

THE POST

Edition 60 - October 2024

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By-Election Saturday 19 October 2024

BY-ELECTION SPECIAL



TERM 4 2024

IN THIS EDITION:

- Hornsby Ku-ring-gai Community College Course Guide
- Federal Redistribution Update
- By-Election Candidate Profiles

AND MORE!

Digital Edition
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Editor's Word
Claudia Butjerevic

Welcome to October! After the statewide Local Government Elections last month, a sigh of relief is in order. Results are yet to be finalised, though we can have a decent idea of the future of our North Shore and Northern Beaches councils.

But we are not free from the clutches of the dreaded Election Day (capital E capital D), as the residents of Hornsby, Epping, and Pittwater are expected to vote in a by-election for their state member on the 19th of October.

Featured in this edition is a sweep of candidate profile articles over the three electorates, ranging from the incumbent Liberals, to the Greens, One Nation, Sustainable Australia, and Independent candidates. Find these in our "ELECTION SPECIAL" section.

While the other hemisphere hunkers down for their colder months, we get to strip off our layers and enjoy the warmer weather in the last leg of the year. It is the time for festivals, some of which are featured in our "Community" and "Health and Lifestyle" pages.

October is Small Business Month. Our Publisher, Tina Brown, has written some words, as has Member for Willoughby, Tim James, the newly appointed Shadow Minister for Small Business.

Until the next edition,

Claudia

Sunday 27 October
10KM • NORTH SYDNEY

Mary's House Walk

Say no to domestic and family violence in our community.

On Sunday the 27th of October, at St Leonards Park, the community is encouraged to join a 10km, no stairs, guided route throughout North Sydney.

The Post's Publisher, Tina Brown, will be taking part in the walk showing support to the vital work Mary's House Services does for women and children in crisis.

Find our article about Mary's House in our "Community" pages.

Follow us on socials - READ MORE ONLINE www.hkpost.com.au

BackBone
Connecting Businesses Together

By Claudia Butjerevic

Word-of-mouth is the bread and butter for growing businesses. But it can be tedious, taking time to establish a base of clients and networking to meet other professionals.

After beginning her own consulting business in 2021, Kavita Herbert quickly noticed a gap in the market: where do you go to connect with other businesses?

As such, BackBone was born.

'We are a business matchmaking platform, think of us as word-of-mouth



on steroids,' explains Kavita, CEO of BackBone. 'We are creating increased opportunity for our members through proximity to connect, learn from, and promote each other.'

Spending nearly two decades in the corporate sector working in big tech, Kavita has an impressive history. She was one of the first twenty-five employees for LinkedIn in Australia, and helped launch Dropbox and UberEats.

...

CONTINUE READING IN OUR BUSINESS PAGES PAGE 28



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4 Voices Finds Alarming Homeless Rate in Hornsby

By Claudia Butjerevic

The homelessness rate in Hornsby is double the state average.

In March, registered national charity 4 Voices conducted a fact-finding tour across 40 Australian towns in Sydney and Brisbane. Through a combination of desk research, gathering statistical data from the 2021 census, the NSW Bureau of Crime Statistics and Research, and Centrelink figures, along with anecdotal findings from the tour, 4 Voices created a comprehensive analysis.

'It was confronting,' says Jo Westh, Founder of 4 Voices. 'Although there is discussion at political levels about domestic violence and homelessness, until you come face to face with it, you don't have a good feel of the severity.'

Hornsby is considered an affluent area of Greater Sydney and labelled as "relatively safe". Despite this, 0.4% of the population are homeless, compared to the 0.2% state homelessness average. Median weekly rental prices

are \$580 in Hornsby. Jobseeker payments and rent assistance from Centrelink affords those unemployed about \$450 weekly to find housing in the private sector.

'It is contributing to homelessness,' says Jo Westh. 'There is a shocking number of people in NSW that are on the waitlist for social housing. You add domestic violence into the mix, that's pretty diabolical.'

The leading cause of homelessness for women is domestic and family violence. In NSW, programs such as the Immediate Needs Support Package is an escaping violence payment to financially assist with rent, household items, clothing, toiletries, appliances, a change of locks and security cameras, storage, and more. The maximum allocation is \$5,000 for each individual circumstance, pre-capped.

'Is it enough to help set a woman up again, a brand-new start? It's a drop in the bucket,' says Jo Westh. 'There are great organisations like charities and not-for-profits doing great work in this sector, but there is not a lot of collaboration. We mobilise the

best scientists in the world when COVID was scaring the globe. Why can't we galvanise the best minds to solve this issue which is far more reaching?'

4 Voices are fundraising to instate a van for the Northern Suburbs of Sydney. The vans are solar-powered, outfitted with technology like mobile phones, computers, printers, scanners WIFI, and coffee and tea-making machines. Identifying the areas of most need, 4 Voices will conduct shifts at particular locations to service the population, offer them a cuppa, and use the technology on board to help. If unemployment is the issue, the technology will be used to write resumes and apply for job listings.

'We realise the problem in the Northern Suburbs, and we are fundraising and looking for volunteers,' explains Jo Westh. 'That is the single biggest issue for us... getting a woman to safety after she's fled domestic violence.'

For more information about 4 Voices, visit www.4voices.org.au

Lifeline H2H Sydney's Spectacular Sapphire Gala Ball

By Tina Brown

On Saturday the 31st of August, the community united in a powerful demonstration of support for suicide prevention.

This year the ball was held at the International Convention Centre (ICC) Sydney, once again benefiting from the steadfast sponsorship of Stanford Brown. The night of fundraising was fortunate to have well-known news presenter Mark Ferguson as the Master of Ceremonies.

A glamorous evening of fine food, wine, entertainment, and dancing awaited over 660 guests, showcasing a stunning display of evening gowns and tuxedos. The event was attended by local politicians including Member for Berowra Julian Leeser, Member for the North Shore Felicity Wilson, Mayor of Willoughby City Tanya Tanya, Hornsby Shire Councillor Sallianne McClelland, Willoughby City Councillor Robert Samuel, and Willoughby City Councillor Nic Wright, among others.

Guests bid on a dazzling array of high-quality items via live and silent auctions, many wonderful prizes were on offer and one lucky couple picked out the key taking home a 1.2 carat oval cut diamond worth \$9,000 donated by Jonathan Jacobson, Diamond and Pearl Traders.

The guest speaker for the evening was Dr. Justin Coulson, who shared the story of his nephew Logan's tragic suicide.

'Every day in Australia, nine people die by suicide. And for every death, it is estimated that there are another 30 attempts,' says

Elizabeth Lovell, Lifeline H2H Sydney CEO. 'What an amazing night celebrating the amazing work we do at Lifeline and supporting the vital work we do. We are so grateful to the people who attended, the impactful speakers, generous donors, sponsors and volunteers on the night.'

People are our superpower. Every part of our organisation is driven by incredible people, whose passion and commitment are evidenced in our impact.'

The Post was proud to be a gold sponsor of the ball.

'We eagerly anticipate this special night, as it allows us to support Lifeline H2H and the invaluable assistance they provide to our community, while also enjoying a memorable evening with friends,' says Tina Brown, Publisher of The Post.

Photo credits: Jason Kirk Photography. More photo's online of guests.

Pictured: Elizabeth Lovell, Lifeline H2HS CEO



Pictured: Anja Lineen (Left) and Tina Brown (Right)



Pictured: Sallianne McClelland (Left) Karen Humphries (Right)

Ku-ring-gai Council



Term 4 Pilates

Active Ku-ring-gai's 10-week program is tailored to build a strong Pilates foundation, address basic postural imbalances, increase muscular balance, and enhance core stability.

Mon 14 Oct -16 Dec
6pm - 7pm
\$120 for 10 weeks

Gordon Library Meeting Room 1
799 Pacific Highway, Gordon NSW

Enquiries: 9424 0754 or recreationbookings@krg.nsw.gov.au or visit krg.nsw.gov.au/active

SPRING TWILIGHT CONCERT IN THE PARK

KILLER QUEEN & ONE HIT WONDERS

WE WILL ROCK YOU!

SATURDAY 19 OCTOBER
5PM - 8PM
WAHROONGA PARK
KRG.NSW.GOV.AU/TWILIGHT

FREE EVENT

Net Zero Ku-ring-gai

SUSTAINABLE FUTURES DAY

Helping you create a healthy, low-cost, sustainable lifestyle.

Saturday 19 October
10am-3pm
Cameron Park, Turrumurra
krg.nsw.gov.au/sustainablefutures
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Nicolette BOELE

Community Independent Candidate for Bradfield

Hello. I'm Nicolette Boele (pronounced "Buller").

I'm running as your community independent candidate for Bradfield in the next federal election. I ran in the last election where we achieved the largest first preference swing against a sitting Liberal MP Australia wide.

I'm a clean energy finance expert, and working mother of two.

I've never been a member of a political party, because I believe people, not parties, know what is best for our Bradfield community.

Make sure your voice is heard by taking our short community survey.

Better is Possible

www.nicoletteboele.com.au

Share your views here





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

Message from the General Manager

As a council, we are passionate about developing arts and culture in the Shire and strive to support local artists, while providing cultural opportunities for our residents. We are fortunate to have the wonderful Wallarobba Arts and Cultural Centre in Hornsby which hosts exhibitions, print making, workshops and more. This month, the centre will be filled with 65 exceptional contemporary artworks when the Hornsby Art Prize exhibition returns from 25 October – 10 November.

Hosted in partnership with the Hornsby Art Society, the national art prize has attracted 600 entries from around Australia. The quality of this year's entries was particularly impressive, and I encourage you all to visit the exhibition to experience the fabulous Painting, Drawing, Printmaking, Digital Art Stills and Sculpture works. For more information, visit hornsby.nsw.gov.au/artprize.

With the wonderful spring weather, it's a great time to get out and about and enjoy a range of other activities this month in the Shire. Discover our beautiful natural surrounds on a spring guided bushwalk, help #SayHighForest by joining our community planting event in Castle Hill or become a Bushcare volunteer. Take a dip in the heated pool at the Hornsby Aquatic and Leisure Centre or book the kids in to learn to swim.

And if you're planning to have a spring clear out at home, please consider having a garage sale, donating unwanted items to a charity shop, giving them to someone who can use them, or bringing them to the Community Recycling Centre in Thornleigh.

By the time this column is published, the results of the NSW elections are likely to have been declared. Please keep an eye on our website for information about our new Mayor and Councillors – hornsby.nsw.gov.au.

Steven Head
General Manager,
Hornsby Shire Council

What's on

HORNSBY ART PRIZE 2024
25 OCTOBER – 10 NOVEMBER

Wallarobba Arts and Cultural Centre
25 Edgeworth David Avenue, Hornsby

EXHIBITION

TUESDAY – SUNDAY
10AM-4PM
FREE ENTRY

hornsby.nsw.gov.au/artprize

#SayHighForest

Community Planting – Castle Hill
Sunday 13 October, 10am – 12pm. All ages welcome. Includes short, guided walks through Blue Gum High Forest. Meet at the end of Woodlark Pl. near Erlestoke Park, Castle Hill.

Hornsby Shire Aussie Bird Count
Saturday 19 October, 8am – 11am

- Rosemead Road picnic area, Rosemead Road, Hornsby.
- Day Road Trail, Day Road, Cheltenham.

Learn tips and tricks on how to identify local birds. The survey includes a short bushwalk and a picnic breakfast. Bookings essential.

hornsby.nsw.gov.au/whatson

WASTE WORKSHOPS AND EVENTS

Your Recycled Kitchen Garden
Saturday 12 October, 10am – 12pm
Community Recycling Centre, Thornleigh

Chipping for Mulch - Galston
Sunday 27 October, 7.30am – 12.30pm
Council Depot, Johnson Road, Galston

hornsby.nsw.gov.au/waste

Grandparents Day

Sunday 27 October
9am – 3pm

Koala Park Sanctuary Sydney, 84 Castle Hill Road, West Pennant Hills

Calling all grandparents! Bring your grandchildren for a free day out at the Koala Park. Bookings essential.

hornsby.nsw.gov.au/whatson

'YOUR SAY' HORNSBY
JOIN THE CONVERSATION

MILLS PARK PLAYSACE, ASQUITH
Exhibition closes: Tuesday 15 October

SMALL DOG PARK – GREENWAY PARK, CHERRYBROOK
Comments close: Tuesday 29 October

HAWKESBURY-NEPEAN RIVER SYSTEM COASTAL MANAGEMENT PLAN
Submissions close: Sunday 24 November

yoursay.hornsby.nsw.gov.au

EXTENDED LIBRARY HOURS FOR HSC STUDENTS

Tuesday 8 October – Thursday 7 November, student entry 9am – 9.15am

Hornsby and Pennant Hills libraries are opening their doors early for HSC students from 9am on weekdays. Present your Student ID card.

hornsby.nsw.gov.au/library

SAVE THE DATE

HORNSBY SPRING FEST

Saturday 16 November, 2pm – 9pm

Dural Lane and Peats Ferry Road, Hornsby

hornsby.nsw.gov.au/SpringFest



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MD 12957

In the Tink of An Eye, North Sydney is No More!

By Anthony Caruso

Sports Executive Producer & Chief Political Analyst for Triple H FM

In a move that has surprised just about no one, the Australian Electoral Commission have confirmed that the Division of North Sydney will be abolished as part of the NSW Federal Redistribution.

In a statement made by The Hon. Susan Kenny AM KC, all objections (1030+), plus more than 250 commitments were carefully considered in the process. In the end, the decision stands to accept the proposal to abolish North Sydney, but also to retire the name of North Sydney altogether. Of the 46 remaining seats, 37 seats were left unchanged. The only adjustment being made in Northern Sydney is the shift of the boundary between Berowra and Bradfield, centred around a very small selection just south of Loreto Normanhurst.

The announcement effectively ends the "Save North Sydney" campaign being run by Kylea Tink and her office, guaranteeing that she will be looking for a new seat to move into, or explore other options. The options are believed to be limited, as Bennelong appears to be limited to a straight Labor-Liberal battle, Nicolette Boele is the preferred "Teal" Candidate for Bradfield, Berowra does not have a solid "Teal" base, and NSW has not

elected an independent senator (excluding David Leyonhjelm) since 1975.

The announcement is a blow to the "Teals" as it not only reduces the size of their representation in parliament, but also risks destabilizing their movement, as supporters now scramble to re-position themselves amongst the two remaining Teal candidates in the area. With some supporters of Zali Steggall and Nicolette Boele stating that they were distancing themselves from Kylea Tink, the re-focusing of the "Teal" movement will be a significant challenge in the lead-up to the next election.

The biggest winner from the redistribution is Nicolette Boele, whose target seat of Bradfield will now shed the stronger Liberal-voting areas around Normanhurst, Waitara and Asquith, and pick up what was considered Kylea Tink's base around Willoughby, Artarmon, St Leonards and Northbridge.

It remains to be seen what Tink will do next, given that, at this stage, it is hard to see an immediate future for her in parliament.

\$210,000 In Grants to Celebrate 21 Years

THIS October, Ku-ring-gai Financial Services Limited (KFSL) marks a significant milestone—21 years of dedicated service to the local community.

\$210,000

COMMUNITY GIVEAWAY

Celebrating 21 years

Ku-ring-gai Financial Services Limited Community Bank - Lindfield & Districts

Since opening the doors of the first Community Bank branch in Turramurra, followed by the Lindfield branch in 2011, the commitment to our community has been a constant driving force.

Over the past 21 years, the Community Bank has proudly returned over \$3.8 million to the community. This has included support for local projects, schools, charities, and community initiatives.

To celebrate this momentous occasion, KFSL is rolling out its biggest initiative yet—\$210,000 in Community Grants.

This grants program is designed to give back even more to the community that has been part of the Bank's journey. Local charitable and not-for-profit organisations across Ku-ring-gai, Hornsby, and nearby areas are encouraged to apply for funding. The grants will support projects that make a

positive difference to our community.

If your organisation has a project in need of funding, this is your opportunity to get involved. **Applications for the grants open on Tuesday, 1 October 2024, and close on Saturday, 30 November 2024.** Application forms will be available on the Community Bank's website, and even if your organisation doesn't have an ABN, you may still be eligible for alternative funding – so make sure you visit the website and review the details.

For more, visit kfsl.com.au

Residents Pleading for Update to Parking at Kokoda Residences in Waitara

By Claudia Butjerevic

There is significant community concern over traffic safety on the site of retirement living development, Kokoda Residences, in Waitara.

Brought to The Post's attention by Kokoda residents, the issue lies in the way public parking has been implemented on the eastern side of Waitara Avenue. While the western side of Waitara Avenue is parallel parking, the other is 45-degree angle parking. Residents are finding it difficult to exit Kokoda safely, as parked cars obstruct the view of oncoming traffic, particularly when there are large, utility vehicles in the 45-degree spots.

Both residents and Vasey Housing Corporation, operator of the retirement complex, have reached out to Hornsby Shire Council to resolve the issue.

'The safety of our residents is paramount to us. We engaged a traffic engineer to propose some possible strategies. Options the traffic specialists suggested included the installation of a

convex mirror,' says Graham Hooper, CEO of Vasey. 'We presented this to Council, who indicated it was not possible for various reasons. Vasey has written to Council again requesting that the installation of the mirror be reconsidered and for Council to suggest alternative solutions if the mirror is still regarded as unsuitable.'

In a letter to Hornsby Shire Council, Kokoda residents John and Lyn indicated that updating the 45-degree parking to parallel parking, mirroring the opposite side of Waitara Avenue, would be a sound solution.

'Change is necessary before there is a calamity,' writes John. 'The area outside our driveway is now in order of magnitude busier than it was, as is the potential for death or injury from a collision.'

The Post contacted Hornsby Shire Council for comment:

'The parking at Kokoda Residences was assessed during the development application process by an independent traffic consultant and found to be appropriate by the Land and Environment Court which approved this development.'



By Cecilia Castle, Castle Lawyers at Asquith



New Right to Disconnect Employment Laws

A new era of employment law has started. Most employees are no longer obliged to answer phones or emails from their employers outside of working hours.

However, this is not a restraint on employers attempting to contact employees. It just means employees are not obliged to answer or respond to their employers outside of working hours. The new laws apply to businesses with more than 15 employees. For businesses with less than 15 employees, the new laws will apply from 22 August 2025. Where disputes arise about the new laws, the legislation provides for an attempt to resolve the issues within the workplace before escalating it for external resolution through the Fair Work Commission.

The main principle behind the new laws is that if you work, you should get paid. The aim is to improve life/work balance, wellbeing and general satisfaction of employees, as well as provide boundaries to employers. An uncertain aspect to be tested about the new laws is that employees can only refuse to connect if such refusal is not unreasonable.

Any unreasonableness will depend on the individual circumstances of each case, yet to be tested. There are also specific roles that call for some employees to expect to be contactable at irregular times, for which workers are specifically compensated in their work contracts.

Penalties for breaching the new right to disconnect employment laws include up to \$18,780 for an individual employer or \$93,900 for a corporate employer entity per contravention.

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

Fair Housing for Hornsby Forum

By Claudia Butjerevic

The Sydney Alliance presented the Fair Housing for Hornsby community forum at NorthernLife Baptist Church on the 5th of September.

Over 140 people attended the event, representing 24 civil society organisations, including Hornsby Ku-ring-gai Women's Shelter (HKWS) and Shelter NSW. At the forum, 14 candidates for the Hornsby Shire Council election attended.

Liberal candidate Warren Waddell, Greens candidate Tania Salitra, Labor candidate Janelle McIntosh, and Independent candidate Benjamin Caswell presented their vision for affordable housing in the community.

John Engler, CEO of Shelter NSW, encouraged Hornsby Shire Council on its track record over the past term to increase affordable housing.

Catherine Knox, Chair of the Board of HKWS spoke about how 50% of women leaving HKWS are forced to seek housing in the private sector, and often result to couch surfing or sleeping in their cars.

Candidates Waddell, Salitra, McIntosh, and Caswell committed to an audit of Council land and assets for affordable housing, establishing a public register of affordable housing, ensuring that affordable housing will be leased for no more than 30% of household income, and establishing a Community Working Group to promote affordable housing in the Bushland Shire.

The Post look forward to seeing if these commitments made will come to fruition during the new council term.



Celebrating Education Week and our Schools' Achievements

By Tim James, Member for Willoughby

Spring is a time when our community shines brightly. In the past few weeks, I have been at sporting finals, street fairs and school celebrations across the Willoughby electorate.

At the same time, many in our community are doing it tough. Cost of living continues to be a big challenge and far too often I hear that a local small business is closing.

Small businesses are the backbone of communities across our state and certainly here in Willoughby.

As the newly appointed Shadow Minister for Small Business, I am committed to working for small and family businesses across NSW to ensure they receive the understanding, support and opportunities they deserve.

While in Government, the Coalition established the Micro Business Grant, appointed a Small Business Commissioner, raised the payroll tax threshold, established the Service NSW Business Concierge and focused on delivering cost-of-living relief that allowed consumers more disposable income to spend on local businesses.

Unfortunately, the recent situation for

small businesses has become increasingly dire. Cost pressures and historic low consumer confidence has led to a 41% increase in business insolvencies.

The current lack of support for small businesses from both state and federal Governments is unacceptable.

October is Small Business Month. There are great businesses across Willoughby and I was delighted to celebrate their achievements at the 2024 North Shore Local Business Awards Presentation Evening.

These awards highlight the dedication, innovation and resilience of our local entrepreneurs.

I also recently had the pleasure of attending the opening of Momo Adda, a new Nepalese street food restaurant in Artarmon.

It is an honour to be given the responsibility of championing small businesses like Momo Adda that showcase the rich diversity of our area.

I acknowledge that many households are cutting back as cost-of-living hurts. But if you can spend a little more, go local this October.

Voices of Berowra Listening Survey

Voices of Berowra is a grassroots organisation created for and by local residents of the federal electorate of Berowra.

Recently, they launched their inaugural Listening Survey to hear the concerns of residents. With this information, Voices of Berowra hope to foster meaningful political representation for residents through community-backed independents.

'We believe that undue influence of political donors, vested interest and lobby

groups no longer makes it possible for major parties to represent or act in the best interest of our communities or of future generations,' says David Richey-Lowe, spokesperson for Voices of Berowra.

The survey is available for Berowra residents to fill out.

Visit www.voicesofberowra.org

Check out the QR code on the lefthand side.



Dealing with food waste in your business?

With free support and advice BBP can help you lower your costs and save the planet.

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www.bbp.org.au/food-waste or scan the QR code for more info



VOICES OF BEROWRA
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ARE YOU OR DO YOU KNOW BEROWRA'S NEXT FEDERAL MP?

Email us at berowrasnextmp@gmail.com
www.voicesofberowra.org

We are seeking a community independent to represent Berowra electorate at the next federal election. Someone who will put our communities and future generations back at the heart of decision making. Could that person be you?

Authorised by S.Crossman, 16 Normanhurst Rd, Normanhurst 2076 for Voices of Berowra Inc - NSW Fair Trading Reg. No. INC2101084

Liberal Party Selects James Wallace for the State Hornsby Seat

By Claudia Butjerevic

Frontrunner for the Liberal Party's ticket in Hornsby is James Wallace.

Hornsby is a traditionally Liberal held seat. Since 2011, the state electorate has been represented by Matt Kean, though with Kean's recent resignation, a by-election has been triggered.

James Wallace is the Liberal offer to Hornsby. Growing up in the Hornsby Shire, his family has resided in the area for five generations. With a background in corporate law and parents who regularly engaged in public service, James expresses his passion to represent the people of Hornsby in the state parliament. 'My vision is a caring, smart, creative and united community,' says James Wallace. 'I will fight for the critical road upgrades, sporting field improvements, and cost-of-living support our community needs.'

At the start of August, James was pre-selected as the Liberal candidate, securing around 65% of the preselection votes, defeating Michael Hutchence.



Pictured: James Wallace, Liberal for Hornsby

Unaffectionately, former Prime Minister Tony Abbott referred to James Wallace as Kean's "clone" once preselection declared Wallace as the pick. James has vowed to continue the work of Matt Kean, and extends gratitude for the previous MP's service.

'Matt was instrumental in securing funding to rebuild Hornsby Hospital... he was an effective advocate in the Liberal Government that delivered the Northconnex, the Metro and started works to convert Hornsby Quarry,' says James.

Across the board, the Liberal Party have been vocally against Labor's slashing of the Active and Creative Kids vouchers. For James, decisions such as this worsen cost-of-living pressures.

'Raising my two-year-old son Ben with my wife Sarah, I know how tough it's been with... housing, groceries, electricity, and petrol bills,' says James. 'I will fight to bring back cost-of-living supports like Active Kids, remove the burden of stamp duty from young people trying to buy their first home, and reverse the Labor cuts to the local public schools.'

His background is in technology law, which James hopes to use to improve and continue platforms such as Service NSW.

For the campaign, James speaks on holding Labor to account, standing up against the one-size-fits-all development approach, and pushing for funding for roads, parks, and community amenities to run alongside housing infrastructure.

James Wallace is the Liberal candidate for the Hornsby by-election.

Meet James Wallace, your Liberal for the Hornsby by-election.

Advertisement

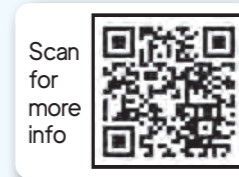


Having grown up in the Hornsby Shire, James is passionate about serving the community which has given him so much.

James has practised for almost a decade at a leading national law firm. He has worked with major Australian companies in the technology, privacy and communications fields, and gives back through pro bono work.

Raising his two-year-old son Ben with his wife Sarah, James understands the challenges that many households face as house prices, rents, and cost-of-living pressures increase, while more strain is placed on the services we rely on.

With your support, James will **protect the unique character and lifestyle** we all enjoy, **fight for more support** for families and households, and **stand up against Labor's** cuts to schools, hospitals, and cost-of-living support.



JAMES WALLACE

Liberal for Hornsby

@Hornsby@nswliberal.org.au | jameswallaceforhornsby | jameswallaceforhornsby

Authorised by Dorina Ilievska, Liberal Party of Australia, NSW Division, Level 2, 131 Macquarie Street, Sydney NSW 2000.



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BY-ELECTION CANDIDATES

YOUR CANDIDATES

At the time of publication, the by-election candidates are as listed.

HORNSBY

- James Wallace **Liberal Party**
- Tania Salitra **Greens**
- Steve Busch **One Nation**
- Justin Thomas **SAP**

EPPING

- Monica Tudehope **Liberal Party**
- Duncan Voyage **Greens**

PITTWATER

- Georgia Ryburn **Liberal Party**
- Jacqui Scruby **Independent**

Local Government Election Results

By Claudia Butjerevic

At the time The Post have gone to print, the results from the Local Government Elections have yet to be determined.

Even without confirmation, the trends, patterns and likely outcomes that are showing seem fascinating. New councillors are on the horizon, while others must pack up and exit council chambers. In other instances, familiar faces are to stay in place.

The Post will include an article about the confirmed results in our November edition for the councils of Hornsby Shire, Willoughby City, Ku-ring-gai, North Sydney, and the Northern Beaches.

Be sure to read our November edition next month.

Rory Amon Arrest Triggers Pittwater By-Election

By Claudia Butjerevic

Recent charges laid against former Member for Pittwater, Rory Amon, have triggered a by-election for the state seat of Pittwater.

Amon was charged on the 30th of August 2024 with ten counts of child sex offences. These included five counts of sexual intercourse with a person aged over 10 and under 14, two counts of attempted sexual intercourse with a child over 10 and under 14, two counts of indecent assault on a person under 16, and committing an act of indecency with a person under 16.

The alleged crimes took place in Mona Vale, 2017, with a 13-year-old boy. Soon after Amon's arrest, he resigned from the Liberal Party.

Rory Amon is to appear at Manly Local Court at the end of October.

Independent Jacqui Scruby Contests Pittwater

By Claudia Butjerevic

Sudden and shocking, Pittwater sees themselves without a state member.

Former Independent candidate in the 2023 State Election, Jacqui Scruby, is running to be the representative for Pittwater a second time.

'I've just been really humbled about how many people have come out to show their support,' says Independent Jacqui Scruby. 'That is a testament to Pittwater being ready for change. They deserve better given recent and past events.'

Last election, Rory Amon received 50.7% of the preference count votes, which elected him as the Pittwater Member. Jacqui Scruby, however, secured 49.3% of the preference votes, massively swinging the seat 21.7% away from the claws of the Liberals.

'We are going to have a minority Labor

government,' explains Jacqui. 'The minority means the independents have influence on a crossbench and the ability to get action and to hold that government to account. An independent is in a stronger position to do that.'

Jacqui Scruby is a local mother, environmental lawyer, and owner of a small business. She was the campaign manager for both Sophie Scamps, in the federal seat of Mackellar, and Zali Steggall, in the federal seat of Warringah. During the last election, Jacqui drafted the original version of the legislation that stopped the drilling of oil and gas off the coast of the Northern Beaches, which was picked up by both major parties.



Pictured: Jacqui Scruby, Independent for Pittwater

Pain points for Pittwater residents that Jacqui is focused on include advocating for the completion of Mona Vale Road, fighting for reduction in stamp duty on home insurance, and reducing energy bills.

'You shouldn't be putting stamp duties on things you want people to buy and retain, we need people to have home insurance... Parents must choose having to miss a day of work to get their kids to a sports carnival and back because there are no buses,' says Jacqui. 'The state government can provide better services. There are ways for the state government to help with the cost-of-living crisis without it being direct handouts.'

Jacqui Scruby will continue campaigning across Pittwater until the by-election on the 19th of October.

Council Candidate Turned State Candidate:

Tania Salitra

By Claudia Butjerevic

Having served on Hornsby Shire Council and running for another term in the recent Local Government Elections, Tania Salitra is the Greens Party candidate for the state seat of Hornsby.

During her local government campaign, Tania noticed that the concerns raised by residents were the result of inadequate state representation rather than a lacklustre local council.

'People are angry and frustrated at the lack of attention the Liberals gave... they were in power for a decade, and they sat on their hands doing nothing for the major issues people are facing,' explains Tania. 'It's incompetence after incompetence, everything they touch turns into a debacle. It's insane what they get away with.'

Aligned with the Greens for the past five years, Tania has been a lifelong environmentalist, even swearing off seafood in 1985 to help protect the marine ecosystem. She is concerned with Hornsby's tree canopy and the state of the climate crisis.

These issues feed into, as Tania explains, realities facing Hornsby residents, as a diminishing tree canopy will only worsen with the looming threat of overdevelopment.

'We need to protect our rural lands and leave them as the vital greenbelt that they are,' says Tania. 'I fought the subdivision of rural lands while I was on Council, but it was only the Greens that opposed any further subdivision in the rural lands... Doing the property developers bidding, we will see a push for what's happened in Box Hill and Kellyville to our rural lands.'

Other prominent issues are traffic congestion, especially on New Line Road, and the lack of bus services and parking at the Cherrybrook Metro Station. During her time on Council, Tania requested the release of the Liberal \$20 million traffic study of New Line Road.

'All [the Liberals] could come up with was an announcement for \$70 million of funding for one kilometre of road. People that use that road daily like myself know that's not going to fix the problem,' says Tania. 'Why can't we find what the cheaper, easier things are and get working on those while we wait for the \$70 million that will

probably never turn up?'

Residents of Hornsby routinely complain about the lack of public school options for their children. Believing this to be unacceptable, a top policy for Tania is halting the overfunding of private schools which has come at the expense of public schools, and advocating to improve the public system for Hornsby.

'Hornsby is desperate for a co-educational high school,' says Tania. 'We had the Liberal state treasurer as our state member for a decade. It's a travesty that nothing was done to improve our children's ability to access quality education.'

As the Greens candidate, protecting threatened species, stopping native forest logging, and transitioning to 100 per cent clean energy are her policy positions.

'We've got to get rid of coal and gas, to make sure everyone has access to solar power, to get community batteries so people can actually store renewable energy within our neighbourhoods,' says Tania.

Tania Salitra is the Greens Party candidate.

VOTE 1

Tania SALITRA for Hornsby

Our housing and cost-of-living crisis was created by decades of bad policy that deliberately prioritises property investor portfolios ahead of first home buyers, suppresses wage growth to benefit corporate profits, and sells off public housing and essential services like electricity and buses.

Only The Greens are brave enough to fix it

Authorised by A. Croft for The Greens NSW, 19a/1 Hordern Place Camperdown NSW 2050



Justin Thomas - Sustainable Australia Party for Hornsby

By Claudia Butjerevic

For the race in Hornsby, the Sustainable Australia Party (SAP) have preselected candidate Justin Thomas.

This is not the first time Justin Thomas has run for the party. In both the 2019 and 2023 State Elections, Justin Thomas received just under 1.70% of the formal votes.

'People are looking for alternatives to the failed Liberal/Labor model. They want representatives they can relate to and trust at a time where trust in politicians is evaporating,' says candidate Justin Thomas. 'We are educating people that you can use your number 1 vote in a preferential system to send a message... Put your favourite major party second. This tells them you are not happy.'

Justin lives in Berowra with his young family and has resided on Sydney's North Shore for many years. Putting the environment, heritage and community at the centre of decision-making is a large part of his campaign. Focusing on the housing crisis which, in Justin's view, has been facilitated

by the tax concessions made for property investors and foreign buyers, and the population growth fuelled by record high immigration, is a top priority. Justin wishes to temper the policies that have allowed the housing crisis to explode, and push for more public housing.

'We need to recognise that the rapid population growth supported by the Liberal, Labor and Greens parties is unsustainable,' explains Justin. He continues with his stance on Labor's transport-oriented development. 'It delivers massive overdevelopment to areas with already significant infrastructure deficits including schools, health care, sporting and recreational spaces. We need to fix the infrastructure deficits first.'

A recent pain point for the Hornsby electorate was the blow brought by Labor's withdrawal of \$36 million in grant funding for Westleigh Park. Many candidates for both the Local Government Election and for Hornsby's by-election have chastised Labor for the decision. Justin and SAP agree with the state government's choice to withdraw.

'In our opinion, the NSW state government is correct to apply proper standards to such spending commitments,' says Justin.



Pictured: Justin Thomas, Sustainable Australia Party

'The best and simplest way forward would be... a new, more modest environmentally sustainable proposal for grant funding with the right economic and environmental governance parameters.'

Alongside housing, Justin is focused on greater investment to the education and health care systems.

'I would like to see public schools in Hornsby and the state receive better resources... continuing improvements in inclusivity in all schools and the breaking down of discriminatory attitudes,' says Justin.

Justin Thomas is the Sustainable Australia Party candidate for the Hornsby by-election.

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www.sustainableaustralia.org.au

Authorised by Councillor William Bourke, 20 Burlington St, Crows Nest NSW 2065.

Steve Busch Runs Again as One Nation Candidate in Hornsby

By Claudia Butjerevic

For the seat of Hornsby, One Nation Australia are offering candidate Steve Busch.

In the 2023 State Election, Steve Busch ran a campaign as the One Nation candidate, and was able to secure nearly 8% of the formal votes. Now, for Hornsby's by-election this October, Steve is confident that One Nation can pull an even bigger percentage.

'People are seeing their nerves being touched in these uncertain times, they are looking for an alternative,' says Steve Busch. 'For as long as I can remember it has been Liberal or Labor, and they have morphed into a party that borrows each other's policies when they get into power. If you keep voting the same way... nothing is going to change.'

His campaign in Hornsby is centred around cost-of-living, immigration, education, and safety in the community. At his campaign launch at the end of August, Steve spoke about the growing criminal

activity in the area, and his own experience being robbed at his home in Wahroonga. Front of mind is alerting people to danger and encouraging the installation of alarm systems and universal community cooperation against crime.

Before entering the political sphere through his time with the Australian Conservatives and later One Nation, Steve Busch had a background as an airline pilot. After his feathers were ruffled when Australia delved into the same-sex marriage debate, Steve felt that the changes happening across the country were to the detriment of the community.

'I love this country, I love what this country has to offer,' explains Steve. 'It grieves me to see things change that don't benefit Aussies. I want to make this place better.'

Immigration is a notable policy point for Steve Busch and One Nation. Continuing to allow mass immigration is, in Steve's eyes, contributing to the housing crisis, the soaring rental prices, and the exorbitant

cost-of-living. 'When you don't have infrastructure to back public housing that is going to increase, let alone when you start to bring 90,000 immigrants into the place, it will wreck the amenity of the suburb.'

Steve believes the Labor Government's \$36 million grant withdrawal for Westleigh Park is problematic, especially as housing density policies come into effect. 'It is disappointing to take away money that was promised for these facilities. The Labor Government has been a huge disappointment to the electorate. The contribution to Westleigh Park was something that was good for our community. We need to keep these public recreational facilities.'

The same sentiment is carried for the continuous policy changes to widen New Line Road. 'This is what I find frustrating... they vacillate. They change their mind again and again. When you make a decision, you stick with it.'

Steve Busch is the One Nation candidate in the October 19th Hornsby by-election.

The Greens Contest Epping with Duncan Voyage

By Claudia Butjerevic

The Greens Party are offering Duncan Voyage as the representative of Epping.

His first time campaigning, Duncan joined the Greens at the end of his military career, and has been working to support the Parramatta Greens in the September Local Government Elections. Joining the army when he turned seventeen, specialising in HR and studying politics as his undergrad, and working with Doctors Without Borders in their Sydney headquarters, Duncan has covered a large spectrum of roles in his career.

'I've always been interested in politics,' says Duncan Voyage. 'The grassroots democracy system of the Greens has been a great way for me to be active in my community.'

For his campaign, Duncan is focusing on a few key issues across the electorate. These include thoroughly planned



Pictured: Duncan Voyage
Photo credit: David Schwartz

development with the inclusion of public amenities, making public housing requirements for new buildings indefinite, and sustainability.

'Each building needs to have retail, commercial space, and there needs to be public space built into the design,' says Duncan. 'Every Green will be pushing for access to accommodation at affordable rates... It

needs to not be time based, if the development is approved to have affordable housing, it may only be for a period of ten years... it should be much longer.'

In the 2019 and 2023 State Elections for Epping, the Greens candidates Simon Margan and Phil Bradley received 10.45% and 10.56% of the formal votes, respectively. As Epping is a Liberal seat, Duncan acknowledges that the race for the Greens is a tall task.

'The resentment is growing between the two major parties, and rightly so. They are steadily moving away from electoral-based representation, they are not representing the needs of the people,' says Duncan. 'What I want to do as the Greens candidate is be the reasonable and authentic alternative.'

Duncan Voyage is contesting the seat of Epping in the by-election.

"Tudehope" Name Returning to Epping Liberal Monica Tudehope

By Claudia Butjerevic

In Epping, the Liberal Party have pre-selected Monica Tudehope as their candidate for the state by-election.

Growing up in West Pennant Hills, the Tudehope name is familiar in the electorate. Monica's father is Damien Tudehope, former Member for Epping and current member of the New South Wales Legislative Council.

'He was a very good representative for Epping, and I can only hope to do as well as he did,' says Monica Tudehope about her father. 'People are willing to give me the benefit of my own candidacy. I am my own person and people respect that. I went through a democratic preselection process... I have to go to the people to be given this job.'

Under Dominic Perrottet, Monica worked as his Deputy Chief of Staff, and overlooked all of the government affairs and policy, including the reforms to stamp duty, gambling, and changes to pharmacies.

As the Member for Epping, Monica says she will fight to reverse the cuts Labor have made to policies such as the Active and Creative Kids Vouchers and the First Home Buyers package which saw the choice of either paying stamp duty or an annual land tax. To Monica, these cuts directly worsen the cost-of-living crisis.

'In particular,

when people are managing all of their costs, they want their kids to be able to do sport on the weekend, and it's expensive,' says Monica, continuing to talk on the subject of housing. 'We can help people with the cost of housing, because rents are going up. I'd love to see more people, particularly of my generation, own their own homes.'



Pictured: Monica Tudehope,
Liberal for Epping

While campaigning, the public have been raising the issue of traffic congestion across the electorate, which Monica vows to focus on as the appointed member. 'People want their lives largely to be liveable, and if they feel like traffic is a concern that is where there is a real role for government,' explains Monica. 'We need more public transport, but we also need to make sure the roads can cope with the traffic. If you don't

have that investment in public transport and the roads then the two systems can't work together.'

Monica Tudehope has been across the community campaigning, canvassing, and letterboxing, and will continue until the by-election on the 19th of October.

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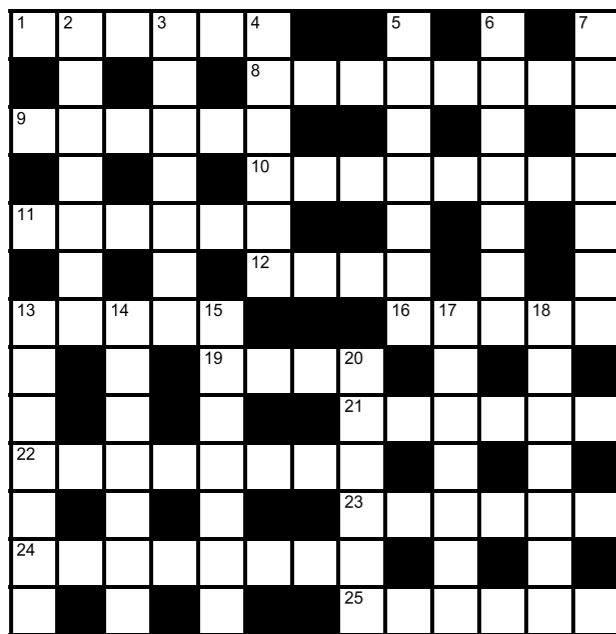
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GENERAL KNOWLEDGE CROSSWORD 717

ACROSS

- 1 Name a paroxysmal disorder of respiration (6)
- 8 Which of the crustaceans clings to rocks, etc (8)
- 9 Many of the world's multi-billionaires are on which Rich List (6)
- 10 Which term describes those who commit forcible seizure of an office, power, etc (8)
- 11 To be brisker, or more nimble, is to be what (6)
- 12 Name the capital of East Timor (4)
- 13 To bake food in an oven, is to do what (5)
- 16 When one regulates food intake, one does what (5)
- 19 Who discovered silver at Broken Hill in 1883, Charles ... (4)
- 21 Which musical direction suggests 'in a leisurely manner' (6)
- 22 Who seeks to expel evil spirits, or the like (8)
- 23 To dig up a dead body, is to do what (6)
- 24 What do we call an astronaut (8)
- 25 To cut one's first teeth, is to do what (6)



- 4 To be contrary to reason or common sense, is said to be what (6)
- 5 What is a robot made to resemble a human being (7)
- 6 Which term relates to systematised knowledge in general (7)
- 7 Who devised the centigrade temperature scale, Anders ... (7)
- 13 To drive a car backwards, is to what (7)
- 14 Which performer can walk on a tightrope, perform on a trapeze, or do other similar feats (7)
- 15 What is an alternative word for the windpipe (7)
- 17 Name one of Sir Walter Scott's most popular novels (7)
- 18 What is the act of being victorious (7)
- 20 To obtain exclusive rights to an invention, one must take out a what (6)

DOWN

- 2 Name the eighth sign of the zodiac (7)
- 3 Which term describes offspring of two animals or plants of different races, breeds, varieties, etc (7)

MINI WORD FIND 018

S A I L O R
 Y D L W U O
 V D L O I L
 A I J N N E
 S I N K O G
 H Q M E R R

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

- | | | |
|--------------|-------------|---------------|
| Add | Inn | Owl |
| Aim | Know | Role |
| Along | Nor | Sailor |
| Ash | Oil | Sink |
| Ill | Our | Vine |

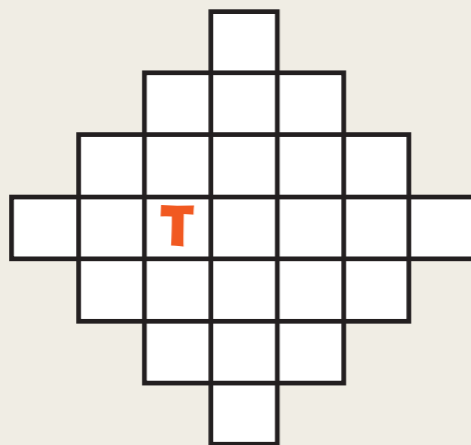
CURIO 018

In November 2014, Christie's Auction House in London sold three Andy Warhol artworks for over AUD \$2.6 million! Andy Warhol (1928-87) was the leading light of the visual art movement known as Pop Art and he's also credited with the expression, "15 minutes of fame."

E-EQUATIONS 028

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

A	T×E	
E	A÷T	5
N	E+S	
O	R-O	
R	S×O	18
S	O-N	
T	S+S	



BIYWORD 018

Build it yourself using the clues and each of the twenty-four letters once only to form ten words: five across and five down. A key word (bold clue) builds on the letter set in the grid.

- CLUES:**
- Doled (5)
 - French cap (5)
 - Good friends (coll) (5)**
 - Group of sheep (3)
 - Harden (3)
 - Parent (3)
 - Ranted (5)
 - Rapid Eye Movement (3)
 - Returned soldier (7)
 - Strongly desired (7)
- | | | | |
|---|---|---|---|
| A | D | E | R |
| A | E | M | S |
| B | E | M | T |
| C | E | N | T |
| D | E | O | V |
| D | E | R | V |

SUDOKU 018

				6	7			
	7	1		2	8	3		
	1	6		5	4			
2		3				9		
	6							
	5							
4		2	8	1				
3	9					2		

QUICK THINK 018

- Solve the crossword. Each answer has four letters.
- ACROSS**
- 1 Try out
 - 5 Detest
 - 6 The Far East
 - 7 Course
- DOWN**
- 1 "... does it!"
 - 2 Relieve
 - 3 Arouse
 - 4 Brisbane Lions, eg

1	2	3	4
5			
6			
7			

SOLUTIONS

BIYWORD

QUICK THINK

SUDOKU

MINI WORD FIND

E-EQUATIONS

ACROSS

DOWN



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COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Drawing and Sketching 	AF-24411O	Mon	09:30 - 12:00	8	14 Oct - 2 Dec		JY	\$250*
Therapeutic Art and Craft	TA-24322H	Tue	13:00 - 15:00	8	22 Oct - 10 Dec	Hornsby HQ	SB	\$270*
Art of Watercolour for Beginners	AOWB-24431H	Wed	10:00 - 13:00	9	16 Oct - 11 Dec	Hornsby HQ	CC	\$285*
Papertole 	AT-24441H	Thu	09:30 - 11:30	8	17 Oct - 5 Dec	Hornsby HQ	MD	\$220*
Painting	AZ-24442H	Thu	12:00 - 15:00	9	17 Oct - 12 Dec	Hornsby HQ	CC	\$285*
Creative Crafts	CCTA-24461H	Fri	10:00 - 12:00	8	18 Oct - 6 Dec	Hornsby HQ	SB	\$270*
Art of Watercolour	AOW-24451H	Fri	10:00 - 13:00	9	18 Oct - 13 Dec	Hornsby HQ	CC	\$285*
Painting your Favourite Style	PFS-24452H	Fri	14:00 - 16:30	8	25 Oct - 13 Dec	Hornsby HQ	JW	\$260*
Acrylic Painting	APS-24462H	Sat	13:30 - 16:30	8	19 Oct - 7 Dec	Hornsby HQ	CC	\$255*
Ceramics	CC-24411H	Mon	10:00 - 12:00	8	14 Oct - 2 Dec	Hornsby HQ	JS	\$400
Ceramics	CC-24443H	Thu	18:00 - 20:00	6	17 Oct - 21 Nov	Hornsby HQ	JS	\$300







MUSIC

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Guitar Intermediate	G21-24413M	Mon	18:00 - 19:00	10	14 Oct - 16 Dec	MMA	MMA	\$280
Guitar Beginner	PF1-24413M	Mon	19:00 - 20:00	10	14 Oct - 16 Dec	MMA	MMA	\$280
Keyboard Beginner	KB1-24423M	Tues	18:30 - 19:30	10	15 Oct - 17 Dec	MMA	MMA	\$280
Singing	PS2-24433M	Wed	19:00 - 20:00	10	16 Oct - 18 Dec	MMA	MMA	\$280
Guitar Beginner	PF1-24443M	Thu	18:00 - 19:00	10	17 Oct - 19 Dec	MMA	MMA	\$280
Keyboard Beginner	KB1-24443M	Thu	19:00 - 20:00	9	17 Oct - 19 Dec	MMA	MMA	\$280

* **Concession = \$10 discount** | **Tutors:** **JW** - Mr Jan Windus, **JY** - Jenny Young, **CC** - Cheree Connolly, **SB** - Sayo Burton, **MD** - Marlies Davey (Linssen), **JS** - Julianne Smallwood, **MMA** - Morgan Music Academy

 Students/Tutors have received recognition award recently  Denotes Online Course

HKCC LIFESTYLE




COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Sewing for Beginners	SB2-24461H	Sat	10:00 - 12:00	7	19 Oct - 7 Dec	Hornsby HQ	NT	\$225*
Learn to Sew Workshop	LTS-24471H	Sun	10:00 - 15:00	1	9 Nov	Hornsby HQ	RD	\$150
Mahjong for Beginners	MJ-24442H	Thu	13:00 - 15:00	8	17 Oct - 5 Dec	Hornsby HQ	FC	\$230*
Mahjong Social Club	MJS-24442H	Thu	13:00 - 15:00		Oct - Dec	Hornsby HQ		\$5p/s^
Rookies Bridge Club	RBC-24412H	Mon	13:30 - 15:30		Oct - Dec	Hornsby HQ	SW	\$12p/s^
Oracle/Angel Card Reading Level 1 	OAR-24433H	Wed	18:00 - 20:00	8	16 Oct - 11 Dec	Hornsby HQ	MN	\$255
Oracle/Angel Card Reading Level 2 	OARL2 - 24443H	Thu	18:00 - 20:00	8	17 Oct - 12 Dec	Hornsby HQ	MN	\$255
Creative Writing Face-to-Face 	WC-24432HO	Wed	13:00 - 15:00	8	16 Oct - 4 Dec	Hornsby HQ 	IK	\$220
Dogs Matter Canine First Aid 	DFA	Sat	09:00 - 12:00	1	23 Nov	Hornsby HQ	DM	\$90
Dogs Matter Separation Anxiety 	DSA	Sat	13:00 - 15:30	1	23 Nov	Hornsby HQ	DM	\$90

* **Concession rate available** | **^Cost per session** | **Tutors:** **SW** - Susan Wade, **FC** - Flora Chan, **NT** - Naomi Tabtiang, **RD** - Romi Dupont-Louis, **IK** - Irveen Kaur, **MN** - Megan North, **DG** - Dogs Matter

 Denotes new course  Denotes Online Course

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COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Meditation 	SRM-24433H	Wed	18:30 - 19:30	8	16 Oct - 11 Dec	Hornsby HQ	DA	\$150
Yin Yoga	YY-24423SP	Tue	18:00 - 19:00	9	15 Oct - 10 Dec	Storey Park	MK	\$150
Yoga	HY-24423SP	Tue	19:15 - 20:30	9	15 Oct - 10 Dec	Storey Park	MK	\$190
Tennis Beginner	TT-24421BH	Tue	09:30 - 11:00	10	15 Oct - 17 Dec	KWTAW	KW	\$300
Tennis Intermediate	TT-24431IW	Wed	09:30 - 11:00	10	16 Oct - 18 Dec	KWTAW	KW	\$300
Tennis Beginner	TT-24432BW	Wed	19:00 - 20:00	10	16 Oct - 18 Dec	KWTAW	KW	\$200
Tennis Beginner	TT-24433BW	Wed	20:00 - 21:00	10	16 Oct - 18 Dec	KWTAW	KW	\$200
Tennis Intermediate	TT-24434IW	Wed	20:00 - 21:00	10	16 Oct - 18 Dec	KWTAW	KW	\$200
Tennis Clinic	TT-24443BH	Thu	20:00 - 21:00	9	17 Oct - 12 Dec	KWTAH	KW	\$200
Tennis Intermediate	TT-24444IH	Thu	20:00 - 21:30	9	17 Oct - 12 Dec	KWTAH	KW	\$225
Pickleball Stage 1	PB-24433H	Mon/Wed	18:00 - 19:00	10	Oct - Dec	KWTAH	KW	\$190
Pickleball Stage 2	PBB-24413H	Mon/Wed	18:00 - 19:00	10	Oct - Dec	KWTAH	KW	\$190
Pickleball Social	PBS-244	Fri/Sat	Refer to website	9	Oct - Dec	KWTAH	KW	\$80
Pickleball Social	SPBS-24411H	Mon	09:30 - 11:30	10	14 Oct - 16 Dec	KWTAH	KW	\$80
Tai Chi/Qigong Intermediate	H2I-24413H	Mon	19:30 - 21:00	9	14 Oct - 9 Dec	HWMH	LK	\$170*
Tai Chi/Qigong Intermediate	H2I-24431H	Wed	10:00 - 11:30	9	16 Oct - 11 Dec	HWMH	LK	\$170*
Tai Chi/Qigong Beginners	H2B-24461H	Sat	11:00 - 12:00	8	12 Oct - 7 Dec	HWMH	LK	\$115*
Pilates	HP-24441T	Thu	9:45 - 10:45	7	17 Oct - 12 Dec	TUC	JW	\$130
Active Ageing 	RAA-24461H	Sat	10:30 - 11:15	8	19 Oct - 7 Dec	Hornsby HQ	CE	\$160
'Silver Treads' 	ST-24441A	Thu	10:00 - 10:45	10	5 Sep - 7 Nov	SAC	CC	^
Line Dancing Beginner	LDB-24411P	Mon	09:30 - 10:30	6	21 Oct - 25 Nov	WPCH	RS	\$90*
Line Dancing Improver	LDI1-24412P	Mon	10:45 - 12:15	6	21 Oct - 25 Nov	WPCH	RS	\$120*
Line Dancing Absolute Beginner	LDAB-24443H	Thu	16:45 - 17:45	6	24 Oct - 28 Nov	HWMH	RS	\$90*
Line Dancing Beginner	LDB-24444H	Thu	18:00 - 19:00	6	24 Oct - 28 Nov	HWMH	RS	\$90*
Salsa	SLR-24413A	Mon	19:00 - 20:00	8	21 Oct - 9 Dec	St John's Church	LF	\$190*
Rock n Roll	RNR24443M	Thurs	18:00 - 18:45		7 - 28 Nov	MCCC	RM	\$78
Ballroom Workshop	DBW-24443P	Thu	18:30 - 21:30	1	28 Nov	HG	JM	\$50

* **Concession rate available** | **^ Call HKCC for cost details** | **Tutors:** **JW** - Jo Wolfgarten, **KWTA** - Tennis Academy, **CC** - Chris Curran, **LK** - Dr Larissa Koroleva, **RS** - Ros Straw, **LF** - Latino Fever, **RM** - Rina Masia, **MK** - Mira Kozik, **JM** - Janette McKenzie, **DA** - Deepika Jinda, **CE** - Cigdem Ereren

 Denotes new course  Seniors exercise class

HKCC CHRISTMAS WORKSHOPS

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Christmas Pottery and Sip	CPS-24463H	Thu	17:30 - 20:30	2	28 Nov + 4 Dec	Hornsby HQ	JS	\$150
Scandi Christmas Tree	SC-24472H	Sun	14:00 - 17:00	1	1 Dec	Hornsby HQ	CC	\$125
Sewing for Christmas	SFC-24443H	Thu	18:00 - 21:00	1	5 Dec	Hornsby HQ	RD	\$50
Christmas Art Expressions: Mixed Media	SMMW-24432H	Wed	13:30 - 14:00	1	4 Dec	Hornsby HQ	JH	\$80
Christmas Cupcake and Cookies Decorating	CFCC-24423H	Tues	18:30 - 21:30	1	10 Dec	Hornsby HQ	LM	\$125

Tutors: **JS** - Julianne Smallwood, **CC** - Cheree Connolly, **RD** - Romi Dupont-Louis, **JH** - Juliet Holden, **LM** - Leonie Merheb

HKCC PATHWAYS

JOB READY ACCREDITED AND SUBSIDISED

FOUNDATION SKILLS

FSK10119 CERTIFICATE I IN ACCESS TO VOCATIONAL PATHWAYS

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

FSK10219 CERTIFICATE I IN SKILLS FOR VOCATIONAL PATHWAYS

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

FSK20119 CERTIFICATE II IN SKILLS FOR WORK AND VOCATIONAL PATHWAYS

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

JOB READY SKILLS

BSB20120 CERTIFICATE II IN WORKPLACE SKILLS

- Apply communication skills BSBCMM211
- Work effectively in business environments BSBOPS201
- Plan and apply time management BSBPEF202
- Participate in sustainable work practices BSBSUS211
- Contribute to the health and safety of self and others BSBWHS211
- Develop and apply thinking and problem solving skills BSBCRT201
- Use business software applications BSBTEC201
- Use digital technologies to communicate in a work environment BSBTEC202
- Work effectively with others BSBTWK201
- Deliver a service to customers BSBOPS203

BSB30120 CERTIFICATE III IN BUSINESS

- Apply critical thinking skills in a team environment BSBCRT311
- Support personal wellbeing in the workplace BSBPEF201
- Participate in sustainable work practices BSBSUS211
- Use inclusive work practices BSBTWK301
- Assist with maintaining workplace safety BSBWHS311
- Engage in workplace communication BSBXCM301
- Use business software applications BSBTEC201
- Design and produce business documents BSBTEC301
- Use digital technologies to collaborate in a work environment BSBTEC404
- Write simple documents BSBWRT311
- Contribute to continuous improvement BSBSTR301
- Design and produce spreadsheets BSBTEC302
- Create electronic presentations BSBTEC303

SHORT COURSES

**Barista Basics: Fri, 09:30 - 14:30, 4 sessions,
11 Oct - 01 Nov, HKCC and WC \$0.00*~**
**Barista Basics: Wed 09:30 - 14:30, 4 sessions
13 Nov - 4 Dec, HKCC and CA \$0.00*~**

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

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



JOB READY SKILLS

CHC33021 CERTIFICATE III IN INDIVIDUAL SUPPORT

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

PLUS 6 electives from the list below and

120 hours of mandatory work placement

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

GROUP A - AGEING

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

GROUP B - DISABILITY

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

ICT30120 CERTIFICATE III IN INFORMATION TECHNOLOGY

- Develop and extend critical and creative thinking skills BSBCRT301
- Securely manage personally identifiable information and workplace information BSBXCS303
- Identify IP, ethics and privacy policies in ICT environments ICTICT313
- Apply introductory programming techniques ICTPRG302
- Create ICT user documentation ICTICT309
- Apply introductory object-oriented language skills ICTPRG430
- Work in a team BSBXTW301
- Run standard diagnostic tests ICTSAS308
- Build simple web pages ICTWEB304
- Maintain interactive content CUADIG211
- Maintain and repair ICT equipment and software ICTSAS309
- Provide ICT advice to clients ICTSAS305



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

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

SUPERVISORY QUALIFICATIONS

CHC43015 CERTIFICATE IV IN AGEING SUPPORT

PRE-REQUISITE CHC33015 OR CHC33021 CERTIFICATE III IN INDIVIDUAL SUPPORT

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

PLUS 120 hours of mandatory work placement

Talk to us about Traineeships - 02 9482 1189



This icon denotes courses which attract NSW Government funding under **Smart and Skilled**. You may be eligible if you are: 15 years or older, have left school, live or work in NSW and are an AUS or NZ citizen, AUS permanent resident or humanitarian visa holder.

ADULT COMMUNITY EDUCATION PROGRAM (ACE)

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

TARGETED SKILLS FOR SMALL BUSINESS (TSB)

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

RECOGNITION OF PRIOR LEARNING (RPL)

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

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



SMALL BUSINESS WEEK

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Social Media Marketing and Content Creation	SB2-24445H	Thu	18:00 - 21:00	1	10 Oct	Hornsby HQ	SA	\$150/\$0*
Quick Steps to Attract More Customers/Clients	QS-24445H	Thu	18:00 - 21:00	1	24 Oct	Hornsby HQ	AT	\$150/\$0*

PROFESSIONAL DEVELOPMENT SHORT COURSES

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Computer Basics 1	DIG001-24421H	Tue	10:00 - 12:00	3	15 Oct - 29 Oct	Hornsby HQ	CW	\$150/\$0*
Barista Basics	SB2-24452ZH	Fri	09:30 - 14:30	4	11 Oct - 01 Nov	Hornsby HQ/ Withams	CH	\$400/\$0*
Barista Basics	SB2-24432LH	Wed	09:30 - 14:30	4	13 Nov - 4 Dec	Hornsby HQ/ Café Alcemy	CH	\$400/\$0*
Office Applications	MS-24435O	Wed	18:00 - 20:00	6	23 Oct - 27 Nov		CH	\$150/\$0*
Office Applications	MS-24411H	Fri	09:30 - 14:30	6	08 Nov - 13 Dec	Hornsby HQ	CH	\$350/\$0*
Xero	X-24451H	Fri	10:00 - 16:00	1	15 Nov	Hornsby HQ	SC	\$180/\$0*

ENGLISH SECOND LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
English Beginners	MJS-24421KO	Tue	09:30 - 11:30	9	15 Oct - 10 Dec	Hornsby HQ	KO	\$200/\$0*
English Advanced	EALS-24451KO	Fri	09:30 - 11:30	9	18 Oct - 13 Dec	Hornsby HQ	KO	\$200/\$0*
English Foundation 初级英语	FSK-24431FC	Wed	09:30 - 12:00	9	16 Oct - 11 Dec	Hornsby HQ HKCC校址	FC	\$200/\$0*
English Beginners 初级英语网上授课	FSK-24441FC	Thu	09:30 - 12:00	9	17 Oct - 12 Dec	 网上授课	FC	\$200/\$0*
English Intermediate 中级英语	FSK-24411FC	Mon	09:30 - 13:00	9	14 Oct - 09 Dec	Hornsby HQ HKCC校址	FC	\$200/\$0*
English Intermediate 中级英语网上授课	FSK-24421FC	Tue	09:30 - 13:00	9	15 Oct - 10 Dec	 网上授课	FC	\$200/\$0*

SCHOOL LEAVERS

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Social Media Marketing and Content Creation (School Leavers)	SB2-24445H	Thu	15:00 - 17:30	1	28 Nov	Hornsby HQ	SA	\$150/\$0*

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

Denotes Online Course



Small Business Month
1 - 31 October 2024

FEE FREE TRAINING:

* ADULT COMMUNITY EDUCATION (ACE) PROGRAM

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

- Aged 15 or over
- No longer at school or equivalent
- Live or work in NSW
- Meets one of the following:

Australian citizen,
Australian permanent resident,
New Zealand citizen,
Humanitarian visa holder

• and one of the following:

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

TECH SAVVY SENIORS

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

COURSE NAME	COURSE CODE	DAY	TIME HRS	DURATION	SITE
Introduction to Computers	TSSIC-24451H	Fri	10:00 - 12:00	18 Oct	Hornsby HQ
Introduction to Internet	TSSIT-24451H	Fri	10:00 - 11:30	1 Nov	Hornsby HQ
Shopping Online	TSSOS-24451H	Fri	10:00 - 11:30	29 Nov	HornsbyHQ
Cyber Safety	TSSCS-24451H	Fri	10:00 - 11:30	6 Dec	Hornsby HQ

BE CONNECTED

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

COURSE NAME	COURSE CODE	DAY	TIME HRS	DURATION	SITE
Digital Group Mentoring Sessions	BECGS-24421H	Tue	10:00 - 11:30	17 Oct - 10 Dec	Hornsby HQ
Digital Group Mentoring Sessions	BECGS-24442H	Thu	15:00 - 16:30	17 Oct - 12 Dec	Hornsby HQ
Digital Mentoring One-on-One	DM50-24422H		By Appointment		Hornsby HQ
Digital Mentoring One-on-One	DM50-24431G	Wed	By Appointment (09:30 - 12:00)	16 Oct - 13 Dec	Gordon Library

FREE WORKSHOP - GET ONLINE WEEK

COURSE NAME	COURSE CODE	DAY	TIME HRS	DURATION	SITE	TUTOR
Creating Your Favourite Albums and Cards with Pic Collage	GOWE-24421H	Tue	12:00 - 15:00	15 Oct	Hornsby HQ	Sayo Burton

VOLUNTEER WITH US: DIGITAL VOLUNTEER MENTORING!

YOU CAN HELP TOO, BY BECOMING A DIGITAL MENTOR!

We're looking for volunteers to assist and support the Be Connected digital literacy program by mentoring others.

You don't have to be over 50, just interested in using your skills and knowledge to help others.

Email volunteers@hkcc.nsw.edu.au or phone **9482 1189** for more information.

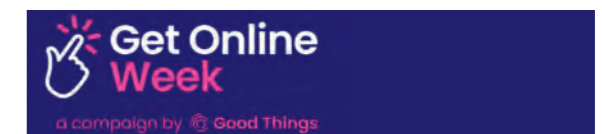
COURSE NAME	COURSE CODE	DAY	TIME HRS	DURATION	SITE	TUTOR
Mentor Training	BECMTS-24441H	Thu	13:30 - 15:30	24 Oct	Hornsby HQ	Colin Wong
Mentor Training	BECMTS-24441H	Thu	13:30 - 15:30	14 Nov	Hornsby HQ	Colin Wong
Mentor Training	BECMTS-24441H	Thu	13:30 - 15:30	5 Dec	Hornsby HQ	Colin Wong

Denotes Online Course



Be Connected
Every Australian online.

Network Partner



VENUES

24/7 Gym HG
Studio 2, 100 George St, Hornsby

Cafe Alchemy CA
CSIRO Lindfield
36 Bradfield Rd, West Lindfield

Gordon Library GLM
799 Pacific Hwy, Gordon

Hornsby Headquarters HQ
Level 1, 45 Hunter St, Hornsby

Hornsby War Memorial Hall HWMH
2 High St, Hornsby

KWTAH Tennis Courts Hornsby
12A Edgeworth David Ave, Hornsby

KWTAW Tennis Courts Waitara
Cnr Edgeworth David Ave and Park Ave, Waitara

Morgan Music Academy MMA
104/2 Burdett St, Hornsby

Mount Colah Community Centre MCCC
6X Pierre Cl, Mount Colah

St Andrews Church SAC
2 Water St, Wahroonga

St Ives CGC
Community Groups Centre
Rm 6, Cnr Mona Vale Rd/Rosedale Rd, St Ives

St John's Church Hall
6 Royston Pde Asquith

St Peter's Anglican Church
C/O 207 Peats Ferry Rd, Hornsby

Storey Park, Fowler Hall
12 Old Berowra Rd, Hornsby

Turrumurra Uniting Church TUC
Colonnade Room,
10 Turrumurra Ave, Turrumurra

West Pymble Community Hall WPCH
Loftberg Rd, West Pymble

Witham's Coffee WC
5 Salisbury Road, Hornsby

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

FRENCH LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Continuers	FB2-24421H	Tue	11:00 - 13:00	5	15 Oct - 19 Nov	Hornsby HQ	JR	\$160*
Intermediate	FFI-24423H	Tue	14:00 - 16:00	5	15 Oct - 19 Nov	Hornsby HQ	JR	\$160*
Extension	FE-24412S	Mon	12:30 - 14:30	8	21 Oct - 9 Dec	St Ives (CGC)	RW	\$245*

ITALIAN LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Beginner	IB-24432H	Wed	12:30 - 14:30	8	16 Oct - 4 Dec	Hornsby HQ	AS	\$245*
Extension	IE-24431H	Wed	10:00 - 12:00	8	16 Oct - 4 Dec	Hornsby HQ	AS	\$245*
Conversation (Intermediate)	ICC-24433H	Wed	15:00 - 16:00	8	16 Oct - 4 Dec	Hornsby HQ	AS	\$125*

MANDARIN LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Absolute Beginner	MAB-24443H	Thu	18:00 - 20:00	8	17 Oct - 5 Dec	Hornsby HQ	BC	\$245*
Beginner	MB-24423H	Tue	18:00 - 20:00	8	15 Oct - 3 Dec	Hornsby HQ	BC	\$245*

SPANISH LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Absolute Beginners (L1)	SAB-24461H	Sat	10:00 - 12:00	8	19 Oct - 7 Dec	Hornsby HQ	VR	\$245*
Beginners (L2)	SB-24462H	Sat	12:30 - 14:30	8	19 Oct - 7 Dec	Hornsby HQ	VR	\$245


JAPANESE LANGUAGE

COURSE NAME	COURSE CODE	DAY	TIME HRS	SESSIONS	DURATION	SITE	TUTOR	COST
Beginner	JB-24411H	Mon	10:00 - 12:00	8	14 Oct - 2 Dec	Hornsby HQ	KT	\$245*
Beginner	JB-24462H	Sat	12:30 - 14:30	8	19 Oct - 7 Dec	Hornsby HQ	KT	\$245*
Beginner Continuers	JBC-24412H	Mon	13:45 - 15:45	8	14 Dec - 2 Dec	Hornsby HQ	KT	\$245*
Extension	JE-24461H	Sat	10:00 - 12:00	8	19 Oct - 7 Dec	Hornsby HQ	KT	\$245*

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

COURSE PROPOSALS!
Do you have a special talent and the skills to offer a course at HKCC? Whether it be art, music, leisure, lifestyle, a language or professional development, we are looking for new ideas and course offerings. If you would like to propose a course or workshop, please contact us at enquiries@hkcc.nsw.edu.au

ARE YOU A QUALIFIED TRAINER AND ASSESSOR, ABLE TO TRAIN IN ONE OF THE QUALIFICATIONS WE HAVE ON SCOPE? WE WOULD LIKE TO HEAR FROM YOU: VET@HKCC.NSW.EDU.AU



Brochure cover:
Study of Horikiri Iris Garden
Lindsey Freeman,
Art of Watercolour student.
Tutor is Cheree Connolly.

Hornsby Ku-Ring-Gai Community College Inc
ABN 20 410 295 360 | RTO 90232
Level 1, 45-47 Hunter Street, Hornsby NSW 2077
enquiries@hkcc.nsw.edu.au | 02 9482 1189
www.hkcc.nsw.edu.au



BBP Food Waste Program for Businesses to Join

By Claudia Butjerevic

The NSW Environment Protection Authority has awarded \$198,000 in grant funding to the Better Business Partnership (BBP).

These funds are provided under the Business Food Waste Partnership Grants program. With the grant, BBP will provide 300 businesses support to reduce food waste going to landfill. The Better Business Partnership is a joint initiative with Kuring-gai, North Sydney, and Willoughby Councils, alongside Sydney Water and the NSW Government's Environmental Trust.

The aim of the BBP program is to reduce wastage going to landfill by 40 per cent by 2027. To achieve this goal, Better Business will work with businesses to educate them on how to categorise and separate their food waste from general waste and identify solutions to possible roadblocks preventing proper waste removal strategies.

'Food waste gives off a harmful methane gas which is 30 times more potent

than greenhouse gas warming the planet,' explains Amanda Choy, BBP Program Coordinator. 'Part of our program is about getting people to sign up and have a conversation: What sort of food waste do you generate?'

There are four types of food waste: spoiled food, preparation waste, plate waste, and food that can be rescued. Through educational webinars and face-to-face workshops that allow for networking and hands-on experiences, BBP want to empower people and businesses to feel better about making a difference in their workplace, save the environment, and reduce the cost of their regular waste removal. In Australia, around 20% of all waste is food waste, which amounts to about \$36 billion in waste fees.

In the recruitment phase, BBP are searching for businesses such as childcare centres, aged care facilities, shopping centres, cafes and restaurants, food outlets, caterers, and any business that produces food waste. Though BBP is a collaboration with Kuring-gai, Willoughby, and North Sydney,

businesses in the surrounding areas like Hornsby, Lane Cove, Mosman, the Northern Beaches, Ryde, and others are welcome to apply.

'We will be using the EPA's Bin Trim Program to access on site equipment to dehydrate food waste... take out the moisture, the weight and the smelliness,' says Amanda. 'That can either be applied to gardens for composting or taken away for further processing.'

The grant funding is against a backdrop of the EPA and the NSW Government introducing FOGO (Food Organics Garden Organics) recovery mandates in 2025. Large businesses and institutions will be required to have a source-separated food organics collection from July 2025. Councils will be required to provide NSW households with source-separated food organics collection from July 2030.

For more information and to apply, visit bbp.org.au/food-waste/



25, 26 & 27 OCTOBER
Club Birthday Raffle
WEEKEND
CLUB BIRTHDAY RAFFLE
SATURDAY 26
TICKETS ON SALE FROM 6PM
DRAWN FROM 7PM
OVER \$3000 IN PRIZES

FRIDAY: 2077AD-BATTLE OF THE BANDS
ENTERTAINMENT LOUNGE - 7PM

SATURDAY: JELLYBEAN JAM
ENTERTAINMENT LOUNGE - 8PM

SUNDAY: THE ASTON MARTINS (JAZZ)
ENTERTAINMENT LOUNGE - 2PM

DINING SPECIALS + DISCOUNTED DRINKS FREE LIVE ENTERTAINMENT




MAGPIES
WAITARA

- The Kitchen
- Lucky Magpie Asian Cuisine
- Peggy's Cafe
- Weekly Food Raffles
- Live music on Saturday's from 7:30pm
- Trivia every Thursday 7:30pm
- Poker every Tuesday 7:30pm and Sunday 2:30pm
- Pool Competition every Friday from 6:30pm
- Karaoke Fridays from 8pm

OPEN 7 DAYS A WEEK

11-37 Alexandria Pde, Waitara magpieswaitara.com.au 02 9487 1066



I am happy to help you and your family with:

- access to NSW Government Services
- representation in Parliament and to Ministers
- attending local events and supporting local groups
- Justice of the Peace applications
- Congratulatory messages for milestone birthdays and anniversaries

Please contact my office and I will be pleased to assist you.



Scan for the Willoughby Community Survey

TIM JAMES MP
MEMBER FOR WILLOUGHBY
Shadow Minister for Fair Trading, Work Health and Safety and Building

02 9439 4199 0478 164 250
willoughby@parliament.nsw.gov.au
www.timjamesmp.com.au
PO Box 428 Northbridge NSW 1560
Shop 26, 145-151 Sailors Bay Road, Northbridge NSW 2063



By Julian Leeser, MHR, Member for Berowra

Boundary Changes and Arrival of His Majesty the King

Davis, as the principal organiser of local Anzac Day and Remembrance Day commemorations. Sadly, Ray recently passed away after a life of service to our country and community both at war and in peace. I recently had the great privilege of speaking about him in the Parliament to recognise his remarkable contribution.

As you may be aware, the Australian Electoral Commission has finalised the new boundaries for Berowra which means I'll now be representing Waitara, as well of all of Normanhurst, Asquith and Hornsby, and also Epping and North Epping.

I see the boundary changes as an opportunity to represent an even more diverse and interesting electorate. I'm looking forward to getting out in the community, so please say hi if you see me around.

Many people in our community will know the wonderful local veteran, Ray

One issue that I've been speaking about with Berowra locals is the cost-of-living. I know that increased fuel, electricity, gas and grocery prices and the rise in mortgage repayments and rents is making life tough. As your voice to our Parliament, I am determined that the Parliament hears the concerns of our community.

Finally, after a long wait, the new portraits of his Majesty the King have finally arrived. I've been presenting them to local community organisations recently. If you would like a portrait of the King, please contact my office.

Resident Faces \$100,000 Penalty for Development Non-Compliance

By Sophie Saunders

NORTHERN Beaches Council welcomes the Local Court's recent decision imposing a \$100,000 penalty plus court costs for unauthorised development works on a local property.

Four years ago, a complaint was made about a residential property in Palm Beach, alleging illegal construction activities involving a carport. Council issued a Development Control Order, requiring the property owner to comply with development standards.

The owner commenced proceedings in the Land and Environment Court appealing the order.

An agreement was reached between Council and the owner after a conciliation conference, whereby the Land and Environment Court issued a substituted order in February of 2022, requiring the demolition of the carport roof.

However, the agreement was not completed in the necessary time. Subsequently, Council issued a further Penalty Infringement Notice amounting to \$6000 in April of 2023.

The owner felt the Local Court should deal with this matter. The owner pleaded guilty to failing to comply with the Development Control Order, which resulted in the Court imposing a fine of \$100,000 on the property owner.

The Land and Environment Court's final decision reminds residents of the potential financial and legal repercussions of undertaking unlawful development work.

New \$1.2 Million BASC Building at Mount Colah Public School

By Claudia Butjerevic

Mount Colah Public School have unveiled their new BASC building.

On the 4th of September, the school held a ribbon cutting ceremony.

After seven years of planning and an investment of over \$1.2 million, the new facility will provide an educational space for children attending before and after school care (BASC).

The Mount Colah After School Care Association is a not-for-profit organisation, made up of volunteers. The building of a new BASC facility has been a dream project, and by continuing to champion the need, the dream recently came to fruition.

'This occasion represents the culmination of a remarkable journey, marked by

dedication, collaboration, and a shared vision,' said Kelly Edmunds, President of BASC, at the ribbon cutting event.

In attendance was Federal Member for Berowra Julian Leeser, Aboriginal Guringai Elder Uncle Laurie who performed a smoking ceremony, and EPB Builders who were contracted for the construction of the BASC building.

'I am excited to share that our new building will be named "Arranounbai", a word meaning "belonging",' said Kelly Edmunds. 'This name embodies our core mission: to create a strong sense of belonging for our school, our learners, our community, and our country.'

Inside, the BASC building is fitted with an office space, kitchenette, ample storage,



tables and chairs, various activities, and play equipment. In the centre of the room is a customised wooden tree that functions both as a bookshelf and sitting area.

Principal Allannah Cassidy and Julian Leeser MP cut the ribbon to officially open the BASC facility.

Wahroonga Resident National Youth Advisor

By Guangyi Liu

Womn-Kind, a prominent mental health organisation, has recently appointed Wahroonga resident Maddie Duffy as a National Youth Advisor.

This move highlights the importance of including young people's voices in discussions surrounding mental health, especially considering new data that reveals 82% of young Australians worry about the well-being of at least one friend.

According to Womn-Kind's research, 81% of young people experience feelings of inadequacy weekly, while 64% view mental health as their peers' primary concern. Founder and Director, Ruby Riethmuller, emphasises the urgency of addressing this crisis and the necessity of engaging young people in mental health discourse.

Maddie Duffy appreciates the opportunity to contribute to Womn-Kind's efforts, stating that young people possess valuable insights that can enhance decision-making processes.

Joint Council Hawkesbury Nepean River Program

SIX councils have established the Hawkesbury Nepean River System Coastal Management Program (HNRS CMP).

Hornsby Shire Council, Ku-ring-gai Council, Northern Beaches Council, The Hills Shire Council, Hawkesbury Council, and Central Coast Council, along with the NSW State Government, have developed a 10-year plan for coordinated management of the waterway health, hazard resilience, and protection of social and cultural values.

Drop-in sessions are taking place for the public to learn and comment on the project.

In Hornsby, these sessions are:

3 October, 9am – 2pm at Wisemans Ferry Boat Ramp, Old Northern Road, Wisemans Ferry

4 October, 9am – 1pm at Parsley Bay

Boat Ramp, 25 Karoola Street, Brooklyn

4 October, 2pm – 5pm at The Cottage, 10 Dangar Road, Brooklyn

9 October, 12pm – 5pm at Berowra Waters Marina, 199 Bay Road, Berowra Waters

For the Northern Beaches, these sessions are:

5th October 9am – 11am Bayview Dog Park, 1670 Pittwater Rd, Bayview

19th October 9am – 11am Palm Beach Wharf, 1149 Barrenjoey Rd, Palm Beach

24th October 10am – 12noon Cromer Admin Building, 55 Middleton Rd, Cromer

For more information, visit hawkesburynepeancmp.org

Council's Marketing Course

By Stephen Holland

Ku-ring-gai Council recently ran a marketing course for anyone who hasn't yet created a marketing plan.

Spread out over three weeks in short daily sessions, the course was easy for business owners to fit into a busy schedule.

However, one downside was that it didn't really talk about advertising or promoting your business – the important parts of any marketing plan! It felt a bit like the course assumed that once you build something, customers will automatically come. Any marketing expert worth their salt knows this to be untrue.

For experienced marketers looking to expand their knowledge, this course may be for you. But if you're new to marketing, this course could be useful.

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Kavita Herbert
CEO of BackBone

Connecting Businesses Together Speed Dating for Businesses

By Claudia Butjerevic

Con'td from Page 2

'I got my first gig with LinkedIn, and those days no one knew what it was. People would ask us to spell "LinkedIn",' says Kavita, laughing. 'I feel very fortunate I got a chance to be a part of that rocket ship.'

Now, with BackBone, she helps over 700 businesses meet their future customers, business partners, and get referrals. In the membership pool are businesses from over 60 industries. In the beginning, these were mainly professional services such as accounting, law, technology, consulting, and human resource businesses. Though, as BackBone has grown, the business types have expanded into hospitality, retail, manufacturing, health, and recruitment, among others.

'We are industry agnostic,' says

Kavita. 'We have recently started getting big players who want to work with small businesses, some banking teams and their business arms have joined BackBone.'

BackBone is on a membership structure. Clients pay to have access to online fortnightly forums where the BackBone team facilitate introductions. At the same time, BackBone plan to hold one conference a year in partnership with the CBD Sydney Chamber and Business NSW.

'If you're a business owner, you are busy, you need to network and expand your collaboration and partnership opportunities,' says Kavita. 'That's where businesses find value at BackBone.'

For more information about BackBone, visit bizbackbone.com



October is Small Business Month

By Tina Brown

Whilst often hear that 90% of small businesses fail, but what about the 10% that succeed? What are they doing right in the early stages?

Small businesses are often referred to as the engine room of the Australian economy. They are typically defined as having 19 or fewer employees, while micro businesses have 4 or fewer. I mention this to clarify where your business currently stands.

Key factors that hold businesses back from achieving success include poor budgeting, burning through cash too fast, inadequate research, failing to define a clear target market, lack of a solid business plan, and hiring employees too quickly in the early stages.

If you aim to be part of the 10% of successful business owners, do you have the right framework and support in place?

If you're just starting out and want to learn more, feel free to schedule a complimentary 30-minute discovery call with me, and I'll highlight how I can add value to your business through coaching.



www.tinabrowncoaching.com.au



INSPIRING BUSINESS SUCCESS

Her Village at Pymble Ladies' College

By Claudia Butjerevic

Her Village Foundation is a budding not-for-profit on the North Shore, helping refugee girls ages twelve to eighteen achieve positions of leadership.

In October, Her Village are holding their annual flagship event at the Pymble Ladies' College, known as their Championship. During which, Her Village will be raising funds to go towards supporting refugee girls.

'We're all about getting from that survive state to the thrive state,' says Her Village CEO, Tahmara Thomas. 'That's why we are called Her Village. It's about creating a village of support around the girls that they wouldn't normally have access to.'

In 2021 as a high school student, Tahmara Thomas began the organisation following international news of the Taliban in Afghanistan. To give back, Her Village was formed to aid in the prosperity of refugee Afghan girls on the North Shore. Her Village and the girls are connected through SSI, the national not-for-profit helping newly arrived refugees.

'North Shore kids get access to so many

resources, networks, and tailored help. We want to apply those resources to these girls who have enormous resilience and grit,' says Tahmara. 'We are trying to do that through sport, building their leadership, and building their friendships.'

For the Her Village Championship, twenty Afghan girls, ten African girls, and thirty girls from Pymble Ladies' College will be coming together. On day one, they participate in leadership workshops and get to know each other. The second day is a football clinic. For the Championship on the 27th of October, the girls will play football, which is open to the public to watch.

At the Championship

Day, cultural stalls including henna tattoos, an Afghan cultural corner with traditional clothing, and inspirational speakers will be present. One of those speakers will be Nooria



Ahmadi, local 18-year-old Afghan refugee who arrived in Australia in 2021 without speaking English. Nooria is now fluent, lives and supports herself, and is in Year 11 at her school.

'After I participated in Her Village I learned a lot about leadership,' says Nooria Ahmadi. 'I now help students who are coming into Australia at the Intensive English Centre. The teachers know that I love to help people.'

Tickets for the Her Village Championship event are available to

Image provided by Her Village purchase at the



QR code. Proceeds go towards supporting the refugees Her Village works with.



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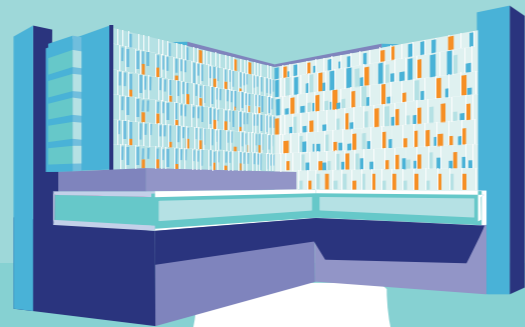
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Done Wasting Time On Dating?

By Cristina Davy
Dating and Relationship Coach
Aim for the Stars Coaching

After weeks of online dating and facing unstimulating conversations, missed connections, and disappointing dates, it's tempting to think, "My life is amazing; why disturb my peace?" Avoiding dating might seem like a relief, but how do we feel lying in bed at night with no one beside us?

This sentiment is common. Many fear dating will disturb their balanced lives or hinder achievements. They've crafted a comfortable existence, and dating feels like a threat. Add the possibility of feeling rejected, judged or getting hurt again and many choose to stay alone.

It's easy to say, "I don't need anyone. Love isn't for me." But hiding isn't the solution. Without understanding dating dynamics, relationship skills, or our own

patterns and fears, we can easily judge the worst in others. Without learning, we risk repeating mistakes and reinforcing beliefs that we should stay alone.

Years pass, and we realize we haven't experienced true love.

In my work with my clients, they learn how to defend their peace by learning how to handle emotional regulation or how to safely lower their walls to create a trusting connection. Discovering what is blocking them from attracting who they want, learning where to meet like-minded people, and expressing their needs without blame or defensiveness can transform their dating lives.

By learning from the highs and lows of our dates, we can show up more courageously

and stay open to love.

If you feel ready to break the cycle and open yourself to meaningful connections, I can help you identify what in your approach or dating strategy is preventing you from meeting high-value dates.

Together, we'll create a step-by-step path to build meaningful, long-lasting relationships. Reach out for support today. Your happiest, most fulfilled self is waiting to be discovered.

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Gear Up: Essential Scooter Accessories

By Rejimon PUNCHAYIL, Karis Life

A mobility scooter can significantly enhance your independence and quality of life. To make the most of your scooter, consider these essential accessories:

Scooter Flag: Increase your visibility on the road for pedestrians, drivers, and other road users.

Bag or Basket: Carry personal items, groceries, or other essentials conveniently.

Canopy: Protect yourself from the sun and light rain.

Side View Mirrors: Ensure visibility and safety when manoeuvring your scooter.

Beyond these essentials, there are numerous additional accessories to

enhance your mobility scooter experience:

Seat Cushions: Improve comfort and reduce pressure points.

Armrests: Provide support and stability.

Cup Holders: Stay hydrated and enjoy drinks conveniently.

Storage Compartments: Keep your belongings organised and accessible.

Mobile Phone Charger: For emergency charging of your mobile phone.

By incorporating these accessories, you

can further customize your mobility scooter to meet your specific needs and preferences. From improving comfort to enhancing safety, these accessories can significantly elevate your overall experience.

Visit www.karislife.com.au today to explore a wide range of mobility scooter accessories and find the perfect solutions to enhance your journey.

Our experienced AT specialists are ready to assist you in selecting the right options to meet your individual needs and elevate your independence.



Mary's House Services Walk

By Claudia Butjerevic

Sydney's northern suburbs are often regarded as prestigious and well-to-do. But domestic violence affects all people, from all areas of the city, and can leave women and children desolate, without finances or a secure home. Since 2020, recorded domestic violence incidents within the North Sydney to Hornsby region has increased nearly 8% yearly.

To address the gap in government-funded services for women and children fleeing abusive situations, residents of the northern suburbs founded Mary's House Services.

Mary's House Services is a not-for-profit organisation that supports women as they escape and recover from domestic and family violence. Beginning in 2015 with Mary's House Refuge, the service provides a temporary home for women, critical care, clothing, and food, all overlooked by qualified case workers.

Supporting Women Escaping Domestic Violence

In 2020, after a few years of having opened the refuge, Mary's House established the Daisy Centre north of the Harbour Bridge.

At the Daisy Centre, female survivors of violence have access to therapeutic programs, specialised social workers, expert legal professionals, and are given the opportunity to rebuild in a secure, compassionate environment. Mary's House aims to support women as they transition into their new, free and safe lives.

Since opening their doors, Mary's House has provided 14,000 nights of accommodation to women in crisis.

Domestic violence costs the economy \$26 billion annually. Mary's House Services is made possible by community funding and the generosity of individuals, businesses and philanthropists. Less than one per cent of funding comes from the government.

Mary's House Services are holding their annual Mary's House Walk to garner support, funds, and have the public say "no" to domestic violence.

On Sunday the 27th of October, at St Leonards Park, the community is encouraged to join the 10km, no stairs, guided route throughout North Sydney.

Mary's House are looking for corporates or foundations to match the donations of supporters, aiming to raise \$250,000 to ensure the operation of the refuge and their community centre.

'The support and participation of the region are crucial to the necessary delivery of our work,' says Yvette Vignando, CEO of Mary's House Services. 'On the day we welcome individuals and families, their tethered pets, corporates, schools, unis, sports and service organisations, concerned citizens, and our local parishes. We look forward to you joining us at the Mary's House Walk 2024. Together we are saving lives.'

For example, \$50 provides a gift card for a woman who needs to buy personal care items, \$250 provides a safe room in a hotel for a woman and her children, \$500 could provide a technology check on a woman's devices to prevent cyber-stalking, \$1,000 assists with funding the cost of therapeutic and wellbeing workshops, \$5,000 assists with the cost of providing safe accommodation.

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

Stone Real Estate Hornsby Celebrates 5 Years!

Stone Real Estate Hornsby is FIVE.

Humbly starting out as a family operating business in 2019, Stone has organically grown into a steady, trustworthy real estate and property management business. From six employees to now twenty-one, Stone is overjoyed at their business achievements, and determined to continue their work for their clients across the Hornsby, Waitara, Asquith and Mount Colah communities.

Noakes brothers Steve and Adam are the top selling agents in their suburbs.

Stone are grateful for the unwavering support and trust the community have put in their experienced hands and look forward to many more years serving the real estate needs across Hornsby.

The Post would like to congratulate Stone Real Estate Hornsby on their fifth anniversary and thank them for their support of our hyperlocal publication.

Happy birthday, Stone! Cheers to you!

For more information and to contact Stone Real Estate Hornsby, visit www.stonerealestate.com.au/stone-hornsby

May the light of Diwali shine brightly on you, your family and friends.



Paul FLETCHER MP
Member for Bradfield
02 9465 3950
paul.fletcher.mp@aph.gov.au

Julian LEESER MP
Member for Berowra
02 9980 1822
julian.leeser.mp@aph.gov.au

Authorised by Julian Leeser, Liberal, Berowra
Authorised by Paul Fletcher, Liberal, Lindfield

Crows Nest Fest

By Sophie Saunders

On Sunday, 20th of October, Crows Nest's mainstreet will transform into a vibrant festival celebrating connection, culture, and creativity. The event is free for all ages.

With the recent opening of the Metro, the festival's footprint has expanded beyond Willoughby Road, offering even more engaging activities.

This year, Crows Nest Fest is set to draw a crowd of over 50,000 attendees, with 200 vibrant stalls. From 10 am to 5 pm, the streets will roar with excitement as food sampling, live music, thrilling art battles, and other activities entertain the community.

Director JoEllen Henderson says, "One of our main achievements is to make the festival happen." Through events like the Crows Nest Fest, the organisation celebrates the vibrant culture and strong community spirit within this lovely and quirky neighbourhood.

The Community Stage is where local talent can be discovered, alongside an exciting new addition to Crows Nest Fest, the Art Battle. This thrilling competition features four rounds with four artists creating live. At the end of the day, their artworks will be available for sale. Crows Nest Fest is also proud to stay single-use-plastic free, emphasising its commitment to sustainability.

For more information, visit www.crows-nest.com.au

Ku-ring-gai Council

Domestic and Family Violence Prevention Grants 2024

Ku-ring-gai Council is inviting local organisations to apply for the Domestic and Family Violence Prevention Grants.

Eligible organisations can receive up to \$20,000 and must demonstrate that they can deliver projects focused on the following:

- Prevention through education
- Early intervention that assists people at risk
- Respond to the needs of victims
- Support and empower those impacted by violence

For full details: krg.nsw.gov.au/DVgrants

Applications close Friday 8 November 2024.

Enquiries: **Danny Housesas**

Ku-ring-gai Council on **9424 0829** or email housesas@krg.nsw.gov.au

Lifeline Volunteer Recruitment Drive

Can You Help Us Spread the Word?

By Hayley McNamara

Want an amazing way to give back? Lifeline's recruitment drive is currently recruiting its next intake of volunteers to assist in its crucial mission of 'an Australia free of suicide.' Lifeline Harbour to Hawkesbury Sydney needs volunteers for telephone crisis support and digital crisis support.



and offering support. Training programs are all provided.

This service, and all correlating services provided by Lifeline, exist to assist Australians 24/7 through their darkest moments. No matter their circumstance. No matter their background. Lifeline is always there to ensure no one faces a crisis alone. They are asking for volunteers to join their Crisis Support Line (13 11 14) and their Text and Chat Support Service (0477 131 144).

As a Digital Crisis Supporter, volunteers can offer support and reassurance to someone in need from their own homes. This is just two 4-hour sessions per month.

As a Crisis Supporter, volunteers will undertake one 4-hour, fortnightly shift at the Gordon call centre answering calls and listening to caller's situations

"Although people of all ages and backgrounds use our digital services, what we are seeing is more and more young people using them because they are far more comfortable communicating in the ways they have grown up with," says Elizabeth Lovell, Lifeline H2HS CEO.

Like so many others, volunteers will be joining the Lifeline Crisis Supporters team. These amazing volunteers offer their generosity, care and nurturing nature, all in the effort of helping those who struggle and need support within the community.

One Crisis Support team member states: "It has changed my life and has taught me many new skills to use, not only with our callers but in everyday situations. I look forward to my fortnightly shift knowing that I can make a difference to someone's life."

Serve Pink for Breast Cancer at Beecroft Lawn Tennis Club

By Claudia Butjerevic

Beecroft Lawn Tennis Club are raising funds for the Sydney Breast Cancer Foundation (SBCF).

On Saturday the 19th of October, the Club is holding a special event. Local businesses, families, sponsors, club members, and guests are welcome to come and participate in social tennis on the synthetic and grass courts. Afternoon tea and refreshments will be provided for visitors.

The event will host a Secret Auction, along with displaying SBCF merchandise that is ready to be purchased. All proceeds go towards SBCF and their worthwhile cause. Donations are encouraged to further raise funds for breast cancer.

For more information

Contact the Beecroft Lawn Tennis Club President

Mark Samuels on 0402 691 066



World Menopause Day

By Anja Lineen



The Senate handed down its recommendations following a recent menopause inquiry, where 25 recommendations were given, with a common theme of education and awareness.

When I started educating my clients (and anyone who would listen to me) about menopause five years ago, I would get one of two responses:

"Menopause.... Oh I'm not there yet" or a brief nod and a quick change of subject. One man even said, "Oh that's women's business."

Yes, and no: menopause affects every woman directly, and everyone around her indirectly, and knowledge of this hormonal transition can have a huge impact on everyone.

When women know what menopause is, how it can manifest and what treatment options are available to them, then they are better able to seek the right support and solutions for themselves.

There are many symptoms, and various treatment options including lifestyle, and different medications and supplements. Lifestyle considerations include diet, exercise, stress management and sleep. It may sound simple, but our bodies function best on a well-balanced diet, daily exercise, and a good night's sleep.

Education can help remove social stigma, embarrassment and misunderstanding, both on a personal level and in the workplace.

When we know better, we can choose better for ourselves and how we support others.



Get Your Frock On for Ovarian Cancer Research

By Claudia Butjerevic

Every eight hours, one Australian woman dies from ovarian cancer.

Rare and devastatingly deadly, over 70% of women who are diagnosed are in the advanced stages of the disease, and thus have a miniscule 5-year survival rate.

For October, the Ovarian Cancer Research Foundation (OCRF) are holding their fashionable fundraiser, Frocktober.

During Frocktober, Australians can sign up to the challenge and wear their most stylish ensembles. Either in teams or individually, at work, on the weekend, or every day of the month, with the support of family, friends and colleagues, Frocktober raises dire funds for ovarian cancer research.

Last year, OCRF were able to pull together \$1.1 million from their dedicated frockers.

'Wearing your frock is lots of fun,' says Georgie Beck, Ovarian Cancer Research Foundation ambassador and ovarian cancer survivor. 'Pull out your old clothes you haven't worn for a long time, out of the depths of your wardrobe. You feel like a princess.'

Georgie, in her late 40s, was diagnosed in 2022 with stage 4 ovarian cancer, and is currently soldiering through a reoccurrence of the disease. Last year, Georgie, her girlfriends, and her sister, hosted their own Frocktober events, with prizes and a raffle. Throughout the month, they were able to raise \$62,000 towards OCRF.

'The problem with ovarian cancer is it has been overlooked for thirty years. We are still using the same treatment,' explains Georgie. 'There is no early detection test. I was exercising six days a week, and then I had two weeks of bloating, no other symptoms at all. I have no genetic markers. They don't know why I got it. I was just stuck by lightning.'

Many symptoms of ovarian cancer, including bowel discomfort, bloating, and pain, all mimic conditions like IBS, or are masked under symptoms of menopause and menstruation. As a result, ovarian cancer is often caught too late.

'Women really need to advocate for themselves to push for tests to dig deeper,' says Georgie. 'The exciting thing is the early detection test has been coming along really well. They've had some breakthroughs. The more people that get involved, the more money we can raise for our teal sisters.'

To participate in Frocktober, and find out more information about the Ovarian Cancer Research Foundation, visit www.ocrf.com.au

World Cerebral Palsy Day

6 October

By Guangyi Liu

Cerebral palsy (CP) is a group of neurological disorders that affect movement and muscle coordination, caused by damage to the brain before, during, or shortly after birth.

October 6th marks World Cerebral Palsy Day, an annual event dedicated to raising awareness and advocating for the rights of individuals with CP.

On this day, communities worldwide come together to celebrate the achievements of those living with cerebral palsy while also highlighting the challenges they face daily. Events may include fundraisers, educational workshops, and opportunities to connect with others who share similar experiences.

Supporting individuals with cerebral palsy goes beyond just raising awareness; it's essential to promote inclusion, accessibility, and equal opportunities in all aspects of life. This includes advocating for appropriate healthcare services, accessible education systems, and employment opportunities.

By participating in World Cerebral Palsy Day activities or donating to organisations working towards improving the lives of those with CP, you can contribute to creating a more supportive environment for individuals living with this condition.



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Wahroonga Food and Wine Festival 2024

By Hayley McNamara

To celebrate the ten-year anniversary of the Wahroonga Food and Wine Festival, Wahroonga Park is hosting a family-friendly culinary celebration.

The festival, inclusive of all ages, features Wine Wonderland, an array of small batch distilleries, the best of international cuisine, adornments for hearth and home, as well as gift stalls and live entertainment.

Sponsored by Ku-ring-gai Council, the event will take place on Sunday the 27th of October from 11am to 5pm at Wahroonga Park.

This year with Wine Wonderland, an array of over 30 NSW wineries presenting over 130 wines will be featured. Branded wine-tasting glasses and ticket packages are available on the day from the Tasting Ticket Marquee.

Accompanying Wine Wonderland is a diverse selection of gourmet food stalls, each debuting delectable cuisines from all over the world, from countries such as Germany, Turkey, Portugal, Italy, and the Asian continent. Alongside the international dishes, there will be local produce. Also featuring is a great range of small batch

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Find out more: www.wahroongafoodandwinefestival.com.au



Guilt

By John Zavaglia
Mind Life Counselling

What is one of our emotions that constantly hounds us? It is our propensity to “feel guilty”. Guilt is a begrudging sense of responsibility centered around the actions of one thing: ourselves.

You could even say it is a “backward thought” where we ruminate into our deeds of the past. Our guilty connotations create a vivid visualisation. The saddened face of our mother or father when we did not visit. Lamenting over what was or wasn’t said when our loved ones were around. We don’t need to be an artist to recreate the imagery that guilt can contrive, it is an inherent skill formed within the trauma of our minds.

According to philosopher Soren Kierkegaard the antithesis of guilt is freedom. We live in a communal world with common expectations, where it is through our spirited sense for individual freedom that life can only be balanced

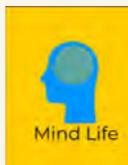
by our guilt.

In other words, guilt is a byproduct of when we decide to act as individuals. Through our upbringing we have also been constantly told the error of our ways by our parents, guardians and mentors. We become responsible for our faith, responsible to our partners, responsible to our boss. Even at times we may not know exactly what we are responsible for. Guilt is undeniably detrimental; it is also undeniably inevitable.

How do we treat our guilt? We simply must own it. Guilt is an unwelcome feeling that we try too hard to discard. If we decide to own our guilt, we have an opportunity to accept it as opposed to resisting against it. By owning our guilt, we can articulate exactly what we are guilty of and take it from being a “backward thought” to a “forward thought”.

We can ask what wisdom we can gain from it. It is through our freedom of choice that leads us into guilt, it is through our freedom of choice that we can also co-exist with it.

Subscribe to the Mind Life Channel:
www.youtube.com/@mindlifechannel



CALL 0426 737 148
www.mindlife.com.au

John Zavaglia MBA, ACA, is the therapist & founder of Mind Life offering services in Mental Health counselling focusing on anxiety, depression, social anxiety, grief & addiction. As an experienced Toastmaster & President of the North Sydney branch, John also provides services to treat public speaking phobia and is available for public speaking engagements. Mind Life Is an accredited mental health services provider under the guidance of the Australian Counselling Association. (ACA)

Adventist Aged Care Co-location of Care



AT Adventist Aged Care, comprehensive services range from residential aged care and respite to Independent Living Units at facilities in Wahroonga, Hornsby, and Kings Langley.

The co-location model means that the facilities provide residents with an integrated system of care that guides residents through comprehensive health services.

Jeanette Love (pictured above), an Independent Living resident at Adventist Aged Care Wahroonga, experienced all the different phases of the continuum of care model with her husband, Bob.

“We first moved into the villa. We weren’t there for terribly long, however, when Bob had a slight fall, and our circumstances quickly changed,” said Jeanette.

After some time in the hospital, Jeanette was advised that Bob would be in need of respite care, which Adventist Aged Care was also able to provide.

Jeanette couldn’t be more grateful for having all of these facilities under the one roof.

“The fact that Adventist Aged Care has a complete range of care was a really big selling point for me. Having experienced now all the different aspects, I truly see the benefits of living in a place like this.”

To find out more about Adventist Aged Care including Residential Aged Care or Independent Living, or to arrange a tour, contact the friendly staff by calling **02 8834 6100 for Kings Langley or 9487 0600 for Wahroonga** sites, or visit their website.

www.aacsyd.org.au

MyTime Sessions Connecting Families Living with Disability

By Claudia Butjerevic

EarlyEd is a NDIS provider, working with families that have children living with disability.

One such way EarlyEd supports the community is through their free MyTime sessions.

At MyTime groups, parents and carers are given the ability to connect with other families, share their experiences, voice their concerns, and learn from one another as their children play.

Children of all ages, with any disability or developmental delay, are welcome to attend the playgroup the runs alongside MyTime.

As EarlyEd is a transdisciplinary early interventionist organisation, often MyTime sessions will host professional personnel like speech pathologists or physical therapists to offer the opportunity for parents and families to ask questions.

‘Families who may not have the money to be able to support the therapy,’ explains Elise Bulie, MyTime Team Leader. ‘Or they’ve just got questions they want to ask in a relaxed place.’

MyTime is funded by the Australian Government Department of Social Services and coordinated by the Parenting Research Centre. Currently, two groups run weekly in the North Shore – in St Ives and in North Sydney. The spaces are provided by Council, and the play equipment is provided by EarlyEd.

‘There is such a wealth of knowledge in rooms like this, with so many different families with so many different experiences,’ says Elise. ‘Forging friendships is one of the most valuable things when you’re a parent. These families are there to support each other. MyTime facilitates that value of connection.’

Trained facilitators and experienced educators support the children during their play, encouraging them to find comfort in new environments, and with time, parents and carers can remove themselves from the room and become intimate and connect with other families. Playgroup has story time, singing, toys, and craft activities available.

‘It’s about the family, it’s not just about one child. It’s the siblings, it’s the grandparents, it’s the carers, it could be a nanny, a babysitter,’ says Elise. ‘It’s a beautiful atmosphere here at St Ives... peaceful, surrounded by natural trees.’

For more information visit www.earlyed.com.au/our-services/groups/mytime

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During school terms

For more information scan the QR Code call (02) 9923 2727 or visit www.earlyed.com.au/our-services/groups/mytime

MyTime is funded by the Australian Government Department of Social Services, and nationally coordinated by the Parenting Research Centre



Calling Choristers to Join and Perform Handel’s Messiah

By Claudia Butjerevic

The Hornsby Ku-ring-gai Ecumenical Choir are calling for choristers. Every year at Hornsby’s Cathedral Church, Our Lady of the Rosary, the Choir holds a local annual performance of Handel’s Messiah. This year, the performance is to be held on the 12th of December.

To boost the success of the event, the Choir needs interested community members to join and perform. Rehearsals begin at the start of November at St Swithun’s Anglican Church in Pymble.

‘There is no audition... It’s an ecumenical choir, people from all faiths join in,’ says Pierre Fromager, member of the Hornsby Messiah Committee. ‘Anybody who wants to do it is very welcome.’

In 2008, when the Diocese of Broken Bay combined the parish communities of Queen of Peace Normanhurst and Our Lady of the Rosary Waitara into one Hornsby Cathedral, parishioners were inspired to host an event to celebrate the Cathedral’s conception.

With a surplus of money raised, the Choir donated the funds to the Homelessness Task Force. In recent years, proceeds have been donated to the Hornsby Ku-ring-gai Women’s Shelter.

Together, the annual performance has been able to raise over \$67,500 towards community wellness.

Handel’s Messiah tells the story of Jesus Christ. The first performance of Handel’s Messiah took place in Dublin, Ireland, and the money collected was given to local orphans.

‘There is this tradition when you perform Handel’s Messiah to donate the proceeds to a charity of some sort,’ explains Pierre.

Interested community members can contact Sharon at: hcmessiah@gmail.com

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