

# THE POST

Edition 52 - 1 February 2024

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## Cancer Warrior Karen Humphries

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*February 15th marks World Cholangiocarcinoma Day, drawing attention to this rare and aggressive upper gastrointestinal cancer, also known as bile duct cancer.*

*Read about Karen's work to raise awareness for this lesser known cancer which is on the rise in our community.*

Read the story Page 27.

### In our February Edition:

- *Valentine's Day!* ❤️❤️❤️
- *Book Now for our International Women's Day Lunch*
- *Local Citizen of the Year Awards Announced*
- *... and much more from your hyper local news source!*



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# January 26th Controversy across North Sydney Council

By Riley Warner

It looks like the North Sydney Council missed out on one of the more warming events of Australia Day, with a bizarre decision to completely dump the annual Citizenship Ceremony, moving the ceremony to January 24th.

This decision left many of us scratching our heads. As a yearly tradition, welcoming new faces from all over the world to our country on the one national day we can celebrate these citizens together, suddenly came to an end.

The cancellation of citizenship ceremonies on Australia day was the new social bandwagon. With more than 80 local councils across Australia moving citizenship days away from January 26th likely due to the growing controversial divide in the community.

Member for Willoughby Tim James said, "I am both shocked and disappointed by this decision and know that many in our community will feel the

same."

"Citizenship ceremonies are a source of pride for our community, symbolising unity, cultural inclusivity, and the beginning of an exciting new chapter for our newest citizens. There is no greater privilege than doing this on our national day," Mr James said.

It is strange that the controversy surrounding Australia Day entrenched itself so deep into today's culture that we feel a need to put a pin in the day's traditional ceremonies. Welcoming people worldwide on our national day is nothing more than a special event for families and friends, a day for the entire community to acknowledge.

A spokesperson from the North Sydney Council commented on the council's decision to move the ceremony date to January 24th.

"Our January citizenship ceremony will take place on Wednesday, January 24th, in accordance with the Australian Citizenship Ceremonies Code, which was amended in

2023.

"North Sydney Council takes great pride in collaborating with local schools and community members to welcome new citizens through our citizenship ceremonies. Our January ceremony will be as special and heartfelt for our new citizens as the 15 ceremonies held throughout the past year, where 1,654 new Australians have been welcomed. Like all our citizenship ceremonies, this event is for invited attendees only.

"We trust our new citizens will take the opportunity to celebrate and enjoy their Australia Day public holiday with family and friends."

Tim James has called upon the North Sydney Council to engage in open dialogue with Councillors and the community about why this ceremony has been cancelled.

"Our community deserves to have our traditions respected. Welcome to all our new citizens this Australia Day. Thank you for choosing to call Australia home," Mr James concluded.



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## Inclusion Plan Proposed by Northern Beaches Council

NORTHERN Beaches Council are taking steps to be more inclusive. Council have put forth a draft plan titled "Championing Diversity – Multicultural Inclusion".

The five-year plan has key outcomes aligned with community aspirations, cultural expression, and equitable access to programs and services. The draft plan is Council's commitment to the Northern Beaches becoming inclusive, safe, diverse, and connected.

'We're proud to introduce a plan

that encapsulates the aspirations of our diverse community, ensuring that every individual feels welcomed and valued,' says Northern Beaches Mayor Sue Heins. 'One of the most exciting aspects of this draft plan is its strong emphasis on broad community involvement; so far, over 500 community members have contributed to its development.'

Northern Beaches Council have a footprint where residents are from 123 different ancestries, almost 1 in 3 people were born overseas, and 1 in 2 have a parent born abroad.

'This plan isn't just about ticking a box; it's about people. It's about ensuring that every voice is heard, every culture celebrated, and every individual feels empowered to actively participate in shaping the future of our community,' says Mayor Heins.

Community feedback on the draft plan closes on the 29th of February.

**To view the plan and submit feedback, visit [yoursay.northernbeaches.nsw.gov.au/multicultural-inclusion-plan](https://yoursay.northernbeaches.nsw.gov.au/multicultural-inclusion-plan)**



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**TIM JAMES MP**

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### Editor's Word

Tina Brown

# International Women's Day

## Join us for Lunch at The Epping Club in Celebration on Friday 8th March

By Tina Brown

Friday 8th March is a special date not to be missed.

**The theme for International Women's Day for 2024 is 'Accelerate your Future'.**

Whether you are single, married in a relationship or taking a break... I have no doubt you will enjoy the insights that our guest speaker will share. Our guest speaker is a relationship and dating coach, especially for successful women, but her insights are most certainly for every woman. We featured Cristina Davy in our November edition of The Post.

I met Cristina Davy at a networking event last year and instantly found her both engaging and fascinating, and quite honestly, her voice is captivating and I could listen to her for hours. I feel lucky to have secured her for our event as I can see her career is already soaring to new heights.

The Epping Club have partnered with The Post for a very special lunch and to assist with raising funds for the Ku-ring-gai Youth

**...and help raise funds for KYDS!**



Development Service. \$10 from every ticket sold will be given to the KYDS charity as they continue to work within our community with families in need.

I'm also delighted to introduce a local poet, Jacqueline Wright, who will recite a poem inspired by her daughter which is very moving.

Now it wouldn't be an event without lucky door prizes, raffles, a fabulous lunch, good company and of course a glass of bubbly on arrival!

In the spirit of the theme, this event is not just for women! I welcome everyone at this event, yes bring your partner!

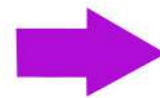
Book early and I look forward to meeting you there!



Cristina Davy, Dating and Relationship Coach, believes that people should be armed with the skills of dating to ensure a healthy, fulfilling relationship.

Cristina, a certified Neuro-linguistic practitioner, works closely with highly successful women mainly over the age of 35, guiding them on how to begin the dating process, and the traits these women should possess to ensure relationship stability and longevity.

**Book your spot now for International Women's Day Lunch**



Tickets are \$69 per person and include a 2 course meal, sparkling wine on arrival, great company and lots of fun!



## Easy Tips for Your 2024 Valentine's Day

By Riley Warner

It's that time of year again – the time of year when love is in the air, and the pressure is on to plan the perfect Valentine's Day for your significant other. Take it from me, having a plan on valentine's day is a life saver.

Whether you're in a new relationship or have been together for years, Valentine's Day is a chance to show your partner just how much you care. It's the one day on the calendar when we can dedicate quality time with significant others.

But let's be real – Valentine's Day can be a touch cheesy. The heart-shaped balloons, the sappy cards, the overpriced chocolates

– it can all feel a bit contrived. So, how can you make Valentine's Day special without succumbing to the cliches?

Here are a few ideas. First of all, as hard as it may seem, try to skip the overpriced dinner reservations and cook a meal at home. Not only will it save you a few extra coins, but it's a chance to show off your culinary skills (or lack thereof). Plus, cooking together can be a fun and romantic activity.

If cooking isn't your forte, consider doing something active together. Go for a hike, take a yoga class, or try something new, like rock climbing or give a dance class a whirl. Not only will it get your endorphins flowing, but it's a chance to bond over a shared experience.

Another idea is to plan a surprise outing.

Take your partner out and about around town, and maybe plan a surprise picnic in a park. It's a chance to be creative and show your partner that you put some thought into the day.

And of course, there's always the classic gesture of writing a heartfelt love letter. In a world where we're constantly communicating through texts and social media, taking the time to write out your feelings on paper can be incredibly romantic.

So, as Valentine's Day approaches, don't feel like you have to stick to the traditional script. Get creative, have fun, and, most importantly, show your partner that you care.

# ARE YOUR EYES UNCOMFORTABLE?

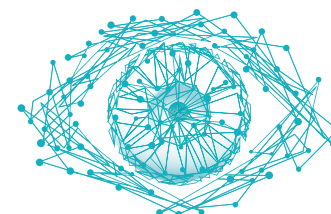
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By Janine Kitson

### Density Changes Fight for Ku-ring-gai

There is only one urgent agenda for Ku-ring-gai. Inundate NSW Planning's portal with submissions. Get them in by the deadline, Friday 23 February.

Visit Ku-ring-gai Council's website [www.krg.nsw.gov.au/Council/News-and-media/Latest-news/Proposed-changes-to-NSW-housing-policy-and-its-impacts-on-Ku-ring-gai](http://www.krg.nsw.gov.au/Council/News-and-media/Latest-news/Proposed-changes-to-NSW-housing-policy-and-its-impacts-on-Ku-ring-gai) for ideas.

Perhaps something like:

"I oppose the rezonings because I love my home and I don't want developers rapaciously knocking down my neighbours' houses, ripping out trees and beautiful gardens, blocking the streets with more cars and building poor quality housing that my children still can't afford to buy."

The NSW Planning's new 'Transport Oriented Development' (TOD) is jargon for 'destroy local amenity, heritage, tree canopy and environment and fill it with the sound of chainsaws and demolition trucks'. It is also code for 'smash the planning

system and rezone by stealth and give the developers everything they want'.

Where is the evidence for why the 400 metres around Roseville, Lindfield, Killara and Gordon Stations were chosen to become high rise 'Zetland' style streets? Where will the additional schools, parks, playgrounds, sports fields, public transport come from? What about infrastructure? Energy? Water pressure? Ageing sewerage infrastructure? Traffic congestion? When Ku-ring-gai Council asked these questions NSW Planning declined to answer, obfuscating that it was "Cabinet in Confidence".

Yet the Minns NSW Government's proposals for dual occupancies, terrace house and 'manor houses' will have a far greater impact across Ku-ring-gai. No place is safe.

Prime Minister Albanese's hero Tom Uren visited Ku-ring-gai more than a decade ago and said: "You have something special here in Ku-ring-gai. Fight for it!"

Yes, fight for it. Send in your submission now.

CHINESE NEW YEAR 2024 YEAR OF THE DRAGON

Wishing you a Happy, Healthy, and Prosperous New Year

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PAUL FLETCHER MP 保罗·弗莱切 联邦议员

## Ku-ring-gai Council Attempts to Oust Mayor Sam Ngai



By Claudia Butjerevic

If you're tired of hearing about the child's play occurring at Ku-ring-gai Council, fear not – for so are we.

Before the close of 2023, Council held their monthly Ordinary Meeting on the 12th of December. Amid an agenda involving the removal of the park bench on Mariana Close in St Ives and dealing with a modification to the Development Application surrounding the North Turramurra Recreation Area, a noteworthy motion was brought forth by Councillor Spencer.

The motion called for a vote of no confidence in the sitting Mayor, Councillor Ngai. Cr Spencer argued that the reason for the motion was due to the behaviour of Mayor Ngai at a public forum held the week prior, on the 5th of December, and the Mayor's response following the aftermath.

'There was a departure from order at the last meeting,' said Cr Spencer during the Ordinary Meeting. 'Certain Councillors are concerned about your ability to chair this meeting and I've been asked to move this

motion of no confidence in the Mayor.'

After Councillors Jeff Pettett, Greg Taylor, Barbara Ward, and Martin Smith gave speeches on their opinion of the motion, Mayor Ngai gave his defence to the claims.

'When you become the mayor, the level of responsibility, especially with co-ordinating public meetings, steps up quite significantly,' said Mayor Ngai. 'I have actively sought opportunities to be trained in meeting practices... We do know there is a steep learning curve... Finally, I'd like to say that last week, although that was quite heated, quite passionate, I have seen much worse in previous Council meetings.'

Councillor Christine Kay interjected following Mayor Ngai's speech, asking if he felt it necessary to offer councillors and the public an apology for his conduct.

Cr Spencer continued to push the vote of no confidence, asserting that Mayor Ngai was not taking responsibility for the incident, and suggesting that Mayor Ngai

haphazardly contacted councillors in the middle of the night following the forum, 'I don't want to get in the middle of the night and see a lecture email from you for something that I did not do wrong.'

Cr Spencer criticised Mayor Ngai's need for "training", saying that Mayor Ngai should have been prepared for the nature of the position before taking the Mayoral seat. It is not unreasonable that the constituents of Ku-ring-gai expect a mayor who possesses the necessary skills to govern meetings and is ready for the role prior to volunteering themselves.

The Post has reached out to Mayor Sam Ngai for an interview. At the time of publication, The Post is still awaiting a response.

Council elections are to be held in September of this year. Hopefully Council can find their footing before it is too late.

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Saturday Cash Game 14:00 Start / 18:00 Finish

Sunday Early Evening Game 17:30 Start / 20:00 Late Entry

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**From the Mayor**



Congratulations to the winners of the Ku-ring-gai Local Citizens of the Year, who were presented with their awards at this years Australia Day citizenship ceremony.

The Mayor's Award for an Outstanding Contribution by a Community Group was presented to The Men's Kitchen. This service provides an opportunity for older people to attending monthly cooking sessions. By learning to cook good nutritious meals, members are able to remain in their homes for longer and if they are in a carer's role, they can better assist their partners and reduce the need for external support.

Ku-ring-gai's Environmental Citizen of the Year is Jemma Wlasichuk, a local small business owner who freely donates her time and expertise to bring resources and joy to the Ku-ring-gai local area. Her business Shed Eleven upcycles furniture for interior professionals, business, local government and the general public. She also holds workshops in creative reuse, the most recent being a mural for the Barra Brui Preschool using plastic bottle lids.

The Young Citizen of the Year is Kevin Hao. Kevin co-founded Youth 4 Difference, which is an innovative, student-led community organisation based in Ku-ring-gai. Youth 4 Difference regularly organises events such as bush care, beach clean-ups, tree plantings (such as at National Tree Day), park clean-ups and fundraising events with other charities, encouraging high-school students to play an active role in sustainability while serving the community and environment.

Ku-ring-gai's 2024 Citizen of the Year is Michele Bell. Michele joined the Ku-ring-gai Neighbourhood Centre (KNC) as a volunteer in March 2013. KNC is a not-for-profit community organisation assisting the elderly and disabled stay in their homes as long as possible with assistance as well as social interaction through group activities. Michele initially became the KNC's Manager and as the organisation expanded in 2019, the CEO.

This month Council is hosting a range of events to celebrate the start of the Year of the Dragon during our Lunar New Year festival. Celebrations begin on Saturday 10 January at Gordon Library, Art Centre, Wildflower Garden, St Ives Community Centre and St Ives Village Green. Visit [krg.nsw.gov.au/lunarnewyear](http://krg.nsw.gov.au/lunarnewyear) for a full list of events.

You can contact me at [mayorpa@krg.nsw.gov.au](mailto:mayorpa@krg.nsw.gov.au)

**Mayor Sam Ngai**



**Seniors Festival in March**

If you're over 60, join us for some interesting events and workshops

- Find the services that can help you to stay in your own home
- Explore Camden for a day, and tour Belgenny Farm
- Visit La Perouse Museum or the Gosford Japanese Garden & Art Gallery
- Take a Lunchtime Cruise on Sydney Harbour
- Enjoy a movie and talk at Roseville Cinema – featuring the silent movie The Sentimental Bloke
- Create your own Herb Garden in a pot
- Join the Chess Club Open Day – beginners to advanced players welcome

Find out more about these events and what else is happening at [www.krg.nsw.gov.au/seniorsfestival](http://www.krg.nsw.gov.au/seniorsfestival)



**Everything for Seniors' Day**

Come along and discover the many fun, interesting and helpful community organisations in Ku-ring-gai. You are invited to join an activity group, find a favourite club, discover in-home service providers or sign up to volunteer. Delicious morning tea and lunch, as well as café-style coffee and tea will be provided.

**Wednesday 13 March**  
10am - 2pm

**Turrumurra Uniting Church**  
10 Turrumurra Ave, Turrumurra

Bookings at [www.krg.nsw.gov.au/seniorsfestival](http://www.krg.nsw.gov.au/seniorsfestival) or just come along on the day.

**Council meetings and public forums**

The next Council meeting will be on **20 February**  
The next Public Forum will be on **13 February**



**Upper North Shore Volunteer Expo**

Discover volunteer roles in the Upper North Shore areas. Also meet the volunteer coordinators and their dedicated volunteers. All age groups from 12 years old are welcome. Light refreshments will be provided.

**Thursday 7 March**  
1.30pm - 4.30pm

**Gordon Library**  
799 Pacific Highway, Gordon

For bookings and more info contact Lily Li at [lli@krg.nsw.gov.au](mailto:lli@krg.nsw.gov.au)

Details - [www.krg.nsw.gov.au/Volunteer-Hub](http://www.krg.nsw.gov.au/Volunteer-Hub) or scan the QR Code to register for a free volunteer information pack on the day.



**LUNAR NEW YEAR 2024 IN KU-RING-GAI**

The Year of the Dragon will be celebrated from 10-24 February. Enjoy the Lunar New Year food market, calligraphy workshops, lantern riddles, Korean dessert making and much more.

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For full program of events visit [krg.nsw.gov.au/lunarnewyear](http://krg.nsw.gov.au/lunarnewyear)

**Australia Day Award Winners Announced**



By Claudia Butjerevic

**K**u-ring-gai, the Northern Beaches and Willoughby City Council have awarded their local heroes.

The Australia Day Awards stand to recognise and appreciate the work of individuals and groups that contribute to the betterment of the local community.

For the Northern Beaches, Citizen of the Year was awarded to **Jimmy Arteaga** from Forestville, Unit Commander for Broken Bay Marine Rescue.

Senior Citizen of the Year was presented to **Aileen Ogilvie** from North Narrabeen, Vice President of the community-based service MoWaNa and lifelong volunteer across the Northern Beaches.

Young Citizen of the Year was awarded to **Lachlan O'Callaghan** and **Cooper Morgan** for their rescue operation for a man caught in danger while they were working at The Quays Marina.

Sportsperson of the Year was presented to **Ben Tudhope** for his brilliant athletic ability as a Paralympian and World Champion.

Community Event of the Year was the

**BEACH2BEACH Charity Fun Run**, organised by the Rotary Club of Warringah. Community Group of the Year was awarded to **Manly Branch of the Country Women's Association of NSW**, who have recently celebrated 100 years of support across the Northern Beaches community.

Outstanding Community Service Award was presented to **David Price** from Balgowlah Heights, **Denver J Bevan** from Queenscliff, **Gary Searles** from Bilgola Plateau, **John Diamond** from Terrey Hills, **Jon Russell** from Cottage Point, **Kelly Barr-Jones** from Allambie Heights, **Marilinda Winter** from Narraweena, and **Terry Cook** from Inglestone.

For Ku-ring-gai, Citizen of the Year was awarded to **Michele Bell**, CEO of Ku-ring-gai Neighbourhood Centre.

Young Citizen of the Year was presented to **Kevin Hao**, co-founder of Youth 4 Difference, the student-led community organisation.

Environmental Citizen of the Year was given to **Jemma Wlasichuk**, owner of shed eleven. Jemma received the award

for her campaign "Paint to Donate Australia" and her work donating up-cycled furniture and artworks to the Hornsby Ku-ring-gai Women's Shelter.

The Mayor's Award for an Outstanding Contribution by a Community Group was awarded to **The Men's Kitchen**. The community service gives older gentlemen the opportunity to learn and improve upon their cooking skills.

For Willoughby City Council, the Cultural and Community Development Award was presented to **Glenda Hewitt**, the non-executive director of The Housing Connection in Chatswood.

Senior Citizen of the Year recipient was **Pam Clifford**, author of "Northbridge, Building a New Suburb" and "History of Northbridge Public School's First 75 Years".

Two awards were presented for Citizen of the Year. The first to **Grant Berthold**, long-term volunteer with Parkrun and SES. The second recipient **John Hung Eun Noh**, for his involvement with the MOSAIC Men's Group as Group Coordinator since 2013.

**CHINESE NEW YEAR MENU**

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# LIVING LOCAL



## IN FOCUS: SENIORS FESTIVAL 2024

The Seniors Festival 2024 has been announced, this year's theme is 'Reach Beyond'. This festival provides a wonderful opportunity for older residents to come together, celebrate and connect. Council is pleased to deliver an exciting program of over 40 events where Willoughby's older community members learn new skills, have fun and make friends and connections. Highlights include; the Senior's Gala concert at the Zenith Theatre 19 March, a Sydney Harbour Cruise, with a two course a la carte lunch on 7 March and webinar by eminent geriatrician Professor Susan Kurrie on 5 March. Mark your calendars and get ready to 'Reach Beyond' when the Seniors Festival returns from 1-28 March, 2024. Visit [www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au) to see the full program.



## VOLUNTEER EXPO 2024

Join us at the free Lower North Shore Volunteer Expo on 6 March from 11.30 am to 1.30pm at the Dougherty Community Centre, 7 Victor Street, Chatswood. Visit [www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au) to discover the incredible range of volunteer opportunities available.

Volunteers play a vital role in running essential services and programs that make a difference in Willoughby. From supporting At Home with Willoughby Services, including Meals on Wheels, Linen Services and Social Assistance, to contributing to the Library, Bushcare, and MOSAIC Multicultural Centre, there's something for everyone!

## NAREMBURN VILLAGE

Council is forging ahead with the Naremburn Village Upgrade which will provide easier access for pedestrians, cyclists, and bus passengers and enhance amenities to improve and extend visitation time to support local businesses. \$750,000 has been received from the Commonwealth Government to assist in funding the streetscape upgrade works.

Stakeholder and business engagement conducted earlier this year has been vital in driving the design development. Thank you to everyone who participated in our engagement activities. Final design documents and the tender process is now complete.

## MESSAGE FROM THE MAYOR



At its meeting on 27 November 2023, Council selected a 15% increase as its preferred rate rise option for 2024/25, which includes the NSW Government rate peg of 5%.

The proposed rate rise will allow Council to allocate an additional \$2 million a year in additional cleaning, care and beautification projects in parks, cycling and walking routes and town centres, and for tree planting and maintenance programs.

Council will now commence preparing a Special Rate Variation application to the NSW Government in line with the preferred rate rise. The application will need to be approved at a Council meeting scheduled for 30 January 2024, before being lodged with the NSW Government.

Council also voted to exhibit a revised *Long Term Financial Plan 2023-2033 (LTFP)* and *Delivery Program 2022-26* which reflects this rate increase. I would like to thank members of our community that participated in the consultation process and provided valuable feedback to Council.

**Cr Tanya Taylor**  
Mayor, Willoughby City Council

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## Ku-ring-gai Council Keeping Residents Up to Date on Housing Policies

**KU-RING-GAI Council Keeping Residents Up to Date on Housing Policies**

New housing policies called "Changes to create low and mid-rise housing" and the "Transport Oriented Development Program" are being proposed by the Minns' NSW Government.

Ku-ring-gai Council are concerned these new policies will extensively impact Ku-ring-gai and so have dedicated a page on the Council website to keep residents informed.

The page will include information on what the proposed changes are, what it will ultimately mean for Ku-ring-gai, a visual representation of what the changes will look like, a map of where the changes will impact, and links to the Department of Planning and their submission portal.

For Ku-ring-gai, the proposed changes

will increase housing in the form of dual occupancies, townhouses, terraces, and mid-rise apartments blocks surrounding train stations, town and shopping centres. Existing heritage and environment planning controls will be overridden by the State Government's proposed changes.

'These housing changes will have consequences on Ku-ring-gai's traffic, amenity, stormwater, free canopy, biodiversity and character,' says Ku-ring-gai Council Mayor Sam Ngai. 'My concern is that with our current bottlenecks and the State Government's proposed funding arrangements, we will not realistically be able to provide the infrastructure required for such a significant increase in housing and population.'

Council has opened access to an online survey for residents to give their opinions on the proposed housing policies. Survey

results will be used to help Council's submission to the State Government, where Council are outlining that the policies will have consequences to Ku-ring-gai.

In addition to dedicating a website page to inform residents about the policies, Council is sending out a four-page information booklet to all Ku-ring-gai residents, and held an information session on the 31st of January at the Council Chambers.

'Although the Department of Planning isn't seeking public consultation on some of its new policies, Council wanted to inform its residents of what the State Government is planning so they can be well informed,' says Mayor Ngai.



## The Year of the Dragon!

By Tim James,  
Member for Willoughby

**S**ydney is one of the great global cities and wonderful place to welcome in the New Year.

Whether it is the 1st of January and our spectacular fireworks on Sydney Harbour, or several weeks later our celebration for the Lunar calendar, Sydney has a diverse, rich and harmonious community welcoming in their New Year. I would like to extend a happy Lunar New Year to all those who celebrate. Welcome to the 'Year of the Dragon'.

Lunar New Year is a culturally significant holiday, marking the end of winter and the beginning of the summer. For our local Chinese community this traditional celebration is steeped in history and symbolism. The changing from winter to summer represents renewal, growth, and new beginnings. This transition parallel's broader themes of life cycles, transformation, and the recurring nature of existence. This philosophical reflection encapsulates the hope for a brighter, prosperous future, echoing the sentiments embedded in the Dragon's symbolism of power and vitality.

The year of the dragon symbolises strength, courage and good fortune. It is the only mythical creature in the zodiac, and its presence there signifies a year of unyielding spirit. I hope everyone in our community will approach their year with such spirit!

While I relish the opportunity to celebrate the many cultural and national events we have in Willoughby I am concerned about how some in our community that want to ignore and cancel our own national day. I was shocked and disappointed by the decision of North Sydney Council to cancel its Australia Day Citizenship Ceremony, which marks a deviation from historical tradition. Citizenship ceremonies are a source of pride for our community, symbolising unity, cultural inclusivity, and the beginning of an exciting new chapter for our newest citizen's. There is no greater privilege than doing this on our national day. What is particularly confusing is that North Sydney Council has no problem promoting and celebrating other nation's national days. Why is our own national day not given appropriate recognition? Our community deserves to have our great and unifying traditions continued. Welcome to all our new citizens and thank you for choosing to call Australia home.



# Latest News



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



## from the Mayor's Desk

As a Council, we're committed to delivering events and activities across the Shire for the whole community to enjoy. So, we're excited that our popular 'Food Truck Fridays' are returning in 2024.

'Food Truck Fridays' will showcase some of Sydney's best food truck offerings at different locations in Hornsby Shire on Friday evenings from 5pm to 8.30pm. The events will feature great live music, too.

In March, the trucks will roll into Pennant Hills and Berowra, then in April they will visit Galston for the first time as well as Cherrybrook.

More than just providing delicious treats, our 'Food Truck Fridays' are an opportunity for residents to come together and enjoy our public spaces. And they help activate our local evening and night-time economy. For locations and other details, see [hornsby.nsw.gov.au/ftf](https://hornsby.nsw.gov.au/ftf)

We're also excited to present a special event celebrating our diverse multicultural community on Saturday 17 February in Hornsby Mall. For more information visit [hornsby.nsw.gov.au](https://hornsby.nsw.gov.au)

I'm proud that Hornsby Shire is a diverse and welcoming community. To support all our residents, we are developing a Plan to foster social cohesion and encourage community connectedness, resilience, and wellbeing. Please help shape the new Hornsby Shire Social Plan by sharing your thoughts. Find out more and complete a short survey at [yoursay.hornsby.nsw.gov.au](https://yoursay.hornsby.nsw.gov.au)

**Philip Ruddock AO**  
Mayor, Hornsby Shire Council

## What's on

**HELLO SUMMER**  
PLAY ALL DAY AT ONE OF OUR PLAYGROUNDS  
[hornsby.nsw.gov.au/playgrounds](https://hornsby.nsw.gov.au/playgrounds)

**Food Truck FRIDAYS**  
**GET READY FOR THE WEEKEND AND ENJOY GREAT FOOD AND MUSIC IN YOUR SHIRE**  
FRIDAY NIGHTS IN MARCH AND APRIL  
PENNANT HILLS, BEROWRA, GALSTON AND CHERRYBROOK  
5-8.30PM  
For dates and venues details visit: [hornsby.nsw.gov.au/ftf](https://hornsby.nsw.gov.au/ftf)

**REIMAGINE ART PRIZE**  
Theme: 'Crossroads of Consumption'  
**CALL FOR ENTRIES**  
Entries close: 21 March 2024  
[hornsby.nsw.gov.au/remagine](https://hornsby.nsw.gov.au/remagine)  
Ross Tamlin, *Scrap Metal (detail), 2023*

**YOUR SAY HORNSBY**  
JOIN THE CONVERSATION  
**Hornsby Shire Social Plan**  
Help us develop a plan to meet the social needs of your Shire.  
Complete the survey today. Scan the QR code or visit: [yoursay.hornsby.nsw.gov.au](https://yoursay.hornsby.nsw.gov.au)

**WASTE EVENTS**  
**Get Your Recycling Right**  
Thursday 8 February, 6-7pm  
Online via Zoom  
**Beeswax Wrap Making**  
Wednesday 21 February, 10am-12pm  
Storey Park Community Centre, Hornsby  
**Chipping for Mulch – Galston**  
Sunday 18 February, 7.30am-12.30pm  
Council Depot, Johnson Road, Galston  
**Compost and Worm Farm Workshop**  
Thursday 29 February, 10am-11.30am  
Thornleigh Community Recycling Centre  
For details and bookings visit: [hornsby.nsw.gov.au/waste](https://hornsby.nsw.gov.au/waste)

**Bush Fire Aware**  
Be Aware, Then Prepare for Bush Fire in our Shire  
[hornsby.nsw.gov.au/bushfireaware](https://hornsby.nsw.gov.au/bushfireaware)

# Hornsby Shire Welcomes State's Housing Supply Plans

THE New South Wales Government has announced plans to address the supply of housing across the state. Hornsby Shire is among the areas around eight rail stations that the state is rezoning.

Hornsby are welcoming the housing plans as it provides an opportunity to progress the adopted Hornsby Town Centre Masterplan. Council adopted the Masterplan in November of 2023, committing to long-term future housing provision, supported by studies and analysis, prepared in collaboration with state agencies, land-owners, and from community consultation.

'Hornsby Shire Council has a proven track record of successfully preparing local housing strategies in close consultation with our community while respecting the unique bushland setting that defines Hornsby Shire,' says Hornsby Shire Council Mayor, Philip Ruddock AO. 'We welcome the State Government's recognition for this need and look forward to a collaborative approach in delivering the Masterplan's facilities, improvements and upgrades as identified by our extensive planning and consultative processes.'

The Masterplan involves the delivery of 4,900 new dwellings and 4,500 new jobs in buildings up to 36 storeys high.

'I'm very proud of the immense amount of work that has gone into ensuring that our Masterplan delivers not only adequate housing but also design excellence, environmental sustainability, heritage

conservation and creation of quality places for people to live, work and recreate,' says Mayor Ruddock.

**For more information about the Masterplan, visit yoursay.hornsby.nsw.gov.au/hornsby-town-centre-masterplan**



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1<sup>st</sup> MARCH 2<sup>nd</sup> AUGUST  
5<sup>th</sup> APRIL 6<sup>th</sup> SEPTEMBER  
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\*One kids meal (under 12) with one adult main meal purchase



# 'Grandstand Showdown' as the bizarre NTRA Controversy Drags On

By Riley Warner

The North Turramurra Recreational Area (NTRA) has recently become a hot topic among locals. Upgraded amenities and a fresh revamp for local sports teams seem like a win-win situation for everyone; however, some Ku-ring-gai residents have taken a staunch position against them.

The proposed development approval (DA) at NTRA is a massive improvement to the current facilities. With a 300-seat grandstand, partnered with a corporate box, media box, and boardroom for community use. Fit with adequate changing rooms, referee, official and coach change rooms. For spectators, adequate shade for parents and grandparents from the sun and a reprieve from a wet and slippery hill

in the winter. Either way, all year-round spectators are shielded from the elements.

Northern Suburbs Football Association CEO Kevin Johnson commented on the development.

"The NSFA is paying for all construction costs, capital repairs and ongoing maintenance costs. The project won't cost ratepayers anything; however, the NSFA intends to share the new facility with the community.

"We're also happy to share it with other sports and community groups, and we expect it will be more in demand for school carnivals, which will be attracted by the undercover seating and additional amenities. We are the only football association in Sydney that doesn't have a home clubhouse, and the community will be getting a fabulous community asset at no cost to

ratepayers."

Kevin Johnson further commented on the plus for female athletes.

"It also enables us to increase the number of female-friendly change rooms massively. Many women currently don't have much space to change and are forced to change in car parks, this development will help change that."

This would mean that the NTRA would be able to acquire a tiny 'state-of-the-art' sliver of what other sporting and recreational areas, like Cromer Park, which hosts the Manly United men's and women's football teams, have at their disposal.

But of course, there is always a barrage of concerns with any development, and the local community has repeatedly complained

about traffic and parking concerns if the development goes ahead.

However, independent traffic and parking planning investigated the site and found that no appreciable change in traffic was expected during peak times, as playing fields remain the same and the competitions are already at capacity. Careful planning and scheduling of junior and senior games outside of the golf course times will also prevent parking congestion.

Bushfire dangers have also been mentioned despite the grandstand's primary users, the NSFA, playing their games outside bushfire season.

Some residents have even gone so far as to call it a 'Stadium' or an 'Arena'. But let's be real, it's not like we're talking about a grand sports colosseum with tens of thousands of

seats of capacity. This grandstand has been unnecessarily blown out of proportion by residents in what can only be described as a last-ditch effort to stop the DA.

More recently, the council held an extraordinary council meeting on January 23rd, with the matter of the NTRA grandstand at the helm of what was a somewhat brief discussion.

A rescission notice was put forward by Councillors Cedric Spencer, Christine Kay and Greg Taylor to overturn the decision to build the grandstand.

The same three councillors voted down or abstained from voting on Norman Griffiths's oval redevelopment, and the same councillors who voted down a much-loved community bench in St Ives last month.

Within just over 15 minutes, and after a brief spiel from Cr Spencer, a silent Cr Kay and a no-show from Greg Taylor after apparently not having sufficient internet coverage, the rescission motion was swiftly voted against by the majority of other present councillors.

This meeting seems like just another frustration in the development progress. The NSFA continue to satisfy the grant requirements, hoping the grandstand ball will continue rolling. Meanwhile, youngsters growing up in the Ku-ring-gai and surrounding communities should keep their fingers crossed that their local ground might become something a little grander.

## Voices of Ku-ring-gai Spy on Neighbours with "Tree Watch Movement"

By Claudia Butjerevic

Voices of Ku-ring-gai (VOK) has launched a new initiative. Headed by 2023 Independent Candidate for Wahroonga Kristyn Haywood, VOK serves to enhance the integrity and environmental protection within Ku-ring-gai and Council.

Since the NSW Government released a new dataset mapping total tree canopy coverage across Sydney, Ku-ring-gai has been under fire. The study claims that Ku-ring-gai lost 8.2% of its tree canopy between 2019 to 2022. These numbers are being disputed by Ku-ring-gai Council, detailing that the data collected over the three year period was not comparable, making the study misleading.

Voices of Ku-ring-gai are maintaining that the 8.2% canopy loss is accurate, and have launched a social movement "Tree Watch". The initiative encourages tree lovers to join the movement and keep an eye on the trees in the surrounding area and educate their neighbours.

Members can purchase a plaque to display at their residence which reads, "TREE WATCH WE'RE KEEPING WATCH OVER THE TREES IN THIS STREET". VOK hopes to monitor illegal tree removal, pruning or poisoning that has contributed to the overall canopy loss in the area. Members are added into a WhatsApp group with like-minded tree lovers to support each other.

Despite the supposed good intentions of the Tree Watch initiative, it is relevant

to note that the idea of monitoring your fellow neighbours may not foster a healthy community. Tree Watch is dangerously close to nearing authoritarianism with their encouragement of spying, nevermind righteous by promoting knocking on the doors of neighbours to inform them of the ecology of their property.

In an article posted on the VOK site, written by Grayling Road West Pymble resident Sandra Shergill, she writes, "Why should the pursuit of someone's "dream home" come at the expense of the collective heritage and tranquillity of our community?"

Perhaps another question may be, "why should the pursuit of protecting tree canopy coverage come at the expense of community trust?"

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## Sydneysiders Doubt North Sydney Olympic Pool Completion

By Claudia Butjerevic

Locals are wondering when the promised North Sydney Olympic Pool will be finished.

With work on the site beginning in March of 2021, the redevelopment project has been continuously pushed back and has run over budget. As The Post reported last year, North Sydney Council commissioned an independent review of the project by consultants PricewaterhouseCoopers. The review found that Council did not adequately manage risks associated with the project delivery, that the budget would be extended as a result of poor decision-making and management.

Even though work began in early 2021, redevelopment of the North Sydney Olympic Pool was approved by Council in July of 2013. Since, consultations, development application submissions, expressions of interest, and detailed design documents have filtered in and out of Council concerning this pool redevelopment. Ten years of planning and approval processes have left Sydneysiders here, in January of 2024, awaiting the completion.

After the independent review, the updated date of completion was April 2024. Completion is now being advertised as the vague period of "mid-2024", however locals are sceptical whether this is likely.

In community groups on Facebook, the redevelopment has become a laughingstock. Facebook users are commenting that the pool should never have been touched, and jokingly predicting that locals will be enjoying the pool for December 2034.

Features of the redevelopment include upgrades to the existing 50metre and 25metre pools, a kids waterplay area, a new warm water pool for gentle exercise, an expanded gym, a larger creche, a grandstand holding almost 1000 persons, ramp access to the pools, and accessible change rooms.

North Sydney Olympic Pool's reopening was first promised for the summer of 2022, then assured for the summer of 2023, but will most likely not be enjoyed before summer in 2024 to 2025. Unfortunately for the locals of North Sydney, they have waited three years, in the heat, for a project with a dubious end.

## Upcoming Line-Up at Curl Curl Creative Space

EXHIBITIONS, workshops, talks, and live music are all set to be on the 2024 line-up at the Curl Curl Creative Space. The facility allows emerging and established artists across several art forms to nurture and display their creativity.

'The Creative Space is not just a venue, it's a melting pot of ideas and expressions,' says Northern Beaches Council Mayor Sue Heins. 'The line-up of events is a testament of the power of art to bring people together and spark meaningful conversations. I am thrilled by the vibrant line-up - there is something for everyone to enjoy and be inspired by.'

**On the 31st of January through to the 3rd of February, "Older City to the Northern Beaches"**, is an exhibition and a free talk by Dutch artist Robertus Kool. Due to his role in the United Nations, Kool spent 35 sketching the places and people he's travelled to and seen. His story can be heard on the 1st of February, bookings required.

**On the 28th of February to the 3rd of March, "As Beautiful as a Bullet"** by Charlotte Bourilly showcases forgotten female bushrangers, their disturbing and

beautiful nature, and their refusal to be aligned with sexual stereotypes. The exhibition will feature a series of events with space jazz, groove-based improv, and post-future beats performed by Cone of Confusion, Almost Toast, and DJ Makeda.

**From the 7th to the 17th of March, "Luminosity of Spirit"**, an exhibition by award-winning contemporary artist Catriona Pollard features woven sculptures to access the spirit within nature. Catriona uses the basketry technique with forged vines and recycled metal wire to create sculptural works. A workshop by Catriona to learn basketry is available while the exhibition is running.

**From the 20th to the 31st of March, "Stunning"**, an exhibition by the Northern Beaches Gallery will display the works of 30 Northern Beaches artists. These works explore the beauty of the local natural ocean environment.

*For more information about the upcoming events, visit [www.northernbeaches.nsw.gov.au/things-to-do/arts-and-culture/manly-art-gallery-museum/talks-and-events](http://www.northernbeaches.nsw.gov.au/things-to-do/arts-and-culture/manly-art-gallery-museum/talks-and-events)*

## Teen Lifesaver from Ravenswood Girls Saves Three Boys

By Claudia Butjerevic

Young teenager lifesaver Saskia Rundle-Trowbridge has become a local hero.

The 16-year-old took action while on patrol on Warriewood Beach. Saskia rescued three teenage boys trapped in a cave near the Warriewood Blowhole, one of the stranded boys having sustained head injuries. He was taken to Northern Beaches Hospital.

A Nipper in her younger years, then a cadet, Saskia is a Surf Life Saving New South Wales junior and frequent Warriewood Beach goer. Saskia is in Year 11 at Ravenswood School for Girls and a part of the Knox Grammar - Ravenswood Cadet Unit.

'It was quite a tricky situation for both us and them,' Saskia told ABC Breakfast News. 'I had to say "I'm a surf lifesaver. It's going to be all right."'

Sydney's Northern Beaches can be dangerous for both experienced beach-goers and the general public.

At the tail end of 2023, Northern Beaches Council launched a summer beach safety campaign to combat the number of drownings and reckless activity. Most drownings are occurring at unpatrolled locations or unpatrolled times.

Surf Life Saving are urging swimmers to stay safe, swim between the flags, and have a plan in place when swimming in unpatrolled locations.

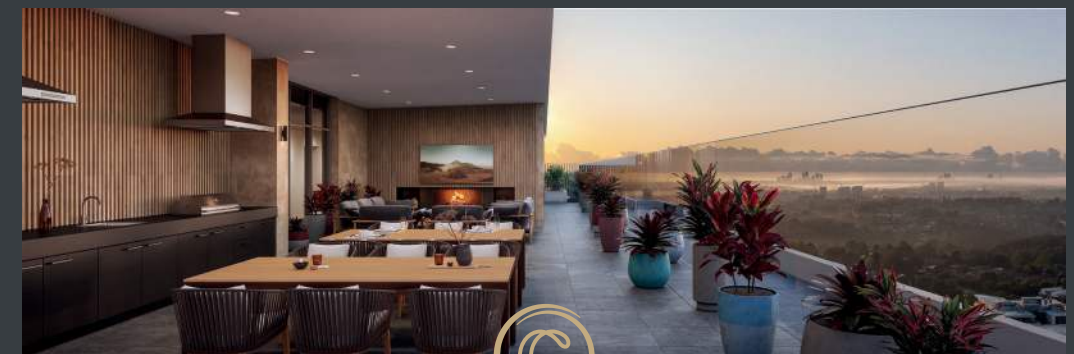
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SCAN ME



## Playing it Safe: NSW Government Program Provides Funding for Defibrillators in Disadvantaged Sports Clubs

THE NSW Government is providing \$500,000 in funding to sports facilities across the state.

A new program designed to install life-saving defibrillators at local sports facilities, making strides to create a more health-conscious community.

Eligible sporting organisations can apply for grants of up to \$3,000 to purchase automated external defibrillators. To qualify for the program, applicants must identify the location where the AED will be kept. This location should be in one of the postcode areas listed in Appendix C of the Local Sport Defibrillator Program Guidelines, the bottom five SEIFA locations.

Minister for Sports Steve Kamper commented on the new funding program.

“Sport is a great leveller, and the NSW Government wants to ensure that people participating in sport in the State’s most disadvantaged areas have access to this life-saving equipment.

“The first few minutes following a cardiac arrest are critical and access to a defibrillator can mean the difference between life and death.”

The program is available for sport and recreation clubs, associations and organisations, councils, and service clubs in the State’s lowest five socio-economic areas, as per the Australian Bureau of Statistics data.

Key objectives of the Local Sport

Defibrillator Grant Program 2023/24 are to support local sports and recreational clubs or related incorporated organisations located in the most disadvantaged areas of NSW in purchasing an AED package and to promote more comprehensive access to these devices across NSW.

Professor Jamie Vandenberg, Co-deputy Director of the Victor Chang Cardiac Research Institute, said “Sudden cardiac death is rare, but it can strike anyone at any time, and when it does, every minute counts.

“If you have a sudden cardiac arrest outside of hospital, you only have a one in 10 chance of survival.

“Defibrillators save lives; we need more across NSW and in as many sporting clubs as possible.

Eligible applicants for the program include incorporated not-for-profit clubs, associations or organisations in NSW that are sport or recreation-related, state or national sport or recreation organisations on behalf of member clubs in NSW, licensed sporting or recreation clubs, sports clubs associated with a school, church, or university and service clubs such as Rotary, Country Women’s Association, and Lions, can apply on behalf of sport or recreation clubs.

Applications for the Local Sport Defibrillator Grant Program close on 23 February 2024 or when funding is exhausted.

**For more information on the program, you can visit [www.sport.nsw.gov.au/grants/local-sport-defibrillator-grant-program](http://www.sport.nsw.gov.au/grants/local-sport-defibrillator-grant-program)**

## Food Truck Fridays Are Back in Hornsby

FOOD Truck Fridays are returning over March and April. Hornsby Shire Council’s popular series is a showcase of Sydney’s best food truck meals.

Food Truck Fridays are free for all residents of the area and neighbouring locations. Along with the delicious international food trucks and the pop-up bar, the events will host family friendly live music and entertainment by local artists.

“We know how much the community enjoy these Food Truck Friday events so we’re very excited to be bringing them back for another year,”

says Hornsby Shire Council Mayor, Philip Ruddock AO. ‘Gather your family or friends and make it an occasion to wind down for the week and have a wonderful time!’

Food Truck Fridays are scheduled for the 1st of March at the Pennant Hills Library carpark from 5pm to 8.30pm, Berowra Oval on the 15th of March from 5pm to 8.30pm, Galston Recreation Reserve on the 5th of April from 5pm to 8.30pm, and Greenway Park Oval, Cherrybrook on the 19th of April from 5pm to 8.30pm.

For more information about Food Truck Fridays, visit [www.hornsby.nsw.gov.au/lifestyle/events/Food-Truck-Fridays](http://www.hornsby.nsw.gov.au/lifestyle/events/Food-Truck-Fridays)



By Julian Leeser, MHR,  
Member for Berowra

## Broken Promise

As his first major statement for the year, Anthony Albanese broke his promise on Stage 3 tax cuts.

Those tax cuts were legislated by the then-Coalition Government and were supported by Labor.

The Prime Minister said over 100 times he would keep the tax cuts. He said, “My word is my bond”.

Anthony Albanese’s breach of trust directly hits middle Australia, which is already struggling under cost-of-living increases and interest rate hikes.

Despite working harder than ever, Australians are not getting ahead.

The stage 3 tax cuts were so important because they ended bracket creep once and for all. That’s why it was such a big reform. By ending bracket creep, the Coalition put a break on spending growth and middle Australia slipping into high tax brackets.

The government says this is about helping low income earners – but only months ago, they abolished the Low and Middle Income Earners Tax Offset, which provided low and middle income earners with important tax relief.

I want to see lower, simpler taxes – but not by pitting one group of Australians against another.

People in my electorate of Berowra, and in neighbouring electorates across the North Shore, are some of those who are most adversely affected by Labor’s decision.

I will be fighting for my community, and to hold Labor to account for this broken promise.

Australians deserve better – and they deserve their tax cuts legislated by the last Coalition government, and promised to them by this government.

## Entries Open for Hornsby's Reimagine Art Prize 2024

HORNSBY Shire Council’s Reimagine sustainability and environmental art prize is open for entries.

In partnership since 2009, the prize is hosted by Hornsby Shire Council and the Hornsby Art Society to shed light on the waste and overconsumption crises. Entries are encouraged from artists across a number of mediums, including digital art stills, drawing, painting, ceramics, print-making, photography, mixed media, and sculpture.



Jennifer Kemma, Not Wasted, 2023

“Crossroads of Consumption” is the Reimagine theme for 2024, with six prizes to be won from a pool of \$11,000. Reimagine allows for a commentary on the waste and recycling crises, and for artists to

explore environmental issues in a way that reaches a wide audience.

Prizes include the Winner, who will be presented \$5,000; Highly Commended, with a prize of \$2,500; Recycled/Reused Materials Award, which involves a \$1,000 prize; Local Artist Award, with \$1,000 in winnings; Youth Award (18-25), with a \$1,000 prize; and the People’s Choice Award, with the winner earning \$500.

“Overconsumption is not just a threat to the environment, but a clear threat to future generations as well,” says Hornsby Shire Council Mayor, Philip Ruddock AO. ‘Each year since it’s inception, we’ve seen Reimagine reach larger and larger audiences, as the effects of the waste crisis and climate change become a reality for an ever-growing audience.’

Entries for the Reimagine Art Prize close on the 21st of March 2024. Winners will be announced on the 10th of May 2024. The exhibition will be available throughout May at the Wallarobba Arts and Cultural Centre, Hornsby.

**For more information, visit [www.hornsby.nsw.gov.au/lifestyle/arts-and-culture/reimagine-art-prize-2024](http://www.hornsby.nsw.gov.au/lifestyle/arts-and-culture/reimagine-art-prize-2024)**

## Ku-ring-gai Streamline Grants for Residents

A USER-FRIENDLY database to find and apply for grants has been set up by Ku-ring-gai Council. Available on Council’s website, the Ku-ring-gai Grants Locator Database will aid community groups, residents, and businesses find information on grants they may be eligible for and interested in.

“This resource will be a valuable tool for the community, providing a centralised hub for grant opportunities right across Australia,” says Ku-ring-gai Mayor Sam Ngai. ‘Often just finding an appropriate grant program is difficult, let alone going through the application process. This database will help make the entire procedure much easier and user-friendly.’

With the database, community members are able to filter grants by keywords, and tailor their search based on specific needs in order to be beneficial.

‘It is a commendable step towards supporting local initiatives and fostering community development,’ says Mayor Ngai.

For more information about Ku-ring-gai Grants Locator, visit

[www.krg.nsw.gov.au/Council/Grants-and-sponsorship/Free-funding-subscriptions-for-local-community-groups/Grants-locator-database](http://www.krg.nsw.gov.au/Council/Grants-and-sponsorship/Free-funding-subscriptions-for-local-community-groups/Grants-locator-database)

## 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.

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**Thursday, 7 March 2024**

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# Are Business Coaches Worth It?

By Philip Belcher  
LSE Consulting

Operating a business of any size is challenging. A business is a system of many disciplines that must effectively interact to create and satisfy customers to provide a satisfactory return to all stakeholders.

A growing trend is for businesspeople to retain the services of a Business Coach (BC) that they hope will enable them to better perform their function and hence improve the performance of the business. The question is "Do Business Coaches add value and are they worth engaging?" There is no simple answer to this question so here are some considerations that will enable you to arrive at an informed decision should you be considering the services of a Business Coach (BC).

Considering a BC indicates that you believe you have areas of improvement that need to be addressed [and don't we all?]. Before deciding to talk to a BC, write a Self-Assessment that includes a Balanced Score Card review of the health of the business (financial, customer oriented, processes, people/learning & development) and analysis of your capabilities as they apply to the business.

For example, assess your capabilities of leadership, strategy definition, execution (getting things done), business planning that includes effective structure, marketing and sales, financial understanding, human

capital management, innovation/product development, customer service, effective use of technology, etc. Write a list with the headings that matter to your business and to you, then score yourself (out of 10) objectively against each area. If possible, have a trusted 3rd party review it with you to uncover your 'blind spots'. Once you have completed this analysis, you can identify the areas that you and the business need assistance with and decide if a BC is needed.

Assuming you decide that a BC is needed, you can use the analysis to focus on finding a BC that has demonstrated capability in the areas where you need the most assistance. To identify a suitable BC, look for ones that have personal successful experience in those areas and who have demonstrated successful coaching of others that had similar circumstances to you.

### There are different types of BCs:

- BCs that offer personal coaching yet have little experience in facing and overcoming the areas that you must address. Whilst it is good that they can build your self-confidence and offer you advice on personal aspects, it is difficult for them to discuss methods for you to succeed because they do not have the experience or knowledge to work with you at a deeper level.

- BCs that offer coaching on narrow subject areas, such as finance or marketing, where they have demonstrated experience and success, but they lack the background to assist you with the business in its entirety.

- BCs who have been through a 'canned' process to be 'certified' as a BC so that they can use a slick marketing/sales program to gain clients, then apply a 'one size fits all' approach that they bought from their franchisor. Every business situation is unique and requires the leaders of the business to creatively drive it, and where necessary, seek expert advice to assist them to address the requirements. Such a 'one size fits all approach' is unlikely to be valuable.

The answer to 'Are BC's worth it?' is a qualified 'Yes'. Provided you have done your self-assessment and have a clear idea of the type of BC that you require, you will be able to identify an appropriate BC, agree the frame of engagement with them, then work together to formulate plans and actions that you will execute under the coaching of your appropriately qualified BC. One last point: be sure that you retain a BC that you like to work with as a person. The 'Staff Sergeant' approach might seem good on TV shows, but in reality, no one wants to work with an overbearing BC.

**Philip Belcher MBA, FAICD, FIML is a specialist CEO Leadership, Strategy, and Execution Advisor and Principal of LSE Consulting Pty Ltd.**

[www.lseconsulting.net.au](http://www.lseconsulting.net.au),  
[philip@lseconsulting.net.au](mailto:philip@lseconsulting.net.au)

# Helping Businesses Navigate Digital Marketing

By Claudia Butjerevic

Small businesses are the backbone of our society. They create jobs, stimulate the nation's economic growth, and allow those with an entrepreneurial streak to independently flourish.

In recent decades, the economic landscape has changed. Businesses must shift to incorporating digital practices to accommodate the explosion of technology. Unlike before, when marketing involved taking an advertisement out in the yellow pages, businesses haphazardly construct an online marketing strategy unsure as to what is needed for success.

The digital realm can be daunting, and overwhelming, because most people aren't trained professionals with the skills to navigate the digital marketing space.

Claire Stevens is a digital marketing strategist at Crunchy Digital. Graduating with a Bachelor of Commerce with a major in Marketing, Claire worked with a range of media publishers, such as Channel 10, Channel 7, and Foxtel. After some time, Claire realised that her interests laid with small businesses, not than large scale conglomerates such as IKEA and American Express, who she had worked with in the past.

Launching Crunchy Digital in 2018, the marketing company helps business owners who are unsure about how to go about implementing an online marketing strategy. The Crunchy Digital team focus on developing user-friendly websites, search engine optimisation, paid advertising, and social media marketing with their clients.

'People without the advice from an expert just throw anything at the wall and see what sticks,' says Claire when discussing common mistakes business owners make when digitally



Claire Stevens, Digital Marketing Strategist - Crunchy Digital, focuses on guiding small businesses to achieve their goals through digital marketing.

marketing. 'They will try a couple social media posts, but they won't get work from that so they will try something else. People chopping and changing, not giving it enough time to develop.'

Claire points out that developing a holistic marketing strategy that is catered to the goals and individuality of a specific business is highly beneficial. With a digital strategies and campaigns, businesses can target their ideal customers, collect data to enhance future marketing, find what audiences are interested in and searching for.

Small businesses having an online presence is valuable to stimulating growth. Claire suggests to her clients that even without implementing a complex campaign consisting of SEOs and content generation, at the very least businesses should have a Google business profile.

**For information about Crunchy Digital, visit [crunchydigital.com.au](http://crunchydigital.com.au)**

## I'm listening...

To the people of North Sydney & would love to hear from you

(02) 9929 9822 @ kylea.tink.MP@aph.gov.au

[kyleatink.com.au](http://kyleatink.com.au)



Authorised by Kylea Tink, Level 10, 2 Elizabeth Plaza, North Sydney NSW 2060.

## What can my Federal Electorate Office help you with?

Many North Sydney residents are surprised by the number of things that the Electorate Office can help with.

My team can help you navigate federal government services such as the NDIS, Centrelink, My Aged Care and the ATO.

We can help with visa and passport issues.

We provide nationhood materials such as flags, constitutions and portraits of King Charles III.

We have an onsite JP on Fridays.

We can help community organisations in applying for grants to support community projects.

In addition, my team has developed an online resource outlining financial incentives to help electrify your home or business: **Powering to net zero** ([kyleatink.com.au](http://kyleatink.com.au)).

A full list of resources is available on my website: [kyleatink.com.au](http://kyleatink.com.au) but please do not hesitate to contact the office if you have any questions.



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By Kylea Tink, Member for North Sydney

Happy New Year, North Sydney! I hope everyone has managed to have some downtime, catch up with loved ones, rest and recharge. I certainly have, and am excited to be returning to the office to serve and represent our community in 2024.

Our North Sydney office is open and ready to assist you. Many people are surprised by the types of issues that we can help with. These can range from challenges with immigration and social services, to advocating for those in housing need, to facilitating official messages of congratulations for special birthdays and anniversaries, and much more!

We have also developed an online guide to government incentives to help people electrify their homes. I know the cost of living has been a growing challenge for many in our community. Electrification is the way to go for households to save money, reduce emissions and improve air quality in our homes and streets in the long term. I will continue to work with all levels of government to make it simpler and more affordable for households to take the steps toward electrification.

We can also help with government grants. You may not be aware we also have a dedicated grants officer who can help local organisations identify relevant grant opportunities and provide support for grant applications. We have so many wonderful non-profit organisations and innovative businesses in our community. We would love to hear about your projects and see if we can help!

Remember, our doors are always open, and our team is eager to assist you. Your feedback informs how I represent our community in Canberra, so please feel free to reach out with any concerns or issues you may have. Visit my website, [kyleatink.com.au](http://kyleatink.com.au), to find out more about how we can help, or to sign up for updates. Together, let's make 2024 a year of positive change and progress for North Sydney.

Wishing you a year filled with joy, prosperity, and community spirit!

## Bendigo Bank Helping Our Community Stay Safe Online

By Claudia Butjerevic

Bendigo Bank customers and members from different community groups have taken the Bank's "Banking Safely Online" sessions.

Since its launch in September 2023, over a thousand participants have been trained on how to better navigate digital banking, and how to protect themselves online. Banking Safely Online sessions have been held across the country totalling 109 sessions, with 89 more sessions to come in the months ahead.

The program consists of face-to-face digital literacy education. The 30-minute classes highlight the benefits of being digital, while warning participants of the high likelihood of scams and fraud, and teaching how to avoid these experiences to grow digitally capable and confident.

"The popularity of these sessions proves just how important the hands-on approach is for many of our customers," says Head of Fraud Prevention at Bendigo Bank, Jason Gordon. "We all know about the growing prevalence of financial crime... Which is why we've seen so many people want to better educate themselves... We want all our customers to feel supported and safe online."

Response from customers has been reported as overly positive, with participants leaving sessions claiming they feel more educated and saying they would recommend the Bank's sessions to friends, family, and other community groups.

"We know that one in four Australians are digitally excluded with older people, people with disability, low-income families and First Nations people at higher risk, not to mention those living in remote and regional

areas," says General Manager of Digital Banking at the Bank, Nick Carter. "While these sessions help our customers to stay safe online, they also help build confidence using digital applications, helping us bridge the digital divide."

In order to maximise cyber-safety, Bendigo Bank have employed a number of measures, including multi-factor authentication, blocking high risk cryptocurrency transactions, increasing the size of the fraud prevention and response team, removal of links in SMS messages from the Bank, a security team monitoring suspicious activity, and unusual account activity detection.

Bendigo Bank recommends following ScamWatch's advice:

**"STOP – Don't give money or personal information to anyone if unsure"**

**THINK – Ask yourself could the message or call be fake?"**

**PROTECT – Act quickly if something feels wrong"**

*Lindfield & Districts Community Bank is running a Banking Safely Online session at 4.30pm Tuesday 26 March at the branch, 318 Pacific Highway Lindfield. The Banking Safely Online session is open to all community members; being a Bendigo Bank customer is not a prerequisite.*

"Ensuring our customers and community feel safe and confident when using digital banking is a priority for us," says Michele Ferris, Branch Operations Manager.

**To attend or to discuss an exclusive session for a community organisation, contact on 94166337 or [lindfield@bendigoadelaide.com.au](mailto:lindfield@bendigoadelaide.com.au)**

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## Bleeding Hearts - Artists with Disability Team-Up with 'Eco-Warriors'

AN upcoming art exhibition at the Manly Art Gallery & Museum in Sydney showcases the collaborative project of a neurodivergent artist and people with disabilities who are concerned about climate change and the environment.

The exhibition, titled "Bleeding Hearts and Morning Glory," features works by Guy Fredericks from Studio A, a group of professional artists with intellectual disability, and Dr Chloe Watfern. The show runs from 1 March to 14 April 2024.

The project involved a group of neurodivergent "eco-warriors" who take care of coastal dunes and nature corridors across the Northern Beaches and Northern Sydney. These individuals work with Bushlink, a not-for-profit and disability employer.

The exhibition's centrepiece includes playful and creative depictions of the Morning Glory and Bleeding-Heart plants in various art forms.

According to Northern Beaches Mayor



Guy Fredericks working with glass at the Canberra Glassworks. Image Courtesy Studio A



Guy Fredericks working in the studio. Image Courtesy Studio A

Sue Heins, the exhibition is a unique and collaborative project that engages neurodivergent people in artmaking and discussions about caring for the environment.

"We are thrilled to display Bleeding Hearts and Morning Glory at Manly Art Gallery & Museum," Mayor Heins said.

Heins hopes the immersive exhibition will encourage us to stop and reflect on the natural environment around us, and the people who work tirelessly to protect it.

"This truly unique, collaborative project and exhibition has brought together artists, people with disability and neurodivergent people to have creative conversations about caring for our environment.

"This immersive exhibition challenges us to stop and reflect on the natural environment around us and the wonderful people working diligently behind the scenes to protect it."

Fredericks, who is very concerned about climate change, hopes the exhibition will increase awareness and engage more people in discussions about the issue. He also wants to honor the important work done by Bushlink in bush regeneration.

"I hope this exhibition gets more and different people involved in discussions about climate change and widens awareness," Fredericks said.

"I also really admire the work that the Bushlink team is doing, creating more habitat for native plants and animals. In my exhibition I want to honour the important work Bushlink does in bush regeneration."

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## New Laws for Statutory Declarations

By Cecilia Castle,  
Castle Lawyers at Asquith



Most of us need to use Statutory Declarations from time to time for legal purposes not related to court proceedings. Statutory Declarations are legal documents allowing a person to declare something to be true for the purpose of satisfying a legal requirement where no other evidence is available. It is a criminal offence to declare false information.

Examples of the usefulness of Statutory Declarations are proving a change of name, or proving that a person was or was not in a particular place at a particular time, or asserting other facts relevant to the legal matter in question. Evidentiary documents can be attached to statutory declarations, such as a marriage certificate to prove a change of name.

Justices or the Peace (JP) are free duly authorised officers that witness Statutory Declarations. JPs are widely available throughout the community, such as in public libraries, police stations and some shopping centres.

New laws and new approved forms for signing Commonwealth Statutory Declarations apply from 1 January 2024. They can now be signed in the following ways:

1. Traditionally, in person as a paper-based interaction signed and witnessed in the presence of a JP or other authorised officer;
2. Electronically, through an electronic signature and remote witnessing via audio-visual communication link; or
3. Digitally verified, through the use of the myGov platform which authenticates the declarant's digital identity through myGov. This option does not need a witness.

Statutory Declarations should be written to comply with the requirements of the authority to which they are being submitted.

**Cecilia Castle is an Accredited Specialist in Family Law, and principal of Castle Lawyers at Asquith. [CastleLawyers.com.au](http://CastleLawyers.com.au)**



By Paul Fletcher, Federal Member for Bradfield

## Happy Chinese New Year to all readers

We are fortunate to live in one of the most multicultural countries in the world, and our willingness to embrace cultural diversity is one of Australia's greatest attributes.

Chinese New Year is fast approaching, which is an opportune time to reflect on the significant contributions made by Chinese people both in Bradfield and the wider community.

I am proud to represent the electorate of Bradfield, which has a significant and growing Chinese Australian community.

According to the most recent census, 24.5 per cent of Bradfield residents have Chinese ancestry.

I extend my very best wishes to readers of The Post in recognition of Chinese New Year.

Diversity is a hallmark of our democracy and celebrating other cultures is what make Australia such a welcoming country.

Chinese New Year is a fitting time to celebrate our harmonious way of life.

It is also an important time for families to gather and spend time with each other. We live busy lives and it's moments like these that allow us to stop and remember the important role community and family play in making us happy.

2024 is the Year of the Dragon, which symbolises honour, power, luck, nobleness, and success.

I wish all readers a happy Chinese New Year.

## Is Your Hearing Affecting Your Brain Health?

*Brain Health and Hearing Health are Inter-linked!*

By AUDIOHEALTH

HAVING been deeply involved in the Audiology profession for over 40 years it is no surprise to learn that hearing health and brain health are inter-linked.

Not only brain health but emotional health, mental health and physical health. Addressing hearing loss is now recognised as the #1 modifiable risk for Dementia. Even mild hearing loss impacts our brain health.

Memory is impacted as we struggle to retain information whilst the brain processes it. Misunderstandings occur which adds to cognitive overload.

Hearing loss leaves us in a fog...the lack of clarity spills into other aspects of our well-being. We begin to withdraw from socialising, isolating ourselves and leading to depression.

With modern solutions hearing enhancement can be discreet, easy to use, provide connectivity to sounds we love

to hear and help us stay connected to the world so we can socialise, listen with ease, understand what is going on around us in our environment which can prevent falls and stimulate areas of the brain that atrophy with lack of use.

The subject is topical with a myriad of research findings discovering that improving hearing improves our brain health, our emotional health, our mental health and even our physical health.

If you or a loved one suffers from hearing loss come and hear a group of Hearing Health Experts on how you can improve your brain health, change your circumstances and live a richer, fuller more vital life.

Our third-generation family practice AUDIOHEALTH is passionate about educating you on all things hearing! Hear Better, Think Better.

**Call 1800 301 231 to book a place at the free seminar.**

## Dural Men's Shed Marvellous Metalwork

By Claudia Butjerevic

With the release of our February edition, we are excited to reveal our new branded news magazine stands built by The Dural Men's Shed.

Now when you look for our printed monthly editions around the community, you will find they are sitting on polished, metal stands crafted by the blokes down in Dural.

The Post reached out to The Dural Men's Shed to complete the task of creating 10 magazine stands because of their handsome handiwork and their commitment to community.

The Dural Men's Shed has 140 members, who participate in a range of activities, from standard woodworking, wood turning, and metal work, much of the time being spent in support of people in need.

Many of the men come together to gain a sense of purpose and fun, and fight against health issues, loneliness, family loss, and depression. The Men's Sheds are a place for the wellbeing of men, becoming a support

structure of local mates that care about each other and their community.

The Dural men meet on Thursdays and Saturdays to work on their projects. On Wednesdays, the group host men from the WARRAH special school in Galston, and Fridays they partner with Galston High School to have the schoolboys work on projects including electronics, welding, woodwork, and car mechanics. The Men's Shed prides itself on their intergenerational mentoring, which services school-aged boys in their journey from the classroom to a work setting.

The Men are encouraged to spend a third of their time on charity and community projects, a third maintaining the shed, and a third working on their own personal projects. The Shed says that every man is both a teacher and a student, with each member bringing a diverse variety of skills and knowledge to the group.

**For more information about The Dural Men's Shed, visit [www.dural-mensshed.org](http://www.dural-mensshed.org)**

## Roden Cutler Lodge Officially Opens

IN early December 2023, Anglicare officially opened a residential care home in Gordon.

Roden Cutler Lodge opens after a six-year redevelopment of Lady Gowrie village, featuring 107 rooms, 40 retirement living units, a heritage-listed mansion, and community facilities. In the newly named Gordon Quarter, residents and visitors of Roden Cutler Lodge are amongst the heritage-listed Mediterranean-style mansion, Burnham Thorpe.

'We are thrilled for our newest home to be officially opened and honoured to have the late Sir Roden Cutler's son, Anthony, in attendance to speak about the significance of the home's name,' says Anglicare CEO, Simon Miller.

Anglicare Sydney is a not-for-profit Christian provider. Anglicare provide residential aged care home, home care services, retirement communities, housing for people over 55, disaster relief, services for children and families, and research and advocacy.

'There is a 40-year history of life-enriching care on this site and Roden Cutler Lodge continues this legacy for a new generation,' says Simon Miller.



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## Scooter Safety 101

By Rejimon PUNCHAYIL

In earlier columns, we've explored selecting the right mobility scooter, the best accessories, and who can benefit most from these remarkable devices.

Now, as you embrace the newfound independence that your mobility scooter provides, it's time to delve into essential tips for its safe use and maintenance.

**Weather Wisdom:** It's crucial to exercise caution when considering your scooter outings. Avoid using your scooter in rainy conditions. Moisture can harm the scooter's electronics and pose safety risks. Always stay informed about the weather forecast before venturing out.

**Routine Maintenance:** When it comes to scooter issues, leave troubleshooting to the experts. This is especially important when dealing with tasks like replacing tubes, tires, or wheels.

**Battery Care:** To keep your scooter in optimal condition, maintain your scooter's battery health by charging it regularly, even if you don't use it frequently. Keeping the battery charged ensures it's always ready when you need it.



**Safety:** Enhance your safety on the road by installing a safety flag on your scooter, increasing your visibility to other road users. For evening rides, add lights and reflective accessories. Avoid nighttime scooter use unless absolutely essential, and if so, exercise utmost caution. Planning your travel route and discussing accessibility with your local council is a creative planning tool.

**Respect for Others:** Always prioritize pedestrian safety. Slow down and provide them with ample space, especially in crowded areas. Ensuring everyone's safety is paramount.

These crucial rules are designed to keep you and your scooter safe and in optimal condition. If you have any questions related to your mobility and independence or any other concerns, don't hesitate to reach out to your local specialist at [www.karislife.com.au](http://www.karislife.com.au) for a friendly chat on phone or in person.

## Wear Teal for Ovarian Cancer

February marks Ovarian Cancer Awareness month.

In Australia every year, around 1,800 women are diagnosed with ovarian cancer. The disease is particularly devastating as 70% of cases will not be diagnosed until the cancer has progressed into advanced stages. Women diagnosed in the advanced stage are only given a 29% survival beyond five years of diagnosis, making it the most lethal of the gynaecological cancers.

Detection is often late due to ovarian cancer's vague symptoms and a lack of early detection testing. Symptoms include cramping, bloating, feeling full, and needing to urinate more often.

The Ovarian Cancer Research Foundation are raising awareness and funding for ovarian cancer research throughout February.

OCRF have outlined simple ways to raise awareness:

- Share facts and statistics about ovarian cancer through social media
- Share your own story
- Encourage your workplace to get involved
- Start conversations with friends and family
- Myth bust the common misconceptions

**For more information, visit [www.ocrf.com.au/get-involved/ovarian-cancer-awareness-month](http://www.ocrf.com.au/get-involved/ovarian-cancer-awareness-month)**

# Cancer Warrior Karen Humphries Lighting Australia Green



By Karen HUMPHRIES

For past stories about Karen Humphries and her work please visit our website and search on 'Karen Humphries'. [www.hkpost.com.au](http://www.hkpost.com.au)

February 15th marks World Cholangiocarcinoma Day, drawing attention to this rare and aggressive upper gastrointestinal cancer, also known as bile duct cancer.

With a detection rate mostly in its late stages and a 3-8% five-year survival rate, it's also a cancer on the rise in our community. 'Light Australia Green' will illuminate over 70 buildings nationwide in green, symbolising awareness and our constructive and effective initiatives to improve survival outcomes.

### Empowering Patients and Their Community -

The Patient-Led Foundation stands out with its simple approach: 'Empower the Patient - Increase Survival, Empower the Patients Community - Create more survivors'. This is underpinned by ensuring that 'Today's Science Benefits Today's Patients'

toolkit and Survival.

Newly diagnosed patients face the critical challenge of not knowing what they do not know - yet absolutely must. When your life is on the line you must take responsibility and become scientifically and medically literate as fast as you can. This is a crucial crossroads in the patients capacity to respond and survive a cholangiocarcinoma diagnosis and why the foundation exists.

'The Optimal Patient Response Pathway' directly addresses. Designed by experienced patients and caregivers, this unique smart interactive journal format with a supporting digital toolkit suite equip and empower patients to more effectively respond and survive a diagnosis.

My personal journey, starting in 2021 and leading to a relapse in January 2024, reflects the resilience and strength embodied in the Cholangiocarcinoma Foundation

Australia impactful patient-led initiatives, which have been a powerful and constructive force in my fight.

### Support and Empower Patients -

To support our constructive initiatives is to help a patient help themselves today and enhance their survival chances, **please visit Cholangio-Challengers. [www.cholangio-challengers.raisely.com/lightaustraliagreen](http://www.cholangio-challengers.raisely.com/lightaustraliagreen)**

### The Future of Cancer Success -

Empowered patients are better positioned to leverage the latest medical and scientific advancements, significantly enhancing their survival outcomes. This is an initiative that compliments and enhances on the successes of early detection initiatives.



(Left to right) **Steve Holmes**, Founder of the Cholangio Foundation Australia and stage 4 survivor, **Claire Holmes** (Founder) with **Karen Humphries**, stage 4 survivor and National Communications Coordinator - Volunteer **Ben Kikuchi**, stage 4 survivor & National Corporate Development volunteer.



Hornsby Shire Councillor Sallianne McClelland with Karen Humphries at the Hornsby Fountain in February 2023.

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## Love Yourself First This Valentine's Day

Be your own Valentine this year, and Love Yourself First.

With kids going back to school in February, and new year's resolutions still fresh in our minds, Fernwood Fitness Hornsby wants you to get your health and wellness on track. Our lives are busy when the kids are on school holidays, and prioritising ourselves usually falls to the wayside. Don't let it be your crutch, find time to achieve your goals.

**This Valentine's Day, Fernwood Fitness Hornsby is offering a 14 days for \$14 trial!** Continue your new year's resolutions and keep momentum going. Self-love and commitment to your own health and wellness will carry you throughout 2024.

Whether you want to get back into exercise after a long break, start for the first time, or maintain your fitness level, Fernwood Fitness Hornsby is the place for you. Fernwood Fitness Hornsby is an exclusive female-only gym at Westfield Hornsby, offering 70 groups fitness classes, a purpose-built training area, expert fitness trainers, nutritional advisors, childcare facilities, and 24/7 access to the gym.

Fernwood Fitness are donating all profits from the Valentine's Day offer to the RizeUp campaign. RizeUp is an Australian organisation supporting victims of domestic and family violence, aiding the survivors on their journey to safety and security.

14 days for \$14 is available now. **Give Fernwood Fitness a call on 02 9477 4177 or visit [www.fernwoodfitness.com.au/clubs/hornsby](http://www.fernwoodfitness.com.au/clubs/hornsby)** to find out more and start your fitness journey.



## Banding Together to Fight All Cancers

By Claudia Butjerevic

World Cancer Day is held on the 4th of February worldwide.

It is an initiative of the Union for International Cancer Control, the largest and oldest in-ternational cancer organisation. UICC unites the cancer community to promote greater equity and implement cancer control into the world health agenda.

For the last few years, the theme of World Cancer Day has been "Close the Care Gap".

Every year, 10 million people die from cancer. According to the World Cancer Day or-ganisation, these numbers are more than HIV, AIDS, malaria, and tuberculosis combined, and will likely raise to 13 million by 2030. The most common cancers are prostate, breast, bowel, melanoma, and lung.

The Day is about recognising the global cancer burden and inspiring the world to work together to make a difference, regardless if that difference is big or small.

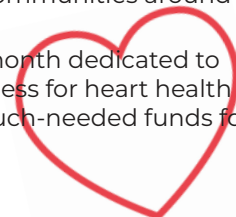
Many people around the globe face challenges when needing cancer care, including in-come, education, geographical location, and discrimination based on ethnicity, gender, age, dis-ability, sexual orientation, and lifestyle.

**For more information about World Cancer Day, visit [www.worldcancerday.org](http://www.worldcancerday.org)**

**This February, we invite you to wear RED for someone close to your heart**

Heart disease is still Australia's leading cause of death and affects families and communities around the country.

REDFEB is a month dedicated to raising awareness for heart health and raising much-needed funds for research.



# The King's Singers Back Down Under

By Claudia Butjerevic

World renowned cappella group, The King's Singers, are back in Sydney.

After six years, The King's Singers return to Australia for the first time since 2018, where they are set to perform across Sydney, Melbourne, Brisbane, Canberra, and Perth over March 2024.

The King's Singers was originally formed in 1968 out of King's College, Cambridge. Within the group, there are six vocal artists – two countertenors, a tenor, two baritones, and a bass. Performing a diverse program, the group has curated songs that range from medieval to renaissance to folk to pop.

Due to their heritage and expertise, the a cappella group has won a number of awards and recognition, including two Grammy Awards, an Emmy Award, and a spot in Gramophone magazine's Hall of Fame.

The Post are giving away two tickets to the Sydney performance of The King's Singer's. To enter the give-away, email us at [editor@hkpost.com.au](mailto:editor@hkpost.com.au) and tell us why you would like to see the show and who you were planning on asking to go with you!

**Entries close on the 4th of March.**



The King's Singers are back in March performing at the City Retical Hall (Angel Place)

Pictured above, Jonathan Howard. Image courtesy Frances Marshall.

'I know the group's incredibly excited to be back in Australia after six years,' says Jonathan Howard, the Bass of the King's Singers. 'We've released four albums since then, four very different ones, that we're really proud of and we're so excited to come and share them with the people of Australia.'

The group released three albums in 2023, including "When You Wish Upon A Star", celebrating 100 years of Disney, "Wonderland", celebrating the group's commissioning over its history, and "Tom and Will", an album centred around older, renaissance music from England.

'It's been really fun to share those with people,' says Jonathan Howard. 'People have responded really warmly. It's lovely to be able to travel all over the place and see those reactions.'

The King's Singers have been touring across Europe, performing in orchestral halls in Hungary, Iceland, France, Germany, and Switzerland, among others. The Singers are setting their course for the United States for February, before landing in New Zealand and Australia over March.

In Australia, the program set to be performed is entitled "Back in Harmony". It is a celebration of the achievements of the Singers over the six years they were not down under, and to pay homage to the original group and the program performed in Australia in the early 1970s.

For more information about The King's Singers, visit [www.kingssingers.com](http://www.kingssingers.com)

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# Possum Magic

THE STAGE SHOW

Find out more



## Bringing the Enchanting 'Possum Magic' to the Stage

By Claudia Butjerevic

Australian youth theatre company, Monkey Baa, has once again brought Possum Magic to life. Beloved and treasured, Possum Magic has been enchanting Australians for over 40 years.

Following the tale of a young Australian possum named Hush, and her grandmother, Grandma Poss, the pair practice bush magic and make Hush invisible. Exciting as this may be, Hush soon wishes to see herself again and therein begins their journey of travelling Australia to make Hush visible.

With a simple but effective production vision, Monkey Baa authentically captures the story of Possum Magic for our youngsters.

'It's tremendously exciting to bring one of Australia's most loved iconic stories to the stage,' says Director Sandra Eldridge. 'We really wanted to highlight how important it is for young people to find their own voice and visibility, and for those who are older to encourage and support their journey because it leads us somewhere new too.'

Possum Magic employs puppetry, shadowplay, projector animation, and mystical sound design. Production designer Emma Vine, Composer and Sound Designer Nate Edmondson, and Magic and Illusion Designer Adam Mada were able to remain faithful to the source material.

As with the production team, the intimate cast were invaluable for the success of the show. With Ebony Tucker as Hush, and Sarah Woods as Grandma Poss, the acting is excitable and energetic, keeping the audience of young children engaged and able to follow the turns of the story. Actors Will Bartolo and Josh Virgona play multiple roles throughout the show, from predatory snakes to magically blue wombats. Their versatility transformed the production and is a testament to their skill.

'Back in 1978, when I wrote a children's story as a university assignment, I'd have died of joy if I'd known it would eventually become Possum Magic... now a play!' says Possum Magic Author, Mem Fox. 'Although I'm as old as Grandma Poss, I'm as excited as a child.'

For more information, visit [www.sydneyoperahouse.com/kids-families/possum-magic](http://www.sydneyoperahouse.com/kids-families/possum-magic)

## Pulitzer Prize Winning Play "Wit" comes to Glen Street Theatre

By Claudia Butjerevic



Glen Street Theatre is hosting the Pulitzer Prize winning play 'Wit' written by Margaret Edson.

The play won the Pulitzer Prize for Drama in 1999. 'Wit' tells the story of Vivian Bearing, a 50 year old woman, in the height of her successful career. With a passion for poetry, Vivian is a fierce, highly respected academic who is told she has weeks to live.

'Wit' poses the question, "can we conquer death, our fear of it, by the way we choose to live our lives?" The play touches on our footing between our head and heart, and is not necessarily a play about death, but rather a play about life.

'It encapsulates everything that is important,' says Director Helen Tonkin. 'It is about this woman facing death, and she reflects back on her life, but she learns how to accept to that death and recognise the importance of accepting human warmth and love.'

Along with being a Pulitzer Prize winner, 'Wit' is a text studied by Higher School Certificate students on the Advanced English Syllabus.

'Wit' is being presented by Clock and Spiel Productions, known for their popular hits Freud's Last Session, Metamorphosis, and The Screwtape Letters. The performance will run at the Glen Street Theatre from the 29th of February to the 2nd of March.

The cast features Cheryl Ward as Vivian Bearing, Hannah Raven as Dr Jessica (Jason) Posner, Yannick Lawry as Harvey Kelekian/Mr Bearing, Hailey McQueen as Susie Monahan, Helen Tonkin as E.M. Ashford, and Matt Abotomy and Joseph Tanti as Lab Technicians and Clinical Fellows.

For more information, visit [glenstreet.com.au/whats-on/wit](http://glenstreet.com.au/whats-on/wit)



## Disney THE LITTLE MERMAID IN CONCERT LIVE TO FILM

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Perfect for the entire family. Join Ariel and friends for an adventure "under the sea" as Disney's animated classic, *The Little Mermaid* projects onto the big screen at The Concourse Concert Hall.

Saturday 9 March 7pm  
Sunday 10 March 2pm

The Concourse Concert Hall  
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# Northholm Grammar HSC Success

## - Ranked 45th in NSW

By Northholm Grammar

We are thrilled to acknowledge the outstanding academic achievements of the Class of 2023 in the HSC results.

Northholm Grammar continues to build its reputation of achieving academic growth through personalised learning to be positioned 45th in NSW on the SMH HSC rankings. For the third time in the past four years, Northholm Grammar celebrates being the most successful co-educational private school in the Hills District. It is also the second time in the past three years, Northholm Grammar has achieved a Top 50 Ranking in NSW.

Our students embraced the opportunity to engage in a rigorous academic program and cultivate a mindset for continuous improvement that has allowed them to achieve their personal best. The sacrifices were many and they worked together as a collective group with enormous commitment and character throughout the year. It is with much pride that we celebrate their achievements and recognise that

our vision and commitment to academic growth and scholarship continues to be rewarded.

Some excellent statistics and achievements include:

- 64 Honourable Mentions on the Distinguished Achievers list (Band 6 results)
- 56% of students achieved at least one Band 6/E4
- 85% of students achieved at least one Band 5 or Band 6
- Top ATAR: Calum Fraser (School Captain) with 99.80
- 2 All-round Achievers list students
- Every Subject achieved above State Average results
- Every student in Drama achieved an Individual and Group On Stage nomination
- Northholm Grammar was 13th in the NSW for Mathematics Standard.
- 100% of students achieved Band 6

results in Music I and Mathematics Ext I

Northholm Grammar is deliberate in its strategic intent to foster a learning environment where students thrive and flourish in the pursuit of their personal best to achieve excellence. The legacy of the Class of 2023 is their capacity to provide visibility to our school vision by demonstrating what 'learning through scholarship' looks like in practice and setting high expectations for student achievement in future cohorts.

Our Year 12 students have shown resilience, determination, and an unwavering drive towards excellence in all aspects of their schooling. As a cohort they have led our School with kindness and a sense of cohesion, displaying empathy and compassion towards each other, and their younger peers. These achievements would not be possible without the pastoral attentiveness, hard work and support from our staff, parents and community.

**To book a tour, please visit us on [www.northholm.nsw.edu.au](http://www.northholm.nsw.edu.au).** We look forward to welcoming you.

### Commitment and Character Lead the Way



Pictured above: Year 12 Class of 2023 with their Principal (left) Mr Christopher Bradbury. The Post congratulates all students and wishes them success in their chosen career journey.

# Open Day

## Sunday 24 March



Book now  
[northholm.nsw.edu.au](http://northholm.nsw.edu.au)

Northholm  
Grammar



## Little Wing's New Mascot Named by Young Willoughby Locals

Little Wings is a non-profit organisation helping seriously ill children in rural and regional NSW, ACT, and QLD for many years.

Their mission is to provide free, professional, and safe flight and ground transport services for children needing specialised medical treatment only available in major cities. They do everything they can to ensure that these children's families don't have to bear the financial burden, emotional stress, and travel fatigue associated with long-distance travel.

Recently, Little Wings gave students all over NSW and QLD the opportunity to name a new mascot for the organisation. The competition was incredibly popular, with hundreds of entries from many creative, thoughtful, and kind-hearted students.

Finally, the winning students from

Willoughby Public School were announced. Sarah, Neil, and Aiden were the proud winners, and they were presented with their awards at the Little Wings 4th Plane Launch by Jason Clare MP, Minister for Education.

It's inspiring to see how a small act of kindness can make a huge difference in the lives of others. Little Wings is an organisation that has been doing just that for years, and it's heartwarming to see how the students from Willoughby Public School came together to help name its new mascot.

This competition reminded us that we can all do our part to help make the world better. It only takes a small act of kindness to make a difference in someone's life, and we can all positively impact the world around us.

The new mascot's name is 'MINI WINGS'.  
Clare Pearson, Little Wings CEO, said,

"We were so humbled by the students' response. It was a tough decision, and we are so thankful to all the schools that participated.

"Little Wings understands the importance of keeping families together during difficult times. Our mission is to support every family every step of the way because we are committed to the long haul.

"Little Wings ensures that the family unit remains strong throughout their medical journey and the seriously ill child has consistent access to the best possible care to see them thrive. Mini Wings has a big job to do: bring smiles and love to our precious cargo".

**For more information about Little Wings and their vital services, please visit**

**[www.littlewings.org.au](http://www.littlewings.org.au) or contact [info@littlewings.org.au](mailto:info@littlewings.org.au).**

## Class of 2023 HSC Results Revealed

By Claudia Butjerevic

The wait is over. Students completing their Higher School Certificate for 2023 received their results on the 15th of December.

Over 67,000 students made up the Class of 2023, with

around 55,500 receiving an ATAR, and the rest completing a vocational qualification.

'I know students and their families will be celebrating the culmination of many years of dedication and effort,' said Deputy Premier and Minister for Education and Early Learning, Prue Car. 'I want to wish every student the very best for what comes next -- whether that be heading off to university or furthering your training in a trade or a new job.'

Along with students' results, the top-ranking schools across NSW have been named. North Sydney Boys High School, after repeatedly coming in second, has finally dethroned James Ruse Agricultural High School for the first-place ranking. For 2023, North Sydney Boys High School had 158 HSC students who received a total of 659 Band 6 scores.

Other Top Ranking High Schools included North Sydney Girls High School, ranking fourth; St Aloysius' College, ranking sixth; Normanhurst Boys High School, ranking eighth; Abbotsleigh, ranking tenth; Knox Grammar School, ranking eleventh; and Hornsby Girls High School, ranking fourteenth.

Top performers were celebrated on the 13th of December in an annual First in Course ceremony in Parramatta. Over 120 students were awarded for achieving first place in a HSC course, including students from Ravenswood School for Girls, Knox Grammar School, Barker College, Loreto Normanhurst, St Ives High School, Killarney Heights High School, St Luke's Grammar School, among a host of others across the North Shore and the Northern Beaches. Over 1,400 students were recognised as "All Round Achievers", and over 18,000 earned a spot on the "Distinguished Achievers" list.

'This is an important milestone for the Class of 2023, who today finish their schooling and move on to the next chapter of their lives,' says Premier of NSW, Chris Minns. 'Remember that this is just a step on your journey and there are many pathways to success.'

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# Loreto Normanhurst

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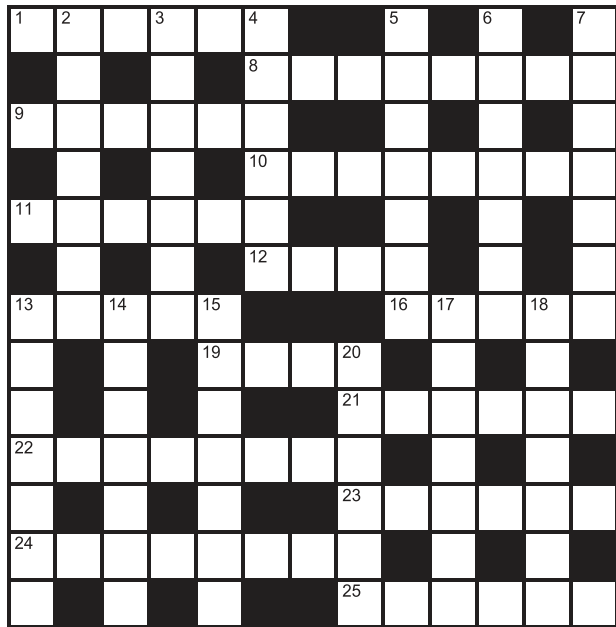




**GENERAL KNOWLEDGE CROSSWORD** 711

**ACROSS**

- 1 What, in cricket, do we call the end of a day's play (6)
- 8 Which communication has all but been taken over by email (8)
- 9 Name an Australian Test cricketer, noted as a batsman and Test captain, Allan ... (6)
- 10 What is a desire for food or drink (8)
- 11 To convert into bone, is to do what (6)
- 12 What is a more common term for a cicatrix (4)
- 13 Name a lofty mountain system in South America (5)
- 16 What are short metrical compositions combining words and music (5)
- 19 Name the acronym of the Organisation of Petroleum Exporting Countries (4)
- 21 What are pieces of evidence that prove people were elsewhere (6)
- 22 Name the eleventh sign of the zodiac (8)
- 23 The title "Sir" is conferred for life on which man (6)
- 24 Which low-grade iron ore is found in the region of Lake Superior, USA (8)
- 25 What do we call a believer in one god (6)



- 3 What do we call a nurse who assists women in childbirth (7)
- 4 Name farm animals found wandering at large (6)
- 5 What are bolides or shooting stars called (7)
- 6 What do we call one who is skilled in an industrial or applied craft (7)
- 7 Which term describes a moving force (7)
- 13 In which US city were the 1996 Olympic Games held (7)
- 14 To be no longer operative, is to be what (7)
- 15 What is the highest singing voice in women and boys (7)
- 17 Name another term for an aperture (7)
- 18 Which Japanese women are trained to entertain men with singing (7)
- 20 What is a small chest or box, as for jewels (6)

**MINI WORD FIND** 012

G A K Y T P  
 U B C M O J  
 N I U T H Y  
 U G L I E R  
 S C R E A M  
 U E S H U M

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

- Act
- Hot
- Mugs
- Thy
- Big
- Hum
- Scream
- Top
- Gun
- Icy
- See
- Uglier
- Hire
- Luck
- Sun

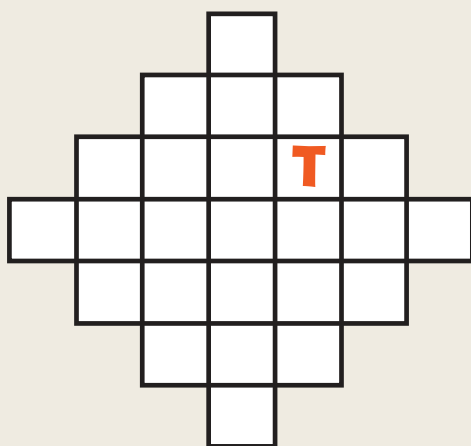
**CURIO** 012

A team of Copenhagen scientists has tracked down the genetic mutation that leads to blue eyes in humans. A genetic 'switch' occurred between 6000-10000 years ago and the result was the birth of the first blue-eyed baby in a brown-eyes-only world. All blue eyes share a single common ancestor.

**E-EQUATIONS** 022

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	G-N	
C	G+U	
D	R-N	
G	UxC	20
N	A+R	2
R	U+C	
U	D-N	

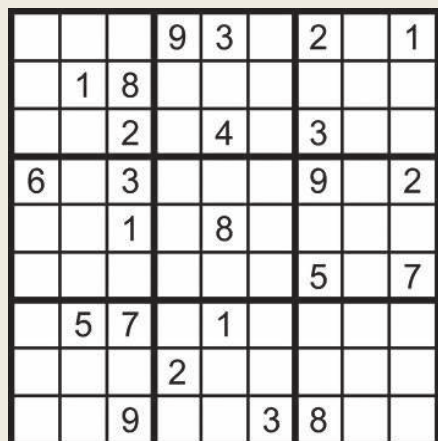


**BIYWORD** 012

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:**
- Come with (5)
  - Egg-shaped (5)
  - English (abb) (3)
  - Expression of distaste (3)
  - Globe (3)
  - It is (cont) (3)
  - Pong** (5)
  - Sports venue (7)
  - Tusk material (5)
  - Wearing away (7)
- A G N S  
 B I N S  
 D I O T  
 E I O U  
 E K R V  
 G M R Y

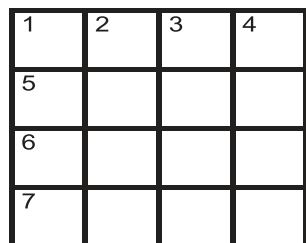
**SUDOKU** 012



**QUICK THINK** 012

Solve the crossword. Each answer has four letters.

- ACROSS**
- 1 Association
  - 5 Stockings
  - 6 Level
  - 7 Left on a map
- DOWN**
- 1 Chomp
  - 2 Zero
  - 3 Functions
  - 4 Crooked



**SOLUTIONS**

**ACROSS**

- 1 Association
- 5 Stockings
- 6 Level
- 7 Left on a map

**DOWN**

- 1 Chomp
- 2 Zero
- 3 Functions
- 4 Crooked

**MINI WORD FIND**

Act: U, G, L, I, E, R  
 Hot: H, U, M  
 Mugs: M, U, G, S  
 Thy: T, H, Y  
 Big: B, I, G  
 Hum: H, U, M  
 Scream: S, C, R, E, A, M  
 Top: T, O, P  
 Gun: G, U, N  
 Icy: I, C, Y  
 See: S, E, E  
 Uglier: U, G, L, I, E, R  
 Hire: H, I, R, E  
 Luck: L, U, C, K  
 Sun: S, U, N

# Be Part of Something Big This Year Ride the Bobbo!

Are you ready to pedal for a cause in 2024?

Whether you're a seasoned cyclist looking for a well-organised ride through stunning local bushland, want a fun way to catch up with friends while supporting local community organisations, or need a nudge to sign up again, we want you in the pack!

More than just a ride through Ku-Ring-Gai National Park and Bobbin Head on 24 March, the Bobbo is where our community comes together. It's where we say, we see those in need. We hear those in crisis. We're there for people in their darkest moments.

With your support, Lifeline Harbour to Hawkesbury Sydney and local organisations such as **KYDS Youth Development Service, Hornsby Ku-ring-gai Women's Shelter and Hornsby Connect** can be there in times of crisis, increase wellbeing and resilience in our community, and keep people safe.

And getting involved is as easy as riding a bike! All four scenic rides start by weaving through pristine bushland down to the waters at Bobbin Head, the sound of bird call and the smell of eucalyptus in the air.

Serious riders over 15 can test their mettle on our 104-kilometre ride, taking in ocean

views from West Head Lookout, or rise to the challenge of an 80-kilometre spin. Social riders aren't left out either. Stretch yourself over 57 kilometres or ride with friends and family over 12 on our shortest 27-kilometre route. Whichever you choose, you'll be part of something big.

Now in our 13th year, the Bobbo is set to be better than ever in 2024. With a medal for your efforts and standout prizes for top fundraisers – four-day bike tour of Mont Ventoux, France, or brand-new Trek bike, anyone? – plus great entertainment along the way and fresh new jerseys, what are you waiting for?

We'll be with you all the way with resources to help, including a personalised fundraising page, training plans for the lead-up as well as support on the day, such as first aid and rest stops with snacks and drinks, and yes, toilets.

There's even a bicycle repair van and mobile support riders! Not to forget the range of refreshments when you finish at the Bobbo Village, and all riders will be able to enjoy a massage or physio service. So, let's get pedalling!

Every ride counts, but if cycling isn't for you, we still have heaps of great ways you



can be involved! From donating on our website, supporting an individual rider or team, to volunteering on the day or becoming a partner or sponsor, the Bobbo is for everyone.

The Bobbo is organised by volunteers from the Rotary Clubs of Kuring gai, Turramurra, Wahroonga, St Ives and Upper Northern Beaches.

We can't wait to have you along for the ride. Sign up now or find out more at bobbo.org.au, and see you on Sunday 24 March 2024!

**The Post is a proud Bobbo media Partner.**

## What's On

The Post is pleased to share with you the latest update on Lifeline Harbour to Hawkesbury Sydney. Lifeline H2HS is committed to building resilience and increasing safety in our community through their diverse suite of crisis support and suicide prevention services.

**For more information, visit [www.lifelineh2hsydney.org.au](http://www.lifelineh2hsydney.org.au) or call 9498 8805.**



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

**call 13 11 14 or text 0477 13 11 14**

**Chat online via [www.lifeline.org.au/crisis-chat](http://www.lifeline.org.au/crisis-chat)**

### Managing Your Mood - Adolescent

The next Managing Your Mood group for young people aged 14-18 commences 15 February 2024. This group is for young people who wish to learn a range of skills to help manage big or uncomfortable emotions, to relate to others more effectively, and to learn distress tolerance skills. The group meets for 16 weekly sessions.

Enquiries are welcome – please call Group Services on **8287 1158** or email [groupservices@lifelineh2h.org.au](mailto:groupservices@lifelineh2h.org.au)

### Suicide Bereavement Support Group

Our Suicide Bereavement Support Group is for anyone (18+) who has been bereaved by suicide. A safe and confidential closed group run by experienced facilitators, that meets for 8 weekly sessions on a Thursday evening. Next group commences **Thursday 29 February 2024, 7-9pm** at our centre in Gordon.

For enquiries please call Group Services on **8287 1158** or email [groupservices@lifelineh2h.org.au](mailto:groupservices@lifelineh2h.org.au)

### Community Aid

Every year our volunteers assist our Community Aid clients by taking them shopping, transporting them to medical or other appointments, taking them out for a coffee or in some cases even coming for a visit or providing a social phone call. This amazing service assists older people to remain engaged in their community supporting their independence. This program is for clients registered with **My Aged Care** on a Commonwealth Home Support Program.

If you would like any further information please **contact [peta.jesse@lifelineh2h.org.au](mailto:peta.jesse@lifelineh2h.org.au)**





By Michael Tumulty

## Protecting the Lucky Country

It is indeed a myth to say Australia is the envy of the world, as we hear so often reported in mainstream media. Got your attention yet?

Most other countries own national pride, unique trials and tribulations prevents such illusions. Given some people to this very day still travel to Austria mistakenly.

It is however true to say, that we are well known and respected around the world for our egalitarianism, our kindness, mateship and a fair go for everybody, no matter where you are from.

Australia, the 6th largest country in the world, inhabited by indigenous and traditional custodians for the last 60,000 years. A former dominion of England and penal colony, more recently a rising star on the world stage.

A succession of waves of immigration post WW2 from most parts of the world have transformed Australia from its past, where today 29% of us claim to have been born overseas.

No other country in the world can claim to be more culturally diverse or as successful in multiculturalism as we have been.

Yet, in spite of all our success and all that

we should be so proud of, there are shadowy forces and voices seemingly at work against our national pride and clear success.

From those that don't like our democracy or hard fought freedoms and values that we hold so dear, freedoms of speech, freedom of association, freedom of choice of religion or not, a commitment to the laws of the land.

Freedom of speech has never been under more threat by those that shout integrity from the mountain tops, but yet distribute fake news and seek to discredit one and all that don't fall into line with their hidden activist doctrines.

So, perhaps the next time you're asked to give your personal email address away or even give up some of your hard earned cash to a political activist as a donation, seemingly saying all the right things. Ask them first how they spent their Australia Day, do they have a photo or two.

In conclusion, never let anyone, from a cricketer to a corporate elite, make you feel anything less than incredibly proud of your country, that your personal freedoms are indeed your own and enshrined by law.

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### Data Entry Clerk

Switchmode Power Supplies requires an entry level data entry clerk for our custom database. You will need to have a positive attitude, excellent verbal skills, good telephone skills, computer skills and be quick to pick up new processes. This is initially a part time role for 3 days with the opportunity of becoming full time in the future.

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