

THE POST

thepost.sydney

edition 68 • JUNE 2025

30 YEARS
3 GENERATIONS

INSPIRED BY THE PAST,
ROASTING FOR THE FUTURE

withams.com.au



**Proudly Giving Back to Our Community
\$4M and Counting!**

Great Rates. Personal Service. Local Impact.

Community Bank · Lindfield & Districts

Bendigo Bank

02 9416 6337



kfsl.com.au

• NEWS • COMMUNITY • HEALTH & LIFESTYLE • ARTS • BUSINESS •



Editor's Word

Claudia Butjerevic

ADVERTISING CONTACT

sales@hkpost.com.au

EDITORIAL CONTACT

editor@hkpost.com.au

SOCIALS

FACEBOOK: @THEPOSTAU
INSTAGRAM: @THEPOSTAU

WEBSITE

thepost.sydney

Welcome to June!

What an unexpected, wild ride our federal election has been.

With a disastrous outcome for the Liberals, the results have stumped media commentators and political pundits alike. What's more, the nailbiter is not yet through—our own backyard is still left on a razor's edge. Bradfield's candidates Gisele Kapterian and Nicolette Boele are separated but by a handful of votes. We will have to wait a while longer before knowing who reigns supreme.

Not to forget, our publisher Tina Brown delivered a formidable campaign that knocked Berowra into a marginal seat. Tina, powering through media slander and political mud-slinging, performed wonderfully and her efforts are nothing short of inspiring.

But onto other matters, we have some exciting announcements littered throughout this edition, from new ventures to old favourites.

Inside, we spoke to some charities doing great work in our communities, covered Asquith High School's co-ed transition, the North Sydney 87% rate hike, Ku-ring-gai and their TOD kerfuffle, and feature an article about a young man living it big, while also somehow doing it cheap.

A congratulations is in order for our Mother's Day giveaway winners! You'll be receiving your prizes soon. Look out for future giveaway, there are many more to come!

Until the next edition,

Claudia

inside this edition

- **Election Section** pg. 4–7
- **Big Changes Ahead: Asquith High Schools Going Co-Ed** pg. 13
- **Mentoring Men First-Time Beneficiaries of Lindfield Fun Run** pg. 15
- **New Women's Pages** pg. 16–17
- **Urgent Community Action Needed Before June 14 to Save Local Theatre Company** pg. 20
- **IPART Rejects North Sydney Council's Proposed 87% Rate Hike** pg. 25

WHERE TO FIND THE POST SYDNEY

Hornsby

Berowra
Brooklyn
Waitara
Mt Colah
Asquith
Hornsby
Hornsby Heights

Thornleigh
Pennant Hills
Beecroft
Cherrybrook
Westleigh
Dural
Galston

North Sydney

North Sydney
Kirribilli

Ku-ring-gai

Turramurra
Gordon
St Ives

West Pymble

North Turramurra
Killara
East Wahroonga
Wahroonga
Pymble
Roseville

Willoughby

Chatswood
Crows Nest
St Leonards
Artarmon
Lane Cove
Naremburn
Northbridge



Visit us to discover

your new home, your new neighbourhood

Caring with
compassion, hope & dignity

Independent Living Village - Wahroonga

Call us now to arrange your own private tour

All our 2 and 3 bedroom Independent Living Villas and Apartments are surrounded by lush bushland and come equipped with:



Modern amenities including ensuite



Fully secured apartments



Access to recreational and social facilities



Access to co-located residential care



Nurse Call points



Village bus shopping service



Lock-up garage

Call us
today



aacsyd@adventist.org.au



www.aacsyd.org.au

Call (02) 9487 0600

79 Mt Pleasant Avenue Wahroonga, NSW 2076



*Pay no daily maintenance levy for 6 months when you enter a purchase contract with deposit on any unit, villa or apartment at Kings Langley or any apartment at Wahroonga before August 31, 2025. Note: this offer is not valid for villas at Wahroonga.



Holding the Centre: What Bradfield and Berowra Reveal About Australia's Political Shift

Allan Shi

OPINION PIECE

On May 3, Australian voters delivered Prime Minister Anthony Albanese a thumping re-election—some dubbing it “a win for the ages”. Labor has won 94 seats, compared to 43 for the Coalition, which is the largest seat share Labor has ever attained. The last time Labor secured such a win was in 1987 when Bob Hawke obtained 86 seats.

By and large, voters turned away from the type of conservatism and right-wing Trumpian rhetoric that was out of touch with mainstream “sensible centrist” Australia. The rejection of Peter Dutton and the Liberal Party was resolute.

With Dutton ousted from his seat of Dickson, the newly appointed Liberal leader, Sussan Ley—a moderate—has vowed to move the party back to the sensible centre. As the first female elected to the leadership of the Liberal Party, perhaps this is the start of bringing back the voting bloc of professional women which has increasingly abandoned the party throughout the last decade.

In our neck of the woods, the results in Bradfield and Berowra show there is a pathway for the Liberals to govern if they reacquaint with the centre.

At the time of writing, in Bradfield, Liberal candidate Gisele Kapterian is indicatively ahead of second-time teal candidate Nicolette Boele by a mere 8 votes.

A recount and perhaps by-election will determine the final outcome.

Bradfield was the teal seat to watch on

election night. Boele was a candidate who turned Bradfield marginal for the first time in 2022, and who has spent 3 years as a self-described “shadow member” campaigning throughout that period. Her victory was expected to be a foregone conclusion.

By contrast, Kapterian had 5 months to campaign, and yet she muted the swing to only 2.5%, which is far less than the hefty swings seen in other metropolitan seats. Kapterian is a moderate, she is highly qualified, and is still in contention to be the first female representative for Bradfield. Perhaps these attributes limited the swing from this increasingly distant voting bloc.

With another moderate, Tim Wilson, winning back Goldstein from teal independent, Zoe Daniel, surely the Liberals must understand this is the pathway to victory. Or is this a wider trend showing that the teal independent movement reached its high water-

mark in 2022?

In next door Berowra, another moderate Liberal has retained his seat, despite a 6% swing. While Julian Leeser is on notice, neighbouring seats turned far more heavily against right-faction Liberal candidates. The splitting of the Liberal vote by community independent candidate, Tina Brown, has delivered Berowra into ultra-marginal territory for the first time in 56 years.

Delusional pontifications from the conservative faction that the Liberals must move further to the right show they are still in denial that credible moderates softened swings in their seats.

The Liberal Party must heed that appealing to the fringe right will lead to permanent electoral oblivion. With the Nationals' recent tantrums diminishing its influence in the Coalition, the Liberals cannot squander this opportunity to “re-centre” and rebuild.



By Tina Brown

Community Independent for Berowra
Publisher, The Post

As I've said many times, I never expected to run for federal politics. It wasn't something I had planned for, nor did I think I would be here today reflecting on an extraordinary campaign.

But the results in Berowra tell a very clear story: this seat is no longer the “very safe” Liberal stronghold it once was.

Quite a few people have asked me, “What's next?” And the truth is, it's hard to say. The next election is three years away, and a lot can change in that time. What I do know is this: Berowra is no longer a safe seat, and I'm proud to have played a part in shifting it to marginal. I believe this seat will change hands at the 2028 election.

Why do I believe this? When I look at the numbers, Labor had a swing of over 3% in first preferences, the Greens achieved a respectable 12%, and One Nation picked up about 4%. The other independent, Roger Woodward, running for his fourth time, only achieved 1%. But when I realised I had secured nearly 12% of the vote, I knew exactly where those votes had come from—the majority came straight from the Liberal base.

That shift reflects a deep undercurrent in our community. Many of us have grown tired of the com-

Taking On Misogyny and the *Political* *Establishment*

OPINION PIECE

placency and the sense of entitlement. Perhaps we will no longer accept being overlooked for funding, infrastructure, and roads. Perhaps our voice is going to start being heard.

The successive decline in the Liberal incumbent's vote now sees him at less than 42% of the primary vote, which tells me that much of this electorate is dissatisfied and ready for change. When Leeser first ran in 2016, his vote share was at 57%.

Running as a first-time independent candidate, without the backing of a party machine or a deep pool of campaign know-how, was far more challenging than I expected. Despite public opinion, securing funding was difficult.

Early on, I received an initial seed funding donation from Climate. However, my platform was a community-based campaign; and it was the **community** and their generosity making considerable donations that propped me up and allowed me to fight to the end. Once momentum began, and I became a real contender, Climate 200 made another small donation.

Aside from funding, the misogyny directed not only at me, but also at my volunteers and women from other parties during pre-poll was disgraceful. On many occasions my volunteers were told we weren't “allowed” to say I was a **woman** running in this election.

The situation escalated to such an extent that the AEC had to call police due to bullying and intimidation by the Liberals at the Cherrybrook pre-poll.

As the only woman candidate in this seat, I found the hostility, especially from someone claiming to represent the “moderate” Liberal camp, absolutely sickening. I stood on a platform of respect for women, something that remains an issue for the Liberal Party today.

It was an uphill battle from the start, and yet, the support I received daily from volunteers was nothing short of remarkable. I cannot overstate how much their belief, hard work, and determination meant to me. I've made lifelong friends, and I'm deeply grateful for each and every one of them.

Berowra is home to some truly exceptional people who are passionate, committed, and ready to roll up their sleeves for a better future. It was an absolute honour to meet so many of them throughout this campaign.

Whatever the future holds, one thing is certain: Berowra has sent a message, loud and clear. This community is ready for a new chapter, and I'm proud to have helped start that conversation.

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

The Fall-Out from the 2025 Federal Election: *How Not To Run A Campaign*

OPINION PIECE

Anthony Caruso

The 2025 Australian Federal Election will go down as a historic election for the Australian Labor Party as they became the first ever incumbent government in their first term to increase their vote and seat count.

However, the results mask several narratives from the campaign and the election that demonstrate how on the nose politicians are.

Normally, there are only a couple of key narratives that come out of a Federal Election. Let's look through those narratives and see what lessons need to be learned.

1. The Liberal-National Coalition ran their worst ever campaign in history

The Liberal-National Coalition, under Peter Dutton, never put forward a case for themselves to be considered as alternative government. Off the back of bad polling from Freshwater Research, the campaign that they ran was devoid of any meaningful philosophical standing for the election. This election should put their recent trend around embracing Big Government Conservatism to bed, as Australia has fundamentally rejected the concept in its entirety. Until the Liberal-National Coalition moves back to embracing the balance between Conservatism and Classical Liberalism, they will never win another Federal Election. Peter Dutton was always unelectable, and the Right of the Liberal Party needs to accept this. Dutton losing his own seat was the salt in the wound for the Right of the Liberal Party.

2. Anthony Albanese is the luckiest Prime Minister in History

While the ALP will be crowing loudly about their gain in seats, this masks the problem that the ALP still has, being that they are still in the midst of an identity crisis. Anthony Albanese has won two elections off the back of horrendous campaigns from the Liberal-National Coalition—Scott Morrison's consistent blunders in 2022, followed up by Peter Dutton's even more inept performance in 2025. Remember that it was only 18 months ago that Albanese lost the Voice to Parliament Referendum and had been polling to be dragged down to a hung parliament until the election campaign formally started. From that point on, Albanese failed to really present a viable vision for the country and displayed the same directionless leadership that typified his first tenure as prime minister. The ALP won with their second worst primary vote in their history, which says a lot about how fractured the Australian political system is.

3. The Australian Greens are nothing but a party of protest

Sensing weakness from the Labor Party on their left, the Australian Greens attempted to squeeze the ALP, especially on Gaza and the attempts to negotiate a position with Trump. On top of that, the Greens tried to demonstrate a populist-left agenda around breaking down the housing market and ended up demonstrating to the public that the only thing they know how to do is make more noise and hot air than a 1971 Valiant Charger with a broken muffler. The Greens lost all but one of their seats in the House of Representa-

tatives, with Adam Bandt losing his seat that he had won back in 2010. With a new leadership team coming in, coupled with a refocus back to the Senate, the Australian Greens need to accept that, unless they can moderate their views on certain issues, and expand their reach beyond the inner-city seats and the "Hippy Enclaves", they will never be treated with the respect that they think they deserve.

4. The Civil War between Climate 200 and "Community Independents"

The 2019 Australian Federal Election was the first time that Climate 200 and the Community Independents movement came together to make moves against the establishment. However, the 2025 Federal Election has seen Climate 200 formally turn into a pseudo-political movement. Although they had expected to gain more seats in the coming years, the 2025 election saw the independent's success backpedal.

So, where do we stand on the election results? There are two seats that are left to be counted:

- Bradfield, NSW—This is now the final remaining story of the election, and it sits on the doorstep of a lot of readers of this paper. Under AEC regulations, any election result declared with a margin of less than 100 votes triggers a full, automatic recount. Regardless of how the recount goes, this could end up in the Court of Disputed Returns. Could Bradfield end up becoming the second seat ever in Australian Election History to be overturned on a recount (the first being McEwen back in 2007)?









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

COUNTRYWIDE COACHES

“Service Beyond Compare”

From the Hawkesbury River to Echo Point
to Uluru, sit back and adventure across
Australia in a private coach

- Day Trips
- Short Breaks
- Extended Tours
- Snow Field Driving

based in Sydney, New South Wales



CONTACT

www.countrywidecoaches.com.au

Call: 0409 864 853

Email:

greg@countrywidecoaches.com.au



The Story of Greg Sadler and *Countrywide Coaches*

Greg Sadler

Somehow, I came into my industry 35 years ago.

When I finished High School, I went looking for a career that I would hopefully fall in love with. This was 1990 when considering a career change every so often was not common practice. Until this point, my interaction with the bus industry was school camps and excursions. I obtained my heavy vehicle license just after coming off my P plates, and thought I would give commercial driving a go. The thirteenth door I knocked on became my first employer and greatest mentor, a Melbourne bus operator named Daryl Driver. The family operation taught me many aspects of the bus industry that I still employ daily in my own business.

Quite a few years later I took a position with AATKings in the Northern Territory. More specifically Ayers Rock Resort, and that was to be my home for the next four years. Living in a town of less than 1000 people, not including the guests to the area, and relying on each other daily presented another set of life lessons. Our nearest hamburger shop/fast food outlet was five hours drive. It was a day trip just to have lunch.

At the end of my time in Central Australia I moved to Sydney. Here, I met the team at Glenorie Coaches and spent the next six plus years learning about the local side of the industry.

Then the pandemic hit. You can imagine there was not a lot of work for tour coach drivers during that time, so I started to study and

do all my legal and government requirements to start my own coach business. Having got my government accreditation, which is a legal requirement to run a bus/coach business in Australia, I turned my attention to driving people to witness this great country of ours.

A common thread through my journey has been the amazing people I have gotten to meet while exploring our country. Everyone has a story, from young to old.

One of my earliest lessons was if people get on with a smile and get off with a smile then you've done your job. Whether it be a day trip or a few weeks away, my trusted coach and I are ready for what lies ahead. After all, I'm just the facilitator of what is hopefully a fun day(s) for those in my care.



IMAGE COURTESY + FRONT PAGE:
DNSW PR & Visiting Media Team

Vivid Sydney is in full swing.

From the 23rd of May to the 14th of June, our Harbour city will come alive for its 15th year with light shows, interactive experiences, thought providing talks, diverse food, and exclusive musical performances.

The footprint for the festival encompasses five zones: Circular Quay and The Rocks; Darling Harbour; The Goods Line and Inner City; Barangaroo; and for the first time since 2018, Martin Place and the CBD.

Vivid Sydney 2025 is featuring collaborations with the Sydney Writers' Festival and the Sydney Film Festival, as well the Art Gallery of NSW, Australian Museum, Bangarra Dance Theatre, City Recital Hall, State Library of NSW, and Sydney Theatre Company.

'Dreaming is as old as time and as universal as life itself. Dreams can be prophetic, life changing and inspirational, as well as trivial, hilarious or terrifying,' said Vivid Sydney Festival Director Gill Minervini on the festival's Dream theme. **'These interactions are evident in every aspect of Vivid Sydney's program this year.'**

Vivid Light is showcasing exclusively commissioned pieces of world-leading animation and projection technologies. On the Sydney Opera House is Lighting of the Sails, entitled Kiss of Light (2025) by the late David McDiarmid. King Dingo by Vincent Namatjira will be presented on the facade of the Museum of Contemporary Art Australia. Sydney fashion label, Romance Was Born, are debuting House of Romance on Customs House.

This year, Vivid Light Walk is free for everyone, with 3D installations, suspended swings, voice-activated animation, and projections by

entertainment studio Moment Factory.

Free Vivid Ideas events include the Firetalk series at Barangaroo Reserve from First Nations storytellers, and Endling, a major new physical theatre work performed nightly by Sydney's Legs On The Wall. Vivid Fire Kitchen will return to The Goods Line and the Vivid Chef Series will see the world's most innovative chefs come together with Sydney's dining institutions.

Emmy Award-winning actor Nick Offerman and his partner Megan Mullally are presenting **Unscripted & Unfiltered**, a look into how the two shaped their careers as multi-hyphenate artists, while balancing activism and a long-lasting relationship.

Stranger Things: The Experience will debut at Luna Park Sydney, an immersive adventure that brings 1980s nostalgia while featuring iconic locations exclusively designed by the show's creators.



Karen Humphries
Empower Your Wellbeing

Relay for Life

A Community That Becomes Family

When I first joined Hornsby Relay for Life, I never imagined how deeply it would shape my life.

What began as a heartfelt way to honour those touched by cancer quickly grew into something far more powerful—a community of strength, purpose, and belonging.

Over time, Relay became my family. This extraordinary group has supported me through some of my hardest moments. I've been honoured to share my story on stage, received the Gemma Crawley Memorial Award, and now proudly serve as a committee

member. The laughter, the shared tears, and the candlelight ceremonies remind us we're never alone. Relay has carried me—and it can carry you too.

2025 marks our 21st Relay in the Hornsby (NSLHD) community. This year's event will be held from Saturday 1st to Sunday 2nd November at Rofo Park, Hornsby Heights. Relay is a fun and moving experience that raises vital funds for Cancer Council's research, prevention, and support services. It's a chance for us to recognise and celebrate local cancer survivors, those currently going through

cancer, and their carers. It's also a time to honour loved ones we've lost—and to raise funds to help save more lives.

Before Relay, we'd love you to join us in July for a fun-filled night of trivia, complete with games and prizes!

Relay for Life Trivia Night – Event Details

Magpies Waitara, Alexandria Parade, Waitara

Saturday 5th July 2025

Doors open 5:30pm | Trivia begins at 7:00pm

\$15pp or \$100 per table of 10 (pre-sale only)

Prize for best-dressed table!

Get tickets: eventbrite.com/e/hornsby-relay-for-life-trivia-night

Gather your team, bring your A-game, and let's raise funds to help save more lives. Relay for Life truly changes lives—including mine.

10 Years of HKWS

Claudia Butjerevic

Hornsby Ku-ring-gai Women's Shelter has celebrated its 10-year anniversary.

In 2015, the charity was established to address the need of women and children experiencing homelessness and domestic violence. The same vision and mission continue as HKWS enter its tenth year: every woman and child deserve shelter, safety, and opportunity.

Last year, HKWS supported 78 women in starting a new life, and provided 1,627 nights of short-term of emergency accommodation nights. From this, 90% of women were able to successfully exit and secure long-term housing.

HKWS is made possible by the support of local council, government, and the community. Through donating and fundraising, the charity can ensure local women and their children are safe.

For more information, visit www.hkws.org.au

FREE HOSPITALITY EXPO Mon 7th July

Exciting event partners that
bring innovation and
efficiency to the table



www.bbp.org.au/events

BBP's **Hospitality Expo Monday 7 July 2025** is designed to help small businesses operate and utilise their resources more efficiently, with smart and innovative solutions presented by **nine strategic partners** focusing on reducing costs and increasing profitability.

THE POST

Get Your Business Into the Hands of Thousands of North Shore Locals!

The Post are thrilled to announce that we will now be delivered to letterboxes from June.

With a focus on health, lifestyle, local news, and all things community, our glossy print magazine is designed to connect with an engaged, 30+ audience who love supporting local.

Whether you're in healthcare, NDIS, trades, food and drink, or professional services, this is your chance to get your brand seen by a loyal, community-minded readership who value quality and convenience. With limited advertising spots available, now is the time to secure your place in a publication that's created by locals, for locals.

Get noticed where it counts—right at the doorstep.

Special Edition : Wedding Feature

The Post is delighted feature weddings in the July & August editions. We are calling all venues, wedding planners, florists, caterers, celebrants, dress makers, make up artists, hair dressers, photographers and wedding lovers to join our special offer.



JULY

Book by Friday 13 June

Use your space in The Post for display advertising or editorial.

SPECIAL: Bookings for July & August attract a **free editorial of 300 words.**



AUGUST

Book by Friday 18 July

THE POST
News from the North Shore of Sydney
hkpost.com.au

**HORNSBY KU-RING-GAI
&
CENTRAL COAST**

**COMMUNITY
TRANSPORT**
TAKING YOU TO THE WORLD

Helen Crouch, the much loved and respected CEO of Hornsby Ku-ring-gai Community Transport, is handing over the organisation and heading to retirement. The new driver of this valued essential service will be

EDITION 68 – JUNE 2025

highly regarded industry expert, Tara Russell, who previously steered Community Transport NSW as CEO.

"While I am leaving, my heart remains with the organisation and community," Helen said. "I have loved watching HKCT and CCCT grow and seeing the impact they have had on the lives of so many people in local communities."

New CEO Tara said she is in awe of the scope of services provided by HKCT and the professionalism of its dedicated team. Helen's achievements of improved service were impressive, including the acquisition of Central Coast Community Transport

last year.

"Our intention is to build on Helen's legacy to further establish HKCT and CCCT as the cornerstone transport operator for the Hornsby, Ku-ring-gai & Central Coast Local Government areas."

Every retired resident, aged 65 and living independently, is encouraged to consider how community transport will grow their autonomy and social connections. The Commonwealth system to qualify via My Aged Care is worth the effort.

9983 1611
www.communitytransport.org.au

thepost.sydney

Compliant AT solutions on-time and on-budget.

We understand the needs of people in home care.

KarisLife
Assistive Independence



73 Jersey St North, Hornsby NSW 2077 P. 02 9987 4500 www.KarisLife.com.au

Convenient parking, accessible showroom & toilet, price match guarantee.



REIMAGINE
ART PRIZE
RE:THINK TO RE:PURPOSE

EXHIBITION

13 – 29 June 2025

Wallarobba Arts and Cultural Centre, 25 Edgeworth David Avenue, Hornsby

hornsby.nsw.gov.au/remagine



By Cecilia Castle
Castle Lawyers at Asquith

Family Law Reforms to Property Settlements Incorporate Domestic Violence Provisions



Legislative changes to property settlements in Family Law come into force on 10 June 2025.

The changes affect how the court determines post-separation property settlements and what it must consider when making determinations that are just and equitable between the parties.

Key changes relate to the impact of family violence in determining the assessment of a party's financial and non-financial contributions to their relationship.

There has been an expansion of the legislative definition of family violence to include economic and financial abuse in a relationship.

There are now additional factors the court considers when assessing just and equitable property

settlements that impact the current and future circumstances of the parties including:

- The effect of family violence on a party's current and future circumstances.
- The effect of intentional or reckless wastage of financial resources.
- The nature of liabilities, the circumstances relating to such liabilities, and the impact of those liabilities on the financial future of the parties.
- The need of either party to provide housing for children under the age of 18 years.

This means that the court will identify each party's legal and equitable rights, interests, liabilities and what each party con-

tributed before, during and after the relationship. The impact of family violence, which is now more broadly defined, will be a consideration in the parties' financial and non-financial contributions to their relationship.

Pets or companion animals are also impacted by the new legislation. There cannot be joint ownership of pets, and the determination of ownership will include factors relating to any history of actual or threatened abuse towards a pet, the degree of attachment to the pet and future ability to care for the pet.

Family law is a complex jurisdiction that requires a high degree of expertise, wisdom and empathy, best served through the engagement of accredited specialists in the field.

Claudia Butjerevic

Asquith Boys and Asquith Girls high schools are slated to become two separate co-educational schools from 2026.

The NSW Department of Education is upgrading both sites to support the transition. Over the April school holidays, works were carried out to assess soil and rock composition. These works were funded by the \$8.9 billion reserved in the 2024-2025 budget to build new and refurbish existing state schools.

Transitioning both Asquith Boys and Asquith Girls to co-ed was announced in November of 2024 following a consultation report on the Hornsby-Berowra surrounding area. The study, which surveyed students, parents, community members, stakeholders, and teaching staff, found that a majority preferred co-educational facilities.

At the time of the survey, the As-

quith Boys High School students preferred co-education 46% to single sex education 33%. Parents of Asquith Boys felt similarly, with 47% co-ed to 33% single sex.

Following the same trend, the current students at Asquith Girls High School had a preference towards co-educational settings at 43% over 36% single sex. However, the parents and carers of Asquith Girls students had a preference towards single sex school with approximately 54% to 33% co-education.

Around 75% of future parents of local primary school communities preferred to send their child to a co-educational facility.

The NSW Department of Education decided to create two separate co-educational schools because of the study. From 2026, the two standalone schools with accept Years 7, 9, and 11, and then all cohorts from 2027.

Catchment areas have now altered. Both Asquith Boys and

Asquith Girls had an intake area between Dangar Island all the way down to the Comenarra Parkway.

Now, the unnamed Asquith Boys campus will take students from north of Normanhurst Oval to Berowra Creek near Crosslands Reserve. Asquith Girls will enrol students from Linda Street before Hornsby Station to Popran Creek. Essentially, Asquith Boys will take west of the prior catchment, and Asquith Girls will enrol students east and north of the prior catchment.

Other school intake areas affected include Hornsby South Public School, Ku-ring-gai High School, Normanhurst Public School, St Ives High School, Turramurra High School, Waitara Public School, Asquith Public School, Berowra Public School, Brooklyn Public School, Mount Colah Public School, Mount Ku-ring-gai Public School, Pymble Public School, St Ives North Public School, and St Ives Park Public School.



Cosy Homes, Happy Winter Days

By Rejimon Punchayil
Karis Life



As the cooler temperatures of Sydney's winter encourage us to spend more time indoors, it's an ideal moment to review the comfort and support our homes provide.

Creating a cosy and relaxing environment is essential for our well-being during these longer indoor periods.

Start by considering your bed. Is your mattress and pillow offering the support you need for a restful night's sleep? An electric adjustable bed presents a fantastic option, providing flexible positioning and pressure relief for enhanced comfort. If a new bed isn't the right choice, an electric adjustable mattress topper can bring similar benefits to your existing setup. A comfortable sleep surface is a fundamental winter essential.

Next, think about your favourite place to relax. A rise recliner or lift chair offers valuable assistance for sitting and standing independently, promoting confidence and reducing strain. The reclining feature also allows you to find the

perfect position for comfortable relaxation, potentially serving as a temporary bed. When selecting a rise recliner, consider the motor quality, upholstery comfort, and ease of controls.

For an extra layer of warmth and therapeutic comfort, consider a medical-grade Australian sheepskin. Its natural softness provides excellent cosiness for chairs or beds, and its pressure-relieving properties can be particularly beneficial during extended periods of rest.

Investing in these key areas of home comfort can significantly improve your well-being throughout the winter months in Sydney. By focusing on supportive and comfortable furnishings, you can create an indoor environment that allows you to relax, maintain your independence, and fully enjoy the season from the warmth of your home.

For more creative ideas for independent living, please contact the friendly team at **Karis Life** or visit

www.KarisLife.com.au

Not-for-profit Mentoring Men First-Time Beneficiaries of Lindfield Fun Run

Another year, another successful Lindfield Fun Run.

Over 1,750 runners participated in the 2025 Fun Run on Sunday the 4th of May.

Organised by the Rotary Club of Ku-ring-gai, this year's event saw attractions and activities to bolster camaraderie and community spirit. Face painting, food stalls, a basketball competition, music by a DJ, warm up exercises before the runs, and prizes and award presentations.

Rotary donates all proceeds to designated charities that support a range of demographics. For children, 50% of the proceeds are given to Ku-ring-gai Youth Development Service. For women, 25% of the funds raised are donated to the Hornsby Ku-ring-gai Women's Shelter.

The remaining 25% is given to Mentoring Men, a not-for-profit that, in 2025, were first-time beneficiaries.

Mentoring Men, as its name suggests, provides men across the



Claudia Butjerevic

community with free mentorship opportunities. Mentoring Men recognise the mental health and loneliness crisis affecting Australian men and are striving to combat this by teaming up every man in need with an encouraging, supportive, and non-judgemental ear to listen.

By the end of April this year, Mentoring Men had facilitated over 450 relationships and provided free mentoring.

'We are told time and time again that men don't seek help, and whilst that expression may have served its purpose 10 or 20 years ago, it is now starting to self-perpetuate the issue,' says Filipe Gama e Silva, Mentoring Men CEO. **'What we are seeing is men are willing to seek help, they just don't know where to find it. It is community events like [Lindfield Fun Run] that gets us out there and visible.'**

From a pool of trained mentors, the not-for-profit connects men with a specific mentor by considering their age, geographical location, life experience, and the goals they have set for themselves. Each mentor supports one mentee at a time. The relationships span on average 3 to 12 months, with regular contact—no more than once a week and no less than once a month.

'Some come full circle, they come on as a mentee and they want to pay it forward,' explains Filipe. **'They come back to us and say, "Can I become a mentor?"'. When you talk about success stories, that is really the most wholesome way of looking at it.**



You empower community and you create a cycle of change.'

With the funds that Rotary donate because of the Lindfield Fun Run, Mentoring Men will funnel the money into awareness campaigning, securing more mentors and reaching out to men so the public know there is a place they can go if they need someone to speak with.

Mentoring Men are thankful for the generosity of the Rotary Club of Ku-ring-gai and the opportunity to engage

with the local community.

For more information, visit mentoringmen.org.au



IMAGE COURTESY:
Lindfield Fun Run and
Mentoring Men



Author:
Michael Cretikos



AN EXPERT DISCUSSION ON FUNDAMENTAL BUILDING- INSURANCE ISSUES.

--Kirkus Reviews

I aim to enhance property owners' readiness to evaluate accurately the correct BSI Value they should have to minimize out-of-pocket costs.

www.michaelcretikos.com.au



By Tina Brown
Publisher, The Post

When I stood on a platform of respect for women in this election, I meant it.

I often remind my friends and family to surround themselves with loving and supportive people—those who lift you up, celebrate your successes, stand by you in the tough times, and genuinely want the best for you.

That’s the kind of environment I was raised in. As the daughter of a single mum, a mother myself, and part of a long line of strong women, I know firsthand the power of support and how crucial it is when times are trying.

It’s why I’m always honoured to attend events that champion

Respect for Women: More Than Words Action is What’s Needed

women’s causes.

Just recently, I had the privilege of joining a charity lunch at Magill College Sydney to raise funds for Kingsway Community Care—an organisation providing holistic support for women, men, and children facing homelessness due to domestic violence, family breakdown, or unemployment. Sadly,

PICTURED:
(L to R) J’ Ma The Post, Stef Allen
Kingsway Community Care,
Tina Brown



these issues are just as real in the communities of Sydney’s North Shore as they are across the city.

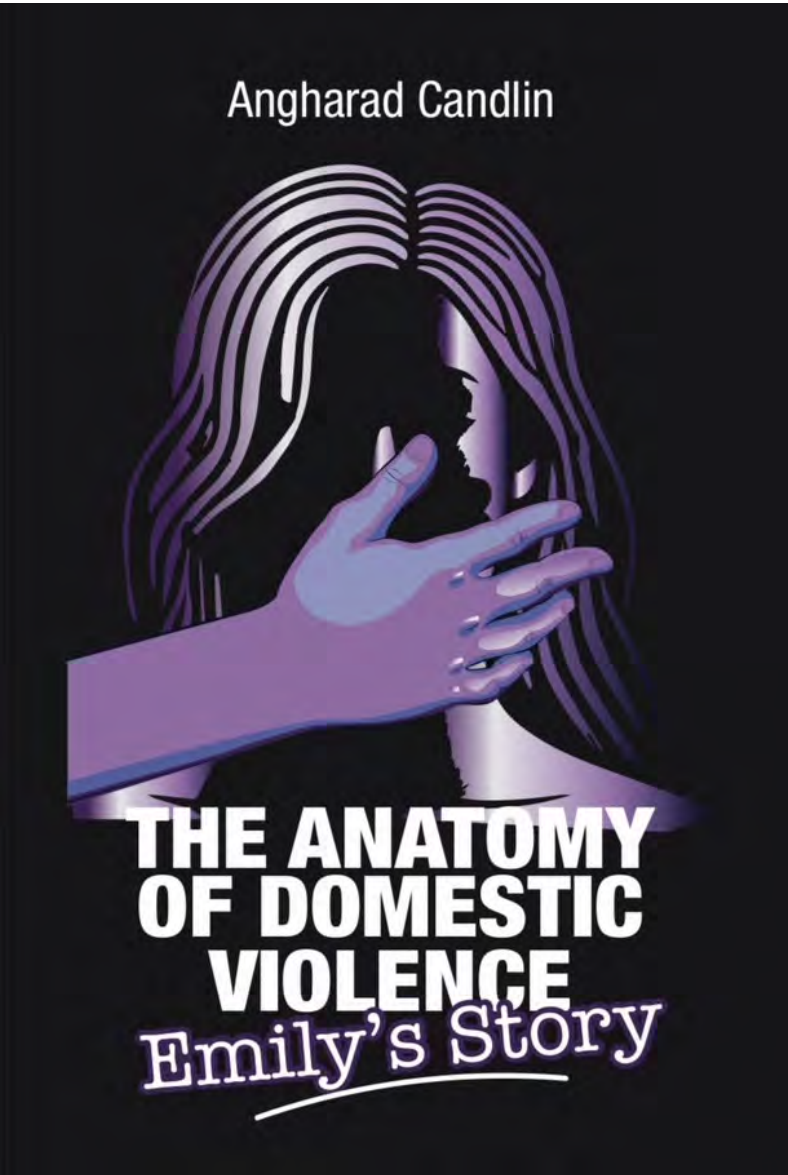
What struck me most that day was the courage of one young woman who stood up and shared her story of how she found her way out of fear and danger, and how far she’s now come.

Yet, a theme that kept surfacing in every conversation was the chronic lack of funding for homelessness services. Many of you will already know that women over 55 are now the fastest-growing group at risk of homelessness in Australia.

In the coming editions, I’ll be sharing updates from across Sydney—stories, data, and initiatives in this space, because we need action. Together, we can make a difference through education, awareness, and by raising the funds that are so desperately needed.

If you know of an organisation doing important work to support women, please reach out as I’d love to hear from you.

A Very Special Book Review The Anatomy of Domestic Violence: Emily’s Story by Angharad Candlin



In May, I had the honour of attending a special book launch for a local author, Angharad Candlin, who I met just this year when she volunteered for my election campaign.

The book is called **“The Anatomy of Domestic Violence: Emily’s Story”**.

I’m excited to say that our Editor, Claudia Butjerevic, is currently reviewing this book as our first book review in The Post and will be speaking with Angharad for an article.

This launch formed part of a larger afternoon hosted by LEAD Professional Development Association. During the event, LEAD premiered its new video resource from the Coercive Control: The Hidden Driver of Non-Physical Violence project. The video was funded by LEAD Connect, a public benevolent institution (PBI) charity.

I’d like to congratulate my friend Angharad on publishing her book and I’m next in line to read it!

“The Anatomy of Domestic Violence: Emily’s Story” tells the tale of one woman’s resilience living through the traumatic realities of domestic violence. It captures the failures of the systems in place that were created, and are meant to, protect women and their children.

With decades of experience as a community psychologist, Angharad brings Emily’s story to the world using the Safe and Together model of domestic violence response. As a result, the book is both a narrative about domestic violence and an educational tool.

Page&Co

Our purpose goes beyond selling properties – *we're here to help you.*

This belief drives unwavering commitment in everything we do.

We understand the lasting impact these decisions have on lives and futures.

Our people-first focus allows us to deliver emotional insight, expert strategy, and exceptional service.

Because People Come First.

WE SELL HOMES LIKE

They are our own

Driven to get the best results for you

Call **Karen** or **Chloe** today

☎ 0418 643 264 | 0439 662 495

Tina Brown Coaching

BOOK A CHAT

BOOK NOW

Invest in You

Life’s too short to stay stuck in the same place. Whether you’re rethinking your career, juggling family priorities, or craving a fresh start, I’m here to guide you every step of the way.

Join me for weekly face-to-face or Zoom sessions designed to help you gain clarity, confidence, and a clear plan for your next chapter. No lock in contracts, month to month progress, affordable and accessible.

Don’t wait for the "perfect" time!
Unlock the possibilities in your life today! Book a free chat now.

WOMEN'S COACH

- LIFE COACH
- CAREER COACH
- BUSINESS COACH

www.tinabrowncoaching.com.au



OUTLANDER



TRITON



ASX

AUSTRALIA'S FIRST

10 YEARS
NEW CAR WARRANTY

10 YEARS
CAPPED PRICE SERVICING

MITSUBISHI
DIAMOND
ADVANTAGE
WHEN ALL SCHEDULED SERVICES ARE COMPLETED AT A MITSUBISHI DEALERSHIP



Alto Mitsubishi Pennant Hills

336 Pennant Hills Rd,
Pennant Hills NSW 2120

(02) 8817 7777

altomitsubishipennanthills.com.au

MD 12957



David Bone

Counsellor at Straight Talk Australia Counselling

Career Navigation Whose Hand is Really on the Wheel?

Lighthouses warn ships of dangerous reefs helping sailors avoid disaster by giving them a shining beacon to sail towards.

But when it comes to your career, just steering clear of every employment rock and occupational reef isn't always enough to ensure you'll have a long and pleasant career journey or even prevent being shipwrecked in a dead-end job.

In my dad's day you'd walk out of school, join a company at seventeen and retire from that same place half a century later. Talent and hard work helped but only the lucky got promoted. It was a simpler time.

Today far fewer people stick in one career for a lifetime so you will have to make very important choices about the jobs you choose, how long you stay, and where you move next. Career planning is an intricate dance between what you like doing. Does it give your life meaning and happi-

ness while all being balanced with how much they pay!

The lighthouse approach to guiding your career means imagining your ultimate dream role—CEO of Westpac, a V8 supercar champion, a scientist who finally cures cancer, or just a life of caring and helping others. Let your imagination soar and dream big.

Now you may never actually achieve that perfect gig and to be honest, that's kind of the point. Having a big, bright, burning career beacon to head towards means you'll more than likely choose jobs that get you part of the way towards your ultimate career goal and even some of your dream is way better than a lifetime stuck in a job you really hate.

Straight Talk Australia Counselling are the experts in helping you avoid the hazards of your life, like drinking too much, improving your relationship, or just making better career decisions.

To find out more head online to

STAC.AU

STRAIGHT
TALK
AUSTRALIA
COUNSELLING

The Beary Best of Friends at the San's Teddy Bears Picnic

Sydney Adventist Hospital



The front lawn of the Sydney Adventist Hospital was transformed into a Teddy Bears Picnic of dreams when the annual event kicked off beneath sunny skies and a halo of coloured balloons.

Hundreds of families who had delivered their babies at the San in the past two years came back to reunite with their doctors, midwives, and nurses. They checked in on how things have been going and connected with other families sharing their parenting journey.

There were plenty of hugs and smiles, as well as the occasional tear, as Mums greeted their obstetricians as old friends, reliving their experiences together and celebrating their precious milestones.

"It's such a personal experience, having a child and starting a family, and we feel very privileged to play a part in that journey,"

CEO Brett Goods said.

"We deliver about two-thousand babies here every year and each one is very special to us."

It's always very touching to see our doctors and midwives reunited with these families because they develop such lasting connections."

There are around 30 obstetricians at the San and 100 midwives working in the maternity department, sometimes delivering gen-

eration after generation within families.

Recently, a proud Grandma showed off her third grandchild, born at the San, just like his Mum.

And then there was a trio of San midwives who each fell pregnant and gave birth to their own little baby girls, within a few weeks of each other.

Their bubs were among around 3900 babies born at the hospital in the last two years, which includes 37 sets of twins.

Each mother is traditionally given a small toy San Bear as a gift when she gives birth at the San, and once a year, the giant version hosts a Teddy Bears picnic with music, games and entertainment.

It's a much-loved tradition that keeps the San community beary happy indeed.



IMAGE COURTESY:
SAH Communications Team

Urgent Community Action Needed Before June 14 to Save Local Theatre Company

Claudia Butjerevic

Marian Street Theatre for Young People (MSTYP) is facing permanent closure. Unless a minimum of \$80,000 for ongoing operational costs is secured by June 14, MSTYP will close.

The not-for-profit, which has operated for over 50 years, has struggled to remain afloat since the closure of its performance hall, Marian Street Theatre, in 2013.

Ku-ring-gai Council has provided operational support, though funding has reduced, and as such MSTYP has needed to tap into cash reserves.

'Creativity connects young people powerfully and is an essential part of a healthy community. Without action, a vital and diverse part of our community will be lost,' says Giselle Beale, Chair of MSTYP.

To avoid closure, MSTYP is calling on government, businesses,

philanthropists, and the community to help the company's survival. The organisation notes that Ku-ring-gai Council has invested heavily in sports infrastructure, though is yet to commit to the redevelopment of the Marian Street

creativity across generations. Without urgent support, a living tradition that has shaped Ku-ring-gai's community will come to an end.'

Young people and families can contribute to funding efforts for



Marian St Action's separate campaign to fund the redevelopment of Marian Street Theatre by signing up for MSTYP's Term 2 Drama Classes.

However, the immediate priority is to secure funding to continue MSTYP operations.

'Youth arts must be supported, or they cannot oper-

Theatre building. Without it, the only other publicly owned arts facility is Ku-ring-gai Arts Centre.

'This isn't just another after-school activity,' says Jessica Blaxland Ashby, former General Manager. **'It's a lifeline... For decades, this place has nurtured**

ate,' says Giselle Beale. **'It is up to Ku-ring-gai Council, and the broader community, to decide whether these services continue.'**

The fate of Marian Street Theatre for Young People will be decided on June 14.

Pennant Hills Garden Club 2025 Garden Ramble

Penno Local Gardener, PHGC Gardener

In early April, two members of the Pennant Hills Garden Club invited fellow Club members to visit and enjoy their gardens.

It was a pleasant autumn day with members wandering around the gardens before finding some seats in the sun and enjoying the views.

The first garden was lush and colourful with established trees and a very large monstera with under

plantings of coleus and mandevillas—to name just two. Everywhere you looked there was a treasure to see and, sometimes, envy. We all then gathered under the pergola and had morning tea. It was hard to limit yourself to just one piece of cake. Many members commented on the almost hidden sign stating what would happen to trespassers.

The second garden was equally colourful, again with established trees and many large salvias.



IMAGE COURTESY:
Penno Local Gardener

Everywhere you looked there was something different to see. Whilst at this time of year there was not a lot of flowers, the owner set up a slide show so members could see the plants in flower.

Pennant Hills Garden Club meets at Pennant Hills Community Centre 9.30am, 4th Wednesday of the month.

How Dom's Place Is Changing Lives in Hornsby

Claudia Butjerevic

Dom's Place has an eponymous name, christened after a young man who worked with CatholicCare until his passing in 2021.

The not-for-profit was created to bridge a gaping hole. Already tackling the homelessness crisis, CatholicCare found that many people who came seeking help were missing something vital: a sense of community.

Located on Leonard Street in Hornsby, Dom's Place is a space that offers safety and connection. It is also a one-stop-shop to take care of any needs—washing clothes, getting a meal, showering, speaking with case workers, using the computers, or finding casual conversation. At the same time, other local services operate inside Dom's that focus on hous-

IMAGE COURTESY:
Dom's Place Hornsby Facebook

ing, legal, cultural, medical, and financial support.

'Social housing isn't as readily available as it was, people are spending a lot longer in temporary accommodations like hotels. It's getting very hard to exit people into long-term accommodation,' explains Practice Manager Rebecca H, who has been with CatholicCare for 9 years. **'At Dom's Place, people don't need to tick any kind of a box. They don't have to make an appointment. The beauty of Dom's is we are open to everyone in the community.'**

Since opening its doors in April 2022, Dom's Place has welcomed over 4,000 visitors, and currently 150 people come in weekly. Regularly, the organisation hosts BBQs, workshops, trips, competitions, and excursions to foster the feeling of belonging. CatholicCare



have found that through establishing Dom's Place, the relaxed nature of the service has clients responding to help, substance abuse has reported to have lessened, and rough sleepers have a safe place to tend to their needs.

Dom's Place is calling out for more volunteers who may be interested in hosting workshops, or professionals who may want to impart their knowledge. Anyone from a range of professions is encouraged to volunteer—hairdressers, barbers, chiropractors, physiotherapists, yoga instructors, to name a few. Currently, Dom's are in need of baristas to help with coffee cart operations.

For more information, visit **catholiccaredbb.org.au/individual-family-supports/doms-place**
thepost.sydney



One size does not fit all. Have you discussed your final arrangements?

Dying to Know Day is a national campaign that supports Australians to improve death literacy and plan for end-of-life. Help create a world where we all know what to do when someone is dying, caring or grieving.

Talking about death can be daunting, but it's better to do when we're well rather than wait until it's too late!

We invite you to attend an information session. Guest speaker topics include:
• Financial Planner • Wills and Estate Planning • Probate
• Palliative Care • Funeral Plans



**8 August 2025
Commencing 2pm to 4pm**

Hillside Chapel, Palmdale Lawn Cemetery & Memorial Park, 57 Palmdale Rd, Palmdale NSW

Reserve your seating please email:
creightons@palmdalegroup.com.au

Councils Unite Against Royal North Shore Hospital Redevelopment

Claudia Butjerevic

Northern Sydney councils are banding together in their concerns towards redeveloping the parcel of land on the southern campus of the Royal North Shore Hospital.

The Minns Labor Government launched an Expressions of Interest (EOI) campaign to develop the 3,301 square metres of land along Herbert Street, ending in mid-May. Redevelopment would deliver 448 new homes, including 67 affordable housing options, alongside commercial offices and retail spaces with a 62-storey mixed-use building.

In 2021, local councils and the Artarmon Progress Association opposed the rezoning of Lot 4B, calling for the land to remain used for patient-related healthcare by RNSH.

In its March 2025 meeting, Willoughby City Council resolved to both call for greater public benefit in the proposed redevelopment, and to see the government's

modelling of future demand for health services. Additionally, they resolved to bring these concerns to the next Northern Sydney Regional Organisation of Councils (NSROC) meeting.

'Willoughby Council recognises the strategic importance of Lot 4B and the opportunity it presents to deliver real, lasting public benefit,' said Mayor Tanya Taylor. **'We are committed to ensuring this land is not just seen through a commercial lens, but as a community asset that must provide value in the form of open space, affordable housing, public infrastructure, and thoughtful urban design.'**

Lane Cove Council, North Sydney Council, Mosman, and Ku-ring-gai Council have all publicly resolved to support Willoughby's demand that the land stay in public use for health purposes. Councils have resolved to write to relevant NSW Ministers and the Premier on the issue.

Post Exhibition Ku-ring-gai's

Claudia Butjerevic

Over April, Ku-ring-gai Council exhibited their preferred housing scenario to the public.

Between November and December of 2024, Council released a survey with five housing options to gather feedback from the community and stakeholders. This survey was a step towards Council presenting an alternative proposal to the NSW Government in lieu of the transport-oriented development (TOD) policy.

The TOD policy allows for new housing development within 400m of the Roseville, Lindfield, Killara, and Gordon train stations.

Ku-ring-gai Council have vocally been against the implementation of the TOD policy, and are currently battling the NSW Government in the Land and Environment Court over the matter. The State and Council agreed to allow Council to develop alternative planning options in keeping with the expected dwelling capacity that the original TOD policy would afford. The mediation gave Council until May 2025 to produce a worthy

Results in for TOD Alternative

proposal.

From the survey results, Council exhibited the preferred scenario to the public over April. Effectively, in Council's estimation, this preferred policy would improve the original TOD by delivering 68% less impact on environmentally sensitive land, 69% less impact on individual heritage items, 76% less impact on tree canopy cover, and 93% fewer properties affected by poor height transitions.

Taverner Research Group prepared a report of the public exhibition results. In the report, Taverner outline that only a quarter of participants supported the scenario, while 17% were concerned with local heritage, 16% had issues with proposed building heights, and 14% were unsure how local infrastructure would keep up with population.

Ku-ring-gai Council had an Extraordinary Meeting on May 22 to consider the post exhibition report, though Mayor Christine Kay introduced a procedural motion to have the meeting adjourned until June 5. Residents will have to wait a while longer before Council decides on the future of housing development.

Beating the Budget Blues: A Van, a Plan, and a Cheaper Way to Live

Oly Lee-Young

Have you ever wondered whether your rent or mortgage payments could be better spent elsewhere? What if I told you that you could take a little trip around Australia in a van for far cheaper than living your regular-old city life?

I used to pay just under \$500 a fortnight on rent whilst I was studying for my university degree. Worrying about electricity costs, water, Wi-Fi bills, and let's not forget the biggest cost: food. Budgeting and spending under \$1,500 a month on overall living, I often found myself asking, "surely there's an alternative to all of this?"

Meanwhile, a good friend of mine was off exploring the endless beauty of Australia – embarking on an adventure of a lifetime to circumnavigate the country in his Toyota HiAce van.

I met Flynn Batterham hiking the hills of the Himalayas in early 2023 just after he was done finishing Year 12 exams. Quickly, I realised Flynn was a chief example of someone best described as 'free-spirited'.

come overnight.

"I spent six months after school building my van with my dad," he said. **"At the same time working ten-hour days, six days a week to save up for it."**

But once Flynn and his dad had remodelled the van's interior to include a kitchen with a water tank, a solar-powered stove top, and interior lighting with a spacious double bed, the ongoing costs for his 18-month journey were far less than what I was paying to live.

"I generally spent about a grand a month," he explained, which mainly consisted of petrol and food.

Flynn never rushed. It took him four months to get to Byron Bay. **"Stopping at every single coastal town along the way,"** he said.

Then he ventured into Far North Queensland for about five months before crossing the Northern Territory, turned down the west coast to Margaret River for two months, across the Nullarbor, and then eventually 'home for a family dinner'.

It became evident that Flynn wasn't simply on a big holiday, but rather he'd adopted an alternative lifestyle. One that included connecting with local communities, surfing, meditation, fire-spinning as well as finding odd jobs which included a timber yard in Byron, a marine tourism company in Port Douglas, and various construction companies too.

Amidst a cost-of-living crisis, it's encouraging to know that people like Flynn have managed to not only survive but thrive on limited funds. If you ever feel that the stress of Sydney's rat race is getting too much, just remember that there are always other options down the road.



What amazed me after chatting to him was how cheaply he managed to do it. It really made me question why I'd been hustling so hard just to keep my head above water.

It was August 2023 when Flynn said goodbye to his Sydney life and headed north up the glorious east coast of Australia. The decision, however, didn't

Hornsby Jewellers
Local Family owned & run Jewellery Business

Alterations • Re-modelling • Repairs
Engagements • Weddings • Anniversaries

Onsite Workshop

LAB GROWN DIAMONDS in stock

Together we can design an original piece of jewellery and quote while you wait.

If you have your own gold

- whether to save or sentimental - we can reuse
- We also buy gold & jewellery in any condition

We now do laser engraving

Kurt & Daniel Seifert Jewellers
1A William Street,
Hornsby 2077
Phone 9476 4711

Kurt Seifert the real Jewellers

SAPPHIRE LEGAL
FAMILY LAW CONVEYANCING
WILLS & ESTATES

Do you need legal help?

We provide professional legal advice in the areas of:
Family Law - Conveyancing - Wills & Estates
Mandarin & Cantonese speaking lawyer available

Gayle R. McKenzie (Principal Solicitor)
0411 928 928
www.sapphirelegal.net.au
Office 1.24, Lvl 1, 22-28 Edgeworth David Ave, Hornsby NSW

Letters to the Editor

The Post is reopening its *Letters to the Editor* section.

Readers are now able to email The Post to give their comments, opinions, and suggestions. These emails may be included in the following monthly edition, either anonymously or by first name. Whether or not particular correspondence will be published is at the discretion of the editor.

The Post would love to hear your thoughts! To send in a letter to the editor for publication, email via editor@hkpost.com.au



Claudia Butjerevic

Australia's second deadliest cancer is bowel cancer.

Around 280 Australians are diagnosed every week, and the disease takes the lives of over 5,000 Australians every year.

Bowel cancer is also commonly known as both colon and rectum cancer, depending on where the cancer resides.

Most often, bowel cancer begins as benign polyps on the lining of the bowel. They are non-threatening and common, with anywhere between 15 to 40% of adults developing a polyp in their lifetime. Polyps can be without symptoms, but if they left undetected can develop into cancerous tumours.

June is Bowel Cancer Australia's signature awareness and fund-raising campaign to aid in prevention, detection, treatment, and

thepost.sydney

research.

Conversations around bowel cancer are not as easy had as those of other cancers.

'We want to make prevention of bowel cancer dinner table conversation,' says Associate Professor Graham Newstead. 'If you think about it there isn't a woman who doesn't chat to a female friend about having had their pap smear done or their mammogram done... people need to be aware bowel cancer occurs.'



According to Professor Newstead, this is the wrong mindset and needs to change. Especially

24

with the ease of detecting bowel cancer early.

Through the efforts of advocacy groups and after successful pilot studies, in 2006 the Australian federal government introduced the National Bowel Cancer Screening Program which delivers free at-home screening kits to Australians aged 50 to 74. With the NBCSP, Australia has one of the most comprehensive national screening programs in the world.

In 2018, around 7% of participants, or 78,600 people, received a positive screening result. After follow-up examinations and colo-

noscopies, 251 were diagnosed with a confirmed bowel cancer, 1,432 with suspected bowel cancer, and 6,149 participants had detected adenomas. Men are less likely to participate in screening, though have higher rates of detected bowel cancers.

For more information about bowel cancer visit

www.bowelcanceraustralia.org

EDITION 68 – JUNE 2025

IPART Rejects North Sydney Council's Proposed 87% Rate Hike

Claudia Butjerevic

To the relief of residents, IPART has rejected North Sydney Council's request for an 87% rate increase.

Council had submitted an application to the Independent Pricing and Regulatory Tribunal (IPART) to increase rates by 45% in 2025/26 and 29% in 2026/27. This rate increase was argued to be able to repair the dire financial situation Council has found itself in, while maintaining existing services, funding the renewal of infrastructure, and delivering for a growing population. Council submitted two applications, with IPART denying both.

Mayor Zoe Baker expressed Council's disappointment in the decision and suggested that there is an urgent need for the state government to adopt the findings of a March 2024 Upper House in-

quiry. In the inquiry, recommendations were presented that would allow councils to set their own rates more flexibility.

'North Sydney Council's financial position is very well known and has been widely reported in the media over many years. If a council like North Sydney, subject to significant public scrutiny in media across the state, is unable to effect financial repair through applications to IPART, the system is clearly flawed,' says Mayor Baker.

Despite Council frustration, local politicians are glad to hear the application was denied.

'Council may have snubbed the people of North Sydney but the process has worked, and this win is our community's,' says Member for Willoughby, Tim James. 'IPART has confirmed this was never about the North Sydney pool project. It found this was in effect a cash grab intent

on generating large surpluses to inflate Council's cash reserves. During a cost-of-living crisis this was a contemptible and out of touch impost on hardworking residents and small businesses already struggling to make ends meet.'

'This decision is a win for people power and a clear verdict on the overreach of North Sydney Council, who ignored the voices and the needs of our community, while arrogantly pursuing a shopping list of new pet projects at the expense of those who could least afford it,' says Member for North Shore, Felicity Wilson. 'In a cost-of-living crisis, North Sydney Council ignored the pleas of residents and small businesses already stretched to the limit. IPART's decision validates locals' objections and concerns with Council's bungled process.'

The Post are bringing back our Food & Dining pages.

From July, you'll once again find reviews of local restaurants, cafes, and fine dining experiences.

We had paused this section of our newsmagazine as our reviewer took a sabbatical, though we are now ready to reopen for our readers.

If you've got a place you'd like us to check, out, send us an email!

To food vendors and restaurateurs, if you'd like us to pay a visit, contact us.

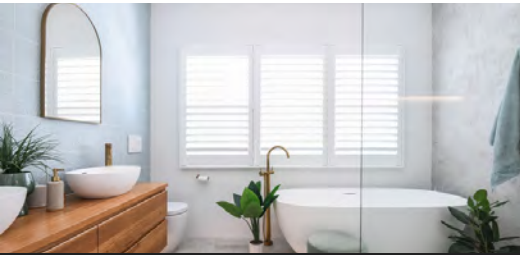
Keep your eyes peeled (and your stomachs ready) for our first review.



EDITION 68 – JUNE 2025

25

thepost.sydney



Thinking of renovating your **BATHROOM**?

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



Contact our team today on 1300 787 577 or head to www.smithandsons.com.au



Entries Now Open for Hornsby Art Prize

Artists are welcome to enter into the Hornsby Art Prize from Monday 2 June.

Well-recognised and popular, this art prize promotes Australian contemporary art, where artists can submit their works. Categories range from painting, drawing, printmaking, photography, and sculpture. From a pool of \$23,000, the major prize is worth \$10,000, with the rest split among other winners.

Entries are open until Thursday 7 August, costing \$40. All artworks must have been produced in the past two years and not exhibited before in an art prize. The Hornsby Art Prize is open to all Australian residents aged 18 and over.

'The Hornsby Art Prize pro-

vides our residents with a fantastic opportunity to experience contemporary art of the highest calibre in our own local area,' said Hornsby Shire Mayor Warren Waddell.

Hornsby Art Prize is sponsored by Hornsby Shire Council and delivered in partnership with the Hornsby Art Society. Hornsby residents can also nominate their work for the Hornsby Shire Local Art Award.

The Hornsby Art Prize Finalists' Exhibition will be held at Wallaroba Arts and Cultural Centre from 12 September until 28 September 2025.

For more information about the Hornsby Art Prize, visit www.hornsby.nsw.gov.au/artprize



On July 27 at The Concourse, Chatswood, Willoughby Symphony Choir will be performing Bach's *St John Passion*.

The oratorio depicts the trial of Jesus Christ, his crucifixion and death, as described in the Gospel of St John.

The Choir, along with the Willoughby Symphony Orchestra, will bring life again to the musical performance dating back to the 1720s. The performance will be sung in English.

theconcourse.com.au
willoughbychoir.com.au

PHIL STALLARD - LYNNE DOBINSON

TIME AND TIDE

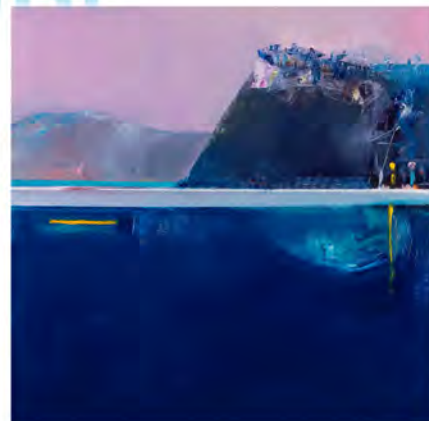
14-29 JUNE 2025

OPENS 14 JUNE

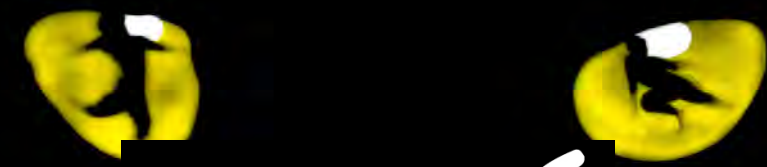
3-5PM



Ferry Artists Gallery Wisemans Ferry Central
Ph: 45664385 www.ferryartists.org.au



LET THE MEMORY LIVE AGAIN



CATS

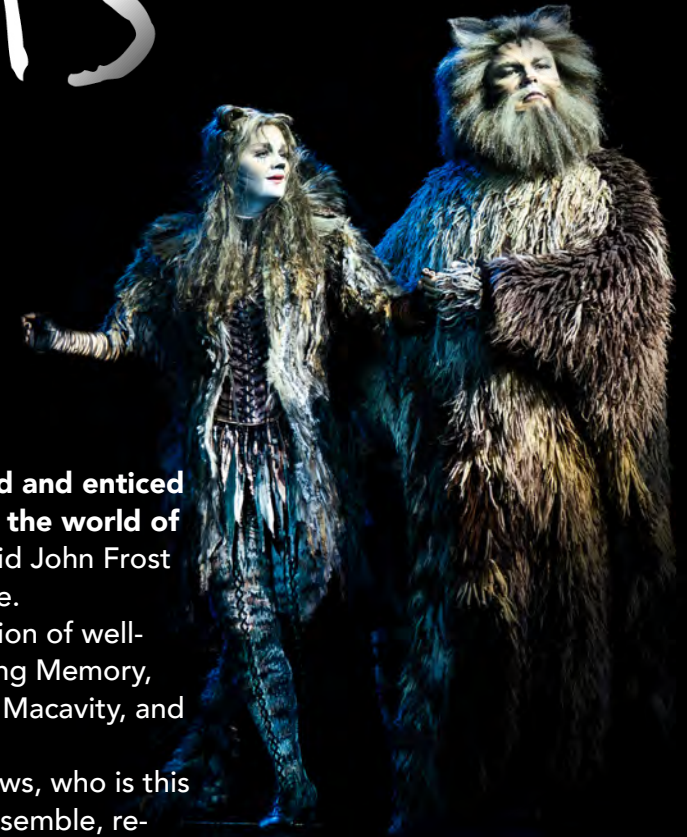


IMAGE COURTESY:
Xiadong

Claudia Butjerevic

To celebrate its 40th anniversary, the musical CATS is returning to Australian stages.

In July of 1985, after soaring popularity in Britain at the New London Theatre, CATS made its Australian premiere at the Theatre Royal Sydney.

To kick off this new 2025 production, the musical will open again at the Theatre Royal Sydney from 17 June. After, the show will move to Her Majesty's Theatre in Adelaide, then Crown Theatre in Perth, before closing at Hamer Hall Arts Centre in Melbourne.

From legendary English composer Andrew Lloyd Webber, CATS was adapted from a 1939 poetry collection "Old Possum's Book of Practical Cats" by T.S. Eliot. The musical follows a tribe of junkyard felines known as the Jellicle Cats, who gather for their annual Jellicle Ball. Together with the Cats' leader, Old Deuteronomy, they choose a cat to be reborn into life in the Heaviside Layer.

'CATS is a legendary show... A sparkling fusion of music, dance and verse, it was revolutionary

when it first opened and enticed new audiences into the world of musical theatre,' said John Frost from Crossroads Live.

CATS has a collection of well-loved songs, including Memory, The Rum Tum Tiger, Macavity, and Old Deuteronomy.

Local Charlie Follows, who is this new production's ensemble, remarks that his own favourite song is the opener to the musical.

'This cast is so talented. I remember the first time we sat down together and sung the opening song, my jaw was on the floor,' explained Charlie. **'The opening song is just so exciting and high energy.'**

Hailing from Mt Ku-ring-gai and having gone to school at Ku-ring-gai High, from an early age Charlie was a performer. As a boy, Charlie was a gymnast, then went into cheerleading before starting ballet. Eventually, Charlie enrolled at Brent Street Theatre and is in his second year of a Musical Theatre course.

Selected to be in the ensemble, Charlie is ecstatic that of all the

productions, the groundbreaking CATS is his debut.

'It's the 40th anniversary of CATS in Australia... that alone just shows how timeless and classic this musical is... even still today people want to watch,' said Charlie. **'The awesome thing with CATS is each character is individual and specific. Every time you get a cast of people in this show, the range in terms of performers is so broad and each show is so incredibly unique.'**

For more information about this 2025 production of CATS at

www.catsthemusical.com.au

PLUMBERS

SCOTT & SONS PLUMBING DRAINING & GASFITTING

- Hot Water
- Blocked Drains
- Pipe Relining
- Gutters
- Burst Pipes
- Roof leaks

SPECIAL! FREE CCTV
with every Drain Clean
Quote Code : SS25Q1

24/7 Emergency Plumbing
0477 664 334

service@scottandsons.com.au
Lic. No. 141840C



- Blocked Toilets & Drains
- Leaking Taps & Toilets
- Electric Eel Service

Owner Operated since 1997
Licence No. 239542C

Mob: 0409 811 993 Ph: 9476 6550



**24/7
EMERGENCY
PLUMBING**



**BLOCKED
DRAINS**



**HOT
WATER
REPAIR**



**GAS
FITTING**



**LEAKING
TAPS**

**IF WE CAN'T FIX IT
YOU DON'T PAY***

Google ★★★★★ 4.9 | LICENCE #233302C

PUREPLUMBINGPROS.COM.AU

CALL US ON 9188 1542

PEST CONTROL



www.ecopestexpert.com.au

Your Eco-Friendly Pest Management Expert

Say goodbye to pests with our environmentally responsible and highly effective pest control services. Protecting both residential and commercial properties, Eco Expert is your trusted partner in creating a pest-free environment. Contact us today for expert solutions that prioritise sustainability and safety.

CALL 0405 062 676

e: info@ecopestexpert.com.au

To advertise, please call **02 8355 5134** or email **sales@hkpost.com.au** or visit **www.thepost.sydney**

HOME IMPROVEMENT



Carpet Layer

Repair, Restretching
& Laying New Carpet

Call Ali on **0415047176**



Excavation Services

- Bulk and Detailed Excavation
- Rock Excavation
- Footings
- Auger Piering
- Site Preparation, levelling, clearing
- Drainage

Contact

josh@nicholsonplumbing.com.au
0403 651 443

@nicholsonplumbingcivil

Lic No. 269882C

**ADVERTISE WITH
THE POST
02 8355 5136**



- Blinds • Curtains
- Awnings • Service • Repairs

Ross 0408 090 511
kuringgaiblinds.au

UPHOLSTERY

Over 40 years Experience
Free Quotes

Call Bryan 0414 913 883

Northside Washer Service

Washing Machine & Dryers, Repair & Sales



- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

Graeme Shepherdson
Ph: 9457 9162
MOB: 0418 679 596

authorised agent
KLEENMAID
(The best you can own)

GENERAL SERVICES



FULLY ORGANISED TO
ACCOMPLISH YOUR CLEANING

Call **Organised Cleaning** to do your domestic or commercial cleaning

OrganisedCleaning.com.au

0404 554 247

Professional cleaning services

- ✓ Regular or one-off Cleaning
- ✓ Spring Cleaning
- ✓ Move in / Move out Cleans



Whirl Recycling

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 Sydneysiders giving it a **Whirl**.

Northern Suburbs Social
Dance East Lindfield
Community Hall



Come and join us every **Saturday** for your Social Ballroom, Sequence and Latin dances. It is fun and keep you fit. We have Dancing Lesson Program 7:00 -7:30pm. We do new vogue, Sequence dances and Latin dances.

Please contact; 0458 320 253, 0415 053 818
or 0407 121 311

ADVERTISE WITH THE POST 02 8355 5136

GARDENERS

NICK'S LANDSCAPING

Lic #: 96884C

25 + Years in Business

- All types of landscaping work
- * Retaining Walls, Sandstone work
- Timber, Paving & Repairs
- * Pressure Cleaning
- * Turf & Gardening

Free Quotes

CALL 0418 169 369

LAWNMOWING SERVICES

Lawns mowed, edges trimmed.

Reliable friendly service.

Free Quotes 0433 933 028

ALL DECKS AND GARDEN

- * Reoil / Paint - Decks, fences
- * Plants / Nursery Items - Huge range - Bulk Order - Delivered
- * Pressure Washing
- * Gutter Cleaning
- * Hedge trimming
- * Garden makeover
- * General gardening
- * 25yrs exp
- * Local
- * Insured
- * Nursery Delivery Syd & Regional

FREE QUOTES. Terry 0410 535 536

MARKZZ LAWNZZ

Lawns & Edges

Domestic, Commercial and Strata

Fully Insured

More than 25 years experience

Free Quotes

Call Mark: 0411 271 070



NORTH SHORE LANDSCAPING

COMPLETE LANDSCAPING SERVICE
DESIGN & CONSTRUCTION

John McKinnon 0417 449 027

WANTED

WANTED AUTOMOTIVE MEMORABILIA

Signs - big & small, literature, badges, toys, oil cans, petrol pumps, models, number plates, pedal cars, tools, clothing, trophies, complete old cars and car parts.

CALL STEPHEN: 0422 799 302

Help us to help you recycle and see old treasures get a new life

PAINTERS

Jin's Painting Group Pty/Ltd

'Best Experienced
and Most Honest
Painters in Sydney'



Contractor Jin

0430 141 503

quote@jinspainting.com.au

www.jinspainting.com.au

ACN: 647 293 034 / Lic Number 289867C

JEFF PAINTING

- Interior & Exterior
- Best Price, Best Quality
- All Jobs Guaranteed, Fully Insured
- All Korean Painter.
- Free Quotes

Call : 0449 070 724 or 677tnt@naver.com
LIC# 305058C

PB PAINTING & DECORATING

LIC # 287158C

- High Quality On Time
- Interior and Exterior
- FREE Quotes
- Fully Insured & Qualified
- 5-star Google Reviews
- Over 25 years of experience

Call Paul on **0420 229 066**

Email: **pbpainting76@gmail.com**

www.pb-painting.com.au

HANDYMAN

**Accurate
Carpenter & Painter
Pensioners Discount**

LIC. No: 222748C

Painting

- * Cheapest on the North Shore
- * Interior & Exterior
- * Beat Any Quote by 10%

Handyman Work

- * All Small Jobs
- * Free Quotes
- * All Work Guaranteed
- * 7 Days a Week

Call Michael for a FREE QUOTE -

0452 180 469

BUILDERS

Spooner Design

Building Designer. All Areas.
Any additions.



Call Lindsay 0412 495 323 or
Email **spoonerdesign@kets.com.au**

Durability Constructions & Excavations Pty Ltd

Bricklaying & Blocklaying

Lic 228069C

- Retaining Walls
- Concrete
- Property Maintenance
- Renovations / Extensions / Repairs

*We specialise in hard challenging
problem solving Construction*

Sydney Metro to Wisemans Ferry &
Hunter Valley

ABN: 89 676 472 503

Send me your location

Call 0450 639 524

BUILDING REPAIR & MAINTENANCE

Carpentry, Gyprock, Paint,
Brick & Concrete
Deck, Pergola, Fence, Gate,
Carport, Odd jobs & More
Call John 0408-609027

NORTH STAR CONSTRUCTIONS

Stefano 0452 205 887

Experienced Carpenter/Builder
Specialising in home renovations,
extensions, small projects, decks &
pergolas.
info@northstarconstructions.com.au
Lic. 327221C

DRIVING

Marques Driving School

"The Patient Professionals"
Licence No 006488

Mob **0428 222 305**

Office **9477-5802**

Results

STONE

Guaranteed, ask me how?

Jaime Garrick

0434 538 368

YOU'RE LOCAL AREA SPECIALIST

