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Edition 56 - 1 June 2024
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Editor's Word Tina Brown

June marks the halfway point of the year. For some, it's a time to focus on winter woollies and staying motivated throughout the colder months. For others, it's when we start thinking about annual tax returns and examining what the recent Federal Budget holds for us.

I'm hearing widespread disappointment over the recently released Albanese Federal Budget, which many view as a significant missed opportunity. Kylea Tink aptly describes her views on the budget on page 8 with 'sugar hits', to me this highlights the concern that the initial boost will be followed by an inevitable low and sadly a status quo.

In times like these, with the cost of living through the roof, I'm convinced that our country can achieve better governance and I'm looking forward to the Federal election.

June also brings 'Comedy for a Cause' hosted by The Village Chef and the Vinnies Sleep Out which aims to break the cycle of homelessness. You can read about these initiatives in our community pages.

I hope you all have a wonderful month ahead.

Tina

A Special Day to B Kinder

By Claudia Butjerevic

Spread a little kindness on the 22nd of June.

In 2018, the b kinder foundation launched their b kinder day, an initiative to have schools, organisations, businesses, and communities take part in being kinder. The day connects people together, empowers children to make a difference, and discusses the importance of thoughtfulness and empathy.

The b kinder foundation was set up in honour of Billie Kinder, a young 12-year-old girl who lost her life in a tragic horse-riding accident. Described as having a heart for giving and a gift with words, Billie's legacy lives on in the kindness others give and receive.

On b kinder day, schools are encouraged to purchase one of Billie's b kinder cards, and have the students write or draw a message to someone they care about, either taking the cards home to parents or posting them. The b kinder cards feature Billie's artworks, her paintings and drawings, and her written quotes from poetry she created.

Supporting children emotionally and socially is a focus for the b kinder foundation.



The charity offers workbooks for school aged-children that follows the Syllabus for the Australian Curriculum: PDHPE K-6, honing in on health, well-being, and relationships.

'Billie's impact continues to amaze me. She once wrote: I know I am only 12, but I believe I can make a difference,' says Danny Mayson-Kinder, Billie Kinder's mother.

For b kinder day, the charity asks organisations and businesses to decorate their place of business with posters and balloons, and write their own messages on b kinder cards for those they care for. Acts of kindness, like donating to people in need or helping a stranger, are encouraged on b kinder day.

For more information about the b kinder foundation, visit www.bkinderfoundation.org/get-involved/b-kinder-day

Billie Kinder cards and b kinder programs can be found and purchased at the site.



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Northern Beaches Council Possible Demerger

By Claudia Butjerevic

Northern Beaches Council are considering data for a possible demerger.

During Council's monthly meeting in April, Councillor Miranda Korzy moved a motion to hold a Poll at the September Local Government Elections to judge community support for de-amalgamation.

'Council set up to serve 250,000 residents across more than 25,000 hectares,' says Simon Dunn, President of Protect Pittwater at the April meeting's public forum, describing the merger as a flawed policy. 'No matter how hard you work, you cannot be

across every important issue.'

In December of 2015, former Liberal Premier Mike Baird proposed an upheaval of New South Wales' councils, where over 40 councils would be reduced to 19.

Warringah Council, using Section 218F of the Local Government Act 1993, proposed the merger of Warringah, Manly, and Pittwater. The Local Government Boundaries Commission issued a report to the Minister for Local Government, Paul Toole, which stated that the proposal met all the needed requirements.

The former Councils of Pittwater, Manly, and Warringah were amalgamated on the 12th of May, 2016. Together, they became known as Northern Beaches Council. Estimated financial savings of the merger, according to the KPMG analysis, would be \$136 million over 20 years.

The NSW Parliament put forth a new bill in February of 2024 to provide local councils with a pathway to demerge.

'The forced amalgamation of NSW councils was a failed and expensive experiment,' says current Minister for Local Government, Ron Hoenig. 'It's essential that local democracy is enshrined in the decision-making process so that councils and communities are fully informed of the financial and other implications of de-amalgamation.'

After debate, Councillor Korzy's April motion was amended to see Council receive an urgent report of the primary desktop analysis of financial realities in de-amalgamation. The report is to be considered at the June Ordinary Meeting, where Council can then resolve on the implementation of a Poll.

Councillors Grattan, Korzy, Heins, Menano-Pires, and Regan were against the amended motion. The motion was carried.

'There is a vocal group within the community advocating for a demerger. However, I do not believe that is the general view of Pittwater residents,' says Councillor Michael Gencher of the Pittwater Ward in a comment to The Post. 'I believe that conducting a poll on whether to demerge the Northern Beaches Council would be beneficial... The decision should not be taken lightly and must be informed by thorough analysis and community consultation.'

De-amalgamation must be conducted within 10 years of Council's merger. Whether a Poll to survey residents will be included in the upcoming elections is still pending.

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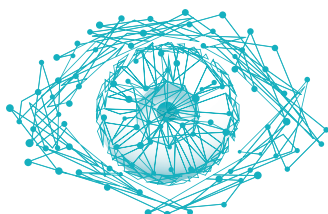
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Climate 200 Are Changing Politics Teal

By Claudia Butjerevic

Climate 200 is propelling climate-minded community Independents into Federal politics.

Climate 200 is a crowd-funded initiative that supports and funds promising community Independent campaigns and candidates. During the 2019 Federal Election season, Climate 200 was formed out of growing concern with political integrity, female representation, and the state of climate policies.

At their "Doing Politics Differently" event at the beginning of May, Climate 200 discussed their plan to continue broadening the landscape of Australian politics by helping elect Independents that represent their constituents.

'Rather than changing politicians' minds, the community would rather change politicians,' said Byron Fay, Executive Director of Climate 200.

During the 2022 Election, efforts by donors and volunteers saw Liberal safe seats across the country turn Teal.

Kylea Tink was elected as the Member for North Sydney, Sophie Scamps became the Member for Mackellar, and Nicolette Boele cut the Bradfield Liberal margin down to 4.2 per cent.

The "Doing Politics Differently" event held a panel with Kylea Tink, Nicolette Boele, and Katerina Gaita, a community organiser who was instrumental in setting up Voices of Goldstein. The panel spoke of the

importance and value of organising, and their experiences becoming the chosen candidates.

Climate 200 and Nicolette Boele are steadfast in the run for the Bradfield seat in the upcoming election.

'[The] community is looking for something different, looking for an alternative,' said Byron Fay. 'This is ground zero. Bradfield is the main place where there is opportunity.'

Climate 200 have launched their Community Accelerator Matching Fund.

Any donations by the public will be doubled in support of Independent campaigns. In celebration of his 94th birthday, Adelaide local David Donaldson announced his donation of \$94,000, asking the community to come together to match the donation.

Climate 200 have now raised over \$100,000 through their Community Accelerator Fund.

For more information about Climate 200, visit www.climate200.com.au/

Pictured below: **Nicolette Boele**, Independent Candidate for Bradfield, **Kylea Tink**, Member for North Sydney, **Katerina Gaita**, community organiser.



Meet Jack to L

By Riley Warner

With local council elections fast approaching, many of us begin to hear the same old political lingo from our relatively quiet councillors, suddenly dumping promises and words of positivity throughout their community to get back in the re-election spotlight.

While a few councillors on the North Shore have gained a reputation for their lacklustre performance in the previous term, others have taken a proactive stance. They're actively engaging with the community, meeting the residents, and translating their empathy and consideration into tangible policies.



Julian Leeser, Member for Berowra, spoke at Jack Abadee's campaign launch in May.

Looking to inject his youth and fresh mindset into his local Council, Jack Abadee (independent Liberal) makes up one of these proactive candidates. Jack announced his candidacy for the Wahroonga Ward on the Ku-ring-gai Council, throwing his hat into the ring at the September local elections.

I'm listening...

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

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

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KYLEA TINK MP
Independent Federal Member for North Sydney



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

What can my Federal Electorate Office help you with?

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

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

We can help with visa and passport issues.

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

We have an onsite JP on Fridays.

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

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

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

Abadee, Promising Fresh Energy Local Politics in Ku-ring-gai

The Post, recently spoke to Jack, who has been door-knocking throughout Wahroonga, getting to know the locals.

"Surprisingly, there is no negative feedback about what I'm trying to do, some negative feedback about the (Ku-ring-gai) council and how things are operating. Many people wouldn't even be able to name their current councillors because there's no real interaction from them, compared to state or federal politics."

Jack often heard that he was the first political person to door-knock locals' houses to get to know them.

Jack Abadee has gradually gained traction in the political world throughout much of his life. He attended local schools, played for a number of community sports clubs, and currently works as a Senior Adviser while managing a small business. Previously, he was a political staffer and president of his Young Liberal branch.

However, it was Jack's recent realisation that pulled him into the Ku-ring-gai council candidacy race.

"I identified that the current Council struggles with collaboration with residents.



Jack Abadee is keen to collaborate with the residents of Wahroonga.

And sometimes you get one or two things that you look at and say, you know what, I need to be the person who fixes this."

Running his campaign on a six 'R' plan. Incorporating roads, rates, rubbish, revitalisation, recreation and responsible development. Jack, providing an insight into his

strong stance on improving his local area.

"If we do have the inevitable development, we need to make sure that our community hubs are up to standard and aspirational to the level that our area is. Ku-ring-gai is an aspirational area with a non-aspirational Council."

"Since leaving school, I've worked really hard to help with outcomes in the political sphere, whether it's in the telecommunication space with Julian Leeser, or whether it was working locally with Paul Fletcher, you need someone who's not only a local, but someone who is aspirational for our area to really make sure that we can maintain our character whilst fulfilling our obligations."

As the local council elections draw closer, Jack Abadee emerges as a promising candidate, offering a new approach to community representation. With a passion for collaboration and a commitment to addressing local issues, Jack's candidacy signals a potential shift towards more responsive and engaged governance in Ku-ring-gai.

CHRISTMAS IN JULY DINNER

**Members and guests are encouraged to book ahead.
There will only be limited availability for walk-in guests.**

\$62 per Member & \$69 per Non-Member

Available 19th and 20th of July 2024 only.





By Kylea Tink, Member for North Sydney

24-25 Budget Underwhelms

Many Australians will be looking forward to some cost of living relief in the coming weeks, with the Federal Government's new \$300 energy rebate and Stage 3 tax cuts coming into play from 1 July.

The energy rebate is one of a number of sugar hits in a Federal Budget that was full of nice headlines. There certainly are many households that are currently doing it tough and would benefit from a lower energy bill.

At the same time, a \$300 rebate for every Australian household regardless of whether they earn several million dollars a year or are getting by on a pension will cost taxpayers a total of \$3.5 billion.

Surely this money could have been better targeted, or even redirected towards long-term solutions like helping households invest in solar and batteries, so they need not rely on expensive fossil fuels.

Ultimately, despite the surplus, I found the Budget 24-25 underwhelming: full of headlines but lacking the leadership and reform needed to address our housing, climate, intergenerational equity, and domestic violence crises.

In the lead up to the budget, I consulted with community groups, peak bodies and local councils, and took their views to the Treasurer and ministers of the climate change, transport, health, employment and social services portfolios.

I remain as always committed to working with the Government, my colleagues in Parliament, and all in our community towards the progress we want to see.

Where to From Here with the Minns Government Transport-Oriented Development

By Tina Brown

Many of us have been following Ku-ring-gai Council's opposition to the proposed Transport-Oriented Development (TOD) in the area.

This topic is widely discussed within the community, and I'm often asked for my opinion on how it will unfold, especially now that Ku-ring-gai Council is taking legal action against the State Government.

In early May, Ku-ring-gai Council informed the community that they had called for more consultation and infrastructure investment in areas affected by the NSW Government's transport-oriented development plans.

Within Ku-ring-gai, the TOD planning controls apply to areas around Roseville, Lindfield, Killara and Gordon railway stations.

Mayor Sam Ngai has pointed out that the fundamental concerns regarding infrastructure, urban tree canopy, and heritage remain unaddressed. Numerous extraordinary Council meetings have been convened to discuss the TOD issue, but the community is yet to see any alternative proposed by this Council.

Mayor Sam Ngai has claimed that "future residents are getting ripped off" by the Minns Government. While he openly criticizes the government, he also urges them to adopt an inclusive and consultative approach, seemingly unaware that you attract more flies with honey than vinegar.

On Monday 20 May 2024, there was a Parliamentary Hearing by the Upper House at which Mayor Tanya Taylor from Willoughby City Council and Mayor Sam Ngai were in attendance. Mayor Ngai was asked how much Ku-ring-gai Council had spent on the full-page newspaper advertisements opposing the TODs. He refused to provide cost expenditure in running the full-page advertisements, called on the residents to "WAKE UP", and was accused of being 'evasive' during the inquiry.

The Post has recently enquired as to a cost estimate that ratepayers are bearing for the media campaign in opposing the TODs. Mayor Ngai has been asked to come back to the Committee with evidence of expenditure and when this is publicly available, The Post will share this information.

Mayor Tanya Taylor also spoke about the potential impact of the TODs in the neighbouring LGA of Ku-ring-gai. In June

2023, Willoughby City Council rezoned to accommodate an additional 6,500 dwellings in areas close to transport and amenity and all within a small LGA of only 23 square kilometres.

"Whilst the stations identified in the TOD program are not located specifically within the Willoughby LGA, areas around Roseville and Crows Nest station's TODs extend into Willoughby so, naturally, community interest is high. This is particularly evident in areas such as Naremburn, where there are concerns about impacts on important heritage areas," stated Mayor Taylor.

Interestingly, Steven Head, General Manager of Hornsby Shire Council also attended the Parliamentary Hearing on 20 May and did so on behalf of NSROC (the Northern Sydney Region of Councils – 8 local Councils presenting a united voice on key issues, representing Hornsby, Hunters Hill, Ku-ring-gai, Lane Cove, Mosman, North Sydney, Ryde and Willoughby).

Mr Head acknowledged the housing crisis and went on to share concerns about how the blanket one-size-fits all reforms fall short especially in regard to environmental considerations such as bushfire, flood, biodiversity, heritage matters and crucially – waste management.

Mr Head called for State Government to "calibrate the settings for each individual location". During the meeting, Mr Head stated that from a Hornsby Shire Council perspective, "I'd say that we've been quite satisfied with the collaborative nature of engagement from departmental officers... we've had opportunity to approach the Minister on a number of occasions and have a worthwhile discussion there."

I believe that Hornsby's position on the TOD's reflects the good governance of the Hornsby Shire Council in planning for increased dwellings in their Master Plan as have Willoughby City Council.

My read on Ku-ring-gai's legal action is that should the State Government relent and allow them the same 12 months afforded to other Councils to do the planning work required, perhaps the legal action may not go ahead which would certainly be in the best interests of the ratepayers of Ku-ring-gai.

Perhaps Ku-ring-gai could take some lessons from Willoughby and Hornsby Councils in how to plan for the future and work with the State Government.

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IN FOCUS: GAI-MARIAGAL FESTIVAL

This month Willoughby City Council is proudly contributing to the annual Gai-mariagal Festival, taking place from 26 May until the end of NAIDOC Week on 14 July 2024. This year's festival theme Keep the Flame Alive invites residents to join together and increase levels of understanding between First Nations Peoples and the wider community. Residents will get a rare glimpse into the vibrant culture and traditions of the Gai-mariagal people, with a host of performances, food, art, and participation-friendly events to enjoy. Scan the code for more information or visit www.willoughby.nsw.gov.au/Campaigns/Gai-mariagal-Festival-2024

The festival is one of a number of reconciliation-focused activities taking place this month, including National Reconciliation Week, and National Sorry Day.



NAREMBURN STREETScape

Construction has begun on upgrades to the Naremburn local centre streetscape. Funded by Willoughby City Council and the federal government, the works include additional seating, a new shade structure, bike racks, new planting and landscaping, a library locker, and a new separated cycleway with one-way traffic changes along Quiamong Street to facilitate this.

Due to be completed by mid-2024, the project will provide easier and safer access for pedestrians, cyclists and bus passengers, with the improved facilities encouraging higher numbers of visitors to spend time in the area, giving local businesses and a boost.

OUT AND ABOUT SERVICE

Willoughby City Council's Out and About ride share service helps residents combat the loneliness and social isolation that can arise from issues associated with advanced age. Operating from Tuesday to Friday each week from 10am - 2pm, older residents can book a lift to help them access local shops, visit friends and family, and attend medical appointments.

Part of the Council's At Home with Willoughby program and supported by the federal government, the service costs \$7.25 each way and features door-to-door assistance. For more information please call 9777 7824 Monday to Friday before 2pm.

MESSAGE FROM THE MAYOR



This month I'm delighted to join the community as Council marks the launch of its first ever *Reflect Reconciliation Action Plan* on 6 June. The plan is symbolic of our deep and ongoing commitment to reconciliation and strengthening relationships with Aboriginal and Torres Strait Islander communities, and includes a set of concrete and immediate actions we will take to make these ambitions a reality.

Our launch coincides with National Reconciliation Week, at a time when everyone in our community is mindful of the need to increase our understanding of Indigenous issues, while celebrating the joys of cultural diversity.

I am pleased that Council has events planned for both the Gai-mariagal Festival and NAIDOC Week in 2024, and I look forward to catching up with as many local residents as possible in the coming weeks.

Cr Tanya Taylor

Mayor, Willoughby City Council



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Premier Shades:

Your Premier Window Furnishings Destination

IN the bustling heart of Hornsby, a new beacon of style and functionality has emerged with the arrival of Premier Shades' latest showroom. Nestled conveniently at 18 Salisbury Rd, right next to JBA Carpet Court, this newcomer brings over three decades of expertise in bespoke blinds, awnings, shutters and curtains, to the doorstep of the Ku-ring-gai, Hornsby & Hills Shire regions.

As winter blankets our homes with its chill, the importance of effective window furnishings becomes paramount. Premier Shades doesn't just offer privacy solutions; their offerings extend to energy efficient solutions that can significantly reduce heating costs by providing thermal insulation.

Premier Shades are a customised, made-to-order window treatments company where all their blinds, awnings, shutters and curtains are made bespoke to each window that they adorn. There are some specific reasons for this and the benefits to homeowners are:

- Windows are never exactly square, especially mature homes where settling and distortion is commonplace. Laser-like precision is adopted in making the

treatments that will fit perfectly therefore preventing heat loss, light ingress and look fantastic every time.

- Whilst cost saving options exist via hardware & DIY home decoration outlets, standard sized blinds and curtains are often impossible to fit precisely, require dangerous climbing of ladders with tools and often require secondary modification at extra cost once attempts have been made to self-install at home.
- All Premier Shades staff are employees, highly trained professional consultants and installers.
- Being future focussed, Premier Shades are automation experts and can fully motorise blinds - the first step towards a truly smart home.
- Existing old and replaced blinds will be removed and disposed of responsibly free of charge.
- All workmanship is 100% guaranteed and Premier Shades enjoys a 4.9/5 star Google rating from previous customers showing a comforting level of trust and satisfaction.

With the government's recent announcement of a \$300 energy saving rebate, now is the opportune moment to revitalise your home's windows and enhance both its comfort and energy efficiency.

To celebrate their grand opening, Premier Shades is extending a Winter promotion: FREE installation on all orders placed throughout June, July, & August (T's & C's apply). It's a testament to their commitment to providing not just quality products, but also unbeatable value and service.

For those seeking to elevate their living spaces and embrace the warmth of winter without compromising on style or functionality, Premier Shades Hornsby beckons.

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from the Mayor's Desk

As we service our community, engaging As we move into the cooler months, I wanted to highlight some of the wonderful winter experiences we have on offer here in the Shire. Despite the chill in the air, there are plenty of reasons to get out and about in the community.

I encourage you to get outside and enjoy our beautiful and unique environment. Discover the beauty of the Bushland Shire, with its diverse range of flora and fauna, by heading out on one of the many bushwalks available – our guided bushwalks are a wonderful way to get some fascinating insights into our natural and cultural history.

Take the family to one of Council's upgraded parks, playgrounds or ovals, with a range of equipment and facilities for people of all ages to enjoy. Children will love our new Children's Forest at Fagan Park in Galston where they can let off some steam while learning about nature.

You could take your beloved four-legged friend to an off-leash dog park to enjoy the winter sunshine, including our new park in Cherrybrook especially for small dogs, or organise a coffee catch-up with friends at a local café.

Enjoy a swim, lesson or an aqua aerobics class at our heated pools at Hornsby and Galston Aquatic and Leisure Centres or get warm having a workout in their well-equipped gyms.

If you are looking for a more relaxing option, why not catch up on some reading? Winter is always a great time to get cosy with a new read, so head to one of our Council libraries to borrow a book or even listen to a fascinating author talk. I hope to see you out and about this winter enjoying the sights, sounds and serenity of our stunning Bushland Shire.

Philip Ruddock AO
Mayor, Hornsby Shire Council

What's on



THIS WINTER...

Make a splash.
Learn to swim in our heated pool.
hornsby.nsw.gov.au/halc

WASTE WORKSHOPS



Compost and Worm Farming at the Edgeworth David Community Garden

Thursday 13 June, 10am-12pm
Neal Park, Cnr of Sherbrook and Northcote Road, Hornsby



Bicycle Repair Workshop

Saturday 15 June, 9.30am-12.30pm
Storey Park Community Centre, Hornsby



Clothes Mending

Thursday 20 June, 10.30am-12pm
Storey Park Community Centre, Hornsby



Clothing Swap

Saturday 22 June, 9.30am-11am
Thornleigh Community Centre, Thornleigh



Living with Less

Thursday 27 June, 6pm-7.10pm
Online zoom session

hornsby.nsw.gov.au/waste

YOUR SAY HORNSBY

JOIN THE CONVERSATION

yoursay.hornsby.nsw.gov.au

Draft Hornsby Shire Social Plan

Submissions close: Sunday 9 June

Draft Arts and Cultural Plan 2024-2029

Submissions close: Sunday 9 June

Draft Hornsby Development Control Plan

Submissions close: Monday 10 June

Greenway Park Cherrybrook small dog park trial

Comments close: Tuesday 29 October



Free Guided Bushwalks

Join one of Council's free guided bushwalks this winter. Whether you prefer an easy stroll, a challenging hike, something with the kids or even your four-legged friend, there's bound to be a bushwalk for you.

hornsby.nsw.gov.au/bushwalks

HORNSBY ART PRIZE 2024

HORNSBY ART PRIZE 2024

ENTRIES CLOSE 8 AUGUST Total prize money \$23,000

hornsby.nsw.gov.au/artprize



Next Council meeting Wednesday 12 June, 6.30pm

hornsby.nsw.gov.au

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Colliers

From the Mayor



The themes of our most recent Council meeting were community engagement, the environment, and infrastructure.

With community we resolved to involve young people in future policy decisions by establishing a Youth Advisory Committee. We also asked staff to improve the online accessibility of our public forums while maintaining process integrity for all involved.

With the environment we resolved for additional measures aimed at increasing urban tree canopy, as well as targeted activities to enhance the longevity and usage of our natural turf sporting fields.

In light of revised population projections for the railway corridor, we are also revisiting the demand and feasibility of our open spaces, community facilities, and library projects at Turramurra, Gordon, and Lindfield as well as an arts and cultural centre in Marian Street Killara.

At Ku-ring-gai we are keen to provide our future population with the lifestyle they deserve, but this can only be achieved with proper urban planning and appropriate infrastructure funding.

It is for this very reason that we have commenced legal action against the NSW Government.

Despite being one of the first councils to proactively engage the State Government under part 2 of its the Transport Oriented Development program, the state has not afforded Ku-ring-gai the same terms given to Labor-led councils.

Ku-ring-gai continues to plan for population uplift but does so at a significant financial penalty. The decision to go to court is not taken lightly but is supported by legal advice and in the event of a win, ratepayers stand to save over ten million in infrastructure costs caused by the rushed implementation.

Ku-ring-gai has some great events this month as part of the Gai-mariagal Festival. Activities include a screening of Lionel Rose, an art exhibition featuring the work of Darkinjung artist Judith Franklin, dot painting classes, culinary displays, and musical and cultural storytelling.

Visit krg.nsw.gov.au/gaimariagal to find out more.

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

Mayor Sam Ngai



Parents webinar: Reducing risks and intervening early

Understand substance use trends in young people, strategies to keep teens safe at parties and how to effectively communicate with them on substance use.

Presented in partnership with The Matilda Centre and the Hornsby Ku-ring-gai Community Drug Action Team.

FREE, **Wednesday 19 June 7pm**

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Winter school holiday care

Our Vacation Care program offers full day care during the school holidays. Your children will enjoy arts, crafts, games, sports, excursions and other great experiences. We have three centres across Ku-ring-gai coordinated by professional and caring staff.

Book early as spaces fill quickly!
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Council meetings and public forums

The next Council meeting will be on **18 June**
The next Public Forum will be on **11 June**

KU-RING-GAI SCULPTURE TRAIL 2024

1 SEPTEMBER - 7 OCTOBER

Peter Masia, Culinary Galerita



Over \$5000 in prizes enter now!

Artists of all ages are invited to enter Ku-ring-gai's Sculpture Trail competition. Artworks should depict the Australian bushland and use sustainable materials.

Entries close **Sunday 28 July**
krg.nsw.gov.au/sculpturetrail



CTE and Dementia Expo

The Expo will increase your understanding of chronic traumatic encephalopathy (CTE) and all forms of dementia. Whether you're an athlete, sports club member, carer or concerned family member, get the latest research findings on protecting brain health and how to get support. Presented by Dr Rowena Mobbs and Dr Suraj Samtani.

Wednesday 24 July

5pm - 9pm
Level 3, 818 Pacific Hwy, Gordon

Register at krg.nsw.gov.au/dementia

Presented by Ku-ring-gai Council, KNC Care and the Ku-ring-gai Dementia Alliance, with funding from the Department of Communities and Justice.

Igniting Local Live Music

NORTHERN Beaches Council is partnering with the Live Music Office and the Australasian Performing Right Association and Australasian Mechanical Copyright Owners Society. Together, Council is hoping to uplift the local live music scene across the Beaches with a new Live and Local program.

Live and Local is a 12-month program which will see Council connect a network of local musicians, relevant industry professionals, and venues to develop opportunities for live events and local musicians. These include bands, DJs, and other music businesses.

As part of the program, Council are hosting a live music forum to discuss strategy and organise live events.

'The Northern Beaches is home to so many talented local musicians and some fabulous live music venues,' says Northern Beaches Mayor, Sue Heins. 'We are working on a strategy to support the night-time economy in Manly and the wider Northern Beaches. I encourage all local musicians... to register their interest for the Live and Local program.'

The Live Music Office and APRA AMCOS offer local councils partnership and match-fund opportunities to bolster the local music industry. In 2023, APRA AMCOS, through their "Year in Review" report found that in New South Wales, there was a 32% loss in live music venues since the 2018 financial year, and 1,300 live music venues were lost across Australia.

To find out more, visit www.northern-beaches.nsw.gov.au/things-to-do/arts-and-culture/live-and-local

Motorists See Points Returned

MOTORISTS in the Davidson electorate are reaping the reward of their safe driving through the NSW Government's demerit point return trial.

Data broken down by local government area (LGA) shows 23,198 drivers in Kuring-gai have seen a demerit point removed from their licence for maintaining a 12-month spotless driving record.

More than 1.2 million drivers qualified for the demerit point reward for maintaining a clear record during the initial 12-month period up to 16th January 2024.

The demerit return trial has been extended for a second year as the NSW Government continues to sharpen its focus on road safety in 2024 amid a rising road toll.

Labor MLC for Davidson, Greg Donnelly said earning the removal of a demerit point can mean a lot, especially to motorists who rely on their cars to drive the kids to school or to get to work.

"It is great to see drivers rewarded for their safe driving. Our community knows how important road safety is and this program is driving that message home.

New Directors at Northern Beaches Council

NORTHERN Beaches Council have appointed two new directors.

In the newly formed role of Chief Operating Officer is Kelly Loveridge, and in the role of Director Transport and Assets is Campbell Pfeiffer.

'We are very fortunate to have two outstanding appointments who are joining the chief executive team,' says Northern Beaches Council Chief Executive Officer, Scott Phillips. 'Through their industry expertise, I am confident [they] will continue to see our organisation deliver the highest quality and value of services to our community.'

Kelly Loveridge is the current Director Corporate Services at Inner West Council. Her new position at Northern Beaches Council as Chief Operating Officer comes from the consolidation of two existing directorates, Corporate and Legal, and Workforce and Technology. Kelly has over 25 years of executive experience in both public and private sectors regarding corporate services and infrastructure.

Campbell Pfeiffer has been acting in the role of Director Transport and Assets for some months. Mr Pfeiffer has over 20 years experience in private and government roles, and has been with Northern Beaches Council managing assets, capital works, property, and risk and compliance successfully.

Kelly Loveridge will commence her appointment to Northern Beaches in late June of 2024.

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By Paul Fletcher, Federal Member for Bradfield

Federal Budget - What it Means for Bradfield

The Albanese Labor Government's third Budget was a missed opportunity and failed to address a host of challenges impacting households in Bradfield and beyond.

Like other Australian families, Bradfield families have endured a cost of living crisis, with energy prices, mortgages and grocery bills all up.

Food is up 10 per cent, housing is up 12 per cent, and electricity is up 18 per cent.

This Budget brings Labor's extra spending to \$315 billion, which will worsen inflation.

The average Australian household with a mortgage is now \$35,000 worse off.

The Budget does deliver some important and worthwhile initiatives, such as \$3.4 billion to add life changing and life saving medicines to PBS, and \$1 billion towards accommodation for women and children fleeing domestic violence.

The Coalition is committed to supporting families and communities.

If re-elected, a Coalition Government will recommit to increasing the amount older Australians and veterans can work without reducing pension payments.

We will double the existing work bonus from \$300 per fortnight to \$600, which is estimated to benefit over 80,000 pensioners and veterans who choose to work.

In response to the shortage in GPs, we will invest \$400 million to provide junior doctors who train in general practice with incentive payments and support.

I will continue to advocate for sensible spending and policies that make households better off.

Concerning Cuts Made to Northern Beaches Hospital

By Claudia Butjerevic

The future is looking bleak for Northern Beaches Hospital.

Northern Beaches Hospital is under a Private Public Partnership (PPP), where company Healthscope operates and maintains the hospital. According to the PPP between the NSW Government and Healthscope, the hospital is to provide public patient services until 2038.

Healthscope dropped the value of the business by almost \$1 billion following losses up to December 2023. As a result, serious doubts have been expressed over whether the public-private hospital can continue running with the amount of debt Healthscope have accrued.

Healthscope recently announced cuts to the maternity and mental health services at Northern Beaches Hospital. Reducing staff, cutting back on full-time nurses, and reorganising shifts are among the changes. Healthscope claim that the changes will not lead to an erosion of patient care and will not compromise on the quality of NBH's service.

The imminent cuts have caused a stir within the community.

'The decision to reduce staffing levels amidst ongoing systemic issues at the hospital is alarming,' says Michael Regan, Member for Wakehurst, in a recent statement. 'Healthscope and the hospital management need to reverse these proposed cuts. They must prioritise the well-being of both patients and staff.'

Both Michael Regan and Dr Sophie Scamps, Member for Mackellar, have written to NSW Minister for Health, Ryan Park, expressing their and their constituents' concerns. More directly, Member Scamps is displeased with the operation structure of Northern Beaches Hospital, maintaining that privatising the service has disadvantaged the public.

'I am deeply worried about whether Northern Beaches Hospital, which is run as private-public partnership, is delivering the standard of care that my constituents should legitimately expect,' says Member Scamps. 'It is not acceptable that the 350,000 people who live in the Northern Beaches and surrounds should have a lesser service because of the ownership structure of the hospital.'

Serious requests for the NSW Auditor General's performance audit of the hospital to be fast-tracked have been made by both Member Regan and Member Scamps.

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Update on The High School Dilemma in Hornsby Shire

By Tina Brown

In our April edition we featured a story about families struggling to find adequate schooling options for Hornsby Shire children.

You may recall many residents took to various social media pages venting their frustration and confusion over the lack of transparency and action by Local Member for Hornsby, Matt Kean.

The Post has subsequently sought feedback from the NSW Government in relation to this matter. We have asked about the feasibility study we were advised was initiated approximately two years ago by Mr Keans' office. It's going to be of no surprise for you

to read now that in fact there was never a formal feasibility study undertaken. How puzzling!

At this time, we have not reached out to the Member for Hornsby for comment. The reason for this is that his office was unable to assist with any of our enquires over the past two years in relation to this matter. However, we have received feedback from the NSW Department of Education.

A spokesperson has stated "The NSW Department of Education has consulted the local community to understand what it wants from its local high schools and ensure we're providing the right schooling options for a growing population in the Hornsby-Berowra area.

This consultation gave the community a chance to voice opinions on existing co-educational and single-sex options.

We have had a tremendous amount of interest, with sold-out workshops and more than 4000 responses.

The consultation was completed on May 10 and the department is currently reviewing results."

The Post will stay in close contact with the NSW Department of Education to bring you the information that the Local Member for Hornsby appears unable to deliver for his constituents.

Ku-ring-gai Council Seeking Community Feedback

KU-RING-GAI Council is seeking community feedback on a plan to create a new park in Dumaresq Street Gordon.

The Council purchased three neighbouring properties in Dumaresq Street to create a park as part of its award-winning open space acquisition policy.

The policy seeks to create parks and playgrounds for Ku-ring-gai residents in areas of high population density.

When built, the park at 9 Dumaresq Street will provide a new green space for residents and workers in Gordon close to local shops and services.

The new park will have level grassed areas and access will be improved by removing fencing and installing a pathway from Dumaresq Street. The park will also be landscaped and have seating and litter bins, with existing mature trees retained.

A draft concept plan is on public exhibition for comment until 12 June.

Mayor Sam Ngai said the park would ultimately be a welcome addition to central Gordon.

Entries Open for the 2024 Sculpture Trail

Over \$5000 worth of prizes will be awarded to the winning artists for this year's Sculpture Trail at the Ku-ring-gai Wildflower Garden.

The Sculpture Trail gives artists the opportunity to exhibit works made from recycled materials in the bushland surroundings of the Wildflower Garden at St Ives.

Sculptures can be made from any recyclable materials and will be installed at different points in the Garden to form the Sculpture Trail.

This year's Sculpture Trail will form part of Ku-ring-gai's Eco Festival during September and October. The Eco Festival aims to raise community awareness of how to live a sustainable life.

Cash prizes will be awarded to winning entrants at a presentation in early September. Prizes for the Sculpture Trail are funded by Ku-ring-gai's environmental levy.

The categories and prizes are:

Junior Category for individual or group artists 14 years and under – individual prize of \$250 and a group prize of a full day excursion at the Wildflower Garden.

Youth Category for artists 15 to 24 years – individual prize of \$500 and runner up \$250.

Open Category for artists over 24 years – individual prize of \$3000 and runner up \$1000

Announcing the art competition, Mayor Sam Ngai said the Sculpture Trail was a popular event with the public.

"The Trail really gets people's attention on the impact of waste in an engaging way."

Entries to the Sculpture Trail competition are open until 28 July. For more details visit krg.nsw.gov.au/sculpturetrail

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Don't Hold Your Breath Waiting for the Sydney Olympic Pool

By Claudia Butjerevic

To no one's surprise, redevelopment at Sydney Olympic Pool is again delayed.

North Sydney Council's upgrades to the site began in March of 2021, with an original estimated completion date of November 2022. Though, Sydneysiders missed enjoying the summer heat in the promised pool as the project's completion date moved to April 2023.

After the realities and issues of taking on such a large-scale project began to rear its head, North Sydney Council charged private consultants PricewaterhouseCoopers to conduct

an independent review.

The review found that decisions made by Council, as not hiring external project managers, not managing risks throughout the project, and incorrectly factoring elements like equipment into the budget, left a compounded, negative effect. The result is, essentially, continuous delays.

"The renovation of North Sydney Pool is a prime example of how not to do an infrastructure project," says Kylea Tink, Federal Member for North Sydney. "The problems with this project started when the former Scott Morrison Liberal government threw \$10 million in pork-barrelled cash at the project ahead of the 2019 election in a bid

to retain the federal seat of North Sydney.'

Member Tink continues, "The community deserves better and it's time for all parties involved in this to publicly communicate a plan for re-opening the North Sydney Pool before the end of the year."

North Sydney Council has altered the completion date to "mid-2024" – ever vague and malleable. Locals who have continued to question when, if ever, Sydney Olympic Pool will be opened will be thrilled to know that the completion date has been moved again.

Sydneysiders, get your swimmers ready for late 2024 to early 2025.

Unleash Your Creativity for the 2024 Hornsby Art Prize

HORNSBY Shire Council has announced that entries for the Hornsby Art Prize are open from Monday 3 June.

The well-recognised art prize promotes and celebrates Australian contemporary art. Artists are invited to submit works in the categories of painting, drawing, printmaking, digital art stills/photography and sculpture. This year, the total prize money is \$23,000, with the major prize worth \$10,000.

Hornsby Shire Mayor the Hon Philip Ruddock AO praised the art prize for its significant contribution to Hornsby Shire's cultural landscape.

"The Hornsby Art Prize provides our residents with a fantastic opportunity to experience contemporary art of the highest calibre first-hand in our own local area," Mayor Ruddock said. "But it's also a unique opportunity for our own local creatives to have their work thrust into the national spotlight."

Brisbane's Ryan Daffurn took out top honours at last year's Hornsby Art Prize, with his winning painting, Proposition 5, 4, 3, 2, 1!, with local resident Libby Moore from Beecroft taking home the Hornsby Shire Local Artist Award.

Entries to this year's Hornsby Art Prize are open until Thursday 8 August and are to be made online. Entry costs \$40. All

artworks must have been produced in the past two years, and not exhibited before.

The non-acquisitive prize, organised and sponsored by Hornsby Shire Council and delivered in partnership with the Hornsby Art Society, is open to all Australian residents aged 18 years and over

The Hornsby Art Prize Finalists' Exhibition will be held at Wallarobba Arts and Cultural Centre from 25 October until 10 November. The exhibition is selected and adjudicated by an appointed panel of three judges.

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



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Talks of New Northern Beaches Council Aboriginal Advisory Committee

By Claudia Butjerevic

Mayor Sue Heins moved a Mayoral Minute to further engage with the Northern Beaches Indigenous community.

During the April Ordinary Meeting, Mayor Heins spoke on having the Northern Beaches Council Chief Executive Officer produce a report on establishing an Aboriginal Community Advisory Group.

The Group would consider culturally appropriate protocols, projects and activities such as naming land and public art, and the Council's Reconciliation Action Plan, the formal commitment to reconciliation.

'Council can tie itself up and waste resources in trying to communicate with various clans who live here,' says Mayor Sue Heins. 'It is simply about the cultural significance of our local Aboriginal history. This is not the Voice.'

When asked by Councillor Vincent De Luca whether an Aboriginal Advisory Group would have any decision-making ability, the CEO outlined that Council would need to consider the abilities of the advisory committee at a later date following the report.

An Advisory Committee, as outlined by Mayor Heins, would need to be separate from the Championing Diversity – Multicultural Inclusion Plan 2029 that was adopted by Council. The advisory committee would be involved in sensitive Indigenous issues.

The report is set to highlight the responsibilities of the Metropolitan Local Aboriginal Land Council and the Aboriginal Heritage Office. The Aboriginal Advisory Committee would, in effect, correspond with those established organisations and produce further meaningful consultation.

'It's primarily for Council to make sure when we're having to vote on things, we've already had an Aboriginal overview on whether it is culturally appropriate or not, and that it is inclusive of different points of view,' explains Mayor Heins.

The Mayoral Minute for a report was carried 8 to 6. Those for included councillors Glanville, Grattan, Bingham, Korzy, Heins, De Luca, Robins, and Regan.

The report will be given to Council within three months.

New Metro for Crows Nest

CROWS NEST was buzzing on Sunday 26 May as the community had the chance to visit the new Crows Nest Metro Station for an Open Day.

Member for Willoughby Tim James said over seven thousand people turned out to view the soon to be completed station, a testament to the excitement that is building locally.

"The Sydney Metro is a game-changing investment in our public transport that will transform how we move across Sydney and it's coming to Crows Nest very soon," Mr James said.

"With two stations in the Willoughby electorate at Crows Nest and Chatswood, the Sydney Metro will greatly improve local connectivity, providing direct access to the CBD and beyond, with a trip from Crows Nest to Martin Place taking only seven minutes."

The Sydney Metro City and Sydenham line will open mid-year, extending the existing line from Chatswood to Tallawong in North-West Sydney that opened in 2019.

"Travel from Chatswood will also be transformed with a trip on the Metro from Chatswood to Gadigal (near Town Hall) taking 13 minutes compared to the current 23 minutes to Town Hall using Sydney Trains."

"This is a visionary project that will change our lives for the better and there's not long to wait now," Mr James concluded.

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Winner of the 2024 Reragine Art Prize Revealed

THE Reragine Art Prize for 2024 has announced its victor, as Lane Cove's own artist, Phoebe Stone, secures the top accolade with her oil and pastel masterpiece, "Serene Sea," earning her a \$5,000 reward. Stone found inspiration during a stroll along Sydney's Berry Island Reserve's Gadyan track, where her gaze wandered from the native foliage to a looming oil tanker.

"Its hull was faded black and rusty red in hue. The irony of the name of the tanker 'Serene Sea' really struck me. An oil tanker, serenity? A 'Serene Sea'? As I walked on, I couldn't help but muse that this might be a plea from the workers of the ship; a serene sea, a safe passage home," said Stone.

"Yet as thoughts about excessive consumption, endless industries devouring fossil fuels, rising temperatures and sea levels swam around my head, I realised, this isn't just their plea, it's ours too. If we aren't careful and if we do not keep our seas serene, in a relatively short space of time, no one will be able to walk this track."

The annual Reragine Art Prize, a collaborative effort between Hornsby

Shire Council and Hornsby Art Society, challenges artists to confront the crisis of waste and overconsumption through their creations. This year's theme, "Crossroads of Consumption," urged participants to explore how individual choices impact global sustainability.

Chris Gleisner, hailing from Mascot, received the Highly Commended title and a \$2,500 prize for her poignant artwork, "The Sixth Extinction: A Short-List."

James Birch, a talented artist from Mount Ku-ring-gai, clinched the Local Artist Award and \$1,000 for his piece, "SCRAPS." Meanwhile, Coco X Huang, a resident of Waitara, secured the Youth Award and \$1,000 for her mixed media creation, "In a Drop of Water...".

Hornsby Shire Mayor, the Honourable Philip Ruddock AO, commended the finalists for their dedication to environmental advocacy.

"These artists have expressed their passion for sustainability and the environment through each of these unique, thought-provoking works".



Pictured above: **Phoebe Stone**, winner of the Reimagine Art Prize with husband **Adam Stone**

Pictured Below: "Serene Sea" winning artwork



Gai-Mariagal FESTIVAL IS BACK!

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Information Session for Northern Beaches Council Candidates

CANDIDATES who are considering a run for Northern Beaches Council are being welcomed by Council to attend an information session.

On Thursday the 27th of June, potential candidates for the upcoming September local elections will be given insight into what serving on council entails, details on the role of councillors, and information of how to register and being the candidacy process. This session will allow residents interested in becoming a councillor to ask and receive answers to various questions.

Northern Beaches Council is made up of five wards – Pittwater, Frenchs Forest, Manly, Curl Curl, and Narrabeen. For each ward, three councillors are elected, equating to fifteen councillors including the Mayor and Deputy Mayor. Councillors serve a four-year term.

Local Government Elections will be held for Northern Beaches Council on Saturday the 14th of September 2024.

This information session for candidacy will be held at the Civic Centre, Dee Why at 6pm. Registrations for the event are compulsory.

For more information, visit www.northernbeaches.nsw.gov.au/council/local-government-election-2024

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New Amenities Promoting Diversity in Sport at Ron Payne Park

A new clubhouse with accessible facilities was officially unveiled on Saturday 4 May at Ron Payne Park, North Epping.

Opened by Hornsby Shire Mayor the Hon Philip Ruddock AO, Craig Denyer, President of the North Epping Rangers and Jerome Laxale MP, Federal Member for Bennelong, with Julian Leeser MP, Member for Berowra in attendance, the new building will promote diversity in community sport through its modern facilities which include two sets of change rooms with showers and safe, individual unisex and accessible public toilets.

In recent years, Hornsby Shire Council has seen an accelerated growth in female participation in sports such as football and cricket across the Shire, and updated facilities such as these support this growth.

The facilities also feature a new canteen, three storerooms and a first aid room, providing a better experience for users the North Epping Rangers, who use the park for soccer in the winter season, and the Epping Bulls, who play junior cricket there in summer. Its sustainability features include a solar hot water system and storage tanks for rainwater reuse.

The project was delivered thanks to a \$1.5 million grant from the NSW Government and Council's 7.11 Developer Contributions.

Hornsby Shire Mayor, the Hon Cr Philip Ruddock AO said the new amenities would be a major benefit for the area.

"Hornsby Shire Council recognises the importance of community sport to its residents, contributing to both their psychical and mental wellbeing. The investment into this new facility will be of great benefit to the area, providing opportunities for people of all levels and abilities to take part.

Charles Sturt University Campus in North Sydney

CHARLES Sturt University is officially launching a campus in North Sydney.

Opening its doors to staff and its first cohort of students in February of this year, Charles Sturt University Sydney held a celebration launch event in the beginning of May at the Bay Street Campus.

Launching a campus in North Sydney was made possible by Charles Sturt University's partnership with the Navitas Group, the Australia for-profit education company.

'Our purpose at Navitas is to transform lives through education, and we look forward to watching that transformation occur over the coming years at Charles Sturt University Sydney,' says Navitas Group CEO, Scott Jones. 'It's our pleasure to welcome both domestic and international students to our new metropolitan campus surrounded by a world-class business community in one of the most vibrant cities in the world.'

Along with a North Sydney Campus, Charles Sturt and Navitas are launching another campus in Melbourne, opening in 2025.

Charles Sturt University is Australia's premier regional university, with campuses in Albury-Wodonga, Bathurst, Dubbo, Goulburn, Orange, Port Macquarie, and Wagga Wagga.

'Charles Sturt students studying at a metropolitan campus will receive sector leading outcomes like our other students, including top graduate employment rates and starting salaries,' says Charles Sturt Vice-Chancellor, Professor Renee Leon.

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By Julian Leeser, MHR,
Member for Berowra

I'm continuing to call out the appalling handling of housing affordability by the State and Federal Governments.

In 2020, nationwide servicing of an average new mortgage for a home required 30.3 per cent of your income. By October last year, that had risen to 49.5 per cent. In Sydney, that amount is 72.2 per cent.

In other words, if you live in Sydney and you're on an average income and want to live in an average house, then it will require \$3 in every \$4 you earn. That's impossible.

There are two things we must do. Firstly, we must temper population growth. Sydney's housing is not keeping pace with the number of new arrivals. I'm an enthusiastic supporter of migration and a multicultural Australia, but, in 2022-2023, net overseas migration contributed 174,000 people to New South Wales, the bulk of them in Sydney. So demand is too strong, and the housing market's out of kilter.

Secondly, we must responsibly increase the housing supply. It's a social and economic necessity, but it must be done in a way that works with local communities.

I'm deeply concerned about the new planning regime that's been put in place by the Minns Labor government. They want to remove the say that local communities have on how we increase housing supply.

I believe community inputs will always make developments better. The Minns Labor government's top-down approach to densities will strip local communities of their autonomy.

I support more housing, I support sensible local housing targets and I support investments in local infrastructure, but it all must be done in partnership with local communities.

We all must work in partnership in tackling this vital challenge for the future of our area and our country.

Willoughby's "Canopy of Life Tree Festival" Launches

PROTECTION of tree canopy across Sydney has become of great importance to local councils.

In an effort to inspire local residents to care and learn about tree canopy protection, Willoughby City Council launched the Canopy of Life Tree Festival on the 29th of May.

As the first of its kind for the Willoughby LGA, the Festival will consist of a programme of free workshops and talks, speaking on the necessity of eco-consciousness, providing valuable information on topics such as tree identification and forest bathing, while offering advice of how to manage trees on private property. Families are encouraged to participate in interactive bushwalks as part of the programme.

Since 2011, Willoughby's tree canopy in residential areas has reduced by 13 hectares. By inspiring residents and providing opportunities for learning through this event, Willoughby City Council are hoping to secure the future well-being of tree canopy.

'We need every Willoughby resident to understand and appreciate the hugely important role that trees play in sustaining the planet and human life,' said Willoughby City Council Mayor Tanya Taylor, in her launch speech on the 29th of May at the Incinerator Café.

'6,000 years ago, the region's trees were vital to the Gammerayal people,' continued Mayor Taylor. 'Fast forward to today and

very little has changed... the community's reliance on trees has expanded, given the ever-increasing need for their role in cleaning the air we breathe, and providing habitat and food for many endangered native species.

The Canopy of Life Tree Festival was coordinated by the Environment Education team at Willoughby City Council, following council's commitment to the "Love Your Trees" campaign. Mayor Tanya Taylor announced that in the coming financial year, Willoughby City Council are investing an additional \$2million in public maintenance and canopy management.

Highlights of the Festival include the "Conversations on Trees" Symposium at the Chatswood Library on the 5TH of June, with keynote speaker Greg Mullins, former fire chief and climate activist.

In partnership with the Environmental Club at Willoughby Girls High School, Council, staff and students have developed two new walking "Tree Trails". Students selected trees to be incorporated on the trails, with information about the trees and their environmental impacts accessible for residents along the route.

'Each and every resident has a civic responsibility to think about the greater good,' said Mayor Taylor. 'As a united local community, we can preserve Willoughby's environment for future generations to enjoy, and play our part in tackling the global climate emergency.'

Beaches Council Information Sessions for Low and Mid Rise Housing Reforms

NORTHERN Beaches Council is organising information sessions for keen residents regarding the NSW government's proposed housing height and density increases on the Northern Beaches.

The Council has urged the government to abandon the proposals, citing concerns about their potential long-term environmental and social impacts on the local area.

Mayor Sue Heins invites local residents to attend these sessions to gain insight into how the proposals could affect them personally.

"While we recognise the need to address Sydney's housing crisis, we oppose the blanket approach to housing density," Mayor Heins stated. "This could result in inappropriate developments in unsuitable locations and undermine Council's ability to plan effectively for growth."

She highlighted potential consequences such as increased strain on infrastructure, including roads and public transport, and potential loss of green spaces and heritage protections.

Residents are encouraged to register for these sessions to understand the proposals' implications and explore potential courses of action.

Council Planning staff will conduct sessions in each of the five Council wards. The events are free, but registration is mandatory. Details for the sessions are available on the Council website, they are Monday 3 June, 6 - 7 pm at Manly Seniors Main Hall, Cromer and; Thursday 6 June at Newport community Centre Main Hall.

Join these informative sessions to ensure your voice is heard on matters affecting our community's future. Registration is essential.



Small Business and the Federal Budget 2024-25

By Philip Belcher
LSE Consulting

Small Business will be impacted by the Federal Budget 2024-25 well beyond the specific items targeted for Small Business in the Budget.

The Budget Overview document (www.budget.gov.au) lists \$641.4m in small business initiatives:

- Improving Cash Flow, by extending the \$20,000 instant asset write-off for a further 12 months.
- Easing Cost pressures and Administrative burden through \$365 energy rebates to approx. 1m small businesses; abolishing 457 “nuisance tariffs”; and \$10m additional support to small business employers administering the Paid Parental leave scheme.
- Supporting confidence and resilience in the small business sector through allocation of \$41.7m over 4 years for:
- Supporting the Payment Times Reporting Regulator (\$25.3m over 4 yrs.).
- Providing financial counselling and mental health support for small business owners (\$10.8m over 2 yrs.).
- Implementing the Government’s response to the Review of Franchising Code of Conduct (\$3.0m over 2 yrs.).
- Supporting unrepresented small businesses through the Australian Small Business and Family Enterprise Ombudsman (\$2.6m over 4yrs.).

Whilst these initiatives offer some benefits at the operational level, they do not offer ‘hand outs’ for small businesses that will ensure them viably in the current economic conditions. Provided the Budget addresses inflation and eases cost of living pressures,

the tough conditions may improve somewhat but as always, the health of small businesses will depend on their ability to find profitable opportunities and deploy strategies to effectively compete.

According to the Budget overview, “Inflation is the primary focus of the Budget in the near term”. The focus is on ‘responsible economic management’ to return another relatively modest (\$9.3 billion) surplus.

Small businesses may benefit by focusing to take advantage of the initiatives that the Government is taking to:

- “Ease cost of living pressures.
- Build more homes for Australians.
- Investing in a Future Made in Australia.
- Strengthening Medicare and the care economy.
- Broadening opportunity and advancing equality.”

To take advantage of the Government’s stated initiatives, small business needs to look for the market opportunities that the ‘Initiatives’ create in their industry sector.

The initiatives to ease cost of living such as tax cuts, energy bill relief, waiving a proportion of student debt, increasing rent assistance to nearly 1 million households, and enabling some cheaper medicines have the potential to enable more discretionary spending across all sectors with small businesses that make themselves attractive to customers ahead of their competition.

97.5% of Australian Businesses are Small Businesses, with half of these being in 4 streams: Construction (18%); Professional, Scientific and Technical Services (13%); Rental, Hiring, and Real Estate (11%); and

Transport, Postal, and Warehousing (8%).

The focus on building more homes and infrastructure offers significant opportunity for the 18% of small businesses in Construction and the other industries that offer services to that sector. Similarly, the focus on renewable energy and higher education reform creates opportunities for small businesses, as does the initiatives in the Care sector. The canny small businessperson will analyse the Budget to look for opportunities in their sector, then devise strategies to capitalise on them.

In summary, the 2024-25 Budget provides some positive indicators that economic conditions will ease; however, small businesspeople need to tailor their strategies to take advantage of targeted opportunities that it may create whilst ensuring their businesses are operating as efficiently as possible in what will most likely still be tough circumstances.

For more Business ideas for success, listen to the “CEO Thinking” podcast using Apple or Spotify. For specific mentoring and advice, contact the author.

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

www.lseconsulting.net.au,
philip@lseconsulting.net.au



PAUL FLETCHER
FEDERAL MEMBER FOR BRADFIELD

As your Federal Member, I am here to:

- ↳ Assist with accessing Federal Government services
- ↳ Arrange congratulatory messages
- ↳ Advocate on behalf of our community in Bradfield

Tie Up Your Shoe Laces for Charity

By Claudia Butjerevic

With laced sneakers and numbers stuck on their chests, the community completed another successful Lindfield Fun Run.

Held annually by the Rotary Club of Ku-ring-gai, the Lindfield Fun Run is an opportunity to support local initiatives, bring the community closer, and get a refreshing sweat on.

With various length options for the run, whether it be two kilometres, five kilometres, or ten kilometres, runners, walkers, and families with children and strollers gathered together on Sunday the 19th of May, 2024.

Male winner of the 2km run is Lachlan Kidd, female winner of the 2km run is Zoe Wallace. Male winner of the 5km run is Walter Boehme, female winner of the 5km run is Scarlett Clark. Male winner of the 10km run is Oliver

Lawler, female winner of the 10km run is Marlena Olive.

Around 2,000 community members attended the event, stretching their legs and breathing in fresh air and the smell of a sausage sizzle. Participants crowded the streets between the Pacific Highway and Archbold Road before enjoying activities on the newly renovated Roseville Oval.

All proceeds made from the Lindfield Fun Run are donated to local charities and causes.

Ku-ring-gai Youth Development Service (KYDS), the charity tackling and supporting youth mental health, receives 50% of all donations. The Hornsby Ku-ring-gai Women's Shelter, the not-for-profit aiding women and children in crisis, receives 25% of all proceeds. All other funds gathered through the annual Lindfield Fun Run are given to other initiatives that the Rotary

Club of Ku-ring-gai support.

Rotary is a not-for-profit club that brings men and women across Ku-ring-gai together to make a difference for the local community. Rotary have over 35,000 clubs worldwide intimately involved with bettering the lives of their neighbours through activities, charity events, and networking.

As a Gold Sponsor for the event, The Post are proud of the efforts of community members breaking a sweat and raising funds for essential services.

For more information about the Lindfield Fun Run, and to access the database of winners and runners, visit www.lindfield-funrun.org.au

For more information about the Rotary Club of Ku-ring-gai, visit www.kuringgairotary.org.au

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Charity at the Lindfield Fun Run



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Advertorial Content

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client's unique needs, tastes, and budget. Rather than confining clients to a showroom, Sydney is Brindabella's showroom, Brindabella does not limit our clients and we align with their unique preferences.



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North Shore Craft Group's Contemporary Annual Exhibition 2024

THIS year over 30 artisans and craftspeople will be exhibiting exquisite jewellery, a selection of ceramics, fascinating textiles, unique timber and glass forms and much more. Come along and choose the item you like best in this year's Member's Challenge "Inspired by Nature" and you could win \$200 to spend at the show.

We will again be supporting the Hornsby Ku-ring-gai Women's Shelter and the Hornsby C.W.A. will be providing Devonshire teas, coffee and light lunches.

When & Where?

Thornleigh Community Centre
Corner Phyllis & Central
Avenues, Thornleigh
Wheelchair access

**Thursday 18th-20th
July, 10am-5pm**
Sunday 21st July, 10am-3pm

www.northshorecraftgroup.com
www.facebook.com/northshorecraft

Teddy Bears' Picnic Putting Smiles on San Babies' Faces

By Claudia Butjerevic

Another year, another Teddy Bear Picnic for the Sydney Adventist Hospital.

After kickstarting their annual Teddy Bears' Picnic last year following cancellations with COVID-19, the San are putting smiles on San babies' faces.

At the beginning on May, teddy bears were brought along to the Fox Valley Community Centre for a reunion picnic. Parents, grandparents, babies were able to reunite with San doctors and midwives who helped on their pregnancy and birthing journeys.

'The San has been delivering babies for over 100 years,' says Brett Goods, Adventist HealthCare Limited CEO. 'In recent years, the hospital has delivered more than 2000 babies annually, and for many of our maternity staff this event is a highlight of their year.'

Kids entertainers, The Beansies, returned to perform live for the crowd of young families and San staff. Stalls giving away treats and gifts were set up to browse and enjoy, while face painting, games, and play equipment entertained guests for the morning.

'It's a really special occasion, and we're always quite overwhelmed at how much people love the opportunity to come back,' says Brett Goods.

Sydney Adventist Hospital (the San) is operated by Adventist HealthCare Limited. AHCL is a not-for-profit organisation owned by the Seventh-Day Adventist Church, with the mission "Christianity in Action -- caring for the body, mind and spirit of our patients, colleagues, community and ourselves".

For more information about the Sydney Adventists Hospital, visit www.sah.org.au



Comedy for a Cause Hosted by The Village Chef

ON Friday, June 14, 2024, comedy enthusiasts in Sydney's northern Suburbs and beyond are in for a treat as The Forest Hotel presents a star-studded comedy event.

Hosted by local Meals on Wheels provider, The Village Chef, the event will be both a fundraiser as well as an opportunity for them to give back to their volunteers. Says General Manager, Alex Kane, "Our volunteers are absolutely wonderful and we couldn't do what we do without them. They turn up every day and deliver a range of our fresh, tasty and nutritious meals to some of the most vulnerable members of our community. Loneliness is an epidemic that is particularly prevalent amongst the elderly and for many of our clients, that

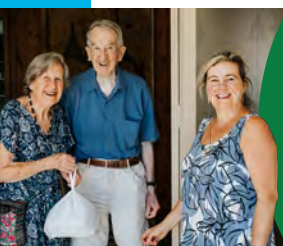
interaction they have with our volunteers is the only meaningful connection they will have with another person that day. We are always looking at ways to give back to our volunteers so, when the folks at Comedy for a Cause suggested putting on this event, we thought it was ideal".

The comedy extravaganza will take place at The Forest Hotel, located at 5 Frenchs Forest Road, East Frenchs Forest. Doors will open at 6:30 pm, and the show will commence at 7:30 pm. Please note that this event is strictly for individuals aged 18 and above.

Tickets are priced at \$35, and volunteers can attend for free by registering at www.comedyforacause.net/TVC

Featured Comedians:

- Andrew Barnett - a multi-talented performer and writer, known for his appearances at the Sydney & Perth Comedy Festivals.
- Laura Hughes - a rising star in the comedy scene, recognized for her outstanding performances at "The Comedy Zone" and being named one of the Melbourne International Comedy Festival's top five best new comedians.
- Bruce Griffiths - a seasoned comedian who has earned the title of Triple J Comic of the Year Winner.
- Mat Wakefield - "one of the rising stars of Australian Comedy".



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Lendecon Expands the Share Economy

By Claudia Butjerevic

Sharing economies are gaining traction.

In them, customers, citizens, and communities are able to share assets through digital platforms to both minimise waste and spending, while maximising community togetherness.

This is the idea behind the platform Lendecon.

Lendecon is a website that allows its members to borrow and lend equipment to one another. Featuring power tools like lawn mowers, camping equipment like sleeping bags, and sporting items like golf caddies, Lendecon encourages sustainability and the continued use of pre-loved goods.

Turrumurra local Dylan Pathirana developed and founded Lendecon to rescue millions of items finding their way to landfill.

'In today's day and age, we are very materialistic and consumerist, we buy these cheap, low quality products, which at the end of the day, get used once or twice,' explains Dylan. 'Probably, twenty other people on our street have the exact same piece of



equipment. [Lendecon] is trying to improve the utilisation of what we already have.' As a Renewable Energy Engineer, Dylan is interested in sustainability, and after taking a short course at Stanford in the United States, and seeing how quickly businesses scale with software, decided that software may be his way of implementing change.

'I was cleaning out my garage and I noticed just how much stuff I had accumulated and I connected all the dots,' says Dylan.

Lendecon, though is in its early days, has available items in categories such as tools, camping, leisure, party, events, and sports. Members of Lendecon can upload their items to be rented out, with a small fee, and browse items in their local area.

Through this, members can borrow items from neighbours they may have



PICTURED: Dylan Pathirana, Lendecon Founder

not felt comfortable asking for themselves, and have the opportunity to begin friendly relationships during drop-off and pick-up times.

These ideas of sharing economies are coming to the forefront of society. Considering the devastating effects of the cost of living crisis, and the rate of rapid social disconnection, bringing the community together to reduce unnecessary spending and waste may be vital.

To learn more about Lendecon, visit www.lendecon.com.au

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Bobbin Head Cycle Classic 2024: A Day of Cycling, Charity, and Community

Lifeline Harbour to Hawkesbury Sydney

On Sunday, 24 March, the annual Bobbin Head Cycle Classic whizzed through the scenic routes of Bobbin Head, delighting riders with the breathtaking landscapes of Ku-ring-gai Chase National Park and stunning coastal views from West Head. Known affectionately as "The Bobbo," this event has become a staple in Sydney's cycling calendar, drawing riders from across the region for a day of sport and community.

This year's Bobbo saw over 1,550 enthusiastic riders take to the roads, covering a combined distance of 130,000 kilometres across four route options: 27km, 57km, 80km, and the challenging 104km.

The Bobbo is much more than a cycling event; it's a major fundraising effort produced by five Rotary Clubs from the North Shore and Upper Northern Beaches, dedicated to supporting local charities. This year, the event raised over \$120,000, thanks to the efforts and generosity of the riders, volunteers, sponsors, and supporters. The funds will go towards strengthening mental wellbeing and resilience in our communities, a cause that resonates deeply with many.

Riders expressed their admiration for the well-organised event, with one participant noting that "It's as close as I will ever get to Le Tour de France!"



This sentiment echoed the high spirits and camaraderie felt throughout the day.

Among the standout participants, **Ken Anania** emerged as the top individual prize winner, earning the prestigious Mt Ventoux prize. He is currently planning his trip to France to claim his reward. Meanwhile, **Selda Deniz from Sydney Adventist**

Hospital was the second top individual fundraiser and has already begun the process of claiming her \$3500 bike prize from Trek. Congratulations to both! Sydney Adventist Hospital also celebrated as the top fundraising team, showcasing their commitment to the cause.

The Bobbin Head Cycle Classic would like to extend heartfelt thanks to all those who made the day possible. Special recognition goes to the volunteer Rotarians from the Rotary Clubs of Turramurra, Wahroonga, Ku-ring-gai, St Ives, and Upper Northern Beaches. Their dedication and hard work are the backbone of this event, ensuring its smooth operation and significant impact on local charities. **The Bobbo would also like to extend its heartfelt gratitude to Platinum Asset Management for their unwavering commitment to the event.** This year, Platinum celebrated its 10th anniversary as the official partner of the Bobbin Head Cycle Classic.

As the sun set on another successful Bobbin Head Cycle Classic, the sense of achievement and community spirit remained palpable. We look forward to seeing you all next year on Sunday, 30 March 2025 for another day of cycling, charity, and camaraderie.



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Cozy Up for Winter

Advertorial Content

By Rejimon PUNCHAYIL, Karis Life

As winter's breath nips at the air, our homes transform into comforting cocoons. Here, we savour steaming mugs, curl up with captivating reads, and relish the simple joys of domesticity. But crafting a truly cozy winter haven requires a touch of forethought.

First, embrace gentle warmth. Adjust your thermostat to a comfortable temperature – think a cozy sweater, not a tropical beach. Layer plush throws and rugs on well-loved furniture for an extra touch of snuggle-worthy softness.

Next, elevate your sleep sanctuary. Does your bed offer the blissful slumber you deserve? Consider a new mattress or an electric bed for soothing warmth that lulls you into restful nights.

Long winter evenings beckon for comfortable seating. A recliner or lift chair offers the perfect solution – the rising feature promotes independence, while the reclining function lets you unwind in ultimate comfort. Heat pads or supportive braces can further enhance your comfort, especially if you manage conditions like arthritis.

Winter is also the season to indulge in a little self-care. Soft lighting, the gentle flicker of candles, and calming music transform your space into a tranquil oasis.

By incorporating these simple touches, you can create a haven that invites you to embrace the winter months. Remember, your home reflects you. Personalize your space, embrace the calming atmosphere, and revel in the simple pleasures winter



brings.

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Do It For Dolly: Ending Bullying

Cyberbullying is on the rise.

In a recent report by the eSafety Commissioner, instances of cyberbullying has increased by 40% – from 1,700 reports in 2022 compared to over 2,300 in 2023. Most of those affected by cyberbullying are children and young teenagers between the ages of 12 to 15.

Tick and Kate Everett founded organisation Dolly's Dream after the tragic suicide of their daughter, 14-year-old Dolly.

Dolly's Dream raises funds and awareness about bullying, cyberbullying, mental health, and suicide. Through Dolly's Dream, the Everetts wish to change the culture around bullying, and prevent families from experiencing what they endured with the passing of their Dolly.

On the 10th of May, Dolly's Dream held Do It For Dolly Day.

As a national day, Do It For Dolly Day encouraged the communities across the nation to come together to start conversations, raise money, and go blue, Dolly's favourite colour, to end bullying, and spread a little kindness.

'We don't want other families to ever have to go through the headache we have experienced,' says Kate Everett, Dolly's mother.

Dolly's Dream offers support through a free 24/7 helpline, which Australian families are able to contact in crisis. The organisation provides online safety workshops in schools, anti-bullying workshops, mental health training, and, in partnership with Telethon Kids Institute, a free Beacon cyber

safety app as a resource for parents and carers.

'Since starting Dolly's Dream, having an app in our program offering to further support parents and carers in navigating the online world is something we have been incredibly passionate about,' explains Kate Everett. 'We are proud that Beacon provides easily accessible support and information to families, especially in our rural, regional, and remote communities.'

Donations raised will go towards bullying prevention and online safety programs nation-wide.

For more information about Dolly's Dream, visit www.dollys-dream.org.au



Thinking of renovating? Think Smith & Sons Hornsby and Turramurra!

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By Tim James,
Member for Willoughby

Investing in Local Sport

Sport is central to community life in Willoughby. I spend many weekends cheering on my kids in netball and physie and supporting local sporting teams. While skills and scores matter in sport, the real highlights are always the team spirit and fair play demonstrated by participants.

For our broader community, sporting matches provide a focal point for individuals and families to come together. With the operation of these clubs sustained largely by people who give up their free time, sport is one of the great outlets for volunteerism in our community.

In practical measures to foster the growth and flourishing of local sport

in Willoughby, I have recently supported several community grant applications. These have included grants for the North Sydney Junior Baseball Association, the Northbridge and Castle Cove Golf Clubs, the Artarmon Maestros Cricket Club, the North Shore Bombers AFL Club and the renovation of the green at Willoughby Park Bowling Club.

I believe sporting clubs are the backbone of our community and it is my joy to help facilitate the funding for these clubs which helps support our broader community.

Despite these efforts to obtain more funding, it is unfortunate that the Minns Labor Government cannot be counted on for support. Since last year's budget in September, the Gore Hill Indoor Sports Centre remains unfunded by the state as does the North Sydney Oval female-friendly

facilities upgrade.

To ensure the vitality of our sporting clubs, we must invest time and resources into securing adequate green spaces for community use. With increasing pressure on existing areas and notable shortages in places like St Leonards and Crows Nest, I am advocating for more innovative sites like the public park over the railway corridor in St Leonards. We should explore similar solutions, such as constructing a green roof over the Warringah Freeway, to further expand our green space. I am committed to advocating for thoughtful and innovative investments in greenspaces throughout Willoughby.

I will continue to hold this government to account and work to ensure that our local sports clubs, facilities and green spaces receive the funding they need to help more of our people enjoy the physical, social and mental benefits of sports.

Vinnies' Sleep Out Shines a Light on Homelessness

By Claudia Butjerevic

Every night Australia-wide, more than 120,000 people go to sleep without a roof over their heads.

Vinnies' Sleep Out shines a harsh light on homelessness. Participants and community groups spend a night sleeping rough, being given bread and a cup of soup for dinner, and asked to spend the night cold outdoors.

Participants raise funds for homelessness and spread awareness of the realities of rough sleeping. Though only for a night, the experience is eye opening and allows communities to understand and connect with their homeless members, while raising crucial funds.

Vinnies encourages community groups, schools, businesses, and leaders to host and participate in a nearby Community Sleep Out. Donations and sponsors for registered teams and CEOs help to end the battle of homelessness. St Leo's Catholic College Wahroonga students are participating in St Vincent De Paul's annual Community Sleep Out.

Chresten Brix Neilsen is a student at St Leo's Wahroonga, and President

of St Vincent de Paul Society at the school. This is Chresten's third year involved with the Vinnies Community Sleep Out.

'This year especially, as President... planning it out and participating has become quite close to me,' explains Chresten. For last year's Sleep Out, Chresten was able to personally raise over \$500 for homelessness, with St Leo's Catholic College Wahroonga collectively raising over \$35,000 for the cause.

'Homeless and domestic abuse victims... what we are especially funding is getting money to those people so they can rent a motel for a week while they get themselves sorted,' says Chresten. 'There is going to be 100 [participants]. We are all sleeping out on the green.'

With the money raised by these annual Sleep Outs, St Vincent de Paul has been able to assist nearly 2 million struggling Australians. In 2023, the Vinnies Sleep Out reached over \$8.9 million in available funds.

For more information:

www.vinnies.org.au/nsw/get-involved/fundraise-for-vinnies-nsw/vinnies-community-sleepout



Scan QR Code
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By Cecilia Castle,
Castle Lawyers at Asquith

Valuing Your Property



For most of us our home is our most valuable asset. Knowing what it's worth can open doors to wealth creation through the equity held in the home.

There are various ways of valuing property. Online estimates can create a general insight without reference to the peculiarities of the property, such as its state of repair. Estate agents are not qualified valuers but have experience in current market trends with reference to other recent sales. They provide market appraisals and do not charge a fee. Certified Practising Valuers are registered, qualified professionals that assess the value of properties. They do charge a fee and are required to provide extensive written valuation reports.

Formal property valuations from Certified

Practising Valuers may be required in circumstances such as:

- When banks need to assess the value of a property being used as security for lending purposes or to obtain mortgage insurance.
- Stamp duty assessment on property transfers that are not subject to a contract for sale or transfers that are not considered as being "at arms-length" transactions.
- Family law proceedings where the asset pool of the parties is being considered by the Court.
- Personal financial agreements relating to property such as inter-family loans or private business loans.

- Building insurance valuations to ensure properties are adequately insured.
- When undertaking rent reviews to ensure they are fair and reasonable between landlord and tenant.

Property valuations fluctuate with the economy, and should be reviewed regularly. Most formal valuations are valid for 12 to 18 months, depending on their purpose.

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

Sydney's New 24-Hour Emergency Vet in Terrey Hills

By Claudia Butjerevic

A new 24-hour veterinary hospital is about to be unveiled on the Northern Beaches.

Northside Emergency Veterinary Service (NEVS) and The Pet Specialists (TPS) are opening the new hospital on the 2nd of June, located in Terrey Hills.

Together, NEVS and TPS are hosting an Open Day, and inviting the community to a behind-the-scenes look at the advanced facilities and services the hospital has to offer.

'Our new facility has been purpose-built to provide exceptional care for pets around the clock,' says Dr Eugene Buffa, Specialist Surgeon at The Pet Specialist. 'We look forward to showing the community the impressive features that set us apart.'

The Open Day is a free, family and pet friendly event. During the event, attendees will have guided tours of the surgery suites, imaging areas, and intensive care unit, while meeting the experienced veterinary teams. Attendees can partake in pet first aid workshops to gain knowledge on pet emergencies, and have opportunities to ask questions to professionals.



Food trucks and sausage sizzles will be available, charity raffle with prizes such as zoo passes, and a bouncy castle and face painting for children. An official ribbon cutting ceremony will be held with VIP guest Johanna Griggs.

'We are passionate about promoting the health and happiness of pets, and our new hospital reflects our dedication to providing the highest standard of veterinary care,' says Dr Heather Russell, Veterinarian at NEVS.

The new hospital will include veterinary services including emergency and critical care, specialist surgery, and avian and exotic care and rehabilitation. Both NEVS and TPS encourage local veterinarians to refer patients who may need specialist or emergency care.

The Open Day event will be held on the 2nd of June between 9.30AM and 1PM at 16 Myoora Road, Terrey Hills.

Davidson MP Matt Cross Encourages Blood Donations After Bowel Cancer Diagnosis

By Claudia Butjerevic

Almost 300 Australians a week are diagnosed with Bowel Cancer. Over 100 die each week from the devastating disease.

Bowel Cancer is the second deadliest cancer, only behind lung cancer, with an estimated 5,300 deaths yearly. If found early, 99% of cases can be treated successfully, however fewer than 50% of Australians are diagnosed in the early stages.

June is Bowel Cancer Awareness Month. For the month, advocacy, funding, awareness and calls for research are at the forefront to aid in the cure and care of Australians living with the disease.

Bowel Cancer Australia's annual Red Apple Day, an initiative to raise funds for early onset bowel cancer research,

falls on the 19th of June. Any donations made on the 19th of June will be matched by Bowel Cancer Australia's matching partners, meaning any money raised is doubled.

Bowel Cancer touches many Australians and their families.

At the beginning of May, Member for Davidson Matt Cross bravely announced in a speech to the New South Wales Parliament his own recent diagnosis with bowel cancer. In his speech, Matt spoke of how his cancer was able to be caught early thanks to his regular blood donations, which caught irregularities.

'Cancer affects everyone in our society, whether you are diagnosed or a colleague, friend, or loved one is diagnosed,' says Matt Cross in his speech to Parliament on the 7th of May. 'It does not discriminate.'

Matt Cross MP encourages others to

consider becoming an Australian Red Cross Lifeblood donor, as each donation can help save three lives. 'My recent visit will help save my life. My blood was given a voice & alerted me to danger,' he writes in a post to Facebook.

World Blood Donor Day falls on the 14th of June. Lifeblood host a National Blood Donor Week to recognise and celebrate donors.

The Post wishes Member for Davidson Matt Cross a speedy recovery. Our thoughts are with Matt and his family during this time.

For more information about Bowel Cancer Australia, visit www.bowelcanceraustralia.org

For more information about Lifeblood, visit www.lifeblood.com.au

Albanese Commits Extra Funding to Ending Gendered Violence

By Claudia Butjerevic

Over thirty women have died at the hands of their partners in the first four months of this year.

Across Australia, one woman was killed every 11 days by an intimate partner between 2022-23. The Albanese Government has declared this a national crisis.

To fight this epidemic, the Government has committed to investing \$925.2 million over five years to establish the Leaving Violence Program for women and children experiencing domestic violence. This builds on the Albanese Government's \$2.3 billion in measures to end intimate partner violence.

The Leaving Violence Program is an initiative supporting the National Plan to End Violence Against Women and Children 2022-32.

The Program aims to improve the safety and independence of victims by offering individualised financial

support packages of \$1,500 in cash and \$3,500 in goods and services. Payments will be indexed to compare to cost-of-living in the coming years.

'Financial insecurity is a major contributing factor in a woman's decision to leave, stay in or return to a violent relationship,' reads the Women's Budget Statement 2024-25, signed by Katy Gallagher, Minister for Women, and Treasurer Jim Chalmers MP.

On the 29th of April, members of the crossbench including Kylea Tink, Member for North Sydney, Zali Stegall, Member for Warringah, and Sophie Scamps, Member for Mackellar, sent a letter to the Prime Minister calling for action.

'Violence against women is preventable, but we need to better identify risks and

opportunities for intervention,' the April letter reads.

The crossbench letter addresses the need for funding frontline services as a tangible opportunity to end gendered violence.



'Frontline services live hand to mouth, constantly worrying about whether their funding will be renewed,' says the letter. 'The federal government must force the states to

break the logjam on the recruitment of 500 frontline workers funded in last year's Budget.'

Crisis support can be found locally at Hornsby Ku-ring-gai Women's Shelter, Mary's House in the Lower North Shore, the Northern Beaches Women's Shelter.

For more information, visit their websites.

Migraine and Headache Awareness Month is held in June

MIGRAINE is a debilitating, complex neurological disorder.

Though similar to a headache, migraines involve other symptoms including nausea, light and sound sensitivity, vision interferences, and numbness.

Nearly 5 million Australians suffer from a migraine condition. Of these Australians, 71% are women, and 86% are of working age. According to Headache Australia, the economic cost of migraine in Australia amounts to over \$35 billion.

What's causing your migraine? Have you heard of the 5 C's of migraine? Cheese; Chocolate; Coffee; Cake and Citrus Fruits. Although many of these are known triggers, there are so many others and research is ongoing.



Men's Health Week

By Riley Warner

Men's Health Week this June is for breaking down barriers and building our emotions.

In the heart of Australia's winter, amidst the chill of June, there's a warmth that spreads across the nation a warmth fuelled by a collective dedication to a cause that knows no bounds: Men's Health Week, between the 10-16th June. As we gear up for Men's Health Week 2024, it's time to shine a spotlight on the well-being of Aussie blokes like never before.

Men's Health Week, observed annually in the middle of June, isn't just another date on the calendar — it's a vital opportunity to underscore the significance of men's health and to champion the holistic wellness of men and boys in our communities. Beyond mere physical fitness, this week serves as a platform to address the often overlooked realms of men's mental health and the neglect of emotional well-being.

Australia, with its unique landscape and diverse populace, faces its own set of health challenges. During Men's Health Week, we come together to confront these challenges head-on, through a myriad of events and initiatives designed to foster lasting change.

At the forefront of this movement is the Centre for Male Health at Western Sydney University. With its extensive network of community and government organisations, forging partnerships that transcend boundaries and unite individuals in a common

cause: better health for all.

But the true power of Men's Health Week lies in its grassroots approach. Recognising that real change begins at the local level, the week doesn't just advocate for health, it empowers communities like yours to take ownership of their health destinies. Event organisers are engaging, educating, and inspiring men and boys to prioritise their well-being.

So, whether it's a workshop or a seminar, Men's Health Week is a testament to the resilience and determination of the Aussie spirit. It's a reminder that when we come together neighbour to neighbour, mate to mate we have the power to shape a healthier, happier future for generations to come.

As we embark on another Men's Health Week journey, let's heed the call to action. Let's spark conversations, break down barriers, and pave the way for a brighter tomorrow. Because when it comes to men's health, there's no challenge too great, no distance too far. Together, we can and will make a difference.

For more info and to see where your local events are in the week, visit, www.amhf.org.au/men_s_health_week_2024

UTI Treatments Now in Community Pharmacies

By Claudia Butjeric

If you've ever experienced the frustration of dealing with a urinary tract infection while facing delays in seeing a doctor—whether due to a weekend or the busy cold and flu season—there's good news: relief is now available!

Pharmacists across New South Wales can treat patients with uncomplicated urinary tract infections from the 1st of June.

Following a 12-month NSW pharmacy trial, pharmacists who have undergone the required training will be able to provide consultations and prescriptions for relevant medications. One thousand pharmacies participated in the trial, and more than 16,000 women benefitted from UTI treatments.

The NSW Government committed \$6 million, providing \$20 per patient to

compensate for pharmacy consultations.

'The NSW Government is committed to taking pressure off GPs and primary care services and we are constantly evaluating ways we can deliver healthcare more efficiently as well as safely,' says Minister for Health, Ryan Park. 'Enabling pharmacists to do more will mean many women will get timely access to the care they need.'

Women who are eligible for treatment at a participating pharmacy must be between the ages of 18-65, have symptoms consistent with an uncomplicated urinary tract infection, and have not had a urinary tract infection in the past, or are at a high risk for complications.

Further full clinical evaluations will continue to assess the NSW trial, looking at women were satisfied with the service, how



often antibiotics were given, and how women were guided to other medical services if needed.

'Women across New South Wales will benefit from easy access to treatment for painful UTIs,' says Pharmacy Guild of Australia NSW Branch President, David Heffernan. 'Pharmacists are ready to step up take some of the pressure off of GP clinics and hospitals.'

Pharmacists may soon be able to treat common skin conditions, such as dermatitis or school sores.



By John Zavaglia
Mind Life Counselling

A New Cost of Living ... Envy



As we near the end of the financial year we are planning to submit our tax returns, where our finances will be at the forefront of our minds. We are all aware of the impact of the cost of living which carries its weight in stress.

As we all have instant online access to our money, we can witness its downward movements, where this constant monitoring makes us all financial analysts of our own money.

When finances become tight we can feel unfulfilled, anxious, and compare ourselves to others. So, what do we do to make ourselves feel better? We spend more!

We seek solace in a new piece of clothing, tantalize our tongues with food and liquor, or even partake in a game of chance. Why is this? Because we are creatures of envy, as through social media we can easily witness others progressing with their lives, where it dually recognises our own need for reward with the embellishment of envy that goes with it. So how do we help ourselves out of this dilemma?

If we cannot spend the money we desire to keep us happy, we need to think creatively; we change our relationship with happiness itself.

We can't deny our happiness lies

within our materialistic needs, do all our purchases though provide us fulfilment? If we can look beyond what scintillates our senses, we can discover our true happiness which is held within our wisdom, by mitigating our hardships and still living a meaningful life. We can appreciate that our desires are neither beauty nor beast, but an aspect of ourselves that we can see through and determine what costs and benefits it brings; particularly at times like today when finances are tight, and our temperaments are tested.

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

If you feel you need to reach out for some help, make the call to "Untangle your Mind", see details below.

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*Subscribe to the Mind Life Channel:
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Barker Students Helping Children in Poverty

BARKER College high schoolers are sponsoring students from the world's poorest countries.

In partnership with Compassion Australia, the international Christian charity supporting children living in poverty, Barker students raised over \$3,500 during their annual House Fair in March.

Selling food and drinks at the fair means the funds raised will support six impoverished children for a year.

Barker College House Captain Angelina Barnsdall, a Year 10 student, proposed the idea to engage her peers in transforming the lives of others.

'At our school we have a motto called "The Red Thread"... Just as the red thread symbolises the interconnectedness of our school community, I wanted to encourage students to remember that our actions, regardless of how big or small, are intricately linked to the wellbeing of those in need,' says Angelina. 'Each kind gesture, each act of support, is like a stitch in the tapestry of compassion that we are collectively weaving.'

Each year group, 7 to 12, will be sponsoring a different child. The year group will be responsible for letter writing, celebrating the achievements of their sponsored child, and organising fundraising for them.

'Our partnership with schools is much deeper than fundraising. We aim to provide students with meaningful opportunities to help alleviate child poverty, inspiring them that their actions can truly make a difference,' says Cooper Kruize with Compassion Australia.

For more information about Compassion Australia, visit www.compassion.com.au

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VIVID Highlights as Humanity Sparks Reflection and Engagement



Inside Out 2 is coming to cinemas on 13 June 2024. Image courtesy of Disney Pixar.

Over 23 nights, light installations, music, ideas and food inspire global audiences and drive cultural exchange. The 2024 theme, 'Humanity,' sparks reflection and engagement, attracting visitors and fuelling economic growth.

This year Golden Globe and Emmy Award winning actress and comedian, Amy Poehler, joined the line up for a special Vivid Ideas event at the Sydney Opera House on Monday 27th May. "I'm really looking forward to taking part in Vivid Sydney this year, a place that welcomes Joy in every way," said Poehler.

Disney and Pixar's "Inside Out 2" returns to the mind of newly minted teenager Riley just as headquarters is undergoing a sudden demolition to make room for something entirely unexpected: new Emotions! Joy, Sadness, Anger, Fear and Disgust, who've long been running a successful operation by all accounts, aren't sure how to feel when Anxiety shows up. And it looks like she's not alone. Maya Hawke lends her voice to Anxiety, alongside Amy Poehler as the voice of Joy.

Vivid Sydney Festival Director, Gill Minervini said: "Amy Poehler is comedy

royalty and the perfect person to join us as part of Vivid Ideas for this year's Vivid Sydney. We're so proud to add her to the growing list of guests set to captivate visitors throughout 23 nights of the festival. Amy's new film 'Inside Out 2' ties in perfectly with the theme of this year's festival, Humanity, with an accessible take on how the human mind makes decisions and processes emotions.

Inside Out 2 is set to be released on 13th June 2024.

What's Happening at VIVID 2024

By Riley Warner

You can bet that Sydney looks its best when it is doused in colour, art and culture. Vivid does just that.

From the 24th of May to the 15th of June, as the sun sets and darkness descends, expect your city to become a canvas for artists from around the world to paint their visions in light. Vivid 2024 pumped up to be the biggest and the best Vivid experience.

Vivid naturally attracts the masses, and you can bet that Sydney will be under the theoretical 'pump' during Vivid.

Vivid Sydney offers a diverse array of experiences, with many events free to the public.

One of the highlights of this year's Vivid Sydney is the "Love is in the Air" drone show, set to grace the skies above Circular Quay. Directed by Gill Minervini and accompanied by the enchanting music of

Peewee Ferris, this aerial spectacle will create otherworldly scenes against the backdrop of the city skyline. Scheduled for June 8, 9, and 15, weather permitting, it's an event not to be missed.

Tumbalong Park will be a hub of activity during Vivid Sydney, hosting the "Tumbalong Nights" event. Here, visitors can immerse themselves in a multi-sensory experience featuring Australian and international musical talent. From DJs to live bands, the lineup promises to deliver unforgettable performances throughout the festival period.

As night falls, Sydney will come alive with mesmerising light displays scattered across Circular Quay, the Rocks, and the Botanical Gardens. These illuminations, crafted by both local and international artists, showcase the latest innovations in light artistry and promise to inspire wonder in all who behold them.

One standout installation is "Window Dressing" at the UTS 'paper bag' building in Ultimo. Artist Liesel Badorrek will

transform the building's facade with illuminated windows, offering a glimpse into alternate lives and exploring the theme of 'Humanity' that defines this year's Vivid.

In addition to these featured attractions, Vivid Sydney 2024 will include a host of other captivating installations and performances. From Reg Mombassa's surreal visuals at Customs House, one of the hotspot locations on the Vivid calendar, to Guan Wei's transformative projections at the popular Museum of Contemporary Art, there's something for everyone to enjoy.

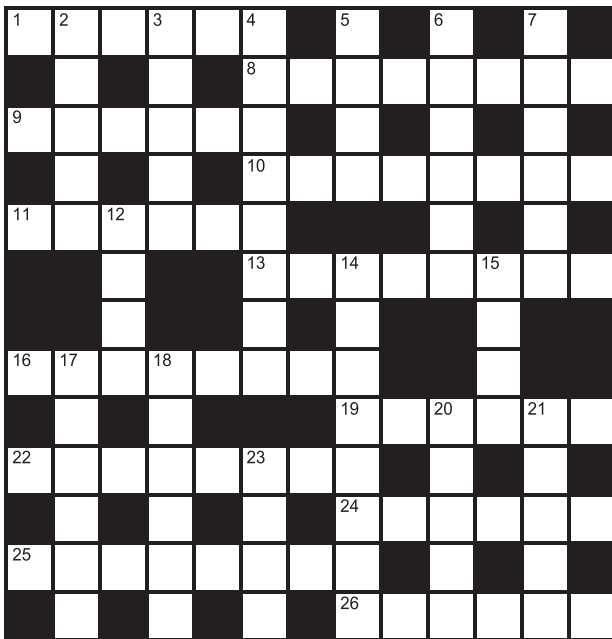
Extra services will run throughout the festival for convenient travel. Arrive early before Lights On at 6 pm to avoid congestion caused by closed roads and limited parking. For a seamless visit, we suggest you leave your car at home, as there will be nightly road closures and parking restrictions.

GENERAL KNOWLEDGE CROSSWORD

713

ACROSS

- 1 Name a noxious shrub, once used as a hedge (6)
- 8 To hearten or buoy up, is to do what (8)
- 9 What is a group of lines of verse (6)
- 10 Which Israeli town was the childhood home of Jesus (8)
- 11 Name the attendants who escort persons to theatre seats (6)
- 13 Which telegraph line connected Darwin to Adelaide in 1872 (8)
- 16 Name an alternative term for pharmacists (8)
- 19 What is a characteristic style of pronunciation (6)
- 22 On which day did Solomon Grundy die (8)
- 24 To be paradoxical, is to be what (6)
- 25 What do we call errands or missions, as in shopping (8)
- 26 Which vehicle is designed to carry oil in bulk (6)



DOWN

- 2 What are council charges known as (5)
- 3 Name the scene of any action or event such as a hall for a concert, etc (5)
- 4 Which crossbars divide windows horizontally (8)
- 5 Which type of popular music sprang up in and around New Orleans (4)

- 6 Which term implies that something is star-shaped (6)
- 7 Name the positive elementary particle present in every atomic nucleus (6)
- 12 What is the gemfish also known as (4)
- 14 Name the profession of Charles Lamb (8)
- 15 What is a heavy chisel-like steel tool used to dress timber (4)
- 17 Name a more common term for Valhalla (6)
- 18 Name a flavoured preparation of whipped cream, beaten eggs, gelatine, etc (6)
- 20 Which jester or buffoon is found in a circus (5)
- 21 To be unsophisticated, is to be what (5)
- 23 What is a colloquial term for living quarters (4)

MINI WORD FIND

014



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

- Act**
- Agas**
- Ago**
- Are**
- Axe**
- Dots**
- Ear**
- Fists**
- Frog**
- His**
- Italy**
- List**
- Oddly**
- Tea**
- Text**

CURIO

014

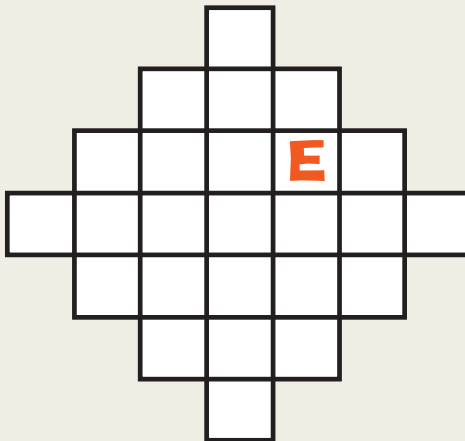
Fireworks were used in China as early as 200 BC, but it was the Italians who perfected the rockets that most modern fireworks displays use. The Italians invented the aerial shell, which allowed fireworks to have specific colour and shape.

E-EQUATIONS

024

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

B	E+D	
D	H÷D	2
E	U+H	
H	D×D	
N	B÷H	5
O	H+N	9
U	N+O	



BIYWORD

014

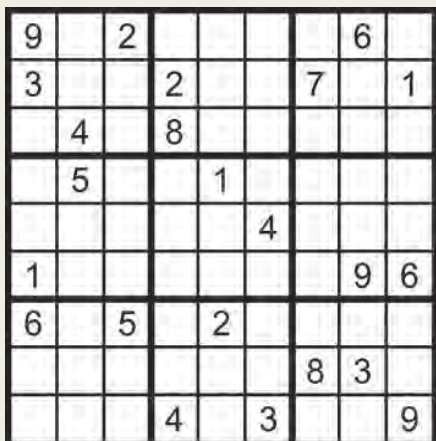
Build it yourself using the clues and each of the twenty-four letters once only to form ten words: five across and five down. A key word (bold clue) builds on the letter set in the grid.

- CLUES:**
- Dining chairs with arms (7)
 - Fellow of the Royal Society (3)
 - Long-billed fish (3)
 - Make a mistake (3)
 - Mistake (5)
 - Painful sorrow (5)
 - Personal seclusion (7)
 - Roman catholics (3)
 - Thoroughfares (5)
 - Waterside plants (5)**

- A E R R
- A F R S
- C G R S
- C I R S
- D O R V
- E P R Y

SUDOKU

014

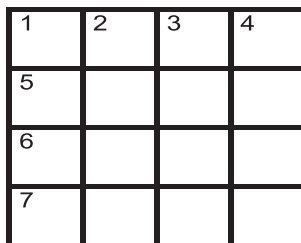


QUICK THINK

014

Solve the crossword. Each answer has four letters.

- ACROSS**
- 1 After
 - 5 Come back
 - 6 Loyal
 - 7 Fixes
- DOWN**
- 1 Darlings
 - 2 Big plot
 - 3 Close
 - 4 Low digits



SOLUTIONS

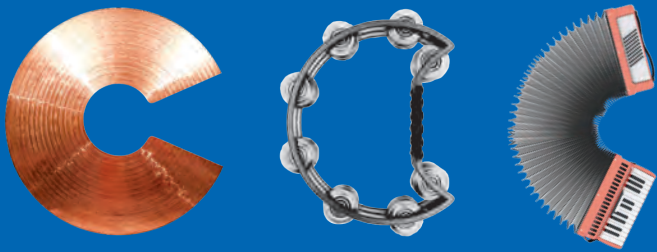
BIYWORD

QUICK THINK

ACROSS: 1 Past, 5
DOWN: 1 Pets, 2 Acce, 3 Shut, 4 Toes, 5 Echo, 6 True, 7 Sets, 8-20, D: 2: E: 18, H: 4, N: 5, O: 9, U: 14

SUDOKU

MINI WORD FIND



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