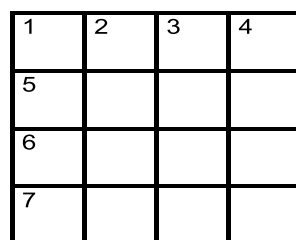
Solve the crossword. Each answer has four letters.

ACROSS

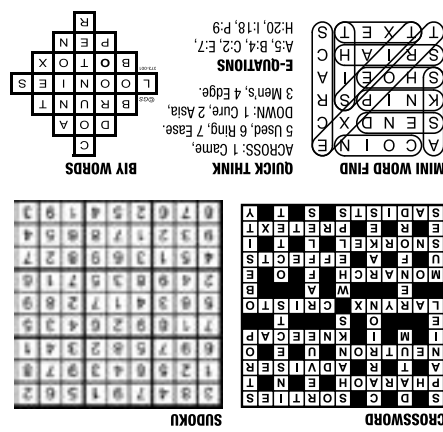
- 1 Moved towards
5 Employed
6 Echo
7 Move gently

DOWN

- 1 Preserve
2 Continent
3 Belonging to the males
4 Boundary



SOLUTIONS



Lifeline Support: New Services at Northern Sydney Libraries

Claudia Butjerevic

PICTURED:
Lifeline Connect Supporter with client in Hornsby
IMAGE COURTESY:
Lifeline H2H Sydney



King Publications Pty Ltd
T/a The Post
ABN 93 636 850 550

Edition deadlines:

Ed 67: Deadline 16/04, Print 26/04
Ed 68: Deadline 15/05, Print 01/06
Ed 69: Deadline 15/06, Print 28/06
Ed 70: Deadline 15/07, Print 28/07

The Post is printed monthly and delivered to key locations across the north shore of Sydney.

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Normanhurst NSW 2076



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Face-to-face services with Lifeline Harbour to Hawkesbury Sydney are at three Northern Sydney libraries. Running out of Hornsby, Stanton and Chatswood Libraries, "Lifeline Connect" offers immediate support for those who need to talk about their lives.

Drop-ins are welcome so the community has access whenever necessary.

'We are giving space and time for people to really share what is going on with them. It's also delivered by people that live in the area, for community members, and that's a special connection to have,' says Lifeline H2HS Community Engagement Manager, Rachel Krippner.

Commonly, the issues discussed involve loneliness, mental health, and relationships. Lifeline Supporters are trained and equipped with tools to guide and offer immediate relief. After a session, which typically ranges from 30 minutes to an hour, though no time re-

straint is allocated, Supporters will refer individuals to health providers, volunteer organisations, or other resources.

'They tend to not say "I am lonely", they might say "I don't like where I am living" or "I don't get out much",' says Rudi Selles, Trained Lifeline Supporter. **'After exploring, they tend to find out that it's really loneliness and we can support them to find their own steps to connection.'**

Lifeline Connect hubs offer support services in Mandarin and Cantonese.

The services operate out of Hornsby Library every Thursday from 1pm-5.30pm, out of Stanton Library every Tuesday from 3-7pm, and at Chatswood Library every Monday from 12pm-4pm. Bookings can be made online, or people can choose to walk-in without an appointment.

For more information, visit www.lifelineh2hsydney.org.au/get-support/lifeline-connect

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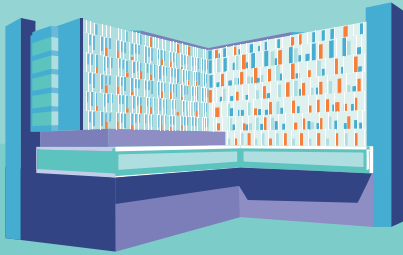
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