

THE POST

Edition 53 - 1 March 2024

www.hkpost.com.au

Opera Australia's West Side Story
Hits Sydney Harbour



Image Courtesy Opera Australia

Join us for International
Women's Day Morning
Tea at Magpies Waitara.

Friday 8th March,
details Inside.



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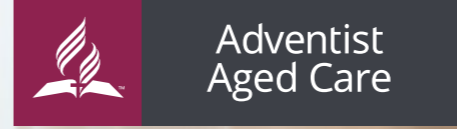
Stone Hornsby's BBQ Fundraiser for The Women's Shelter!

Held on Saturday 20th April 2024 from 3.30pm - 5.30pm at PCYC Waitara.

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Editor's Word

Tina Brown

Hello readers, and welcome to our March edition of The Post!

For my fellow Pisceans, I wish you all a very happy birthday and I send my birthday wishes out to the very special Ian Westmoreland, Founder of Mentoring Men!

March is the month where I always get a health check and I recommend your birthday month is a great check in on yourself. You'll never regret catching a health problem early, though it may weigh on you if you are too late.

I extend a warm invitation to all the fabulous women across our communities to join myself and The Post as we celebrate International Women's Day.

Our event will take place on Friday 8th March at Magpies Waitara, and tickets are still available for purchase. If booking your ticket online is tricky for you, you are welcome to call our office and we will be keeping a list of attendees who can pay at the door. We hope to see you there.

I want to wish everyone a Happy Easter! Enjoy bunny-shaped chocolate and time spent with loved ones.

Tina



International Women's Day

Join us this Friday 8th March as we celebrate International Women's Day at Magpies Waitara for morning tea at 10.30 am.

We have had a last minute venue change and are now going to be hosted by **Magpies Waitara**, it's now also a morning tea event.

There are more details about the event within this edition and we hope to see you there.

We are also calling for sponsors for the morning tea as this will directly impact on the funds we can raise for KYDS.

Sponsors can offer their goods or services in exchange for in kind editorial or advertising space withinin The Post and it's not too late to give our office a call with your offer.

Some suggestions are spa sessions, clothing, books, jewellery, shopping vouchers, dining experiences or anything you know a special woman would enjoy.

Book Your Morning Tea Ticket now for International Women's Day at Magpies Waitara \$30



ENTER TO WIN
Are you following us on facebook?
The Post will be giving away tickets in the coming week for this event. You will need to like and follow us on Facebook and put a comment in the post to be eligible.



Lucky door prizes, raffles, a delicious morning tea will make celebrating this International Women's Day fun and worthwhile.

You can also pay on the day to attend, please let us know your coming on 8355 5136.

Local Cafe Raising Funds to Stay Afloat

By Claudia Butjerevic

The Mind Cafe in Narrabeen may sadly close its doors.

Opening in late 2021, the Mind Cafe focuses on the mental health of the community, and spreading kindness to all. The cafe promotes inclusion and togetherness for everyone to have the opportunity to participate socially.

Unfortunately, operating a small business is no simple feat, and many become unable to remain open.

Owner Guy Morel released an update on The Mind Cafe's Facebook page, giving the news that the cafe may have to close after the 1st of April.

'We are not sustainable,' explains Guy. 'I put my love, heart, soul, everything into this cafe and all I really want to do is make a difference.'

After breaking the news of the cafe's

dire situation, a plethora of community members responded, sharing their disappointment and asking how they could help. A GoFundMe has been set up at the request of the community, where in just four days, over \$10,000 has been donated.

The Mind Cafe has drawn the attention of Rory Amon, Member for Pittwater.

'This is really saddening to hear and see. I am on the look out for available grants,' writes Rory Amon beneath the Mind Cafe's Facebook post. 'I encourage as many of you as possible to get down to the Mind Cafe and buy a coffee, buy a meal and tell a friend.'

The community waits to see what the future holds for The Mind Cafe.

For more information about The Mind Cafe, visit themindcafe.com.au/ or www.facebook.com/TheMindCafeAU

The Work of Local Charity Ku-ring-gai Youth Development Service

By Claudia Butjerevic

Ku-ring-gai Youth Development Service is a local counselling service for children and young people.

Founded by Lindfield Rotary in partnership with Ku-ring-gai Council, KYDS has been a staple in the community for over 15 years, and continues to grow and expand yearly. KYDS provides free confidential counselling from a team of qualified mental health professionals.

Young people have a host of reasons for coming to KYDS for help, including struggles with grief, family and friendship breakdowns, bullying, depression and anxiety, body image concerns, self-harm, and school stress. KYDS serve the community by providing young people with the opportunity to have their problems heard and dealt with without the burden of paying for treatment.

In 2005, KYDS first opened its doors as a registered charity, operating out of the library in Lindfield, helping over 300 people in the first year. Now, according to the 2022 Impact Report, KYDS provided almost 6000 sessions, made possible by critical funding. Data collected between 2021 and 2022, funding meant that KYDS were able to take 34% more referrals, equating to 500 more sessions in 2022 than the previous period.

'It's very easy for [young people] to access because they don't need to get a mental health plan or to go and see a GP first,' says Helen Jarvis, KYDS Chair. 'They can reach out and connect with our counsellors and get the support in a way that's really responsive to their needs.'

KYDS places a great deal of emphasis on building rapport between counsellors

and clients to establish therapeutic relationships. Most young people are reaching out to have their stories and stresses heard early before it spirals into a crisis.

'Navigating the mental health space can be really challenging,' Dr Anthony Rigney, KYDS CEO. 'You don't want to have to retell your story multiple times. At KYDS, we focus on telling your story once.'

The Post is holding an event for International Women's Day. Part of the proceeds are being donated to KYDS. Tickets are available for purchase.

To find out more about KYDS, visit www.kyds.org.au/



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Advocating for our Community

By Kylea Tink, Member for North Sydney

The new year of parliamentary sittings is well and truly under way, with some big developments this month in taxation, workplace relations and on the climate front.

Following relentless community advocacy, the Government has finally moved to introduce a binding New Vehicle Efficiency Standard by 1 January 2025. The standard will bring Australia in line with international markets, giving us a greater range of car models that use less fuel, and produce less noxious gases and carbon emissions. This is a win for the family budget, a win for the climate, and a win for our community, which has been lobbying for a strong fuel efficiency standard for some time.

I've continued to lobby for North Sydney's priorities by asking for funding for our area in the 2024-25 Federal Budget. Based on conversations that my team and I have had with local councils, community groups and residents, I have asked the Government to fund the maintenance and improvement of local reserves and vantage points; invest in local research institutes and performing arts venues; and develop much-needed sporting facilities to meet demand as our population grows.

I have also pushed for more support for the programs and organisations that provide help to those who need it,

including the Mary's House domestic violence shelter and youth mentoring organisation Streetwork. And I've called more to be spent on cutting both Australia's carbon emissions and household costs, for example through clean energy incentives and the Fuel Efficiency Standards that we've worked so hard to secure.

The Albanese Government's proposed changes to the Stage 3 Tax Cuts have been hotly debated across the country and as always, my position has been shaped by your feedback. Ultimately, North Sydney supports the changes, with just over two-thirds, or 68%, of residents supporting the changes and 18% opposing them. The changes will mean that 7 out of 10 of North Sydney taxpayers will now receive an equal or bigger tax cut than they otherwise would have. At the same time, our electorate as a whole will ultimately receive \$77 million less, because those who pay the highest taxes will receive less of a discount.

Understandably, many in our community feel let down by a government that promised as recently as December that the cuts would go ahead unchanged. I have raised these concerns in Parliament and will continue to demand more transparency and community consultation as we move forward.

I look forward to engaging with you further on these and other issues in the weeks to come.

The Shadow Representative for Bradfield

By Claudia Butjerevic

In the 2022 Federal Election, Nicolette Boele ran as an Independent for the seat of Bradfield.

Bradfield has been in the hands of the Liberal party for decades, considered a traditional Liberal stronghold. However, the 2022 Election and Nicolette Boele's campaign saw the Liberal margin fall from over 16% to 4.23%, officially making Bradfield a marginal seat.

Paul Fletcher MP is the sitting representative for the seat of Bradfield, and has been since 2009.

Nicolette Boele, despite her loss in the 2022 Election, continues to address the community, labelling herself as the "shadow representative for Bradfield". Nicolette's office in Gordon remains open for the public, where Nicolette aims to learn about the electorate and its concerns, and be receptive to the people of Bradfield and their needs.

Intending to recontest the seat in the next election, Nicolette believes that she would be a trustworthy and transparent representative.

In Nicolette's eyes, removing the incumbent member is possible. With the Liberal party now holding only a margin of 4.23%, Nicolette points to North Sydney with a 13% margin in 2019, which was won by an Independent in 2022.

Nicolette maintains a strong presence in the community, speaking at forums, schools, and events. Her office in Gordon changed signage, displaying the slogan "Better Is Possible".

Tim James Outraged at \$150 Million Cut from Palliative Care

By Claudia Butjerevic

Member for Willoughby Tim James is unhappy with the Minns Government Budget.

With the release of the 2023-24 Budget, Tim James is scrutinising the state for cutting \$150 million from palliative care services.

Previously, the 2022-23 Budget allocated \$743 million over the five years to 2026-27. This would include \$650 million to employ an extra 600 palliative care nurses, health professional, doctors, and support staff. Premier Chris Minns explained that the \$150 million cut would have the funds redirected to recruiting nurses and the general health budget.

Palliative Care NSW, as the peak body for end-of-life care, announced their displeasure with the budget reallocation.

'Palliative Care NSW believes that this should not be at the expense of the existing palliative care workforce, services and programs,' wrote Palliative Care NSW in a release. 'We continue to work closely with the



Ministry to understand how the remaining \$593M of the original \$743M committed by the previous government will be used.'

Member Tim James is calling on the community to sign a petition to fully restore the allocated funds.

'These are cruel cuts that undermine the valuable supports that minimise suffering for those at the end of the lives,' says Tim James. 'Together we must send a strong message to Chris Minns and the NSW Labor Government that our community values

and supports restoring this funding that gives those with a terminal illness dignity and improved quality of life.'

The petition is open for signatures until the 3rd of April 2024.

To sign the petition, visit the website of Parliament of NSW at

www.parliament.nsw.gov.au/lc/pages/petition-details.aspx?q=TCDPkH-n_irjDpWL-SkyyOA

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Contact our office to discuss our Mother's Day Edition.

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We are also looking for sponsors for giveaways!

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LIVING LOCAL



MESSAGE FROM THE MAYOR



As we step into March, it's time to shine the spotlight on our most cherished community members – our seniors. This month, we're proud to unveil a festival lineup that celebrates their wisdom, resilience, and invaluable contributions to our community.

The diversity of activities and events reflects the rich tapestry of our community. Behind each event lies the dedication and passion of numerous community groups and organisations, whose tireless efforts ensure the success of this festival. I eagerly anticipate seeing our seniors, along with friends and neighbours of all ages, come together to partake in these enriching experiences. Let's make this month a memorable celebration of our seniors and of our vibrant community.

Cr Tanya Taylor
Mayor, Willoughby City Council

IN FOCUS: INTRODUCTION TO SUSTAINABLE BUILDING

Willoughby City Council is proud to present 'Introduction to Sustainable Building', a series of webinars to guide home builders and renovators on resilient design, sustainable building materials and water efficiency. This Willoughby City Council initiative, for prospective builders and renovators, stems from an increased demand in our community to be more informed on what they can do to create homes that are resilient and responsible. The series is presented by sustainable design experts Renew and the three remaining webinars will cover: selecting sustainable building materials, incorporating greenery and water efficiency and selecting the right team of professionals. Scan the qr code to register for a webinar or visit www.willoughby.nsw.gov.au/Environment/Events



EMBRACE CLEAN ENERGY

Explore Council's solar and electrification initiatives. Whether you're a home or business owner, or part of a residential strata, Council can assist you on your journey to cleaner and healthier future. Visit www.willoughby.nsw.gov.au/Campaigns/Lets-electrify to understand the benefits and different actions you can take to electrify your home. One of these actions includes the unique opportunity residents have to access a solar bulk buy program. Choose from solar-only, solar and battery systems, or battery-only options. To take advantage of this offer visit www.willoughby.nsw.gov.au/Solar-Bulk-Buy

MARCH INTO FITNESS

Are you ready to March into a healthier lifestyle? Join us at Willoughby Leisure Centre for 30 days of gym access for just \$30. With our extended hours and concession rates, fitting in a workout around your busy schedule has never been easier. You can enjoy our Member Care program, including a free program and regular reviews, a range of outdoor activities, plus, our fitness studios and gym cater to diverse interests. There's something for everyone. Don't miss out on our special personal training bundles – 3 sessions for just \$145! Take the first step towards a healthier you this March. Visit www.willoughbyleisure.com.au

CONNECT WITH WILLOUGHBY CITY COUNCIL



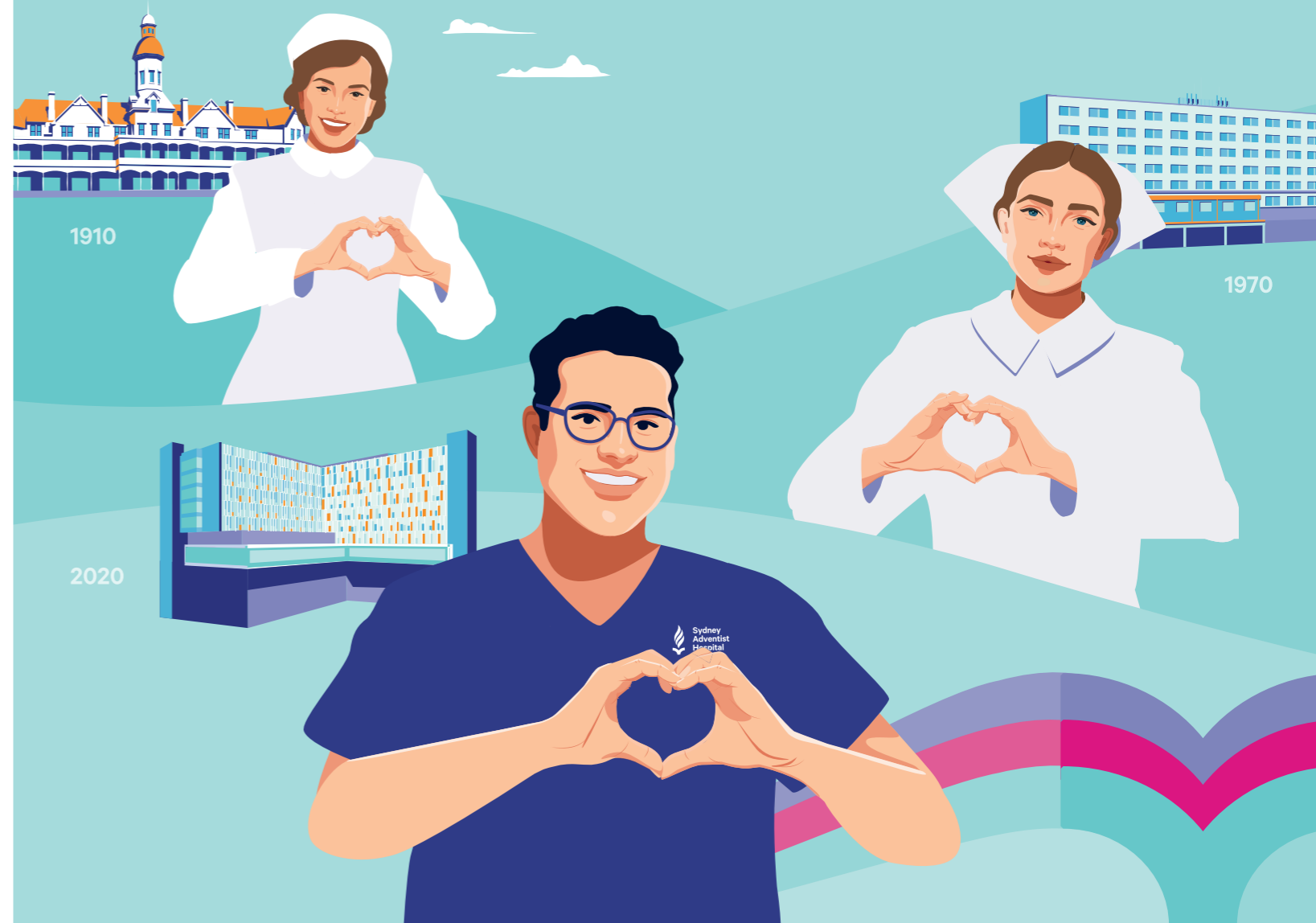
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We understand that people are not purely physical; we are emotional and spiritual beings, too, and at Sydney Adventist Hospital, we take an equally multi-dimensional approach to health. We understand that you are more than the mechanics of your body.

From health education to balanced nutrition and pastoral care, the San covers every aspect of wellbeing. For us, it's not just about treating symptoms; it's also about empowering people to live well.

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sah.org.au



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



from the Mayor's Desk

There has been much coverage in the media recently about the NSW Government's housing reforms, in particular around low and mid-rise housing, and I wanted to share with you Council's response to these and how we are advocating for our community.

Following the December 2023 announcement by the Department of Planning, Housing and Infrastructure (DPHI) to exhibit its *Explanation of Intended Effect: Changes to create low and mid-rise housing*, we resolved to make a submission on the proposal, outlining our concerns and recommendations. We will encourage the NSW Government to set clear housing targets and allow councils to develop and implement their own responses having regard to the character of their local area and community expectations.


Our submission will highlight our concerns that the density of development proposed under the state-wide approach to deliver housing will impact the character of the Shire's suburbs, heritage, environment and tree canopy, infrastructure and over-development in hazard areas (prone to risks such as bush fires and flooding) and parts of the Shire without adequate supply of wastewater as well as sewerage infrastructure.

It will also underscore our commitment to deliver a diverse range of housing under our adopted Local Housing Strategy which has been prepared following extensive consultation with our community. We will request an exemption from the proposed changes to progress our own local medium density housing strategy.

We are committed to continuing to deliver housing to meet the needs of our community. But we're concerned by the 'one size fits all' approach that is outlined in the proposal. The density of development that would be permitted would simply be far too great and would be devastating to other objectives of environmental and heritage conservation in Hornsby Shire. As your Mayor, I am committed to ensuring that we achieve our housing targets appropriately, and I hope the state government works with us to ensure this is achieved.

Philip Ruddock AO
Mayor, Hornsby Shire Council

What's on



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PENNANT HILLS, BEROWRA, GALSTON AND CHERRYBROOK
5-8.30PM**

For dates and venues details visit: hornsby.nsw.gov.au/ftf

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NSW Seniors Festival
11-24 March 2024



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Collect your 4 FREE native plants

Bookings essential to book your plant collection time, visit: hornsby.nsw.gov.au/plants





INSIDE/OUT Maide and Chris Welch exhibition

5-17 March 2024. Wallarobba Arts and Cultural Centre
An exhibition of works by Maide Welch, winner of the 2022 Wallarobba Outstanding Local Artist Award, and her husband Chris Welch

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JOIN THE CONVERSATION

HORNSBY SHIRE SOCIAL PLAN – Register to attend a community forum or come along to a pop-up in March.
CLASSIFICATION OF PUBLIC LAND – Peats Ferry Road and Bridge Road, Hornsby. Submissions close: 08/03/24
WOLLUNDY PARK, PENNANT HILLS – Playground upgrade. Comments close: 11/03/24
For more information visit: yoursay.hornsby.nsw.gov.au



CALL FOR ENTRIES
Entries close: 21 March 2024

hornsby.nsw.gov.au/remagine



Petstock's National Pet Adoption Month

By Claudia Butjerevic

Petstock Mount Colah are celebrating 10 years of their National Pet Adoption Month (NPAM).

In March, Petstock Mount Colah are encouraging the community to adopt or foster a pet in need. NPAM is an initiative of the Petstock Foundation, formerly known as the Perspiration Foundation, and helped find homes for over 40,000 rescue pets in the 10 years the initiative has been running.

Currently across Australia, there are over 8,000 pets at shelters, rescue groups, pounds and vets who are awaiting adoption. Over March, Petstock are hoping members of the community will open their hearts to a pet in need of a loving home.

'In my experience, an adopted animal can adjust and learn how to fit into your life, with a little training and patience,' says Dr Kate Mornement, Animal Behaviourist and Petstock Foundation Ambassador.

Petstock indicate that 36% of Australian adults report feeling loneliness, while 97% of people agree having a pet positively impacts life and 95% believe pets improve



mental health. Petstock argue that these findings show companion animals improve the mental and physical health of people.

'There are so many wonderful benefits of pet ownership, including reducing feelings of loneliness, opening up opportunities for social interaction, and increased overall happiness,' says Jessica Curtis, Petstock Foundation Strategic Manager. 'We're asking Australians to adopt or foster a

Zym and Rayla - Cats.
Photo Eugene Hyland
rescue animal or donate to the Petstock Foundation to support pet charities.'

On the 16th and 17th of March, selected Petstock stores will have rescue pets available for adoption or fostering.

For more information, visit www.petstock.com.au/pages/adoption-hub



Register at www.bobbinheadcycleclassic.org.au

Sunday, the 24th of March, riders will set out in the name of charity, embarking on the more locally known 'BOBBO'. Starting and finishing in Turramurra (in Sydney's Upper North Shore), the four possible distances take in some of the most beautiful sights of Sydney, with the course running through right Bobbin Head, taking in the fantastic scenery of Ku-ring-gai Chase National Park and the breathtaking coastal views from West Head.

Riders can challenge themselves in four differing rise lengths to suit their ability. Social cyclists looking for a cruisey pedal can attempt the 27km ride. Those with a touch more experience or who want to take it to the next level can sign up for the 57km ride. For the real bicycle heads in the community, you can give the 80km distance a whirl, proving a lot more challenging than the previous lengths. Good Luck to all riders and stay safe!



I would be happy to help you with:

- access to NSW Government services
- representation in Parliament and to Ministers
- attending local events
- Justice of the Peace applications
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Please contact my office and I will be pleased to assist you.

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From the Mayor



The NSW Government's imminent housing policies remain a key talking point for our residents. The Northern Sydney Mayors recently met and we agreed that while we are keen to provide housing, Councils should choose where the homes go and they need to be supported by appropriate infrastructure. We are calling the State Government to defer the rushed housing policies, to work with councils, consult residents, and update the strategic plans for each LGA.

March is set to be a busy month with plenty of informative and entertaining events planned for the month ahead.

On 3 March volunteers from right around the country will pitch in to give their local areas a shine for Clean Up Australia Day. Ku-ring-gai Council is helping residents pitch in by collecting all of the rubbish from the registered sites after the clean-up. More information about how you can help can be found at cleanup.org.au

Our Seniors Festival begins on Wednesday 6 March and includes come and try sessions for chess and yoga, excursions to the movies, Gosford's Japanese Gardens, Camden's Belgenny Farm, and La Perouse, a lunchtime harbour cruise plus free workshops on aged care services, and plenty more. Some of the events have limited spaces available so be sure to book in early at krg.nsw.gov.au/seniorsfestival

Also on Wednesday 6 March Council's International Women's Day Forum will be held at the Killara Golf Club. The theme for this year's event is Economic Empowerment and Gender Equality. We are announcing two keynote speakers for the event. Chiou See Anderson, President of the National Council of Women, will share insights into the barriers hindering women's economic equality. Dr. Mihajla Gavin from the University of Technology Sydney will also contribute her expertise in education, work, employees, and gender.

On Friday 22 March fresh air and fresh fruit are in store for Ku-ring-gai's primary students as they celebrate Ride2School Day. National Ride2School Day is an annual event aimed at getting primary and high school students out of cars and using alternative ways to travel to and from school. All Ku-ring-gai primary schools participating in Ride2School Day on Friday 22 March will receive an assortment of fresh fruit for participants to enjoy, delivered free of charge to participating schools.

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

Mayor Sam Ngai



The Sentimental Bloke at Roseville Cinema

The National Film & Sound Archive have restored this classic silent movie and added an original soundtrack. A curator from NSFA will give a talk before the movie screening.

Wednesday 27 March
10am - Morning tea and curator's talk;
11am to 1pm - Movie screening

Roseville Cinema
112 Pacific Hwy Roseville

Cost \$20

Bookings at www.krg.nsw.gov.au/seniorsfestival

Enquiries: Community Services
Ku-ring-gai Council **9424 0836** or
email rhall@krg.nsw.gov.au



Skate build and ride workshops

Our Beginner and Intermediate Skate Lessons will take you through the essential techniques for fundamental maneuvers. Test your abilities in a fun and supportive environment at our Beginner and Intermediate Skate Jam Competition. With the chance to win awesome prizes.

Tuesday 5 March Lessons
Tuesday 12 March Skate Competition
4pm - 6pm

St Ives Skate Park
6 Memorial Avenue, St Ives

Free event for young people aged 12-18. No registration required.

Council meetings and public forums

The next Council meeting will be on **19 March**
The next Public Forum will be on **12 March**



Learn about aged care services

Join the webinar to learn about My Aged Care (the Commonwealth funded aged care services), the services and support available, the assessment process and the aged care reforms.

All seniors are welcome to join the webinar. Please **Scan the QR Code** to register for the zoom link.

Presenter is from Carers NSW.

Thursday 21 March
1.30pm - 2.30pm

This is a free event brought to you by Mosman, Ku-ring-gai, Willoughby, and Ryde Councils as part of Seniors Festival 2024.



Active Ku-ring-gai

Have fun, get active, and reach your fitness goals this summer! Join an Active Ku-ring-gai class today. Classes include Mums & Bubs, Social Tennis, Tai-Chi, Yoga, and Junior Golf.

Prices start from \$12 per session.

Various dates and locations throughout March.

Enquiries: **9424 0754** or www.krg.nsw.gov.au/active

Federal Member Kylea Tink Calls for Funding for North Sydney

By Claudia Butjerevic

Independent MP Kylea Tink has called for the 2024-25 Federal Budget to include funding for North Sydney.

In particular, MP Tink is advocating for North Sydney's bushland, cycleways, sports and arts facilities, to have investments in research, and to support vulnerable women and children across the community.

These funding requests are being submitted to the Federal Treasury after consultations and discussions with community groups, peak bodies, four local councils, and constituents.

'North Sydney is a vibrant and diverse electorate that over 45,000 families and thousands of businesses can proudly call home,' says Member Kylea Tink. Kylea Tink is seeking funding for maintenance and improvement of Lavender Bay Lookout, Pumphouse, and Lady Gowrie Lookout; development of sports facilities including Gore Hill Indoor Sports Centre, North Sydney Oval Centre of Excellence in Women's Sport, and Primrose Park Sports Field; and arts venues such as Zenith Theatre and Ensemble Theatre.

Additionally, MP Tink is requesting funding for development of the Chatswood-St Leonard's cycleway; programs such as Mary's House and Staying Home Leaving Violence Program, and Streetwork; and research institutions including the Australian Institute of Applied Ethics, Sydney Orthopaedics Research Institute, and the Kolling Institute.

MP Tink's submission to the Treasury calls for an investigation of Australia's immigration detention regime; and incentives such as clean energy incentives for landlords, energy and efficiency incentives for small and medium businesses, the National Health and Climate Strategy, and Fuel Efficiency Standards.

'As a community independent, my job is to listen to the people of North Sydney, and advocate for the issues that matter to us,' says MP Kylea Tink. 'This budget submission does exactly that, reflecting the hundreds of hours of conversations that my team and I have had with residents and organisations across our community to determine local needs.'

Appeal Denied for Development at St Leonard's Church

By Claudia Butjerevic

Metro Property Development (Metro) and the Roman Catholic Church (the Church) have lost their appeal against Willoughby City Council's Interim Heritage Order on the site of St Leonard's Church.

After months in court, the Land and Environment Court dismissed the appeal on the 17th of January. Metro and the Church were aiming to remove the heritage order, though were unsuccessful. With the appeal dismissed, the site is rendered undevelopable for Metro and the Church.

First, the Development Application for 43 Donnelly Road was denied by the Willoughby Local Planning Panel, which Metro and the Church were set to appeal. However, the Court will not consider an appeal regarding the denied Development Application while the IHO stands.

Willoughby City Council placed the IHO in late May of 2023; these orders last for a period of 12 months.

'Council is happy with the result of the IHO appeal,' says a Willoughby City Council spokesperson. 'It's important to note that Council is not opposed to redevelopment, however it reiterates the importance of local heritage which cannot be disregarded and should be at the forefront of any urban renewal.'

The Post have reached out to the Roman Catholic Church and Metro Property Development for comment. At the time of publication, no comment has been offered.

Safe Banking with Lindfield Districts Community Bank

BENDIGO Bank want customers safe as they transition to digital banking.

Lindfield & Districts Community Bank are holding a "Banking Safely Online" Information Session. The session will allow members in the community to learn about common scams, protecting personal and private information, how to use digital controls, and how to manage risk associated with the digital world.

As scams and scammers become more sophisticated with deception, it is imperative internet banking customers are informed. Reported scams in 2022 amounted to over \$3 billion in losses, victims coming from all walks of life.

Anyone, even those who are not Bendigo Bank customers, are eligible to attend the information session.

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

The Banking Safely Online session will be held on Tuesday the 26th of March at 4.30pm at the branch. Lindfield & Districts Community Bank is located at 318 Pacific Highway, Lindfield.

To RSVP, contact lindfield@bendigoadelaide.com.au or call **9416 6337**

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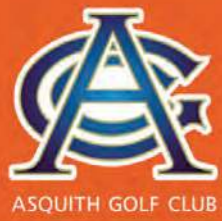
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NSW Housing Crisis:

To Build... or Not to Build, That is the Question

By Riley Warner

The housing crisis in New South Wales has been a topic of concern for many years, with the biggest cost of living pressure for many households being housing. The Minns Labor Government is taking direct action to tackle the issue.

Announcing a snap rezone of 31 locations across NSW, allowing 138,000 new homes to be created within 400m of metro or suburban rail stations and town centres. These bold new reforms might not please everyone, but it's a fair option to level the rental and housing playing fields for young people who want to start in or near Sydney.

Now, yes, this will increase housing density, and yes, your local suburbs might see some change in the landscape, but something has got to give. It's unsettling to hear residents are so against providing a greater variety of housing options amid Australia's worsening rental crisis. It's time to stop playing musical chairs with the housing market and give everyone a place to sit.

The NSW government will also force councils to lift bans on building low- and medium-density housing near transport hubs, town centres, and other well-located areas.

The stations that will be rezoned include local areas like Gordon, Killara, Lindfield, and Roseville.

Member for Willoughby Tim James commented on the changes to NSW planning rules in his recent community E-Update.

"There is no question we need more housing, and I support the need for an ambitious approach to lifting housing supply, but development and density must be done right."

"These plans are half baked, lack sufficient community consultation or investment in supporting infrastructure and would come at the expense of heritage and environment."

Mr. James firing up his own community petition [timjamesmp.com.au/planningpetition](https://www.timjamesmp.com.au/planningpetition) to send a message to the Premier and NSW government to rethink proposals.

Others in the Council believe that scaremongering tactics are at play to lock out the next generation of housing. And the suggestion that a residential development proposal would be automatically approved with no assessment is plain wrong and intended to frighten communities.

Minister for Planning and Public Spaces Paul Scully took a justified swipe at some outrageous claims.

"The NSW government is interested in density done well, not fear campaigns with no basis in reality."

"The suggestion that NSW Government reforms will allow outcomes like Bondi beach to be plunged into darkness are absurd."

"Scaremongering will mean another generation of young people get locked out of the housing market."

NSW Premier Chris Minns spoke on Sky News on February 20th, commenting,

"What we have said is we want this level of density around this local train station. If the local Council comes to us saying there's a better way of delivering it, we're completely agnostic about it. What we can't have is everybody saying we're not prepared to take anything and were not prepared to negotiate."

Turning the heat up on our local councils, Minns threatened to take planning powers away from councils if no real genuine progress is made.

Feeling the premiers' pinch, Ku-ring-gai Mayor Sam Ngai responded to Minns' interview. Writing to the premiere on February 20th, reaching out for a discussion on why Ku-ring-gai is particularly impacted by the



housing changes.

Member for Wahroonga, Alister Henskens SC MP, also shared his colourful opinion on his concerns, making a submission to the NSW Department of Planning. A well-written submission, however, is left longing for any tangible solutions or possible cooperation of any extent.

With submissions to the department now closed, Mr. Henskens has also joined in on the petition fun, creating one of his own, visit <https://form.123formbuilder.com/6607434/my-form> for the community to have a say on the planning changes.

It's a classic 'watch this space' sort of debacle. Housing is needed, we know that. Young Australians are facing one of the scarcest rental/ housing crises in a long time; we know that, too. But the real question is where these houses will go. Sacrifices will need to be made. But pinpointing the exact locations where these sacrifices are to be made, all while the Council holds cards close to chests is proving more difficult than anticipated. Or do some Council's simply not care to play a role in the crisis?

EOFY Advertising

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WE CAN'T WAIT TO SEE YOU THERE!

The Normanhurst Public School P&C welcomes parents, carers, community members, and friends of the school to join us for a 'Welcome to 2024' evening of fun!
Go to www.facebook.com/NormanhurstPublicPC for more info.

Forum in Ku-ring-gai for International Women's Day



With International Women's Day approaching, Ku-ring-gai Council have announced a forum on Economic Empowerment and Gender Equality.

The event will be held on the 6th of March at the Killara Golf Club, and is set to celebrate the achievements and acknowledge the challenges of women across our wider community and the globe. This year's theme for IWD is "Accelerating Gender Equality Through Economic Empowerment".

Council is hosting two keynote speakers for the forum. President of the National Council of Women, Chiou See Anderson, will be discussing barriers that impact economic equality among the sexes. Dr. Mihajla Gavin from the University of Technology Sydney has expertise to share regarding education, gender, employees, and work.

Interactive and dynamic, Council encourages open dialogue at the forum to challenge the status quo and empower women. The event provides attendees with the opportunity to network and connect with members of the local community.

Bookings are required for the event.

To find out more, visit www.krg.nsw.gov.au/womensdayforum



Volunteers Needed for Clean Up Australia Day

Councils are calling for the community to take part once again in Clean Up Australia Day.

On Sunday the 3rd of March, Council is seeking volunteers in the community, schools, and businesses to clean up neighbourhoods.

'Every year our wonderful community, school children, business and our Council staff don their gloves to collect the rubbish thoughtlessly dumped across our waterways, bushland, parks, open spaces and beaches,' says Northern Beaches Mayor Sure Heins. 'It is always a monumental and appreciated effort.'

Clean Up Australia Day was created in 1990 and has since seen 21 million volunteers join and aid the initiative. In 2023, close to 7,000 community members came together to clean 98 sites across the Northern Beaches. This year, Council are

encouraging everyone to join Clean Up Australia Day.

Pip Kiernan, Chair of Clean Up Australia says: "Clean Up Australia Day is the largest volunteer clean up event across the nation each year and the most practical way to educate and demonstrate waste prevention."

Ku-ring-gai Mayor Sam Ngai said he was excited to see the community come together for an important cause.

"We take pride in being the green heart of Sydney, and our residents are especially connected to preserving the environment."

Business Clean Up Day was held on the 27th of February, while School Clean Up Day was held on the 1st of March.

Registrations are now open at register.cleanup.org.au/join-a-clean-up

To find out more information, visit www.cleanup.org.au

NSW Government to Review Funding Model of Councils

THE funding model of councils is under the microscope.

The Minns' Government has asked the Independent Pricing and Regulatory Tribunal (IPART) to assess the key factors impacting the financial stability of councils. IPART will review the resources available to councils, the ability of council to fund services, infrastructure, and ongoing expenses, and identify ways to improve budgetary performance.

'The financial sustainability of councils is one of the most significant issues facing local government in this state,' says Ron Hoenig, Minister for Local Government. 'With the cost of delivering core services to communities

rising, it's critically important councils are financially sustainable, but that needs to be balanced with the impact on tightening household budgets.'

With last year's alterations to the rate peg methodology, councils can be more certain of the income they receive through council rates. The NSW Government is conducting this IPART review to ensure council are being fiscally responsible.

IPART will make recommendations on the visibility of councillors and the community over the performance of councils; the current budget of councils; on whether the funding model will sustainably support communities; and how better planning can improve performance, transparency, and accountability.

'There needs to be a closer examination so that the solution to financial challenges is not increasing revenue through raising council rates or seeking financial support from the State Government,' says Minister Ron Hoenig. 'This review is a key election commitment and will help ensure this vital tier of government can continue to deliver essential services to NSW communities.'

The draft Terms of References are open for feedback until the 15th of March 2024. IPART will develop a report after the Terms of Reference have been finalised.

To submit feedback, visit www.haveyoursay.nsw.gov.au/local-government-tor

Higher Density Development Push Back for Willoughby



By Tim James,
Member for Willoughby

Since my January column, our community has further digested the Minns Labor Government's sweeping changes to planning controls.

I thank everyone who has provided feedback to me about how these changes will affect you and our community. It is clear that these changes will disempower our local communities, and adversely and irreversibly impact upon the character and amenity of our area.

The government has proposed to override local planning controls to impose higher density development, with little to no consideration for local infrastructure capacity, existing development, the environment or heritage conservation.

Whilst the need for an ambitious approach to lifting housing supply is understood and supported, development and density must be done right and in partnership

with community. Development must be well located, well planned, and supported with sufficient infrastructure and services.

We know that a one-size-fits-all approach that overrides the views of local communities and without regard for infrastructure isn't the right way to address the national housing crisis. It's lazy and ill-thought-through policy that shows the Government isn't interested in putting in the hard work to deliver on their housing targets. A centralised approach with plans designed by distant bureaucrats disconnected from local communities is no way to do planning well.

Proposals for more housing must be delivered alongside a plan for better infrastructure, such as schools, hospitals, and open space. The government has so far failed to outline any plan to build the local infrastructure required to support this density growth.

The Opposition is ready and willing to

work with the Government, having presented policy options including incentivising local councils to meet and exceed their housing targets, encouraging downsizers to unlock more suitable properties and addressing immigration and population growth to take the pressure off rents and house prices.

I encourage you to sign my community petition at timjamesmp.com.au/planningpetition to send a message to the Premier and NSW Government to rethink this proposal before irreparable damage is done to our community.

I will continue to stand up in Parliament and directly to the Premier and Minister for Planning and firmly advocate to protect our community.

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Willoughby GM Debra Just Retires



WILLOUGHBY City Council's Chief Executive Officer has retired.

Debra Just announced her retirement in February 2024, ending her nine year tenure as Council's CEO. Having served on councils across New South Wales and South Australia, Debra is retiring from a 25 year career with Local Government and various state agencies.

After the 1st of March, Debra will be returning to Adelaide to be with family.

'I am incredibly proud of the transformational change that has been implemented during my time here,' says Debra Just. 'This is no perfect time to retire but personally, this is the right time for me to return to my family and friends in Adelaide.'

Willoughby City Council Mayor Tanya Taylor thanked Debra Just for her service to the community and to Council.

'I have valued Debra's leadership, strategic approach and that she doesn't shy away from the complex and challenging. She is highly respected by her local government peers,' says Mayor Taylor. 'I appreciate that she now needs to focus on her family and I would like to thank her for all she has done to benefit the Willoughby community.'

It is not Art, It is A Crime: Graffiti Numbers Up

By Claudia Butjerevic



Detective Chief Inspector Dean Lindley, Julian Leeser MP, and Clr Sallianne McClelland at the Graffiti vandalism in Thornleigh opposite the train station.

An uptick in illegal graffiti has caught the attention of Julian Leeser, Federal Member for Berowra.

Standing at the site of graffiti vandalism in Thornleigh, Julian Leeser, Detective Chief Inspector Dean Lindley, and Hornsby Shire Councillor, Sallianne McClelland, discuss graffiti and its impacts to the community.

'What we've found most of the time... people don't report graffiti, which is unfortunate for us. We would certainly encourage people to report it, because if we don't know anything about it, we can't do anything about it,' says Detective Chief Inspector Dean Lindley. 'We do find that most graffiti is in close proximity to public transport... or a school. We also see an uptick in school holidays.'

Detective Lindley reveals that since October last year, there have been five reported incidents of graffiti across Thornleigh and Normanhurst.

'The amount of graffiti in Thornleigh, Pennant Hills and Normanhurst has shot up. I've had several residents across the three suburbs contact me,' says Julian Leeser MP. 'Look at the way it affects

the streets. This is not the inner-city, it's Northern Sydney. It's known for its quiet, safe suburban suburbs.'

When graffiti is found sprayed on Council land, it is the responsibility of Council to remove the vandalism. However and unfortunately, if it is on private or commercial property, the onus of removing the graffiti is on the property owner.

'From Council's perspective, if it is on a Council asset it's removed really quickly,' says Councillor Sallianne McClelland. 'I'd love to see ... Council having a trailer or a kit that people can use ... so we fund the removal cost.'

Detective Dean Lindley explains that removing graffiti efficiently and in a timely manner is found to be a great deterrent for the vandalism reappearing. Additionally, the community reporting graffiti through the Hornsby Police Station or the NSW Police website, with the inclusion of images, allows police to identify similar taggings and the vandal's signatures.

The best way to remove graffiti is elbow grease, detergent, or simply painting over the affected area.



As your Federal Member, I am here to:

- Assist with accessing Federal Government services
- Attend your local community event
- Arrange congratulatory messages

Please contact my office if I can be of assistance.

JULIAN LEESER MP

FEDERAL MEMBER FOR BEROWRA

- Level 11, 423 Pennant Hills Road, Pennant Hills NSW 2120
- 02 9980 1822
- julian.leeser.mp@aph.gov.au
- julianleeser.com.au
- julianleesermp



Doors to Galston Aquatic and Leisure Centre Re Open



The new look Galston Aquatic and Leisure Centre, image courtesy of Hornsby Shire Council

ON Saturday, February 3, the Galston Aquatic and Leisure Centre (GALC) held its official grand reopening ceremony after undergoing extensive renovations.

The event was marked by a ribbon-cutting ceremony performed by Hornsby Shire Councillor Janelle McIntosh, who represented The Hon Stephen Kamper MP, Minister for Sport, along with Hornsby Shire Mayor The Hon Philip Ruddock AO. The ceremony was attended by local swimmers and members of the community, who were eager to explore the new features and accessibility improvements of the upgraded facility.

The refurbishments to GALC were made possible with support from the NSW Government through a Greater Cities Sport Facility Fund grant. The upgrades included the installation of a new roof and the addition of a large, family changing room, as well as a multi-purpose changing area equipped with hoists and adult changing tables, which greatly improved accessibility for people with disabilities or undergoing

rehabilitation. The improvements also included a modernisation of the Centre's aesthetics, making it more comfortable and family-friendly, suitable for the diverse needs of the surrounding community.

The new GALC is now better equipped to serve the community's needs, from learn-to-swim families to attendees of popular aqua fitness classes, as well as squad training and events for local swimming groups. The facility now offers a more inclusive environment, ensuring that everyone feels welcomed and safe at the pools.

The new features are essential to ensuring that people of all ages and abilities can enjoy the health benefits of swimming. Hornsby Shire Mayor, The Hon Philip Ruddock AO, expressed his delight at the reopening, saying that "the Galston Aquatic and Leisure Centre is an important amenity of the area and crucial for our local children to learn to swim and be pool-safe."

He added that the accessibility improvements were essential to ensuring that everyone feels welcomed and safe at

the pools. The Mayor also noted that the Galston Aquatic and Leisure Centre has the potential to produce the next swimming Olympian from Hornsby Shire.

Minister for Sport, Steve Kamper, said that the upgrades to GALC demonstrate the government's commitment to delivering quality infrastructure that meets the current and future needs of the community. He noted that projects like these play a vital role in keeping communities healthy, active, and connected, providing a place for people of all ages and abilities to swim for fun, fitness, or their Olympic aspirations.

Councillor Janelle McIntosh, expressed her passion for representing and supporting seniors and residents living with disabilities in the community. She was buoyed by the accessibility improvements she experienced at the Centre.

For more about Galston Aquatic and Leisure Centre, visit: [hornsby.nsw.gov.au/galc](https://www.hornsby.nsw.gov.au/galc)

Read more online at www.hkpost.com.au

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"You Can't Stop Progress"

By Michael Tumulty

You can't stop progress, claimed Bill Heslop running for local council in the fictional town of Porpoise Spit. Bill was ultimately unsuccessful, but at least you knew where he stood.

Now, I must point out at this stage I am against the NSW governments proposed re zoning.

However, ask anyone who lives in Gordon and Pymble, residents of the thousands of apartments already built there. Most are built around railway stations. The population of Ku-ring-gai surged by 20%. However, despite large parcels of land zoned R4 high density in Roseville and Lindfield remaining virtually untouched.

Despite this, water pressure is still strong, there is no sewage flowing in the streets, schools have coped, indeed the sun still comes up every single day. What's difficult to manage is our crumbling town centres, the traffic and lack of ensuing infrastructure, which quite frankly has never been properly dealt with by any political party.

Additionally, the night of the 13th of December 2022, all ten current Ku-ring-gai councillors voted unanimously to support the oddly named Urban Forest Strategy or UFS.

The Urban Forest Strategy intends to "promote liveability and mobility providing new housing within and around the local centres, within a 10 – minute walk to frequent train and bus services and cycle routes. The majority of new dwellings be accommodated within the existing mixed use, medium density (townhouse) and high density (apartment) zoned sites which are concentrated along the pacific highway corridor and around the local centres of Turramurra, Gordon, Lindfield, and St Ives."

Even after the suburb of Gordon punished the most by over development, both Liberal Gordon ward Councillors Barbara Ward and Simon Lennon voted for the UFS including more development for Gordon, whilst sparing the suburb of Roseville with its existing R4 zoned locations, a decision that I find puzzling.

I would recommend Ku-ring-gai Could submit a revised plan to the NSW government for the suburbs of Lindfield, Roseville, Turramurra and St Ives transport zones, including a reduced development zone, existing heritage properties excluded.

I believe it's a reasonable proposition that those suburbs that haven't been developed at least share the development burden already carried by other communities within Ku-ring-gai.

Ku-ring-gai must engage and find the ambit or common ground, statements such



149 Livingstone Avenue Pymble. Image taken 2019.

as "we are going to war" are unhelpful.

Ku-ring-gai Council itself planned to build the now defunct Lindfield Village Hub having had its 9 million grant withdrawn by the new state government. The proposal was to build three behemoth 9 storey residential towers.

Council has an approved a high-rise residential DA via the Lindfield library site and supports a high-rise tower above Roseville RSL.

It seems council is anti-high-rise, but left to their own devices "you can't stop progress" applies.

The fact remains, there is very little opposition at a federal or state level by the Labor/ Greens/Teals to opposing increased housing.

To this writer therefore, facing the undeniable reality of our situation, the only real way forward I believe is to negotiate, not as victors, but as a community that did what it thought best to uphold and protect its values.



My Team and I Are Here to Help

By Julian Leeser, MHR,
Member for Berowra

People often ask me what my favourite part of this job is. Without trying to sound like a cliché, it is undoubtedly the opportunity to help our community.

While part of that role is representing you in Canberra, another important part is helping members of our community to access and navigate Federal Government services.

I am hearing more and more about people suffering because the wheels of bureaucracy are turning far too slowly. When that happens, we are here to help.

One of the main areas where we assist is with Centrelink, Medicare and the NDIS. For instance, Jess from Mount Colah

applied for paid parental leave but, 3 months later, it still had not been approved. My office raised the issue with Centrelink and, four days later, she started getting those much-needed payments.

I've long advocated for better telecommunications for our electorate. If you have telecommunications problems, we may be able to help. Recently, Lee from Cherrybrook contacted our office about issues with his phone and internet connection which had continued ever since he moved into his home 6 months before. My office raised the problem with Telstra, who fixed the problem within a week.

Additionally, while we can't influence the migration process, we can draw the

Department's attention to applications and seek updates on your behalf. For example, last year, Taylor from Thornleigh's niece applied for a visa to come to Australia for her wedding. When it still was not approved 3 months later, despite her family's visas being granted, our office escalated it with the Department. A few days later it was approved – making for a much happier wedding!

If I can help you in any way, please don't hesitate to contact me on 9980 1822, or by emailing Julian.Leeser.MP@aph.gov.au.

Have your Say on the Future of Neutral Bay Town Centre

North Sydney Council has released its draft Neutral Bay Town Centre Planning Study to the public. Council is requesting community feedback on the draft study before the 2nd of April.

The draft study comes after Council rescinded the Military Road Corridor Planning Study in 2022, due to community concerns over the proposed building heights of 12 storeys. With this new study, heights were reduced to a maximum of eight storeys.

In the draft Neutral Bay Town Centre Planning Study there is a proposal to improve public space and facilities, including

new plazas on Grosvenor Lane and Rangers Road, a new community centre, widened footpaths, pedestrian links, and landscaping.

'With this planning study, Council hopes to enhance the village atmosphere to the centre of Neutral Bay,' says North Sydney Council Mayor Zoe Baker. 'We know from speaking with the community that there is a real appetite for more inviting public space and community facilities in the town centre, and that's what this plan hopes to achieve.'

The Neutral Bay Alive community consultation group helped Council with the development of the draft study. Council

additionally received guidance from external consultants when developing the Neutral Bay Town Centre Planning Study.

'The planning study also aims to make Neutral Bay more attractive to businesses so that we're retaining jobs and services in the town centre,' says Mayor Baker.

Submissions close for community feedback on Tuesday 2nd April at 5pm.

To view the draft Neutral Bay Town Centre Planning Study, visit northsydney.nsw.gov.au/nbtcp

Homestay Families Needed Near Narrabeen for a Japanese Study Tour

ALL About Homestay is looking for caring host families right now for study tour bookings.

We have a returning client from a Japanese high school arriving on 21st March for a seven-night stay.

During this time the students will need to be taken to and from Narrabeen Sports High School each weekday.

This is a paid activity for our hosts to take our guests into their homes for a cultural immersion. During this time



hosts will show the students how Australian families live, their local area, and enjoy time together so that the students can practice their spoken English.

This is a great cultural experience and allows hosts the opportunity to find out more about the Japanese culture and share the Australian way of life firsthand.

Our students are aged 14-15 years and we place 2 students (twin share) with each

host.

Hosts must have a current working with children check and be able to drive the students to and from school, be available for an initial home visit.

Hosts are expected to spend time with our students as they must be chaperoned during their stay. Full offer conditions will be emailed to you when you apply.

Apply now as a host or call 9412 3100 with any enquires or email: Groups@allabouthomestay.com.au



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Are you too HARD to deal with?

By Philip Belcher
LSE Consulting



Think back to your last interaction with a 'service provider', be it commercial or public service.

It may have been in person, on-line, over the phone, or any combination of these. Did the interaction leave you wanting to continue to deal with the provider, or make you hesitant to return, or make you resolute never to return? Of course, if it is a public service, you may have no option but to attempt to deal with them as best you can.

Now ask yourself, "How do our customers feel when they interact with us?". Your organisation will flourish or fail based on its ability to profitably create and maintain customers.

A simple measure of whether you are too hard to do business with is by putting yourself in the shoes of your customers. Customers have a sliding scale of willingness to deal with a business based on their perceived value that they obtain versus the difficulty they experience dealing with the business. Having the cheapest price, best offering, and/or being the most convenient will only entice customers if they are willing to put the effort into dealing with the business.

The level of effort customers will expend depends on the match between your business and the demographic of the customers that you focus on. If you are a convenience

store targeting customers that drive, parking needs to be easy. If you are aiming at senior citizens, relying on them to deal with you 'on-line' may be problematic. Focusing on e-commerce means that your on-line presence, transactions, and delivery must be smooth using the access methods of your target demographic.

How do you know if you are easy to deal with? Here are a few suggestions to find out:

Use 'anonymous' customers. Get them to do a sample transaction and list what is good and what is not so good about doing business with you.

Constantly survey your customers in a non-intrusive manner. It may be as simple as asking one question such as "Would you recommend a friend to do business with us? If not, why not?"

If your business is large enough, use the service yourself. One wonders how many board members and senior executives of airlines travel in 'Economy'. If you run a grocery store, see if you can read the labels on the shelves and move around the shop with a trolley easily, etc. If you sell plumbing suppliers, do the service staff know their products? Etc.

Once you have the feedback from customers, act. Always remember, 'people buy from people'. Ensure that all interactions are friendly, courteous, and effective without being officious. Prioritise any deficiencies that are identified by customers and work to resolve those issues that will

provide the greatest win/win for the customer and you first.

Never stop working to be the 'provider of choice'. Experience the offering of your competitors and ensure that your offering is at least as easy to do business with as theirs and preferably better from the customers' position. Look for technologies that will assist you to service your customers and delight them ahead of your competition. Beware of cutting costs that impact how your customers perceive how easy it is to do business with you.

Deal with customer complaints positively, working to resolve them and using them to improve your processes. Customers that complain are highly valuable because they care enough to let you know. It is the customers that quietly stop doing business with you but who will tell all their associates why they won't do business with you that can do significant damage to your business.

Successful businesses are easy to do business with. If you don't know the answer to "How hard are we to do business with?", find out, address any issues, and outpace your competition that either don't know or don't care about answering that question.

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,

philip@lseconsulting.net.au

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Magpies Waitara's New Hangout Destination for Locals

Food with Riley

I wouldn't be the first to think there is a lack of quality social venues to meet friends or family on a Saturday night, possibly a Sunday arvo, or even knock-off drinks and nibbles on a Friday.

Local communities need fresh locations to enjoy sports, live music or even a new favourite destination for a weekend family lunch.

I'm talking about the outdoors, music, atmosphere, cold drinks, and tasty treats—a 'Local' with a warming vibe that keeps you returning for more. Magpies Waitara now hosts a similar little social gem, a new hotspot that encompasses exactly what the community has been crying out for.

The Post recently headed to Magpies Waitara's 'The Garden' venue to try their new menu offerings and take in the new outdoor setting. The once 'Shamrock Inn' has evolved into a new and improved destination to spend evenings or afternoons out. They've got it all, whether it's socialising with friends, watching live sport or music, or enjoying a chilled Sunday session to finish the weekend.

Offering a cozy and picturesque environment to soak up the sun. With its verdant greenery, twinkling lights, and irresistible menu, The Garden has quickly become a

hot spot for those seeking a break from the hustle and bustle of everyday life.

With the summer heat continuing to linger through to autumn, Magpies' The Garden has all your cool-down needs sorted, with ample options for refreshments, various types of Australian and international beers and wines and tasty cocktails. The outdoor setting also has water misters to keep you cool while you soak up the sun.

The menu focuses more on shared items, cheese boards, finger food, gourmet pizzas, and paninis, which offer traditional and more adventurous options.

The Post decided to try some of the recommended fan favourites on the menu. Trying the Soft-Shell Tacos gives patrons three sizeable tacos for only \$12. Each is packed with its own flavour and differing types of filling. The Crispy Chicken with bitey truffle mayo, tender battered flathead with fresh slaw, and my personal favourite, the Pulled Pork soft shell taco perfectly balanced with a tangy herb slaw.

The Pumpkin and Feta Arancini were also



a hit. Rich with a homemade tomato sauce, the likes of which transport you to an authentic Italian restaurant. Perfectly cooked, crispy on the outside and warm goodness on the inside. I definitely recommend this meal in the cooler months of the year for that comfort style of treat.

The Twice-cooked Crispy Pork Bites are the pick of the bunch. For only \$15, patrons receive a healthy serving of sticky teriyaki glazed pork belly bites. Cooked nicely, balancing the pork's soft, tender meat and crispy textures.

Magpies Waitara's 'The Garden' is like that friend who always knows how to throw a great party. With its fantastic atmosphere, delicious food, and refreshing drinks, it has quickly become a popular hangout spot for the locals. So, if you're looking for a place where you can relax and have some fun with your family and friends, head over to 'The Garden' and let the good times roll.

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She is Jacqueline Wright

By Claudia Butjerevic

There are many ways we can colour our world with art.

Some paint, some draw, others sing or sculpt. Some, like local Jacqueline Wright, craft poetry.

Self-taught and filled to the brim with creativity, Jacqui has always been drawn to poetry. Writing from a young age, she writes from experience, touching on the emotions that come through life and its great losses and overwhelming love.

Jacqui writes about the beauty of her daughter, the serenity of different destinations around the globe, and the tragic loss and grief of the passing of her brother when he was nineteen years old.

Jacqui describes how writing her poetry has helped her heal from the challenges life throws her way. Although she is passionate about her work in travel and tourism, Jacqueline makes sure to carve out time to indulge her creativity and share her work.

'When social media came about, I started to share my poems on Facebook, just to my local friends and family. I just had this overwhelming response,' says Jacqui,

explaining the origins of her blog. 'People would message me privately and let me know how much my words resonated with them.'

During Covid, Jacqui had free time to finally compile the poems scribbled in notebooks, diaries, and posted on social media. Here, her webpage "jacwright-blog" was born.

Jacqui has exclusively created bespoke poems for special occasions and commemorations. Her poetry has been officially published, and her poems on loss have been read for funerals.

For International Women's Day, Jacqueline Wright will be reading her poem "The Flower" at The Post's event at Magpies Waitara on Friday the 8th of March.

'I watched this beautiful iris weathering the storm... everything was being devastated around me, and yet this flower was held so strongly on its stem,' says Jacqui, discussing the inspiration behind her poem "The Flower". 'That's to this day one of my favourite poems. It is personified as a woman, it resonates with women and their grace and strength.'

November 2023 saw the launch of a collection of poetry celebrating womanhood. "Awaken Your Divine Feminine"



Our local poet Jacqueline Wright pictured above.

is co-authored by Jacqui Wright, along with other talented women, focusing on the beauty and resilience of the feminine.

Books will be available for sale at The Post's IWD event, with a percentage of the proceeds being donated to the Kuring-gai Youth Development Service.

Jacqui's blog can be found at acwrightblog.com/

Come and meet Jacqueline on Friday 8th March at Magpies Waitara. Booking details are on page 27.

Jacqui will have the book "Awaken Your Divine Feminine" available for purchase at our International Women's Day event on Friday 8th March 2024.



By Paul Fletcher, Federal Member for Bradfield

Celebrating International Women's Day

International Women's Day will be celebrated on 8 March. It is a timely opportunity to reflect on the contribution made by women in our society and the remarkable progress of the last fifty years in removing the discrimination and inequality women suffered for too long.

It was only in 1966, for example, that Australian public service rules were changed so that a woman would no longer automatically lose her job upon marriage.

Of course there is more to do in achieving a society where girls and women have just as many opportunities as boys and men.

Here in Bradfield there is much to celebrate. We have many well know girls' schools which have long been leaders in supporting their students to become women who can achieve their full potential.

And there are many remarkable women living in Bradfield who are national leaders in their field – such as Australia's Chief Scientist Cathey Foley, Telstra Chief Executive Vicki Brady, Australian cricket and soccer representative Ellyse Perry and Dr Patricia Selkirk, awarded an AC for her work on the science of Antarctica.

On International Women's Day, let us celebrate what women have achieved, and recommit to a society in which girls and women have the same opportunities as boys and men.



International Women's Day



**Venue & Time Change:
This is now a morning
tea at Magpies Waitara**

Join The Post for Morning Tea at Magpies Waitara in Celebration on Friday 8th March!

... and help raise funds for KYDS!

By Claudia Butjerevic

We celebrate women this March 8th.

International Women's Day is a global holiday focusing on women's rights and honouring the work of the women who came before.

This year for 2024, the theme of IWD is "Inspire Inclusion". Where women in some parts of the world are unable to be themselves, and do not have the equal rights and opportunities that their male counterparts do, inspiring inclusion and equality is of great concern.

This holiday is not limited to one organisation, one country, or any one individual. The day is for women and girls everywhere to be celebrated, thought of, and advocated for.

Groups across the globe are encouraged to work towards gender equality for International Women's Day. To make communities and societies more equal, we can fight for women's economic empowerment, recruit and develop female talent, support women in leadership positions, build infrastructure to meet the needs of women and girls, provide quality education, elevate female sporting achievements, and address further female advancement.

The Community is warmly invited to join us for a special morning tea at Magpies Waitara starting at 10.30 am.

Our Guest speaker for the event is **Cristina Davy, a dating and relationship coach** The Post featured in our



November edition. Cristina, a certified Neuro-linguistic practitioner, teaches and guides successful, mature women in the marvellous and stressful world of dating. Cristina speaks on the traits and dynamics women should know in relationships to ensure success. Cristina will share her valuable insights this International Women's Day.

Local poet Jacqueline Wright, who you can read about in this March edition, will be reading a beautiful poem she wrote dedicated to her daughter at the event.

Local poet Jacqueline Wright, who you can read about in this March edition, will be reading a beautiful poem she wrote dedicated to her daughter at the event.

Lucky door prizes, raffles, a delicious morning tea will make celebrating this International Women's Day fun and worthwhile.

You can also pay on the day to attend, please let us know your coming on 8355 5136.



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.

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April Fools' Day – Minns' Mad Rezonings

By Janine Kitson

On 1 April Fools' Day the NSW Government is expected to introduce its first round of rezonings. This will be the 'death of Sydney' as we know it. Intense letter writing pressure is needed.

There are only six NSW Parliamentary sitting days left before this one-size-fits-all planning agenda is introduced. NSW Labor is in minority government. Only 12 MPs need to cross the floor.

Letters also need to be sent to the NSW Governor, Her Excellency the Honourable Margaret Beazley AC KC, asking her to stop Minns' undemocratic rezonings.

'Carpet bombing' is planned for every suburb across Greater Sydney and the regions. Rezonings will depend not on a locality's unique character but on the distance from a railway station or shopping centre. Dual occupancies will be allowed on tiny residential blocks

across NSW. Catastrophe for family homes, gardens, canopy trees, birdlife, heritage, threatened wildlife habitat and fuelling more dangerous heat for Sydney.

Nor will the high rise apartments necessarily be affordable, be of quality design, be well constructed or bring new infrastructure.

Community rage is growing as people understand how the places they love will be bulldozed and erased forever. Deeply disturbing too are the allegations of corruption within NSW Planning. People want quality evidence-based town planning that has integrity, transparency, involves genuine community consultation and is not decided by developers.

If the Crossbench withdrew their support – Minns' plans would collapse.

Join your local community group. Stay informed. We can win this.

We just need to keep writing those letters!

Adventist Aged Care Combining Residential Facilities and Independent Living in One Location

Advertorial Content

It can be a big adjustment when moving to an aged care facility. What happens when one partner has greater care needs than the other?

At both Adventist Aged Care's Kings Langley and Wahroonga sites, our village facilities are designed to provide tailored care to meet both partner's needs. From independent living, through to residential aged care and respite, we've got it all in the one village setting.

For Arthur and Cheryl Piper, this arrangement is exactly what was needed – it has allowed them to receive tailored care to match their different levels of independence.

'Living here is good because you're looked after. For me, up in the nursing home part, if I need something, I just call the nurse on a buzzer and there comes the nurse', said Cheryl. 'They're all friendly, and know your name, and it's really quite good.

Arthur feels the same. 'This arrangement is so convenient. I was very impressed with it. Everybody's very, very friendly, which I really like. I'm continually getting biscuits or cakes or something or other.'

At Adventist Aged Care, we prioritize your individual care to make sure you can stay close to your loved ones, no matter their needs.

To find out more about Adventist Aged Care Independent Living and Residential Care or to arrange a tour of our facilities, **contact our friendly staff by calling 9487 0600 for Wahroonga. our visit our**

website: aacsyd.org.au.



Seniors Festival - 11 to 24 March 2024 "Reach Beyond!"

KU-RING-GAI is celebrating its older residents for the month of March.

Council has lined up excursions, events, and information sessions to engage the older community.

On Wednesday the 6th, seniors will travel to Gosford for a guided tour of the Japanese Gardens. Afterwards, lunch for the seniors will be held at the Gosford Sailing Club.

Thursday the 7th is for those seniors that want to get involved in volunteering. The Volunteer Expo will allow residents to find information on volunteer roles and meet volunteer coordinators across the Upper North Shore.

March 11th at Gordan Library will teach seniors tips and tricks on gardening, growing herbs to make cooking more flavourful, and allow residents to take home a pot of flowers or herbs.

Everything for Seniors Day has residents exploring Ku-ring-gai and all it has to offer. On the 13th, seniors are encouraged to find their favourite clubs, community organisations, local exercise classes, and discover

local support-at-home service providers.

On Thursday the 14th, seniors will tour the Belgenny Farm in Camden, which contains the earliest collection of colonial farm buildings in Australia. Belgenny Farm was established by Elizabeth and John Macarthur in 1805.

Every first and third Monday of the

month, Seniors Chess Club goes ahead at the Turramurra Service Centre. This is scheduled to continue Monday the 18th of March, where a tutor will be present to help both those with no knowledge and those who fancy themselves experts.

On Tuesday the 19th, seniors have the opportunity to tour the La Perouse Museum, which is filled with items that document the expedition of French explorer Comte de Laperouse.

A lunchtime cruise of Sydney's Harbour is set on Thursday the 21 of March. Included is a two-course meal while seniors are treated to the view of the harbour.

Finally, on March 26th at the Roseville Cinema, silent film "The Sentimental Bloke" is on for seniors viewing pleasure, while they chat and mingle.

For more information, visit www.seniorsnsw.gov.au/seniorsfestival



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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 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

Training @ Lifeline H2HS

With a dedicated team delivering accredited courses and workplace training, Lifeline Harbour to Hawkesbury Sydney is committed to supporting schools, organisations and our community to build awareness, skills and knowledge in mental wellness, suicide safety, crisis support, and domestic and family violence.

March Training Dates:

Accidental Counsellor - 4 Hours
Thursday 7 March, Friday 22 March

Start the Conversation - 1 Hours
Wednesday 13 March, Monday 25 March

DV Alert - 2 Day Foundation Course:
Tuesday 19 & Wednesday 20 March

For Bookings and Information visit:
www.lifelineh2hsydney.org.au

Carer Support Group

A monthly support group for relatives or friends who care for a person who struggles with Suicidality. This free group is offered either online or face to face in Chatswood and will occur every 3rd Tuesday of the month.

Call: 8287 1158

Email: groupservices@lifelineh2h.org.au

Personal Counselling Services

Our low-cost Counselling service offers caring, confidential support to individuals and families when life is challenging. Our skilled team includes a Mandarin-speaking counsellor every Wednesday. To book an appointment,

Call: 8287 1126 / Email: appointments@lifelineh2h.org.au

For enquiries please call Group Services on 8287 1158 or email groupservices@lifelineh2h.org.au



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Enjoy Your Next Social Outing at These Little Gems within the Kirribilli Club

By Riley Warner

Fancy grabbing a coffee? A prime cafe destination at the Kirribilli Club should be the following location for you and your friends to link up and enjoy the marvellous harbour views and stunning scenery while you sip away.

The Kirribilli Club continues to whisk together iconic settings for Sydneysiders that indeed show off our fantastic harbour views. Whether you're looking for a new eatery hotspot or a lazy Sunday afternoon, the club's Sunset Cafe and Sunday Sesh have got you covered.

The Sunset Cafe is perfect for enjoying stunning views of the Sydney Harbour Bridge and the Opera House. The floor-to-ceiling windows provide a breathtaking panorama of the harbour, making it an ideal location for a lavish brekkie or a quality catch-up session with friends.

The diverse menu caters to all tastes

and preferences, with fresh, locally sourced ingredients used to prepare healthy options for health-conscious patrons. With friendly staff always available to recommend the perfect wine to complement your meal. The modern and chic decor and cozy atmosphere make it an ideal venue for locals and those travelling into Sydney.

But why limit your enjoyment to just coffee and morning chitchats? The Kirribilli Club's Sunday Sesh is the perfect way to spend a lazy Sunday afternoon with good food, drinks, and live music. The relaxed and comfortable atmosphere of the club, located on the stunning Sydney Harbour, offers an extensive menu of delicious dishes, including burgers, salads, seafood, and classic pub favourites.

The chefs use locally sourced ingredients to create fresh and flavourful dishes that cater to all tastes and preferences. The bar menu is equally impressive, with an extensive selection of beers, wines, and cocktails



to choose from.

With limited capacity available, it's important to get in quickly. Pre-booking is required for a 1 hour and 45-minute day session of pure delight.

Imagine spending a lazy Sunday afternoon at the Sunday Sesh, enjoying good food, drinks, and music, before heading up to the Sunset Cafe or the Lavender by The Bay restaurant for a romantic evening with stunning harbour views and a diverse menu of delicious dishes.

With a venue that caters to all your needs, the Kirribilli Club is the perfect place to unwind and relax. So, grab your friends and family and head to the Kirribilli Club for a memorable experience. Remember to book ahead to secure a table, as the Sunset Cafe and Sunday Sesh are popular events that draw locals and tourists alike with views of the city that are like no other and an experience that can be tailored to anyone's needs.



By Cecilia Castle,
Castle Lawyers at Asquith

Employment Law Reform for Workers



New workplace reforms have recently been enacted through legislation. They will ensure loopholes constituting wage theft are closed and employee working conditions are improved.

The changes provide workers with greater bargaining power, such as casual workers being able to transition to permanent employment upon request. They also provide workers with greater legal protection and trigger criminal penalties for non-compliant employers.

The reforms include the right of employees to disconnect from work after hours, without having to answer after-hours contact made by their employers. They provide benefits to casual workers, truck drivers, rideshare drivers and gig workers so as not to undermine their pay and work conditions. Gig workers are generally not engaged in the workforce as employees, but as independent contractors. The new reforms will set fair and enforceable minimum standards and rates of pay for gig workers deemed to be "employee-like" workers, including compensation for vehicle running costs.

There is also increased work place flexibility for pregnant workers, those aged over 55, disability workers, workers with school age or younger children, and workers experiencing family and domestic violence, including a member of their immediate family or household.

Pay secrecy clauses in employment contracts are now banned, allowing employees to disclose details of their employment contracts to other workers. This will enable employees to negotiate their pay rates compatible with other workers carrying out the same work.

Cecilia Castle is an Accredited Specialist in Family Law, and principal of Castle Lawyers at Asquith. CastleLawyers.com.au

Teaching Busy Mums How to Slow Their Busy Lives

By Claudia Butjerevic

Mums are personal chefs, Uber drivers, housemaids, walking calendar reminders, the steady tracks keeping everyone on course.

It is an almost, and often is, an impossible load to bear. Mothers are busy, physically and mentally.

Local Susanne Gerstmeyer, wife, mother of four, lawyer, entrepreneur, has taken it upon herself to write "Breaking Free of Busy: A Mum's Guide to Living with Ease and Confidence". Susanne is currently working towards her Master's Degree in Psychotherapy and Counselling, and has used her own journey towards peace – which included therapy and podcasts and coaching and reading a plethora of books – along with her observations on the lives of other women, to help mothers create a life that is healthy and fulfilling.

"Breaking Free of Busy" was launched on the 5th of February, with a book signing the following night at Berkelouw Books in Hornsby. The book is for those overwhelmed, chronically busy, burnout Mums who feel undervalued.

'I've always been really challenged with busyness, taking on too many things, having a hard time saying no, and having high standards for everything that I've done,' says author Susanne Gerstmeyer. 'It wasn't until I started to understand myself better and some of the thoughts and beliefs that were under the surface that kept me really busy, I learned how to say no and live with healthy limits.'

"Breaking Free of Busy" aims to make the

Normanhurst Public Welcome Festival 2024

ANOTHER year, another Welcome Festival for the community.

Normanhurst Public School are holding their 'Welcome to 2024' evening of fun on the 15th of March.

This year, the event is set to be jam packed with activities, delicious food, and a thrilling opportunity to ring in 2024.

There will be food trucks, a petting zoo to interact with baby farm animals, Westleigh's RFS fire truck to sit in, inflatables and rides to enjoy, a live performance by local Zac Sellers, soccer with the Normanhurst Eagles and AFL with the Pennant Hills Demons, face painting, and a



Pictured above Susanne Gerstmeyer

hectic, fast-paced, unsustainable lives calmer and more grounded. Susanne gives women a practical "Busy Toolkit" to work through their deep-set attitudes of trying to unnecessarily achieve too much and break the habit of busyness. The Toolkit teaches women strategies for making the best use of their time, how to share the load with family, scripts outlining how the ask family for help, how to say "no" with confidence, and how to recognise their own needs.

'If we want to address busyness, we have to look at all aspects of busyness, says Susanne. 'The book is designed to have women understand themselves better, the things that keep us over functioning, and then look at a practical "Busy Toolkit".'

Susanne has learned to be self-aware, to live intentionally, to be self-compassionate, and how to connect with other people. She is sharing this knowledge with the local community, and with all mothers.

'We're all in the same boat,' says Susanne. 'We all have the same challenges.'

To find out more, visit www.susannegerstmeyer.com

sausage sizzle!

The Post is proudly the Media Sponsor for this year's Welcome Festival. We look forward to an evening of fun activities and community spirit.

Normanhurst Public School's Welcome Festival will be held between 5pm and 8pm at 2 Normanhurst Road. The event is free for anyone in the community to join in.

For more information:

www.facebook.com/NormanhurstPublicPC

Live Life Better:

Engaging Seminars Tailored for Seniors

By Rejimon Punchayil



As New South Wales lights up with the vibrant celebration of Seniors Week, the theme "Reach Beyond" beckons our senior community to embrace new horizons.

At Karis Life, we see this as an invitation for our beloved seniors to reach beyond barriers, especially in the ever-evolving world of technology. Join us in exploring the wonders of social connections, online activities, and staying informed through heartwarming success stories of seniors triumphing over technological challenges.

Let's collectively redefine aging by encouraging seniors to lead healthy and fulfilling lives, shattering stereotypes associated with growing older. Seniors are invited to participate in community initiatives that promote independence, fostering an environment that breaks down age-related biases. It's an encouragement to embark on new adventures, hobbies, and experiences, proving that

the golden years can indeed be the most enriching.

Embracing the journey of aging gracefully transforms what may seem daunting into a beautiful adventure. KarisLife, your trusted Assistive Technology Specialists, introduces "Live Life Better: Seminars for Seniors," designed to illuminate the path as we gracefully navigate through our golden years.

Our Live Life Better Seminars are more than just sessions; they are friendly, informative gatherings that span 90 minutes. These sessions shed light on a plethora of solutions aimed at overcoming the challenges that come with aging. Delight in a Wellness segment, participate in a trivia session, and engage in discussions about solutions to everyday issues related to independence and mobility.

These engaging sessions can

be conveniently organized within the comfort of your own residential community or as part of a community group.

For more details and to reserve your spot, connect with us at 1300 662 880 or drop us an email at events@karislife.com.au. Join us in making your golden years truly golden, where each day is an opportunity to "Reach Beyond" and live life better.



Let's Talk About Endometriosis



MARCH IS
ENDOMETRIOSIS
AWARENESS MONTH

By Claudia Butjerevic

March is Endometriosis Awareness Month.

According to the World Health Organisation, endometriosis affects 190 million women and girls, roughly 10% of reproductive-aged females.

Endometriosis is a disease that sees the lining of the uterus grow outside of the uterus, leading to severe pain, problems with sexual intercourse, urination, bowel movements, and infertility.

The cause of endometriosis is unknown, there is no way to prevent the disease, and there is no cure.

Symptoms of endometriosis

are broad, and vary woman to woman, making the disease difficult to diagnose. Endometriosis presents symptoms that are common with other conditions, leading to a delay in diagnosis. The most common symptom is chronic pelvic pain, usually made worse when menstruating. Some experience bloating, nausea, fatigue, depression, and anxiety.

The widespread nature of endometriosis means both personal and societal implications. Women who suffer with severe pain may find it difficult to work or attend school, leading to economic impacts. Avoidance of sexual intercourse can result in the breakdown of partnerships, family units or mental wellbeing, decreasing the quality of life for individuals.

Treatments can only manage the symptoms. Non-steroidal anti-inflammatory drugs, contraceptive medication, and painkillers are prescribed, though this is of little use to those experiencing infertility. Surgery to remove the endometrial lesions and scar tissue, along with fertility procedures, raises the chances of pregnancy.

Although there is no cure, early diagnosis is key to managing symptoms and halting any long-term effects of endometriosis. Awareness of the disease is vital in order to diagnose.

As so many women and girls across the globe suffer, research to find better treatment, the causes, and cures should be a top priority.

This World's Greatest Shave Month

One Brave Local Boy Will Again Take The Fight Against Blood Cancer Through His Inspiring Story

By Riley Warner

For the entire month of March, people all over Australia will be shaving their heads, waxing their legs, and dyeing their hair, supporting the Leukaemia Foundation.

However, this isn't just any old fundraising campaign. The World's Greatest Shave is a chance to show solidarity with those who have lost their hair and more due to chemotherapy treatment and raise awareness about blood cancer.

Taking the fight directly to blood cancer, a local high school student, Rhys, battled the disease himself after being diagnosed at 18 months of age... After inpatient treatment lasting five months and then visiting outpatients for over seven years, Rhys was finally declared disease-free.

A period that put a complete halt on



Pictured above; Rhys shaves his head in front of the school community 2023.

the lives of Rhys's family members; knowing first-hand the damaging effect blood cancer has on patients and their wider family and friend groups, Rhys has made it his mission to take his experience and share it with the world.

"Everyday people do not know how common blood cancer is and that it can affect everyone from a newborn baby to the elderly." - Rhys.

"It is important that people are aware of how they can help the current and future patients in their treatment and recovery."

Last year, Rhys raised well over his initial goal of \$1,500, racking up a whopping \$2,142 during his 2023 World's Greatest Shave campaign. Seeing him bravely shave his head on stage in front of his entire school. You can see the video on his website.

Rhys is now continuing his fight against blood cancer under the name 'Donate for life', a project run by Rhys, raising awareness and encouraging people to donate critical blood products at Red Cross LifeBlood and registering their Stem Cells on the Australian Bone Marrow Donor Registry.

"Donate for Life is my long-term project,

World Cholangiocarcinoma Day Acknowledged in Parliament

By Claudia Butjerevic

Across Australia on the 15th of February, the country was lit up green for Cholangiocarcinoma.

Karen Humphries, who you've seen featured in previous editions of The Post, is a survivor and advocate for the rare bile duct cancer. Due to its rarity and little awareness, most people are not diagnosed until the cancer is advanced. Survival rates are slim, between three and eight per cent.

Karen Humphries is not being slowed down by her relapse with the cancer, and continues to fight for all survivors of Cholangiocarcinoma.

Light Australia Green is an initiative to raise awareness of this rare, deadly disease, and to support those in the community who

are experiencing this cancer.

Over 80 buildings were lit up green on the 15th of February.

In New South Wales, Darling Quarter, Newcastle City Hall, The Big Banana, the Goulburn Visitors Information Centre, St Peters Interchange, the Westconnex, DMP dynamic motion physio, Accor Stadium, Olympic Park Station, and hotels in Sydney Olympic Park including, Pullman, the Novotel, and the IBIS were green for the cancer.

In our community, Light Australia Green brightened Mount Colah Uniting Church,



Karen Humphries
Lights Up Australia Green
for Cholangiocarcinoma Day February 15

Royal North Shore Private Hospital, Waitara Public School, and the Hornsby Fountain and Mall.

'In my own electorate I want to pay tribute to and honour the advocacy of Karen O'Hagen Humphries,' said Julian Leeser, Member for Berowra, in a speech to parliament on the 12th of February. 'I want to pay tribute to everyone involved in the Cholangiocarcinoma Foundation and wish them every success with their work. I'm cheering on our great local Karen O'Hagen Humphries. Your community is behind you, and we wish you all the best.'



Supporters with Karen Humphries at Hornsby Shire Fountain. Image courtesy Nadia Stone Photography



The cutest and tiniest supporter, a dear friend of Karen, 4 year old Miss Everley!

Thank you Everley!

and I wish to encourage young people to help others in society. I want to help cancer patients, but I also feel that young people should learn about donating a wide range of things such as time, toys, food, and also registering on the Organ Donor Register. These are all accessible and free methods that anyone can use to help others and make our world a better place."

From bold buzz cuts like Rhys to wild rainbow-coloured hair, there's no limit to how you can get involved in this fantastic event. So, grab your razors, clippers, and hair dye, and check out ways to get involved

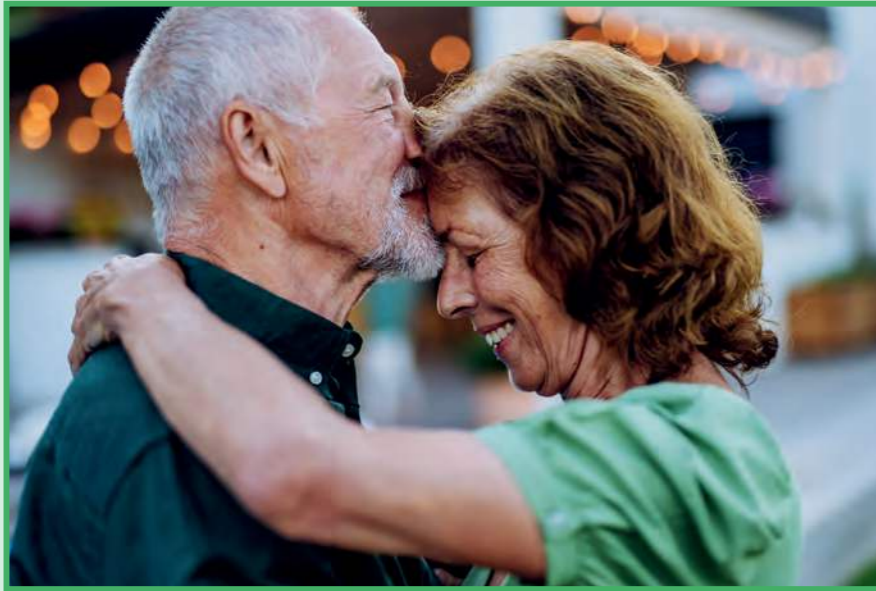
in the fight against blood cancer. Let's make this the greatest World's Greatest Shave yet!

For more info on Rhys's backstory and how to help get involved in the fight against blood cancer, visit www.donatefor.life. Or visit via social media:

Instagram: @rhysdonateforlife

Twitter: RhysDonateForLife

Facebook: Rhysdonateforlife



It's a Date - The Benefits of Dating as You Age

Embracing the dating scene later in life can be a wonderful journey. Many older Australians are rediscovering the joy of dating after divorce or the loss of a partner, and there are plenty of benefits to dating as you age.

So, why is dating in your golden years such a positive? 40% of those in residential aged care or home care have no visitors, leading to social isolation and loneliness, which can have adverse effects on both physical and mental health. Relationships offer a remedy by fostering ongoing communication, enhancing the quality of connections, and providing a companion to share an active social calendar, thereby boosting mood and mobility.

It's also worth noting that 59% of those living alone report being widowed. After the passing of a spouse, a significant number express the desire

to date again.

If you're considering re-entering the dating world, here are some things to consider:

Online Dating and Social Interactions: Engage in an open conversation about the benefits and risks of online dating, as the number of seniors using these platforms has nearly doubled in the last decade. Being internet savvy and safe is paramount. A good place to start for advice in this space is esafety.gov.au

Decision-Making Confidence & Sharing Personal Information: Help yourself feel confident in your ability to make decisions and navigate potential fraud or scams. Explore the benefits and risks of sharing personal information online or directly and make informed choices.

Supportive Network: Seek the support of loved ones. Having a strong support system can significantly enhance your dating experience.

Safe Sex Talks: Yes, it might be awkward, but discussing safe sex is crucial. Maybe your trusted GP is a good place to start. Sexually transmitted infections are still prevalent in those over 65, so be sure to seek information or assistance if needed.

It's up to you if you want to date or not – plenty of people have really rich friendships that also keep them active. But if you are ready, dating as an older person can be fun and fulfilling.

Your Side is a non-denominational, not-for-profit provider of support to people over 65. We deliver services that help older people live safely and comfortably at home, including cleaning and meal assistance, personal care, nursing, allied health services and more. We even do social outings (but the dating part is up to you!).

To find out more about Your Side's Home Care Package services contact 1300 134 332 or email hcpreferrals@yourside.org.au

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Robotic Hernia Repair Project at The San

By Claudia Butjerevic

Sydney Adventist Hospital (the San) are conducting a hernia quality improvement project. Commencing in July, the "High Volume Day-Case Robotic Inguinal Hernia Project" will assess the cost-effectiveness and feasibility of robotic-assisted hernia repairs. The San was the first hospital nationwide to introduce a zero-extra-cost model for robotic surgery.

Early findings of this method of hernia treatment show that robotic hernia repair is less invasive and leads to less pain, less complications, a shorter hospital stay, and a quick return to everyday activities.

'These outcomes are well documented,' says Associate Professor Stephen Pillinger. 'The purpose of this project is to prove we can run a high-volume robotic inguinal hernia service that is beneficial for our patients as well as being efficient and economical.'

With the robotic hernia surgeries, patients have been found to recover much quicker in comparison to other methods of hernia repair, reporting there is almost no pain 28-days post operation.

'I went into hospital at 6.30am to have the surgery, and was home by 6pm that night,' says Rob, years-long hernia sufferer. 'Honestly, if I'd known a few years ago that this type of surgery was around, I'd have had it done then. I had surgery in August and six weeks later I was back to playing golf.'

The "High Volume Day-Case Robotic Inguinal Hernia Project" will analyse the results of 200 inguinal hernia patients, which refers to hernias in the groin area. The results of the project will be published mid 2024.



Image above taken during the filming of a news story for Channel Nine News

'The six surgeons currently involved in this project feel that robotics is the best approach for hernia repair for patients,' says A/Professor Pillinger. 'Until now, there hasn't been the hard data to back this up, and that's one of the things we hope to achieve with this project.'

Make Your move with Fernwood Fitness Hornsby

Fernwood Fitness Hornsby are encouraging you to MAKE YOUR MOVE this March.

With International Women's Day on Friday the 8th of March, Fernwood Fitness Hornsby wants women to be, feel, and achieve their best.

The 2024 theme of International Women's Day is 'Inspire Inclusion'. Fernwood Fitness Hornsby inspires their female community of all age groups, all backgrounds, to thrive as strong-minded and strong-bodied. Fernwood Fitness Hornsby wants you to be a part of a diverse, inclusive community of women who know what they want, and let nothing get in their way.

Fernwood Fitness Hornsby wants women to flourish this March. **With a 50% off onboarding offer for the entirety of the month of March, kickstart your health journey and MAKE YOUR MOVE towards a life of wellness, fitness, and success.**

International Women's Day is about accelerating progress, recognising females across our community and the wider globe, and focusing on ourselves.

Let Fernwood Fitness Hornsby be your guide to celebrating yourself and the wonderful life of being a woman. Be the strong, resilient, capable woman you are.

Fernwood Fitness Hornsby is offering 50% onboarding from March 1st.

To contact Fernwood Fitness Hornsby and take advantage of this limited offer, **either call (02) 9477 4177 or visit the facility at Shop R4 Level 2/236 Pacific Hwy Hornsby NSW 2077.**

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WORDSTEP

No. 037

Complete the list by changing one letter at a time to create a new word at each step.

ROBES

TELLY

There may be more than one possible answer.

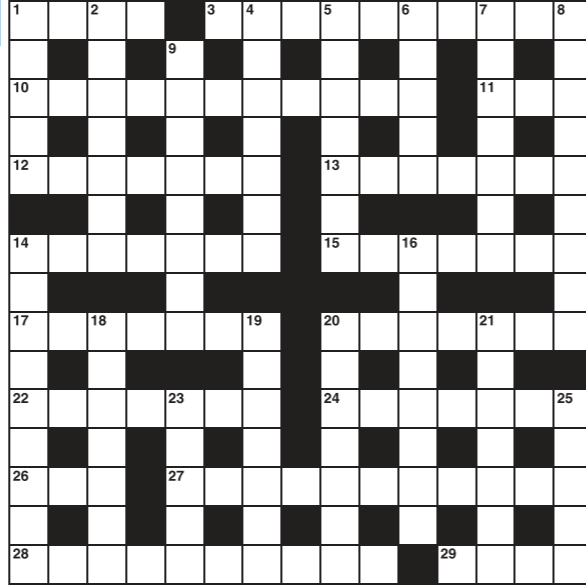
QUICK CROSSWORD No. 037

ACROSS

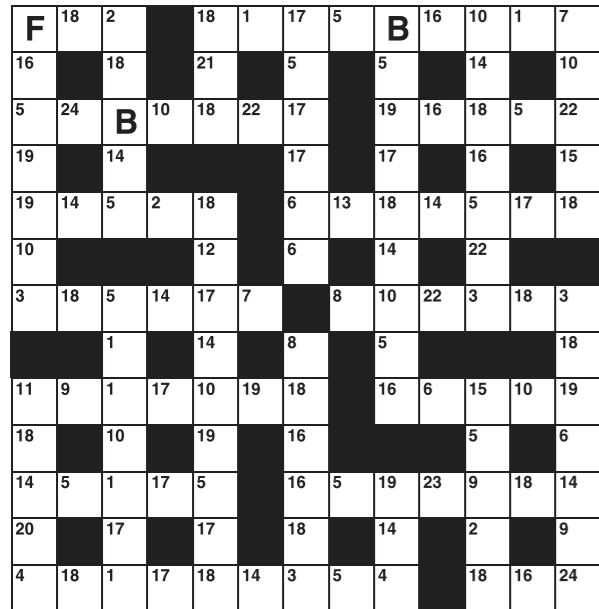
- 1 Waiflike (4)
- 3 Helpers (10)
- 10 Premise (11)
- 11 Slash (3)
- 12 On the seashore (7)
- 13 Hurricane (7)
- 14 Compelled (7)
- 15 Compress (7)
- 17 Denial (7)
- 20 Hang (7)
- 22 Ocean creature (3,4)
- 24 Maybe (7)
- 26 Greeted (3)
- 27 Chaos (11)
- 28 Shades (10)
- 29 Prefix meaning million (4)

DOWN

- 1 Issue (5)
- 2 Detach (7)
- 4 Adept (7)
- 5 Nutty (7)
- 6 Piano professional (5)
- 7 Transcendent state (7)
- 8 Propped up (9)
- 9 Gets in touch with (8)
- 14 Christian holiday (9)
- 16 Fungus (8)
- 18 Level (7)
- 19 Myths (7)
- 20 Most excellent (7)
- 21 Scrutinise (7)
- 23 Part of a jacket (5)
- 25 Dance (5)

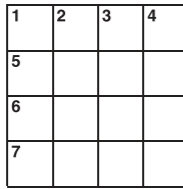


CODEWORD No. 037



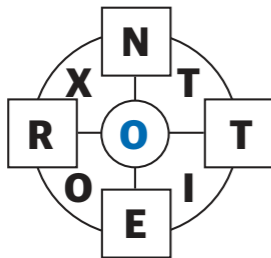
4x4

- ACROSS**
- 1 Appendage (4)
 - 5 A continent (4)
 - 6 Lease (4)
 - 7 Ivories (4)
- DOWN**
- 1 Small bird (4)
 - 2 To understand (1,3)
 - 3 Counting rhyme: Eeny, Meeny, --, Mo (4)
 - 4 Flying mammals (4)



9-LETTER WORD No. 037

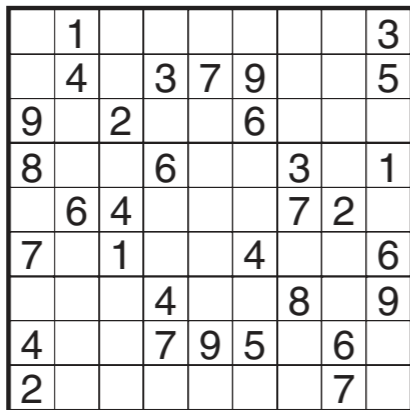
Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included and each letter may only be used once. No colloquial or foreign words. No capitalised nouns, apostrophes or plural words ending in "s".



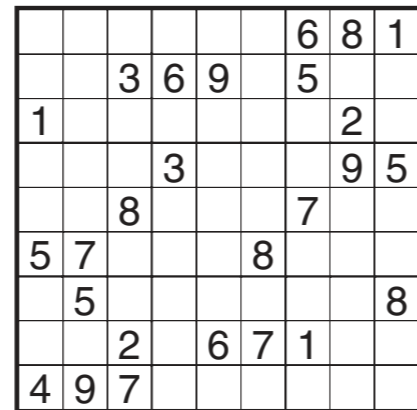
Today's Aim:
14 words: Good
29 words: Excellent
21 words: Very good

SUDOKU No. 037

EASY



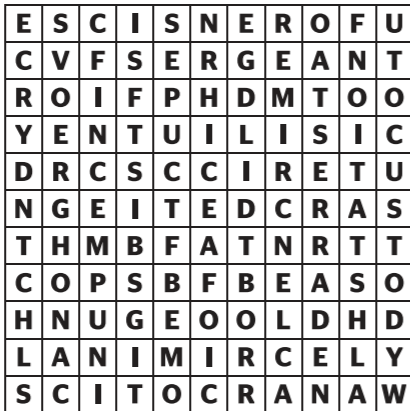
HARD



WORD FIND No. 037

The leftover letters will spell out a secret message.

Theme: Police



- ARREST
- HOMICIDE
- CONSTABLE
- NARCOTICS
- COPS
- OFFICER
- CRIME
- ROBBERY
- CRIMINAL
- SERGEANT
- CUSTODY
- STATION
- DETECTIVE
- FORENSIC
- GUN
- HANDCUFFS

QUIZ

- 1 "I know it was you, Fredo. You broke my heart!" is a line from which 1974 movie?
- 2 Which musical features the Cole Porter song, *Brush Up Your Shakespeare*?
- 3 What is the oldest university in the English-speaking world?
- 4 *Dark Fate* (2019) is the sixth instalment in which film franchise?
- 5 Who was the frontman for Melbourne band The Birthday Party?
- 6 Which 1952 novel tells the story of a Cuban fisherman named Santiago?

SOLUTIONS

PUZZLES AND PAGINATION © PAGEMASTERS | PAGEMASTERS.COM 1903

4x4 ACROSS: 1. Limb, 5. Asia, 6. Rent, 7. Keys. DOWN: 1. Lark, 2. Isee, 3. Mily, 4. Bats.

WORD FIND Secret message: Upholding the law

WORDSTEP ROBES, TOLLS, TELLS, TELLY

QUICK CROSSWORD

QUICK CROSSWORD

QUICK CROSSWORD

QUICK CROSSWORD

QUICK CROSSWORD

QUICK CROSSWORD

QUICK CROSSWORD

Co-ed Education on the Rise: A Battle Between Tradition and Progress

By Claudia Butjerevic

Sydney school shake-ups might be further on the cards, with the NSW government delivering on its election commitment to ensure every family in NSW can choose a coed public high school.

As demand for co-education continues to grow, the NSW Government has also commenced work to ensure children in all intake areas outside of Sydney have a guaranteed option to attend a coeducational public high school by 2027.

The move towards co-education was controversial when Newington College in Sydney announced its phased transition to co-education in November 2023. The private boy's school will start accepting girls into Kindergarten and Year 5 from 2026 and Year 7 and Year 11 from 2028, with an entire coeducational school by 2033.

The decision was met with bizarre protests from the college's parents. One parent tearing up at the thought that his grandson would now find it a little more challenging

to be an 'Old Boy' like he and his son are, all thanks to the introduction of girls in the school.

The NSW Government is making it known that it will continue to deliver on its election commitment to ensure every family in NSW has the option of choosing a coed public high school, with thousands of families across Sydney set to benefit from next year.

The government completed a review of intake areas in Sydney suburbs where students previously only had a single-sex public high school. As a result, the intake boundaries of 20 coeducational high schools have been adjusted. Schools include Homebush, Granville, Punchbowl, and Ashfield Boys, as well as Beverly Hills, Strathfield, Burwood, and Bankstown Girls, just to name a few.

The review done by the government included extensive consultation with the community, staff, and students from more than 120 schools and more than 300 parents and carers of students. The Department of Education considered enrolment trends, public transport access, the capacity of the coeducational high schools, and student numbers across catchment areas in adjusting intake areas.

Deputy Premier and Minister for Education and Early Learning Prue Car said,

"The NSW Labor Government is delivering on its commitment to provide guaranteed access to

co-educational high schools. "There is growing interest in co-education, and no family should have to face leaving their local area to access a co-educational high school.

"These changes have been made in consultation with local communities to provide guaranteed access to coeducational high school education for the first time."

Young boys and girls should learn to work alongside and converse with each other, especially during the formative years of high school. With a workforce of both men and women, children should be exposed to the exact workings of life in their early years. However, some parents see the sudden change from single-sex schools to co-education as a threat to their children's education. They believe introducing girls into boys' schools will be disruptive and negatively impact their sons' learning and vice versa.

The North Shore has its fair share of single-sex private and public schools. With greater demand across the educational landscape for the inclusion of co-ed education within single-sex schools, these same schools across the North Shore could also introduce coed learning if they see it necessary or beneficial.

On the surface, it may seem like a mild debate, but if more schools follow suit to the likes of Newington College, that small number of angry parents could grow in numbers. Time will tell if the future of co-ed schooling becomes the new norm.

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Opera Australia's West Side Story Hits Sydney Harbour

By Claudia Butjerevic

Opera Australia brings 'West Side Story' to Sydney Harbour. The show will be headed by two young Australian performers in the musical roles as Tony and Maria.

'We are so excited to have these two fabulous Australian talents lead this production, audiences are going to be thrilled by their talent and energy on stage,' says Opera Australia's Artistic Director Jo Davies. 'We want to be an opera company for, and reflective of, 21st century Australia. The full cast... features a diverse range of extraordinary talents drawn from both the opera and musical theatre worlds.'

Making her theatrical debut as Maria is award-winning First Nations soprano Nina Korbe. She is a proud Koa, Kuku Yalanji, and Wakka Wakka woman. Nina joined Queensland Youth Orchestra as their Artist in Residence and Opera Queensland as a Young Artist, performing in concert with Melbourne Symphony Orchestra and Queensland Symphony Orchestra.

Canberra-born tenor Billy Bourchier is taking on the role of Tony. Billy's role

as Tony follows his performances in other major musicals, including the highly acclaimed Miss Saigon, Candide, The Pirates of Penzance, Les Miserables, The Last First Years, and The Book of Mormon.

'West Side Story' is a smash-hit musical production, set in Manhattan in the 1950s, inspired by Shakespeare's Romeo and Juliet. Opera Australia's production of 'West Side Story' premiered in 2019, and has been the most successful of all displays at Handa Opera on Sydney Harbour.

Handa Opera on Sydney Harbour is known for its beautiful location on the water, allowing attendees to witness the exquisite outdoor stage with view of both our fair city and the harbour. 'West Side Story' will feature nightly fireworks, a live orchestra, and a cast full of talented performers to bring Jerome Robbins and Leonard Bernstein's masterpiece to life.

'West Side Story' will be at Handa Opera on Sydney Harbour for a four week session, from the 22nd of March to the 21st of April. Tickets are available.

For more information, visit opera.org.au/productions/west-side-story-on-sydney-harbour

Creative Open, Winter Arts Festival is Calling for Applications

APPLICATIONS are now open to showcase art, design, and music with the return of Creative Open this winter (25-28 July) to fire up the Northern Beaches with live gigs, exhibitions, talks, gatherings, comedy, markets, performances, and public art.

Now in its third year the event activates shops, galleries, venues, and open spaces bringing to life precincts across the beaches over the four-day festival.

Northern Beaches Mayor Sue Heins said last year's creative event saw 6,000 visitors attend 50 events.

'If you're a creative and want to connect with new audiences, promote your business and network with the local community and creative sector, now is the time to apply.' Mayor Heins said.

This year's festival will offer the most diverse program yet and will celebrate dynamic visual and performance artists, and live acts.

Applications open on 29 January 2024 and close on 3 March 2024.

www.northernbeaches.nsw.gov.au

Image courtesy of Kayapa Creative Studios.



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