

THE POST

Edition 55 - 1 May 2024
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Happy Mother's Day



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**community
pitch 2024**

Community Bank
Lindfield & Districts

Presented by:

Bendigo Bank

May brings Mother's Day, plus in this Edition:

- Community Pitch 2024 Announced!
- Lifeline Gala Ball details revealed!
- Willoughy's Tree Symposium - full details inside
- Volunteer this National Volunteer Week
- 'A Glimpse into Social Housing' with local Asquith photographer
- North Sydney Community Award Winners
- Book now for Mother's Day lunch at The Kirribilli Club and Magpies Waitara - *details inside*

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Editor's Word Tina Brown

As the calendar turns to May, our schedules grow with events and activities making it a very exciting month ahead.

One such event is National Volunteering Week from 20-26 May.

If you have ever toyed with the idea of volunteering, but not yet dipped your toe in, May presents a perfect opportunity. There are numerous local charities and not-for-profits that would love to hear from you and be very grateful for your time.

This month Lifeline Harbour to Hawkesbury Sydney have also revealed the date for the very popular gala ball including an exciting new venue. This event promises not only a memorable night out but also a chance to connect with others and bolster a vital initiative within our community. I recommend booking a table whilst the early bird offer is available and I hope to see you there, it's an excellent evening to support mental health.

Speaking of mental health, I would like to warmly welcome John Zavaglia, as our newest Columnist within the health and lifestyle pages. John brings a wealth of knowledge about mental health and will share valuable insights that promise to enrich our understanding and approach to wellness.

Wishing all our readers a very happy Mother's Day on Sunday May 12th.

Tina



Get Ready for Community Pitch 2024!

Is your local community group in need of funding? Do you know a charity striving to make a difference but lacking financial support? Look no further! The Lindfield & Districts Community Bank is proud to present the 2024 Community Pitch event, set to take place on August 13, 2024.

This event promises to be the best yet, offering an unparalleled opportunity for community groups, not-for-profits and charities to secure the funding they need to bring essential projects to life.

Following the success of last year's event, where almost \$65,000 was distributed among ten deserving community groups, this year's event aims to surpass that milestone.

The format of the event is simple yet impactful: ten community groups will each have three minutes to pitch their project to a room filled with local business owners and community members, known as Pitch Partners. These Pitch Partners, who have generously contributed to a funding pool, will then select which community groups they wish to support using their pledged funds.

Applications for community groups,

not-for-profits and charities are now open and will close on May 31. Simply scan the QR code below to apply.



Community Pitch 2024

If you have any questions or need more information, Sharon Franke can be contacted at sharon.franke@bendigoadelaide.com.au.

Whether you're seeking funding for a community project or interested in joining the Lindfield Community Bank as a Pitch Partner, this event offers a unique opportunity to make a positive impact on our community.

Mark your calendars and get ready for an unforgettable night. We look forward to welcoming you to Community Pitch 2024!





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Lifeline H2H Sydney Sapphire Gala Ball Relocates to ICC Sydney

Save the Date: Saturday 31st August

THE prestigious Lifeline H2HS Sapphire Gala Ball is set to make its debut at the renowned ICC Sydney, marking a significant move for the annual event.

Tickets for the Sapphire Gala Ball are now available for purchase, promising attendees an unforgettable evening in support of Lifeline

Harbour to Hawkesbury Sydney's crucial suicide prevention and mental health services.

Scheduled for Saturday, August 31st, guests are invited to partake in a night of extraordinary entertainment at the esteemed International Convention Centre Sydney, nestled within Darling Harbour. Situated in Sydney's thriving

entertainment hub, attendees can anticipate a purpose-driven occasion among a community of individuals dedicated to fostering hope and resilience.

Early bird tickets can be secured via the provided link. Don't miss the opportunity to be part of this impactful event.

Book Your Table Now!



Attendees of the 2023 Gala Ball:

- Left to right: Nives Milanovic, Robert Tanti, Greg Johnson, Amelia Johnson, Paul de Mar, Kate Sainsbury, Patrick Rougon, Jo Martin, Nancy Dal Cin, Catherine Latham.

Follow us on socials - read more online www.hkpost.com.au



As your Federal Member, I am here to:

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

Please contact my office if I can be of assistance.

JULIAN LEESER MP
FEDERAL MEMBER FOR BEROWRA

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- 🌐 julianleeser.com.au
- 📘 [julianleesermp](https://www.facebook.com/julianleesermp)



Member Alister Henskens Trainspotting and Opposing Housing Reforms

By Claudia Butjerevic

Wahroonga Member Alister Henskens was patrolling local train stations at the beginning of May.

Making an appearance at Pennant Hills Station on the 30th of April, Thornleigh Station on the 1st of May, and Waitara Station on the 2nd of May, Member Henskens sought to encourage the public to voice their opposition to the New South Wales Government's proposed housing reforms. Member Henskens was perusing the stations between 6.30 am to 8.30 am on each day.

Alister Henskens has been openly opposed to the Labor Government's

housing plans, claiming it will dramatically impact the people of his electorate, in the Ku-ring-gai and Hornsby Shire Council areas.

In his submission to Premier Chris Minns, Minister for Planning and Public Spaces Paul Scully, and the Department of Planning, Member Henskens pushes back on the housing changes.

'It is reprehensible that the Minister has not consulted and considered submissions from the public who are impacted by the proposed changes,' he wrote in late February. 'I count 18 of the 31 proposed TODs are in greater Sydney. Of the 18 in greater Sydney, it appears that 4 or 22.2% are in the one Local

Government Area of Ku-ring-gai Council. This does not appear to be an equitable or rational allocation of the new rules.'

Member Henskens implored the Department of Planning to take stock, wind back, and re-evaluate this "assault" of the Wahroonga community.

At the time of print, Member Henskens had yet to visit the stations at Pennant Hills, Thornleigh, and Waitara.

The effectiveness of his efforts at the stations, rallying the community to vocally oppose the Labor Government's plans, remain to be seen.

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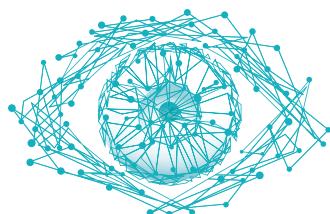
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The Council that Failed to Play Ball with the TOD's

By Riley Warner

The NSW Government is hitting the accelerator on progress with their Transport Oriented Development (TOD) programs.

If you're not in the 'know' about the TODs, supposedly, the government estimates that 170,000 more well-located, well-designed, and well-built homes will be delivered throughout the Sydney, Illawarra, Hunter, and Central Coast.

In December last year, the government announced the Transport Oriented Development State Environmental Planning Policy (TOD SEPP), which identified 31 stations across 13 local government areas around which new housing will be located within 400m.

In recent months, local community groups and councils have continued to voice up and dig heels of their own firmly in their community's land. None more so than individuals near affected train stations in Ku-ring-gai, joining these residents is the always vocal and seemingly forever-on-the-scene Ku-ring-gai Council, which has become one of the leading advocating councils against the TODs.

The council made an effort to swat away any housing developments near the stations of Lindfield, Killara, Gordon, and Roseville. However, these efforts almost turned the heat up in the

Ku-ring-gai area itself.

The NSW government has now had to set a blanket deadline for stations in Ku-ring-gai, a deadline for TOD sites finalisation of April 2024. While some other stations are given until July, October, and December, some even until 2025, Ku-ring-gai see themselves as one of the first groups the NSW government wants to have finalised.

Interestingly, a source has informed the Post that the Ku-ring-gai council was actually offered a chance to provide an alternate planning solution. However, ended up never submitting anything to the department.

In fact, Ku-ring-gai was the only council that didn't work with the Department of Planning Housing and Infrastructure.

This could have been foreshadowed by the everyday Aussie when Ku-ring-gai Mayor Sam Ngai went on 2GB in early February to explain council efforts to pass a motion to explore all other alternate development options; however, while on air, failed to provide host Chris O'keefe with any legitimate options when he had the chance to express these 'alternative' options.

It's clear that the TODs unsettle people, and it's also apparent that the city needs more houses. What is for sure is that nothing will get done if local councils continue saying no and avoiding collaboration with the government entirely.

Premier of NSW Chris Minns reaffirmed the decision to implement the



Roseville Train Station: Image Courtesy Transport for NSW

TODs,

"The NSW Government is absolutely committed to confronting the housing crisis head-on. For too long, housing has been put in the too-hard basket.

"If we don't build more houses, young people will up and leave because they can't afford a home in NSW. And if we lose our young people, we lose our future.

Minister for Planning and Public Space Paul Scully also commented, congratulating 12 of 13 councils for taking the initiative.

"I applaud the councils that have worked collaboratively with my department, which has resulted in a TOD policy tailored to each location and community.

"I encourage others to sit down and help us address the housing crisis by working together to find well-located housing across the State for young people, essential workers, and families who desperately need to access the housing market.

I'm listening...

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

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

kyleatink.com.au

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.

The Power of Giving: LINA's Fundraising Campaign for Public Interest Journalism

By Tina Brown



Powered by our Community

In an unprecedented move, the Local and Independent News Association (LINA) has announced a ground-breaking fundraising campaign that promises to bolster public interest journalism.

From the 3rd to the 7th of June, The Post in partnership with LINA will host a Giving Day event, harnessing the collective power of the community to support a cause that remains vital to the fabric of our society.

The Giving Day concept is not new, but LINA's approach is innovative. By coordinating an industry-wide effort, they aim to amplify the impact of individual contributions.

For every dollar donated by the public, LINA pledges to match it, effectively doubling the support for independent journalists and small news outlets that form the backbone of

LINA.

This campaign is more than just a fundraiser; it's a clarion call for community engagement and a testament to the belief that everyone deserves access to unbiased and comprehensive news. In a time when public interest journalism is under threat, LINA's initiative stands as a beacon of hope, signalling a commitment to truth and integrity.

The success of this campaign hinges on community participation. It's an opportunity for individuals to show their support for a free press and for the journalists who dedicate their lives to keeping the public informed. As we approach the event, let's rally behind the noble cause of public interest journalism. Together, we can ensure that the voices of independent news can continue to resonate in an increasingly noisy world.

Join us in this pivotal moment for journalism. Mark your calendars, spread the word, and prepare to make a difference. With LINA's matching funds, your contribution will have twice the impact. Let's unite for the cause of keeping our community informed and engaged.

It's not just about giving; it's about sustaining the lifeblood of our democracy.

There will be pop ups on our website from 3rd June which is being managed by Press Patron, all contributions are gratefully recieved by The Post and we look forward to your support.

All supporters will be listed in our June edition subsequent to the finalisation of the giving campaign.



Mother's Day

Sunday, 12th of May 2024

Bay View Deluxe Seafood Platter

(suitable for 3 people)

- Sydney Rock Oysters with ginger dressing, cooked king prawns with cocktail sauce, smoked salmon decorated with onion and capers, seared tuna, tartare sauce and Caesar salad
- Grilled prawns, barramundi with lemon butter, half lobster tail with garlic butter, salt and pepper squid, Nannata fish cakes, beer battered fish, fries and Aioli.

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North Sydney Community Award Winners

NORTH Sydney Council have announced the winners of the Community Awards for 2024.

Winners were awarded during a presentation ceremony on the 19th of April at the Independent Theatre.

The Community Awards stand to recognise the work of locals who protect wildlife, support social housing, lift domestic violence sufferers, aid women and children, and contribute to the betterment of the community.

Five categories make up North Sydney Community Awards – Community Builder, Eco Warrior, Living Legend, Trailblazer, and Next Generation.

‘The North Sydney Community

Awards acknowledge the many heroes who help make North Sydney a kinder, better connected and more sustainable place,’ says North Sydney Mayor Zoe Baker.

The Community Builder Award was jointly presented to Mary’s House and Greenway Tenant Group. Mary’s House provides domestic violence relief and services to women and children. Greenway Tenant Group is a not-for-profit who support residents in the social housing at Greenway, Kirribilli.

The Eco Warrior Award was jointly given to Michael Stevens and Vera Yee. As the founder of Harbourcare, Michael is dedicated to regularly cleaning the small tidal beach at Waverton Park. Vera Yee leads the Streets Alive group in Waverton, keeping street gardens green and sustainable.

The Living Legend Award was given to both Sissi Stewart for her work in biodiversity and her partnership with Boorowa Community Landcare Group, and to Mark Shalovsky for his legal help to people experiencing tenancy problems and those navigating social housing.

The Trailblazer Award was presented to Aden Barclay for his revival of the Neutral Bay streetscape.

The Next Generation Award was given to three winners. Redlands students who visit the Bougainvillea Retirement Village, Ishnika Lokuge for her efforts on North Sydney Council’s Bushland program, and 11-year-old Ted Greenway who has worked with the Streets Alive and Bushcare teams to protect native wildlife.

Preserving Heritage Homes Across Ku-ring-gai

KU-RING-GAI Council have launched two initiatives to help preserve heritage homes across the community. The two initiatives, the Heritage Home Grants and the Heritage Colours in Ku-ring-gai Guideline, will allow homeowners to continue the upkeep and restoration of historic homes.

‘Ku-ring-gai has a proud history of heritage homes,’ says Ku-ring-gai Mayor Sam Ngai. ‘These initiatives demonstrate our dedication in ensuring that our architectural heritage is cherished and protected.’

Heritage Home Grants will allow property projects in the 2024-25 financial year to be partially funded. At a minimum of \$1000 and maximum of \$5000, projects that qualify for funding include repair of original roof slates, repairing ceilings and metal work, conservation of fireplaces and

timber detailing, repointing brickwork and masonry, and painting exteriors by the heritage colour scheme.

Council has made available a Guide to what are and are not heritage colours to preserve an authentic, timeless quality. Traditional colours, as outlined in the guide, include warm tones, earthy tones, and do not include cool shades – white, grey, or black in a monochromatic scheme.

The Guide includes colour placement, repainting advice, and information on the Federation, Inter-war, Post-war and late twentieth century colour schemes.

‘The Heritage Home Grants and Heritage Colours guidelines will empower our community to continue the tradition of caring for our historic homes and preserving their beauty,’ says Mayor Ngai. ‘If you’ve been thinking about doing these repairs now is the time to apply for a grant.’

New Initiative Strengthens Local Economy Across the Northern Beaches

GO Local to Grow Local is a campaign recently unveiled by Northern Beaches Council.

The initiative aims to encourage the community to spend more on local businesses to bolster the local economy. Go Local to Grow Local will highlight the diversity of services Northern Beaches businesses provide, from dining to shopping to trade options.

‘We are confident that by rallying together as a community and making a conscious effort to support local businesses, we can create a more sustainable and prosperous future for the Northern Beaches,’ says Mayor Sue Heins.

By inviting residents, community groups and businesses to embrace a local shopping mindset, Northern Beaches Council hopes to reverse data that indicates \$3.6 billion was spent outside the area in 2023, including \$238 million in Chatswood and \$390 million in the city.

‘Every dollar spent locally keeps the economy circulating within the community,’ says Mayor Heins. ‘It helps create jobs, strengthen the community ties and sustain the vibrant culture that makes living here so amazing.’

For the initiative, green stickers will be placed in the shop windows of local establishments and on social media profiles to encourage local shopping.





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From the Mayor



Last month's Council meeting dealt with the NSW Government's housing policy and the negative impacts which will flow from giving developers free rein. Our stand is important not only for our community, but people everywhere in NSW. I want to make it clear that Ku-ring-gai Council is not opposed to development – but it must be well planned and accompanied by infrastructure such as schools, hospitals, transport and open space.

Councillors also voted unanimously last month to prepare an Affordable Housing Strategy. We acknowledge the huge barriers for essential workers such as teachers and nurses to be able to live and work in our area, and the Strategy will help find solutions to this problem.

This month we are opening our annual grants program to community groups and other not for profit organisations. Grants of up to \$2,000 will be available for small equipment such as sports equipment and tools, and grants of up to \$5,000 will be available for community development services, arts and cultural activities. To find out more visit krg.nsw.gov.au/communitygrants

We are also offering grants and guidelines to owners of heritage properties for maintenance and repairs. Applications close on 13 May and for more information visit krg.nsw.gov.au/allheritage

The Ku-ring-gai Heritage Festival is on until 19 May with walks, talks, tours and other events. The Festival showcases Ku-ring-gai's history from our indigenous culture through to the architecture and fashions of the 20th century. New events this year include silent films with live music, an art workshop at the Woodlands stately home and a photo scavenger hunt at Lindfield Village Green. We also have a writing workshop on family history, guided tours of local Aboriginal heritage, and a special exhibition of 1940s fashion. All the details are on our event calendar at krg.nsw.gov.au/whatson

May also sees the start of the Gai-mariagal Festival, the annual celebration of indigenous culture across northern Sydney. Ku-ring-gai's opening event of the festival is on Sunday 26 May in recognition of Sorry Day. Aboriginal elder and artist Walangari Karntawarra will create a traditional sand painting at Lindfield Village Green from 10am on the day. The community is warmly invited to come along and participate in the sand painting and learn about First Nations' culture. Find out what other events are happening in the Festival at krg.nsw.gov.au/whatson

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

Mayor Sam Ngai



Aged Care Careers Expo

Discover how to start your career in aged care. Working in aged care makes a real difference to people's lives. Get advice on jobs available, areas you can specialise in and qualifications needed. Talk to service providers and employers in the industry.

Thursday 16 May 10am – 12pm

West Ryde Community Hall

3/5 Anthony Rd, West Ryde

Enquiries: lli@krg.nsw.gov.au or
9424 0970.

krg.nsw.gov.au/agedcareerexpo

The Aged Care Careers Expo is brought to you by Your Side, Ku-ring-gai, Mosman, City of Ryde and Willoughby Councils.



Event sponsorship applications open

Sponsorship applications are invited from individuals and organisations wishing to deliver exciting and inclusive events during the 2024-2025 financial year.

Applications close on
5pm 31 May 2024

krg.nsw.gov.au/sponsorship



Let's make Ku-ring-gai Dementia Friendly

Are you concerned about memory loss for yourself or a family member?

We're running a series of talks on understanding dementia with local Dementia Champion Tim England.

Tues 7 May, 6:30pm - 8pm – English

Wed 8 May, 6:30pm - 8pm – Mandarin

Wed 15 May, 6:30pm - 8pm – Hindi

Thurs 16 May, 6:30pm - 8pm – Korean

Council Chambers

Level 3, 818 Pacific Hwy Gordon

Enquiries: lendacott@krg.nsw.gov.au or
9424 0992.

Bookings:

krg.nsw.gov.au/seniorsevents

A joint project between Ku-ring-gai Council and KNC Care with funding from the Department of Communities and Justice



18 April – 19 May

Our heritage for the future

krg.nsw.gov.au/heritagefestival



Council meetings and public forums

The next Council meeting will be on **21 May**
The next Public Forum will be on **14 May**

New Environmental Feature Unveiled at Fagan Park



Pictured left: Children from Galston Public School look through the prism at official opening of Fagan Park Children's Forest.

Pictured below: Children from Galston Public School play on the stepping stones at official opening of Fagan Park Children's Forest.

HORNSBY Shire Council and the NSW Government have opened "Children's Forest" to foster stewardship with the natural environment.

Children's Forest is the second of its kind in Australia, featuring educational pods, timber animal interactions, Yarning Circle, outdoor learning space, and picnic areas. The new upgrade to Fagan Park hopes to be a hub for showcasing the value of nature, and encouraging connection with the outdoors.

'Growing up in Hornsby Shire myself, I still often cast my mind back to my childhood connection to trees, nature and Hornsby's unique Blue Gum and Turpentine Ironbank forests,' says Hornsby Shire Mayor Philip Ruddock AO. 'I'm very proud to bring to life this space that is reflective of our Shire's strong connection with nature.'

Children's Forest is the first park in New South Wales to be designed specifically for environmental

stewardship. The NSW Government provided funding for the project, with a contribution of \$450,000.

'This unique addition will provide a new and exciting learning space for

children to experience for decades to come,' says Minister for Planning and Public Spaces, Paul Scully.



Need Help With a Dispute About A Will? Free Seminar

Fox & Staniland Lawyers are giving a free public seminar to help people understand how estate disputes work and how a will is challenged or a claim made against a deceased estate.

The theme is to inform you about options and choices available, alert you to the traps in deceased estate disputes and to show you how you might overcome them.

We will discuss will challenges and deceased estate disputes in a relaxed atmosphere. There will be plenty of time for your questions.

We will also talk about Court options and costs, so you will know exactly where you stand.

Thursday, 30 May 2024

6.45pm - 7.45pm

The Board Room

Hornsby RSL

4 High Street

HORNSBY NSW 2077

THIS IS A FREE SEMINAR but you must reserve a place or you will not be admitted. Call now to reserve your seat.

9440 1202

www.willchallenge.com.au



Wal Abramowicz



LIVING LOCAL



IN FOCUS: TREE FESTIVAL SYMPOSIUM

On Wednesday 5 June Willoughby City Council is hosting a fantastic line-up of speakers at the Creator Space in Chatswood Library for the centrepiece event of the Canopy of Life Tree Festival, the Canopy of Life Symposium. Coinciding with World Environment Day, the Symposium features a day-long programme of talks on trees, spanning climate change and conservation, wellness and healing, Aboriginal heritage, and even architecture. The keynote address will be delivered by Greg Mullins (pictured above), the charismatic former firefighter, author and climate activist, while other speakers throughout the day include Macquarie University's Michael Gillings, and therapist Dr Sarah Brikke. Prior registration is essential. Don't miss out! Scan the code to register.



MESSAGE FROM THE MAYOR



As temperatures begin to get cooler, autumn is one of the best times to enjoy one of Willoughby's tranquil parks or bushland areas. Having grown up in rural Tasmania trees are in my DNA, and to this day I'm amazed by the relaxing and restorative effects of a walk through the bush.

Willoughby's entire community benefits from our tree canopy, which covers 36% of the local area. Our trees provide a safe haven for wildlife while helping to control erosion and flooding, and enhance our health and wellbeing by cleaning the air that we breathe. Protecting them is everyone's responsibility.

This June we are hosting the Canopy of Life Tree Festival; a program of free workshops, walks and talks. Our aim is to inspire our community to learn something new and build an appreciation of the role trees play in all of our lives. I hope you'll consider joining us.

Cr Tanya Taylor
Mayor, Willoughby City Council

ART EXHIBITION

Sacred Grove in Your Street

From 29 May - 16 June 2024 residents are invited to the Incinerator Art Space in Willoughby for a free family-friendly art exhibition that shines a spotlight on our local trees. Created by artists from the Tree Veneration Society, *Sacred Grove in Your Street* aims to inspire awe for trees among our community and enhance our perceptions of the local environment. The exhibition features a striking array of artworks with a vibrant centrepiece sculpture illuminated with imagery. The exhibition is part of the Canopy of Life Tree Festival and is open daily from 10am - 4pm and everyone is welcome.

TREE PHOTO COMPETITION

Do you or your child have an interest in photography? To coincide with the Canopy of Life Tree Festival, children aged 12-18 from schools across the Willoughby Local Government Area have the chance to win a gift card worth \$100 by entering our Life of Trees Photographers competition. Entrants are invited to submit an image featuring a tree or trees, in any environment, location or context, but photos should not include any people or identifying information. For further information including the full terms and conditions, as well as instructions on how to enter, please scan the code above. Good luck!



THE RESIDENCES

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ARTIST'S IMPRESSION

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Latest News



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



from the Mayor's Desk

As we service our community, engaging with and listening to our residents is of great significance. This month, we have a number of important projects and strategies on which we invite you to have your say.

The draft 2024-2027 Delivery Program and 2024/25 Operational Plan (DPOP) details the many steps we will take to ensure Hornsby Shire becomes more resilient and maintain our natural environment. It also reveals how we will spend just over \$65 million on capital projects. Key initiatives for 2023/24 include local road and traffic improvements (\$5.6 million), footpaths and shared paths (\$4.7 million), improvements to parks, playground and sporting facilities (\$12.5 million) and open space recreation including Hornsby Park and Westleigh Park (\$26.9 million). Read more and provide your feedback by 13 May at yoursay.hornsby.nsw.gov.au.

The Hornsby Shire Social Plan aims to identify and address social needs and issues in the Shire, while the draft Arts and Cultural Plan recognises the importance of creative pursuits in the health and wellbeing of our community. Both important documents will be available for comment from 9 May, also at yoursay.hornsby.nsw.gov.au.

On the subject of creative pursuits, our annual sustainability and environmental art prize, Rethink, returns this month from 10-26 May at the Wallarobba Arts and Cultural Centre in Hornsby. The Rethink Art Prize challenges artists to create works in response to the waste and overconsumption crises.

I encourage you all to take some time to enjoy the wonderful collection of Digital Art Stills, Sculpture, Mixed Media, Ceramics, Painting, Drawing, Printmaking and Photography responding to this year's theme, Crossroads of Consumption. Congratulations to all the finalists and I hope everyone enjoys the exhibition.

Philip Ruddock AO
Mayor, Hornsby Shire Council

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REIMAGINE ART PRIZE

Theme: 'Crossroads of Consumption'

EXHIBITION

10 May – 26 May, 2024

Wallarobba Arts and Cultural Centre

Ross Tamlin,
Scrap Metal
(detail), 2023

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Expression of interest – Pennant Hills Park Ovals 1 and 2 summer season
Submissions close: Monday 6 May

Draft 2024-2027 Delivery Program and Operational Plan 2024/25
Submissions close: Monday 13 May

Draft Planning Agreement Policy
Submissions close: Monday 27 May

Hornsby Development Control Plan amendments – All electric buildings
Submissions close: Monday 27 May

Galston Village public domain upgrades
Submissions close: Sunday 2 June

Draft Hornsby Shire Social Plan
Submissions open from 9 May to 9 June

Draft Arts and Cultural Plan 2024-2029
Submissions open from 9 May to 9 June

Greenway Park Cherrybrook small dog park trial
Comments close: Tuesday 29 October

yoursay.hornsby.nsw.gov.au



Workshops for International Composting Awareness Week

Compost and Worm Farming
Tuesday 7 May, 1pm-3pm
Neal Park, Cnr of Sherbrook and Northcote Road, Hornsby

Your Recycled Kitchen Garden
Thursday 9 May, 10am-12.30pm
Thornleigh Community Recycling Centre

hornsby.nsw.gov.au/waste

Knowledge is (solar) power

Free solar webinar. Tue 7 May, 7pm. hornsby.nsw.gov.au/solar

How Matt Cross is Making a Difference for Renters and Challenging the NSW Government

By Riley Warner

Matt Cross, recently marking his first year as the Member for Davidson, was arguably elected into the role during the beginning of incredibly challenging times in NSW. Since he was elected, it has been all about hitting the ground running for Matt.

Growing up in Hornsby, his grandparents in Frenchs Forest, and visiting them through Mona Vale Road and North Turramurra, the Davidson electorate was entrenched within Matt from a young age.

Matt's recent social media post wasn't just about a new stance. It was a call to action for the forgotten people of Australia – renters. Matt's focus is on alleviating the financial burden on this overlooked group, who he believes are the new face of the housing crisis.

"Robert Menzies, who founded the Liberal Party, called a group of individuals in society represented by the government as the forgotten people. These were hardworking Australians who were aspirational in every sense of the word. All parties, including the Liberal Party, should embrace renters because we want renters to become homeowners. In modern times, being a renter and saving for a house's first deposit is extremely difficult. Today, it takes 13 times the average annual income to buy a house in Sydney and in 1981, it was only five times, so you can see the difficulty."

Matt Cross and Chris Rath, a fellow Member of the upper house, have both proposed five key policies to ensure that people can go from being renters to becoming homeowners.

"The first, of course, was encouraging long-term rental agreements. A second

is being innovative and working with the insurance industry to devise an insurance product. So you don't have to save for big rental bonds with thousands of dollars.

Third, it's championed by the Federal Liberal Party, which is that first-time buyers should be able to get access to their superannuation because if you can have a secure retirement, and then that's the ultimate aim of superannuation, owning a home is the best foundation.

Fourth, bringing back the policy that the Labor government abolished, which was the first-time buyers' choice. Finally, we need more housing in Sydney, and more supply is required. You do that best by working with local councils and local communities."

Although with a clear vision to give renters a needed leg up, Matt continues to advocate against the NSW labour government transport-oriented developments, with Davidson's train stations and surrounding areas well in the sights of the Minns government.

"Four of them (TODs) are in the Davidson electorate: Roseville, Linfield, Killara, and Gordon. There's no consultation with the council or community. And I think that's really disappointing. Everyone agrees we do need more housing, but I don't think the Labour government's approach is the right one."

Matt has established a local community petition that has been signed by over 2000 people, calling on the government to undertake proper planning and proper processes. Matt's street stalls have also picked up traction, with residents waiting before the stalls are set up, upset that developers are asking

if they are interested in purchasing their property.

It's clear Matt Cross intends to make life easier for struggling Australians. With the ongoing cost of living and imminent housing policy changes on the doorstep of his electorate, his introduction to his role as Member has been no easy feat. Still, his commitment to making a positive difference to his constituents has never swayed.

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TIM JAMES MP

MEMBER FOR WILLOUGHBY

Shadow Minister for Fair Trading, Work Health and Safety and Building

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Ku-ring-gai Plans Spending \$65 Million on Capital Works

KU-RING-GAI Council have plans on spending almost \$65 million on capital works and other projects for the 2024-2025 financial year.

Another \$7.8 million will be spend on other projects in the next financial year.

Residents are invited to view and comment on the revised 2022-2026 Delivery Program and draft 2024-2025 Operational Plan. Plans will be on public exhibition until Thursday the 16th of May.

‘Our roads and local shopping centres will see some major improvements as well as sporting facilities,’ said Ku-ring-gai Mayor Sam Ngai. He comments that the proposed budget and operation plan are a reflection of Council’s focus on capital works projects.

The spending plan outlines that \$57 million will be dedicated to capital works – roads, footpaths, sports fields, and local centres. Some of the breakdown includes \$11.7 million for upgrading local roads, \$9.4 million for a new indoor sports centre at St Ives High School, \$6.4 million for park upgrades, \$1.7 million for stormwater and drainage upgrades, \$1.3 million for traffic improvements, and \$2 million for footpaths.

Alongside the Delivery Program and Operational Plan, other plans are on display for the public to comment on. These include the revised 10-Year Long Term Financial plan, proposed fees and charges for the coming financial year, the 10-Year Asset Management Strategy, and the Workforce Management Strategy.

To view the plans and comment online, visit Ku-ring-gai Council’s website.



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Are Footpath Upgrades in Artarmon Worth the Disruption to Local Businesses?

By Riley Warner

Welcome to the picturesque neighbourhood of Artarmon, where the tranquil hum of suburban life intertwines with the vibrant pulse of a bustling community.

Recently, those who have taken a walk through Artarmon, particularly on Hampden Road, will have noticed the residency of footpath developments.

Urban development is always a desire for any local community that plays host to a variety of local shopping and eatery gems, but in a time when small businesses are craving every ounce of foot traffic to keep up with the cost of living crisis, is such urban development necessary right now?

The streetscapes upgrade commenced in Artarmon in March 2023, with completion expected at some time during mid-2024.

The recent update from Willoughby Council carried out under the Council's Priority Improvement Program, states that as of April 2024,

"Works are continuing to progress on the completion of the retaining wall at the existing pedestrian lights retail side, together with paving works on both corners of Broughton Road."

Popular Hampden Road cafe, Zuccherò, is among the businesses affected by the footpath developments; owner Valerio spoke with the Post about the communal vibe among the neighbouring businesses.

"As part of the Chamber of Commerce



Pictured above; Hampden Road - work in progress!

AVI, the word in the village is definitely one of disruption in the short term with a possible positive outcome." Valerio, owner of Zuccherò.

When asked bluntly if the disruptions due to footpath construction have spurred a loss of businesses, Valerio shared his insight.

"Absolutely. Lack of parking, constantly changing traffic, and footway conditions have immensely contributed to the loss of business."

Valerio is among the fearful but optimistic business owners regarding the

council's intentions of widening the footpath. He remains hopeful while trying to stay afloat during one of the most financially challenging times.

"Personally, for a café or food business with the opportunity of extra outdoor seating, I would like to think that it will increase foot traffic and, therefore, boost business. However, I'm not sure it will do what Willoughby City Council thinks it will, but I remain positive.

Having deep family roots in Artarmon for approximately 70 years, Valerio knew some form of redevelopment was necessary. However, with housing issues facing Australia and NSW, he sees the money needs to be funneled into more desperate areas in the community.

"I feel that the money being spent on the footways could have been better spent on the community and, as part of the scope of works, let the property developers build it as part of the total reinvigoration of Artarmon."

With developments still underway, time will tell if businesses battling uncertain financial times can keep themselves afloat in the wake of ongoing disruption and if the finished product can lure in keen customers once again.

Read more online at www.hkpost.com.au
or Subscribe to our newsletters



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Dementia Workshops in Ku-ring-gai

A SERIES of workshops are being held during May in several languages, aimed at residents caring for a loved one with dementia.

The workshops will be held in English, Mandarin, Hindi and Korean at the Council Chambers 818 Pacific Highway, Gordon.

Each workshop will cover topics such as risk factors and preventative measures; early signs of dementia; treatment and management options and what support and resources are available.

Work has also started on a free booklet for Ku-ring-gai in various languages to be distributed to GPs, pharmacies, libraries etc and online. The booklet will outline services and support available in the local area, both for people with dementia and their carers. The booklet will be available later this year.

The Council and the Ku-ring-gai Dementia Alliance are also coordinating a series of surveys during May to assess community needs in relation to dementia.

The three surveys cover dementia support in Ku-ring-gai, early onset dementia and chronic traumatic encephalopathy (CTE). Each online survey takes a few minutes to complete at krg.nsw.gov.au/dementia. The surveys will close on 30 June.

This month the Council will help coordinate a dementia expo called Happy Brain Happy Life. The expo will be held on Thursday 30 May between 10.30am and 1.30pm at Gordon Uniting Church, 18 Cecil Street Gordon.

The free expo is hosted by community organisations and members of the Ku-ring-gai Dementia Alliance.

Council Information Sessions on Low and Mid Rise Housing Reforms

NORTHERN Beaches Council is hosting information sessions for residents on the NSW government's proposals to increase housing heights and density on the Northern Beaches.

Council has called on the government to scrap the proposals due to the anticipated scale of proposed development having long lasting environmental and social impacts for the local area.

Mayor Sue Heins encouraged local residents to attend an information session to understand what the proposals would mean for them.

"We want to be part of the solution to Sydney's housing crisis, but we cannot support this one-size-fits-all approach to housing density which will put inappropriate housing in inappropriate locations and take away Council's ability to properly and strategically plan for growth in our area," Mayor Heins said.

"I encourage residents to register to attend one of the sessions to learn more about what is proposed, how it will affect you and what you can do about it."

The sessions will be hosted by Council Planning staff who will host one event in each of the 5 Council wards. The events are free but registration is essential.

Dates and session times: www.northernbeaches.nsw.gov.au/planning-and-development/planning-future/planning-growth/housing/information-sessions-proposed-housing-reforms

Cricket Goes Diverse: Hornsby Shire Council Wins Big at NSW Awards

THE Hornsby Shire Council has announced that two local cricket initiatives designed to promote diversity in cricket have been recognised at the Cricket NSW Community Cricket Awards.

The Mark Taylor Oval indoor cricket centre in Waitara was named Indoor Cricket Facility of the Year, while the Hornsby Ku-ring-gai & Hills District Cricket Association was also recognised in the Women and Girls Initiative category for its Girls' Cricket Competition.

The Mark Taylor Oval indoor cricket centre is the first of its kind in the region and is used by men's and women's cricket teams for all-weather training and specialist coaching. It also supports the use of all abilities programs, providing opportunities for people with disability to participate in sports.

The Hornsby Ku-ring-gai & Hills District Girls' Cricket Competition provides opportunities for girls to play in fun, girls-only matches on Friday evenings or Saturdays across the region, increasing participation and developing a love of the sport in girls.

Hornsby Shire Mayor The Hon Philip Ruddock AO said, "Hornsby Shire Council recognises the importance of community sport to its residents, contributing to their physical and mental well-being. We are passionate about providing opportunities for all members of the community to participate, including women and people with disabilities, and are upgrading facilities across the Shire to make this possible."

Jeremy Hook, President of the Northern District Cricket Club, expressed his gratitude for the support they received throughout the project and talked about the impact of the indoor cricket centre. He said, "Since opening its doors last year, we have welcomed hundreds of players of all ages and abilities to the Indoor Cricket Centre. From high-level women's cricket to Blowfly Cricket for people with disability, it has certainly made a substantial impact."

Amanda Fraser, Girls Director of Hornsby Ku-ring-gai & Hills District Association, said, "We are proud to provide a platform that encourages participation and ensures girls of any

talent level feel welcomed and valued. This approach is instrumental in fostering a love for the game from a young age, allowing girls to have fun, make new friends, and develop their cricket skills in a supportive setting, whatever their cricketing aspirations are."

The Mark Taylor Oval project is not complete yet, and stage three focuses on upgrading off-field supporting infrastructure to accommodate the needs of women, girls, and people with disabilities by improving the pavilion's changerooms, access, and amenities. The Mark Taylor Oval Indoor Cricket Centre and Girls' Cricket Competition have now been nominated for a Cricket Australia Community Cricket Award, which will be announced in May.



Federal Government Funding at TAFE St Leonards

INDEPENDENT Federal Member for North Sydney, Kylea Tink, has welcomed the Federal Government's funding into TAFE NSW St Leonards.

With \$3.2 million allocated for the campus, the funding will result in a cutting-edge LED Volume screen at the St Leonard's campus media complex, in order for media students to enhance skills in the television, news, and film industry.

This funding comes from the Federal Government's \$50 million TAFE Technology Fund, and works alongside the separate Fee-Free TAFE initiative.

'TAFE NSW is a critical part of our higher education system, providing

pathways for young Australians, as well as mature-aged students, to quickly develop skill sets that meet industry needs,' says Kylea Tink MP.

Member Tink believes that this funding is a step in the right direction, allowing for the much-needed development of skills, job creation, and opportunities for the North Sydney electorate and the wider community as skill storages become present in the economy.

'North Sydney is the perfect place for this investment, and having met some of the impressive students at TAFE NSW St Leonards, I have no doubt that this new LED Volume technology will be put to good use,' says Member Tink.



By Julian Leeser, MHR, Member for Berowra

For many years, it has been a key priority of mine to champion a better deal for our area from the telcos – for more towers and fewer blackspots.

Only weeks ago, we got a new phone tower in Glenhaven. This is a cause of celebration after years fighting for the tower.

As the Minister for Communications, Michelle Rowland said reliable communications is not "nice to have, it's a necessity". I agree with her.

In recent months, it has become apparent to me that the Government's decision to shut down the 3G network has not been totally thought through.

Residents have told me in emails. One wrote, "We don't rely on 3G unless 4G is down which happens. We seem to be in a black spot or hole. We need 3G when this happens."

Many residents across the electorate are still relying on the 3G network. And for those in boats on the Hawkesbury River, 3G is the vital link with emergency services.

There is not a shortage of technology, only a shortage of will.

It's a cause I took up during the recent parliamentary sitting fortnight. I am pleased that Minister Rowland has formed a working group inquiring into the 3G shutdown - with a particular emphasis on triple zero calls.

Additionally, following my advocacy and the advocacy of others in the Coalition, the shutdown of the 3G network has been referred to the Senate's Rural and Regional Affairs and Transport References Committee.

The purpose of the inquiry is to review the impact that the shutdown will have on Australians who rely on the 3G network.

If you are impacted by this change, I encourage you to make a submission to the Committee. Submissions close on 31 May. If you would also like to share your thoughts with me, please don't hesitate to contact my office.

Collaroy Tennis Club Serves Up Aces with New Facilities and a Touch of Star Power

COLLAROY Tennis Club has recently opened a range of new facilities, including two newly surfaced "centre courts," upgraded embankments on both these courts, permanent seating for players on all six of the club's courts, and brand new Council-built bathrooms and showers, including a gender-neutral "parenting" bathroom complete with wheelchair access. The club has become a true asset to the local community and was announced by Tennis Australia as the "Most Outstanding Club, Australia" in 2022.

To celebrate the opening of these new facilities, former tennis star Casey Dellacqua joined Mayor Sue Heins and Wakehurst MP Michael Regan. Also present were Melissa Achten and Darren Simpson, President and CEO of Tennis NSW, Club Sponsor Brendan Pomponio of Belle Property, Mr John Dakin, General Manager of Sargood on Collaroy for people with spinal cord injuries, Life Members of the Club, and Council staff who worked on the renovations.

Club President Vito Cincinnato began with a brief presentation, followed by a speech by Mr Dakin, who spoke about the impact of the new facilities on the wheelchair community. The Mayor then unveiled a plaque acknowledging the Council's invaluable contribution to the works. Attendees were given a

guided tour of the new facilities and were treated to an exhibition of wheelchair tennis.

In addition to welcoming wheelchair tennis players, the club also runs programs for vision-impaired and blind players and those with intellectual impairments such as Autism and Down Syndrome. "We believe everyone, no matter their circumstances, should be able to participate in and enjoy our great sport," said Mr Cincinnato.

Casey Dellacqua, a respected tennis commentator, was proud to be part of this notable club event. She retired in 2018 after a successful professional career, during which she reached a WTA singles ranking of 26 in the world and was also world-ranked No. 3 in doubles. Passionate about promoting tennis and mentoring players, she currently holds the title of "Women and Girls Lead" at Tennis NSW. She congratulated Collaroy T.C. on enabling more people to play the game she loves.

Tennis NSW recognised the club as "Most Outstanding Club—Metro" two years in a row (2021/2022) and Best Looking Tennis Club NSW in a 2019 poll conducted by Tennis NSW. The new facilities have solidified the club as a valuable asset to the local community and will undoubtedly attract more players to the game of tennis.

Turning Words into Action at Willoughby City Council

Willoughby City Council has taken a significant step towards reconciliation after its first Reconciliation Action Plan was formally endorsed by Reconciliation Australia, the peak national body for reconciliation in the country.

The plan sets out a range of recommendations that will help to build stronger relationships with Aboriginal and Torres Strait Islander communities, as well as promote cultural understanding and awareness.

Over the course of a year-long consultation process, the views of Aboriginal and Torres Strait Islander communities and local residents across the Willoughby local government area were sought through community groups and staff. The resulting set of recommendations and actions will guide the Council's reconciliation initiatives and pave the way for further work in the future.

One of the key actions outlined in the plan is the establishment of a Yarning Circle at an appropriate location. This will serve as a way to build respectful relationships and preserve and pass on cultural knowledge. The plan also includes the inclusion of Aboriginal cultural awareness training in the induction process for all Council

staff and Councillors. Recruitment processes will be overhauled to increase the diversity of the applicant pool. Additionally, the Aboriginal and Torres Strait Islander flags, email signatures, and other materials, including official documents, will be included on the Council website. The plan will also assess opportunities to increase procurement from Aboriginal and Torres Strait Islander-owned businesses.

Willoughby City Mayor Tanya Taylor expressed her gratitude for Reconciliation Australia's endorsement of the Council's plan and commended the hard work of the staff who helped put it together. However, she emphasised that the real work starts now. "The plan represents our deep and ongoing commitment to reconciliation and strengthening relationships with Aboriginal and Torres Strait Islander communities, and I look forward to working collaboratively with stakeholders to transform words into action in the coming months. My sincere hope is that effective implementation of the plan will help us shape and deliver a better future for our community and all Australians".

The endorsement of Willoughby City Council's Reconciliation Action Plan by Reconciliation Australia is a significant milestone in the journey towards reconciliation. The plan's recommendations and actions will guide the Council's initiatives and pave the way for further work in the future.

Plan Proposal to Upgrade North Narrabeen Reserve

UPGRADES to North Narrabeen Reserve have been proposed by Northern Beaches Council.

After community consultations, the plan takes into account the comments of the community for the current and future use of the site, along with the improvements that wish to be seen.

In the draft proposal North Narrabeen Reserve Plan of Management, the plan includes an all-weather synthetic sports fields, upgrades to field 7, new lighting on field 5, recreation and play spaces for children, improvements to amenities to consider people and families with disabilities, as well as female athletes.

Other fields are set for upgrades such as Rugby Park, along with extra tree planting, and improvements to roadway, parking, shared paths and the golf centre.

North Narrabeen Reserve is among a list of open spaces and recreation facilities that Council is set on upgrading as part of the "Let's Play – the Northern Beaches Open Space and Outdoor Recreation Strategy 2022".

Work on public recreation spaces will be pursued over the next decade, subject to approval processes, funding, and environmental assessments.

The community is able to view the draft North Narrabeen Reserve Plan, and give their opinions.



SAN Cyclists - BOBBO's Top Fundraising Team

Sydney Adventist Hospital's San Cyclists team have taken out top spot as the leading fundraising team in the 2024 Bobbin Head Cycle Classic.

All up the team raised \$7,769.38 for Australian suicide prevention charity Lifeline.

We are also thrilled to share that Selda Deniz, Store Supervisor at the San has been recognised as the second highest individual fundraiser, raising a total of \$4,625.50.

"I'd like to thank everyone for all their support, I am very grateful for each and every person who took the time to donate for this great cause," she said.

"It's wonderful to have doctors and staff come together for this event, and I would like to express my gratitude for their tremendous fundraising efforts," said Brett Goods, Adventist HealthCare CEO.



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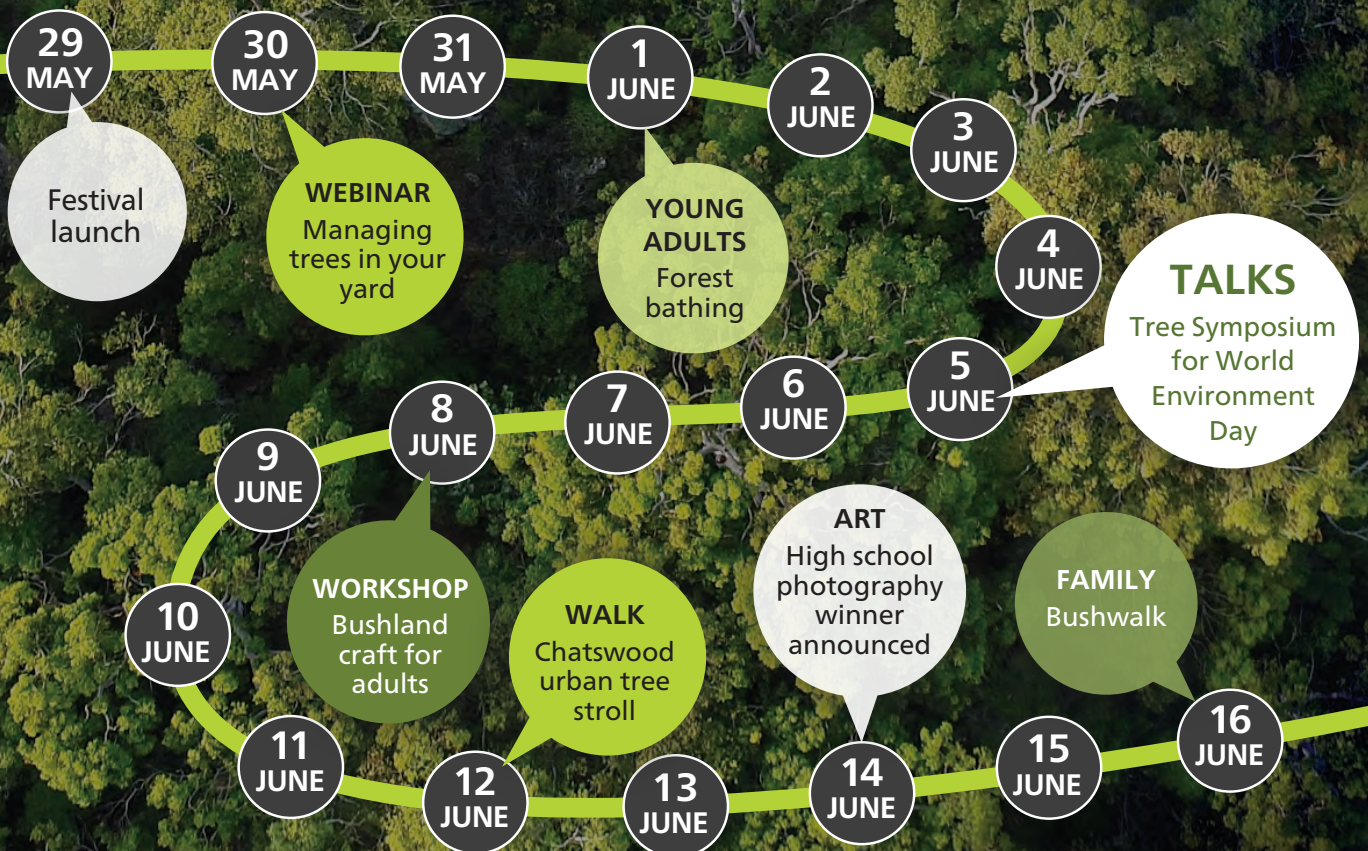
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Brigitte Stills: One of the First Women in Real Estate

By Claudia Butjerevic

Fresh faced and eager, in 1975 young Brigitte Stills snagged a part-time position at a rental company while she attended university for a psychology degree.

Unbeknownst to her, women weren't in the real estate industry in Australia – the company had taken a gamble employing a female. Perhaps foolish, the decision to take Brigitte on was a worthwhile success. In one month, working only on a part-time basis, Brigitte managed to lease 35 units.

'I thought that was normal,' Brigitte explains, reminiscing. 'I love people, I love communicating.'

Quickly learning that psychology, hospitals, and trauma weren't meant for her after participating in placements to complete her psychology degree, Brigitte continued her career into real estate, flourishing.

It did not come without turmoil, though. Many turned to her in those early years, saw that she was in fact not a man, and proceeded to think "no, women can't sell real estate".

But Brigitte could.



Brigitte Stills shares her skills through her boutique consulting agency mentoring real estate agents.

After a time in property management, Brigitte pushed her way into sales – commercial property, houses, units – to the chagrin of a general manager that did not want to offer her the position.

'He hadn't really heard of women in the industry, and he more or less said that,' says Brigitte. 'I said to him, "do you want to have a look at what I've sold". He wasn't interested in that... In the end he gave me the job, when I said to him "can you just give me a try?"'

The general manager agreed, giving her six weeks to make a sale. By the skin of her teeth, the day after the six weeks were up, Brigitte exchanged a

company title property.

Now, 44 years later, having sold her own company three years ago, Brigitte has weaned out of the industry, and instead has founded Stills Properties Consulting, a boutique agency where she mentors real estate agents, teaching them how to increase profits, productivity, and efficiency.

'I have a tendency, a leaning, to help the younger generation,' says Brigitte. 'I'm a firm believer you start at the bottom and work your way up, it's amazing what you can achieve... Learn as much as you can, have your skills in communication, make sure you're a good listener.'

Brigitte is a Global Business Connector for the Women Speakers Association, where she connects career women and helps them innovate and empower themselves.

With her wealth of knowledge, Brigitte has collaborated on two Amazon bestselling books – "Voices of the 21st Century: Women Transforming the World" and "Voices of the 21st Century: Women Empowered Through Passion and Purpose".

Both a blessing and a curse, Brigitte says that she always had to be the best. It has served her well, and the real estate industry and all women are better for her time in it.



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Procrastination: The Enemy of Success

By Philip Belcher
LSE Consulting

From the moment we are born, the only thing we really have is time, and the amount of it that each of us has is not certain. Our businesses are no different.

Time is merely how we measure change, whether it's the movement of the hands of the clock, rotation of the earth around the sun, or changes in the business conditions. We can not alter the passage of time; however, we are in control of what we do with the precious time we have.

Procrastination, or delaying immediate action for important matters, destroys time and therefore the opportunity for success. It is human to 'put off until tomorrow' acting on things we find difficult or distasteful. We all do it, some to a greater extent than others. It is how we deal with it that matters. When it comes to success, "time is of the essence"!

There are many ways to deal with procrastination. Here are three that have worked for me:

Precise vision. Irrespective of your business or your role in the business,

it is essential to have clarity on where you are continually working toward. This clear vision enables you to align your actions toward it. When you are faced with decisions, choose the action that best aligns toward achieving that vision. You will be more likely to act immediately when you know that what you are doing supports your success toward the vision.

Clear Written Plan. Success is not an accident; it requires orchestrated effort, whether it is you as an individual or a multi-national corporation. Writing, then implementing a clear plan, adjusting it as necessary based on feedback, enables decisions to be made that support it. Immediate action is easy when a decision can be made based on how it aligns with the plan.

Specific 'Near-, Medium-, Long-Term' Goals and Scoreboard. Set goals as part of the Plan and track progress toward achieving them with a 'scoreboard'. Determine the most important things that you and your business do, define goals for them, then track them using a scoreboard that

you and your people continually refer to, just as sports teams track their progress for the game, the season, and the history of the clubs. Decisions on matters become easier when making them relates directly to achieving the near-, medium-, and long-term goals.

Eliminating procrastination does not mean making hasty decisions. Success relies on making considered decisions then acting on them in a timely manner. Having a clear vision with a current documented plan to support it that contains goals that are constantly reviewed using a scoreboard to track progress allows decisions to be made and decisive action to be taken.

When faced with decisions, this approach enables time to consider the alternatives, make an appropriate risk assessment, prioritise the matter in line with the Vision/Plan/Goals, then act with alacrity by doing the most important things first, in a timely manner.

To quote Geoffrey Chaucer: "Time and tide wait for no man". If it needs done and it is in line with your Plan, why wait?

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

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

PAUL FLETCHER
FEDERAL MEMBER FOR BRADFIELD



From a Tradie's Dream to a Superhero Reality: The Inspiring Story of Supertee

By Riley Warner

Life's unpredictable twists often unveil profound resilience within individuals. Jason Sotiris and his family encountered such a trial when their daughter Angela was diagnosed with cancer at just one-year-old. Amidst the turmoil of Angela's treatment, Jason, a self-employed tradie, found inspiration amid struggle.

Witnessing his daughter's on-going discomfort during hospital stays, poked and prodded, forever nervous for when the next doctor would walk in, he envisioned a solution: a garment that would ease the challenges of dressing ill children, both awake and asleep.

This spark of innovation birthed the Supertee. Collaborating with a friend and drawing from insights from hospital nurses, Jason developed a prototype that would revolutionise comfort and convenience for paediatric patients and their caregivers.

The Supertee's journey from concept to reality culminated in its launch at the hospital, where Angela received care and an incredibly poignant testament to perseverance and hope amidst adversity.

Since its debut, Supertee has become a beacon of support for thousands of Australian families facing similar trials. With over \$500,000 in donations, 8,000 Supertees distributed, and a prestigious design award, the charity's impact reverberates nationwide.

A collaboration with The Walt Disney Company, the Supertee Marvel Edition takes the design of

Pictured right: A busy team of volunteers gathered at Magpies Waitara to package Supertees ready for dispatch!



some of the world's most known comic heroes, Captain American and Captain Marvel, and by wearing these special tees, kids adopt that feeling of being their own brave hero.

Speaking with Supertee CEO, Jason Sotiris, Having Marvel and Avengers celebrities like Chris Hemsworth and Brie Larson jump on board was a dream come true.

"As a former tradie who has had the privilege of following his dream, it is a real honour to have the support and belief of one of the world's most recognised brands. We are a Disney family through and through. The dream is to bring a bit of that magic to every child who will never have that opportunity to visit Disneyland but, with their imagination, can be the hero of their own story."

More recently, The Post participated along with other community legends in the Supertees packing process at Magpies Waitara, a heartwarming morning, carefully packaging Supertees with different goodies and handwritten cards written that morning.

Jason commented on the importance of community engagement at a local

level.

"When we created the Supertee, we agreed that they must be available free of charge to parents. They are going through so much already, and having financial support and volunteering from the team at Magpies Waitara is how the magic gets made. We believe there are some very kind and generous organisations like Magpies Waitara who can shed some light on a very dark situation for these families."

Supertees are always looking for volunteers; trust us, if you're keen to not only tick off a good deed but also make a genuine impact on the lives of struggling kids, don't hesitate to jump on board!

"What is a cause without those that support it? We need to help 16,000 children this year and can use all the help available. We are currently recruiting fundraisers who will help us get more care packs out." Jason Sotiris.

If you want to make a meaningful difference in the lives of struggling kids and families, visit the Supertee website www.supertee.org.au

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

Servicing Sydney's North Shore, we are local licensed builders specialising in home improvements, extensions, additions, kitchens, bathrooms and outdoor spaces. If you are thinking of renovating we have you covered.





NATIONAL Volunteer Week 2024 is a celebration of the diverse passions and talents everyone brings to volunteering. This year's National Volunteer Week theme is **'Something for Everyone'** highlighting that there's a place for everyone in the world of volunteering.

There is a vast array of opportunities. Whether you're drawn to environmental causes, community welfare, education, sport or beyond, there's a place where your unique skills and interests can flourish.

Did you know that volunteering is a great way to meet new people and build healthy relationships? It strengthens your ties to the community and exposes you to people with similar interests.

Volunteering also gives you the opportunity to practise and develop your social skills.

Because volunteering keeps you in regular contact with others, it can also help you develop a solid support base. As well as helping to protect you against stress and depression, volunteering can help with mental health recovery.

Some go to options for volunteering include Lifeline, St Vincent De Paul, the Red Cross, The Smith Family,

Local Community radio stations and most not for profit community-based organisations. Local Council websites usually have a list of Volunteer organisations you can approach, this is true for Ku-ring-gai Council, Hornsby Shire Council, North Sydney Council, Northern Beaches Council, Mosman Council and Willoughby City Council.

You can even look for volunteer positions on Seek Volunteer.

Did you know that if you are receiving job seeker allowance and you volunteer you will receive 5 points per reporting period towards your obligations?

Go to www.workforceaustralia.gov.au for more information about volunteering and job seeker.

For more information about Volunteering go to www.volunteeringaustralia.org

National 20-26 MAY 2024
Volunteer
Something for Everyone **Week**

Volunteering Opportunities

LOOKING to volunteer in your local community?

Bushcare Program: If you're passionate about preserving Hornsby Shire's bushland, join the volunteer Bushcare program. Volunteers typically meet monthly for three-hour sessions at various sites throughout the shire.

Lifeline Harbour to Hawkesbury Sydney: Support this not-for-profit organisation by volunteering your time. Volunteering looks like assisting with book fairs, fundraising events, becoming a Community Aid Volunteer, or volunteering at Lifeline's H2HS Retail Shops.

Precinct Committees in North Sydney: Make your voice heard about issues by joining a Precinct Committee. Your ideas and views are valued but also have the power to inform Council decisions on the future of our community.

HarbourCare Volunteer in Mosman: Help tackle global pollution at a local level. This program involves collecting rubbish along the Mosman foreshore and reporting data back to the Council.

TREAT MUM THIS

Mother's Day

SUNDAY 12 MAY

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MAGPIES WAITARA

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- Live music on Saturday's from 7:30pm
- Trivia every Thursday 7:30pm
- Poker every Tuesday 7:30pm and Sunday 2:30pm
- Pool Competition every Friday from 6:30pm
- Karaoke Fridays from 8pm

OPEN 7 DAYS A WEEK

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Heartbreaking Love and War in Mary-Anne O'Connor's New Novel

By Claudia Butjerevic

Although war is never beautiful, novelist Mary-Anne O'Connor shows the beauty in unlikely friendships, brotherhood, and sacrifice in her newest book *"At the Going Down of the Sun"*.

The novel tells the tale of the First World War, and the sacrifice of Australian pilots at Gallipoli.

At its core, the book details the courage and bravery of Australian military personnel, and the unwavering brotherhood that the horrors of war intimately creates between both friend and foe.

Amidst the chaos and backdrop of war, Mary-Anne O'Connor brings a heart-wrenching, visceral love story. With inescapable realities of war at every turn, the consequences for this love story become powerful.

Following brothers Thom and Archie Hogan, the pair become infatuated with their town's beautiful, spirited new arrival: Molly James. But soon, both Hogan boys enlist in the impending war, and Molly travels to London to work as a nurse.

Based in northern Sydney, Mary-Anne writes historical fiction, mixing fiction and fact to prevent important tales from fading away.



Mary-Anne was inspired by her own grandfather's experience in the First World War, and as a young child became enthralled by the story of how after being given an honourable discharge after an injury, Mary-Anne's grandfather continued to fight.

Her first novel "Gallipoli Street" is a look into the lives of her grandfather, and all the men and women who served like him.

'He said, "You can't leave your mates alone"... I thought that was incredibly noble,' says Mary-Anne. 'But that's how they felt. They really loved their mates, these ANZACs. They would put their life on line, shoulder to shoulder. There was no hesitation.'

"At the Going Down of the Sun" is Mary-Anne's 10-year anniversary book since her launch of her novel "Gallipoli Street", another historical fiction based on the same time period.

'I hadn't finished, there was so much more to talk about. There is just so much history,' explains Mary-Anne. 'I've woven all the fiction in the fact, making an epic love story that has a lot of truth in it about our ANZAC boys.'

Find Mary-Anne at www.maryanneoconnor.com.au

Climate Action Event at Magpies Waitara

CLIMATE 200 are holding a "people-powered" climate action community event.

To be held at Magpies Waitara on the 7th of May, Sydney is Doing Politics Differently will host prominent speakers who are set to talk about how to get involved in local climate action campaigns across Australia.

Targeted towards individuals who are passionate about people-centred climate action and integrity in politics, the event follows Climate 200's recently launched Community Accelerator Fund, which supports the work of promising community independent campaigns.

Speakers include Independent Member for North Sydney Kylea Tink, Independent Candidate for the seat of Bradfield Nicolette Boele, and community organiser Katerina Gaita, who helped form Voices of Goldstein. Master of Ceremonies for the event is award-winning writer Briony Benjamin.

Voices of Bradfield is supporting Climate 200's event.

VoB is a community non-for-profit organisation that calls for integrity in Federal politics. For the 2022 Federal election, VoB endorsed Independent candidate Nicolette Boele, and have announced the organisation will continue to endorse Nicolette's campaign in the next Federal election cycle.

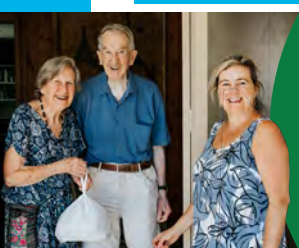
Sydney is Doing Politics Differently is a free community event.

For more information and to RSVP, visit www.climate200.com.au/event/sydney-is-doing-politics-differently

Email: editor@hkpost.com.au
stating why you would like to win this book!

Winner announced Mother's Day on our FB page.

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A Mother's Day for Everyone

By John Zavaglia
Mind Life Counselling

As we are approaching Mother's Day for another year, we know it as a time of acknowledgment, celebration and appreciation for the person who nurtured us from our birth into childhood and adolescence, even through adulthood.

We all know the persona of the ideal mother, one who is patient, who's supreme value is the fortress of her family. These values are known to all of us, as Mother's Day is an emotional time of the year.

While all these sentiments hold true, during Mother's Day it is easy to be caught up in the occasion where sometimes, we seldom realise exceptions to the rule. We often see the connected image of a family, yet they are not always united for various reasons. We know of the bond of a mother with her children, where not always do they stay together. We appreciate the ever presence of a mother bestowing to her duty, who suddenly wondered absent.

As we all know the emotions that Mother's Day holds for most, for some it can be a traumatic experience.

It is during Mother's Day, and other events particularly Christmas, when our circumstances don't meet the norm, where we are constantly reminded of our shortcomings which transforms us into virtual time machines.

As when our emotions are kindled it sets off a cerebral fire that reminds us of the past and ruminates about the future. As much as we try to stay in the present, it is during events like Mother's Day we are forced to look back into the past. When this occurs, these thoughts are highly emotive and can lead us onto a trail of maladaptive thinking detrimental for our mental health.

In everyday life, we all have an expectation that we live normal lives and experience the same feelings. We believe we should all be raised under the guidance of our mothers and dually celebrate Mother's Day and would never feel uncomfortable or become subject to later trauma. For those who would not be celebrating Mother's Day would be asked by others what they did, where we feel so much pressure to say that are we are in fact "normal", that our lives characterize what is expected of "normal" activity; so, we become appealing to others. As when each year Mother's Day arrives on our calendar, we can remind ourselves that these events are not happy for all of us. So, when this time comes each year, there are many who may prefer to bury themselves till the day ends. As to be seen as "normal" can at times be difficult, they would also feel left out as they also know that to be "normal" is part of being human.

If you're feeling isolated this Mother's Day, what can you do?

While acknowledging to be "normal" is a reality of life, we can detach the emotional stigmatism associated with it. Once we remove the "shoulds" and consider the "coulds" in life, does not mean we suppress our feelings, it just means we emotionally become released from being over categorized when our experiences don't turn out as expected. This can provide some comfort that we are not alone, and we can take solace in all our experiences; good and bad. If you know someone who could use some company, even though there is nothing that can replace their own family, being among the company of

others can provide some immediate relief.

Sometimes to understand companionship, we need to consider its opposite, isolation. Those who would be alone on Mother's Day would feel shame, others tainted with guilt; perhaps both. As these feelings are highly emotional, they can easily spiral into anxiety and can build into despair.

It is at this time we can remember that it is OK to feel this way, and we do not have to force ourselves to be overjoyed just because we are told that we "should" be. For as much we believe we feel isolated that we are not in fact "normal", it is more common than you think.

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)

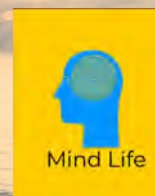
If you feel you need to reach out for some help, make the call to "Untangle your Mind", see details below.

Seek@mindlife.com.au

Or call 0426 737 148

www.mindlife.com.au

www.youtube.com/@mindlifechannel





By Paul Fletcher, Federal Member for Bradfield

International Nurses Day 12 May

International Nurses Day will be celebrated on 12 May. This date is the birthday of Florence Nightingale, who is widely considered the founder of modern nursing.

It is an opportunity to reflect on the exceptionally valuable work nurses perform in our local health system to ensure patients are cared for with dignity and respect.

I thank all nurses who live or work in the Bradfield electorate. Whether you work at a public hospital, private hospital, aged care facility or school, you are making a significant contribution to the community.

12 May is also an opportune time

to acknowledge our local health workers more broadly; they work in a diligent and committed fashion to improve the wellbeing of others.

According to the most recent census, 4.2 per cent of Bradfield residents work in hospitals.

Most of us will know of a relative or friend who works in the health sector, and the pandemic was a powerful reminder of how critical and at times, dangerous, this work can be.

I am proud to have Hornsby Ku-ring-gai Hospital and the Sydney Adventist Hospital (the San) in my electorate. These leading hospitals and their wonderful staff save lives and provide vital medical and other support to residents of all ages.

I encourage all residents to take time this month to reflect on how fortunate we are to be served by so many extraordinary health workers.

Beecroft Youth Awards

The Beecroft Youth Awards of 2024 were a vibrant recognition of the exceptional accomplishments and contributions of the Beecroft youth. Held at the prestigious Beecroft Community Centre on March 24th, the event was brimming with vitality, excitement, and a collective sense of pride.

Twelve students were honoured for their achievements across a wide spectrum of nine diverse categories during the annual Beecroft Youth Awards organised by the Rotary Club of Beecroft. The awards were presented at a community afternoon tea, acknowledging outstanding contributions in volunteering, sports, journalism, performing arts, STEM, entrepreneurship, photography, education, and environmentalism.

Winners comprised students from Years 11-12 attending local schools such as Arden Anglican School, Cheltenham Girls High School, Hornsby Girls High School, Loreto Normanhurst, and

Coercive Control in the Workplace

By Claudia Butjerevic

Soon, coercive control in intimate partner relationships will be criminal in New South Wales.

Coercive control is pervasive and quiet, a snake in the grass.

Behaviours like gaslighting, where an abuse alters your perception of reality, or subtly isolating a person from their friends or family, or convincing someone to act or perform actions they would not want to do, are under the umbrella of coercive control.

With coercive control laws around the corner in New South Wales, slight and unassuming abusive behaviours are at the forefront. Although these laws are targeted toward intimate partner relationships, these behaviours can be found in other sects of life.

In the workplace is one of them.

Under the Fair Work Act 2009,

coercion is illegal – you are not to force another person to act against their workplace rights. You cannot threaten to fire someone if they want to change their roster to swap shifts, or convince a person to sign documents they are unsure about.

But what of those subtle, unassuming behaviours that New South Wales are only now acknowledging as criminal between intimate partners? What if they become present at the workplace?

The subtlety of coercion is its strength and the reason for its effectiveness. It may be difficult to pinpoint and recognise, however can result in genuine distress. This can result in sexual, physical, emotional, or psychological abuse.

Telling a co-worker or employee to complete a task is not coercion. Telling a co-worker or employee they must not speak to another colleague is coercion. Especially if the threat of termination, reduced income, or suspension is inconspicuously lorded over a person's head.

Workplace coercion is often coupled with problematic positions of power structures. It may come from a direct superior – which is where power structures get blurry and complicated. The devil is in the details, and our vigilance.

Opening our eyes to see the sly, quiet signs of abuse, to hearing the hiss in the grass, means victims who may not even know they are suffering get the justice they deserve.

For information about who to contact to get help if you're experiencing coercive control, or know someone else that may need assistance, visit www.nsw.gov.au/family-and-relationships/coercive-control/get-help

Alternatively, contact Fair Work Australia for any workplace bullying or harassment issues.

Celebrating Nurses and Midwives

By Claudia Butjerevic

May celebrates Midwives and Nurses.

International Day of the Midwife is celebrated annually on the 5th of May.

On this day, midwives across the globe are recognised for their contribution and dedication to newborn and maternal health. Midwives are experts at pregnancy, labour, and post-partum care.

New South Wales midwives welcome 100,000 babies each year, standing by the sides of women throughout their birthing journey.

Along with their professional medical knowledge, midwives empower and guide women and their families, compassionately putting them at the forefront.

Falling on the birthday of Florence Nightingale, the mother of modern nursing, the 12th of May is International Nurses Day.

Nurses are the largest workforce group, with over 100,000 in New South Wales alone. A vital part of the health-care system, nurses provide round-the-clock care for patients, tending to the needs of the sick and their families.

Celebrating nurses on this day reminds the world of their commitment and dedication to patient well-being, and allows nurses to receive their well-deserved appreciation.

Midwives and nurses across the



globe work tirelessly for the benefit of others, and we are all better for it.

‘On both International Midwives Day and International Nurses Day, we recognise our dedicated nurses and midwives at the Sydney Adventist Hospital and across the world who provide care, comfort, and compassion. Nursing is an exceptional career and offers a diverse range of specialties and settings, allowing nurses to pursue areas of interest that aligns with their passions and strengths,’ says Clare Lumley, Sydney Adventist Hospital Chief of Operations and Nursing Executive.

‘Nurses have the privilege of making a positive impact on people’s lives every single day and it is with pride that we recognised the invaluable contributions of our nurses who go above and beyond every day to make a difference in the lives of others,’ says Clare Lumley.

Midwives and nurses across the globe work tirelessly for the benefit of others, and we are all better for it.



Julian Leeser presents the Young Volunteer of the Year Award to Yuna Cho from Hornsby Girls High School.

Pennant Hills High School.

Esteemed guests, including Julian Leeser MP, Federal Member for Berowra, and Hon Philip Ruddock, Mayor of Hornsby Shire, graced the awards ceremony. The event featured an inspiring keynote address by Annie Liao, the founder of AI Build Club, Australia’s pioneering community and incubator for leading artificial intelligence engineers. Adding to the festivities, the Golden Kangaroos Concert Band delivered captivating musical performances.

Congratulations to all of the fantastic winners, including Young Performing Artist of the Year Isabelle Ogier, who, thanks to Northbeat Music, received a two-hour recording session in a professional music studio. Young Environment Leader of the Year, Hana Stennett, received a day with the keepers at Koala Park. Other prizes included diverse mentorships and professional experiences. Young Journalist of the Year was also awarded to two students, Rose Cunningham, in Year 11 at Loreto Normanhurst, and Anju Dhanushkodi, in Year 12 at Hornsby Girls High School.

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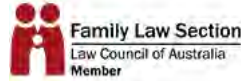
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When to Review your Will

By Cecilia Castle,
Castle Lawyers at Asquith



A will is a legal document that sets out the distribution of one's estate after death. It requires an executor to administer the will, and has strict legal drafting and signing requirements.

Wills need to be reviewed and updated in certain circumstances, such as:

- Where there is a change of relationship status such as marriage or divorce, as this will impact upon the validity of current wills.
- The executor may need to be replaced if they have died, become incapacitated, or children have become adults and it may preferable to appoint them as executors.
- The death of beneficiaries or de-registration of charities contained in the will.
- Children coming of age that no longer need a guardian to be appointed.
- Grandchildren being born.
- Creating specific gifts for specific beneficiaries, such as heirlooms or defined sums of money.
- Retirement and estate planning for future generations.
- Catering for loans made to beneficiaries that may need adjustment after death if not repaid during the testator's lifetime.
- Disposing of specific assets stated in a will for specific beneficiaries, such as motor vehicles or other chattels designated for particular beneficiaries.
- Any other significant event that may impact on the contents of a will.

Professional advice is always recommended for estate planning to ensure the intention of the testator is well thought out and reviewed in a timely manner when changes arise impacting a will.

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

The Sydney Library of Things Opens in Lane Cove

WHY buy when you can borrow?

When you need a cake stand for a 10th birthday party, you ask a friend to lend you theirs to save some money. A friendly neighbour might have some power tools you need for a home project, and asking to borrow the tools means you don't have to fork out the funds for a one-time use purchase. You may even find you liked speaking with the neighbour, he's not a bad guy, you could see yourself inviting him around.

Imagine these interactions across a community.

The Sydney Library of Things is a volunteer, not-for-profit project that taps into the share economy. The service hopes to foster community connection and sustainability, tackling overconsumption.

Members have access to a wide variety of objects they can borrow and return. After paying a membership fee, members are able browse and reserve items online, then pick the items up.

Items in the Library range from baking trays to basketball hoops to power drills. Donations of items to be added to the Library keep the service alive.

Beginning in Waverton, supported by North Sydney Council, the Sydney Library of Things recently opened another location in Lane Cove.

To find out more, visit thesydneylibraryofthings.org.au

950 Pets Find Their Forever Homes

As reports rise of people surrendering their pets due to cost-of-living pressures, the Petstock Foundation gladly announce the success of National Pet Adoption Month.

Petstock Foundation reports that over 950 pets were able to find their forever homes due to the NPAM initiative.

With over 9,300 pets available to adopt and foster, Petstock Foundation holds the NPAM initiative annually to support rescue pets, have communities around Australia open their hearts to pets in need, and bring pets and people together.

'Each year, we're inspired by the generosity of Australians who take action during National Pet Adoption Month to find a pet in need of love,' says Jessica

Curtis, Petstock Foundation Strategic Manager. 'Pets provide us with companionship, emotional support and are seen as family.'

Petstock Foundation report that of the 961 pets adopted, 823 were cats, 19 were dogs, 42 were rabbits, 39 were guinea pigs, and 5 were birds. Across New South Wales, 109 pets were adopted and united with their forever families. Over the 10 years Petstock Foundation have held the NPAM initiative, almost 41,000 rescue pets in Australia and New Zealand have been homed.

'Even if you weren't able to adopt or foster during March, we still encourage those looking for a pet to reach out to their local Petstock store or rescue

group,' says Jessica Curtis. 'Donate to the Petstock Foundation to support rescue groups across Australia.'

There are a number of Petstock locations across the local communities in the North Shore and Northern Beaches. These include Mount Colah, Belrose, Artarmon, Balgowlah, Mona Vale, Macquarie, and Dural.

Thousands of animals, many given up for reasons that are not their fault, are waiting in shelters, at rescue groups, pounds, and vets for their new family.

For more information, visit www.petstock.com.au/pages/foundation



More Than Blooms: Empower Mum

Advertorial Content

By Rejimon Punchayil, Karis Life

Skip the vase and gift Mom independence, comfort, or safety this Mother's Day! Here are some thoughtful and practical gift ideas that are easy to choose and won't strain your budget.

Enhancing Independence:

Give Mom the gift of confidence with a strategically placed grab bar, helping her enter and exit the shower with ease.

Help her reach for everyday tasks with lightweight and easy-to-use grabbers.

A helpful tool for under ten dollars? A long shoe horn can make a big difference in her independence.

Promoting Comfort:

Reduce pressure and pain, especially in chairs, with comfortable cushions designed for everyday needs. These are available in a range of prices and offer fantastic value.

Elevate her comfort: Electric beds and suitable mattresses adjust to her preferred sleeping position. Modern, stylish rise recliners with independent controls come in various colors, styles, materials, and can even be



custom-made.

Ensuring Safety and Wellbeing:

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Improve nighttime navigation and prevent falls with inexpensive and easy-to-install automatic night lights.

Karis Life is committed to helping you find the perfect assistive technology solutions to meet your individual needs and budget.

Contact us today for a free consultation or visit www.karislife.com.au



By Kylea Tink,
Member for North Sydney

On 25 April 1915, 16,000 soldiers landed on the Gallipoli peninsula in their first major campaign as the Australia and New Zealand Army Corps. That campaign was a military failure, but the courage, endurance and mateship our soldiers showed in the months that followed left a powerful legacy that still lives on today.

Anzac Day is a day when we commemorate and honour the courageous men and women who fought for our nation in World War 1 and all conflicts, wars and peacekeeping operations since. This year, I was proud to be able to mark the occasion by attending services in Hunters Hill, Chatswood, Willoughby Park, and North Sydney.

Like many other Australians, men and women across multiple generations of my family have served in the armed forces or been impacted by war. It was a pleasure to join the North Sydney community in reminiscing on some of the stories that have been passed down to us: stories from the Rats of Tobruk, the Light Horse Brigade, Darwin, the Korean War, Vietnam War, Afghanistan, and other times that have called for Australians to fight for what we believe in.

As Australia heads towards our next chapter, I hope that we can honour those who have sacrificed so much for us by continuing to build on their achievements as a community, towards a better future.

This month I've also continued to work with volunteers from my electorate office's Ageing Well Working Group to help strengthen our aged care system, and identify additional opportunities to support seniors in our community.

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Become a Crisis Supporter

Volunteer as a Crisis Supporter and help ensure that no one faces their darkest moments alone.

START YOUR JOURNEY TODAY

Navigating Children's Mental Health

By Claudia Butjerevic

For many parents, watching your child suffer is worse than suffering yourself.

Matters of mental health can be especially tricky for parents. Knowing how to help, what the signs are, and what the best course of actions is can be difficult to figure out.

It's often the case that adults are hesitant and unsure when it comes to their own mental well-being. The mental health of a child can be difficult to navigate, both for the child and the parent.

Common tips that are regularly given say to be compassionate with the child, show unwavering, non judgemental support, and keep an close eye on their behaviours to know if they are acting strangely and may need help.

Speaking with mental health professionals, counsellors, psychiatrists, psychologists, may be necessary. Though waiting lists are long, and the expense to see specialists may be too much to bare with the cost-of-living crisis, sometimes finding help is not simple.

Community services are provided by dedicated experts.

Kids Helpline is a free,



confidential, 24/7 national service for young people. Qualified counsellors work with children who call the service, helping them through any problems they may be having, and offer emotional support. Parentline, in association with Kids Helpline, helps troubled parents when they are feeling overwhelmed with the beautiful, yet exhausting, reality of raising children.

Locally, the Kuring-gai Youth Development Service aids our young people. With no formal referrals necessary, **KYDS** provide counselling from non-judgmental professionals for betterment of mental well-being.

'Know that there are potentially long wait lists for face-to-face support, so it is important to utilise the accessible free services while you wait such as

Parentline, Reach Out, and Kids Help Line,' says Kim Harper, Parentline Manager.

Kim recommends that parents are careful with their own mental health as they tackle problems with their children. Remaining stable helps the stability of children.

'It is okay and completely normal to have moments where you are scared and feeling helpless and lost. It is important to access support for yourself during this process so you continue to have the capacity to be what you need to be for your child,' says Kim.

Keeping on top of children's mental health is vital for their care. Letting mental health problems grow, manifest, and deepen harm to our communities.

*In an emergency,
call Triple 000.*

*Visit KYDS at
www.kyds.org.au*

*Contact Kids Helpline at
kidshelpline.com.au*

*Contact Parentline NSW at
www.parentline.org.au*

25 Years of Research for Dementia Australia Research Foundation

For 25 years, Dementia Australia Research Foundation has been supporting research to advance knowledge in the fight against dementia.

To mark this anniversary, Dementia Australia have released their "More than a Cure: 25 Years of Impact" report. The report highlights the \$31 million that Dementia Australia has funnelled into the dementia field to fund over 380 research projects, and the researchers involved.

'Dementia Australia Research Foundation funds researchers across all stages of their career,' says Professor Garne Samuel AC, Dementia Australia Research

Foundation Chair and Dementia Australia Patron. 'They've enhanced our understanding of dementia at a cellular level and have developed models of care that are improving life for people living with dementia and their carers.'

Dementia Australia believes funding researchers across all stages of their career will improve their fight against dementia-related diseases.

Grants are offered to ensure the field is robust with active and engaged dementia researchers. As discovered by a survey of grant recipients over the 25 years, 75 per cent were still working in the dementia field.

Funding for Dementia Australia Research Foundation is made possible by donations from the public and

private philanthropic individuals and organisations.

Sal Navarra, CEO of Navarra Venues, has raised over \$1 million for Dementia Australia Research Foundation since 2015.

'Dementia Australia does phenomenal work, and we're honoured to collaborate with them to drive innovation and improve the lives of those living with dementia,' says Sal Navarra.

It is predicted that over the next 35 years, the number of Australians living with dementia will reach 800,000.

To find out more and to donate to Dementia Australia Research Foundation, visit:

www.donate.dementia.org.au

Get the Flu Shot This Season

By Claudia Butjerevic



Flu numbers are on the rise. Recent data shows that this March quarter has been the worst on record.

Respiratory surveillance reports show that over the last four weeks, influenza diagnoses have increased 16 per cent compared to the previous year, with 4,700 New South Wales residents contacting the virus.

There have been 480 admissions for influenza-like illnesses from January to mid-April across NSW hospitals, a rise during the same period in 2023.

The NSW Government and Minister for Health and Minister for Regional Health, Ryan Park, are encouraging people to consider influenza vaccinations this season.

Priority groups for vaccinations include children under 5 years of age, Aboriginal people, persons aged over 65, and anyone with serious health conditions. NSW Health are recommending COVID-19 immunisations and boosters.

‘It is very important you get

vaccinated to protect yourself and others as you don’t want to end up in hospital or put vulnerable community members at risk,’ says Minister Ryan Park. ‘Everyone six months and older is recommended to get a flu vaccine.’

Concerned for the community, the Pharmacy Guild of Australia and pharmacist Matthew Burton of Pymble Pharmacy are urging the residents of Bradfield to schedule in their flu shots. Pymble Pharmacy is offering free flu vaccines for anyone aged over 65.

‘Cold Autumn nights and daylight savings are already here, reminding us that the worst of the flu season is fast approaching,’ says pharmacist Matthew Burton. ‘Come into your local community pharmacy to get vaccinated in the most cost-efficient, convenient and accessible way.’

The flu season typically lasts from May to October. Pharmacies and general practitioners across Australia are offering vaccinations.

‘Getting the flu jab is the best way to protect yourself and the wider community,’ says Premier Chris Minns.



Don't Miss a Beat During Heart Week

Hear health awareness begins in May.

Heart Week, a national campaign to start conversations about heart health, runs from the 6th to the 12th of May annually. Australians are encouraged to reflect on their own heart health, and speak with general practitioners about getting a heart check.

Heart attacks are the cause for 4% of all Australian deaths, almost 1 in 25. Over 150 Australians are hospitalised each day for heart attacks.

Heart Foundation are providing resources to the public outlining what a heart check is, how to conduct a heart check, information on risk factors, and information on healthy heart management and practices.

Heart Week promotes consideration for heart prioritisation across our nation, and brings to light the realities and risk of heart diseases, conditions, and illnesses.



World Multiple Sclerosis (MS) Day is on the **30th** of May.

For a two-year period over 2024 and 2025, the global theme for World MS Day is “MyMSDiagnosis”, which advocates for early detection and accurate multiple sclerosis diagnoses.

MS is a chronic autoimmune disease, where the immune system attacks the brain, optic nerves, and spinal cord.

Over 33,000 Australians are living with MS, 3 out of 4 diagnosed being women.

It is incurable, though treatable, with medications and therapies to slow the progression of the disease. People living with MS experience periods of symptoms, then periods of remission where the symptoms quiet.

Symptoms vary from person to person, and depend on the extent of nerve fibre damage in the central nervous system. Though variable, common symptoms reported are numbness or tingling in extremities, lack of coordination, vision loss, fatigue, bowel, bladder and sexual function issues, and cognitive problems.

For World MS Day, MS Australia encourages raising awareness, supporting new research, sharing the stories of people living with MS, starting conversations, and lobbying decision makers for change and advancement.

MS Australia is launching a national campaign on the 30th of May, with the tagline “Navigating MS Together”.

To find out more, visit:

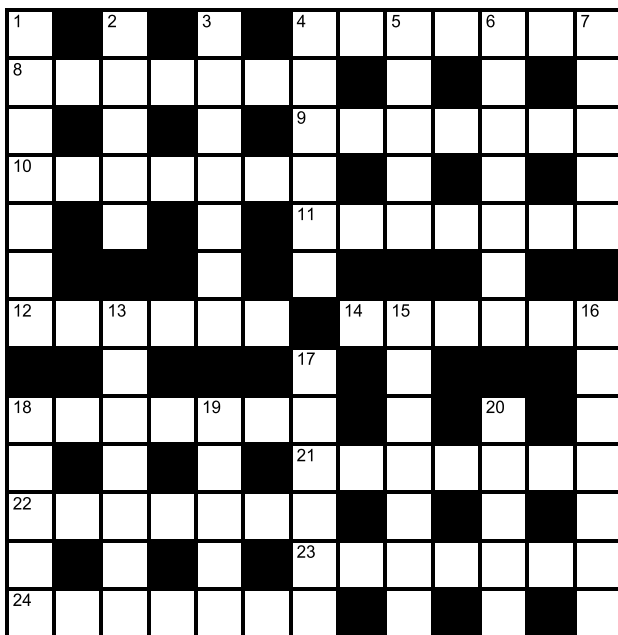
www.msaustralia.org.au/world-ms-day

GENERAL KNOWLEDGE CROSSWORD

712

ACROSS

- 4 Name another term for syntax (7)
- 8 What do we call a non-professional person (7)
- 9 What is a restraint or a hindrance (7)
- 10 Which small explosive shell is thrown by hand (7)
- 11 To be highly excited, is to be what (7)
- 12 Name a less familiar term for a learned person (6)
- 14 What was the first given name of John Wayne (6)
- 18 What might we call white supremacists (7)
- 21 When one smokes a cigar, one is doing what (7)
- 22 Which term describes a soldier of the lowest military rank (7)
- 23 To feed and nourish during the stages of growth, is to do what (7)
- 24 Name a renowned Australian pop and folk group, formed in 1962 (7)



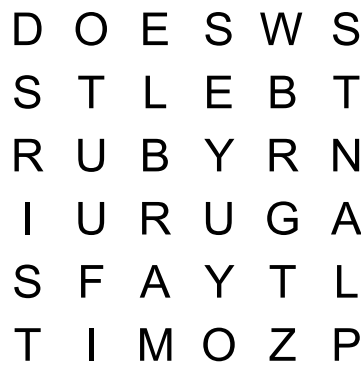
DOWN

- 1 What are mechanical devices called (7)
- 2 In which division of the UK is Aberystwyth found (5)
- 3 Which polygon has ten sides and ten angles (7)
- 4 Name a political group whose aim is to protect the environment (6)

- 5 Which light is used as a warning in signalling (5)
- 6 Name the Italian inventor of the first successful wireless telegraph, Guglielmo ... (7)
- 7 Which chess pieces resemble castles (5)
- 13 What is a modified virus, used for preventative inoculation (7)
- 15 Which sea lies to the north of Australia (7)
- 16 What do we call one who makes constant petty criticisms (7)
- 17 Name some species of poplar which have leaves that tremble in the breeze (6)
- 18 What describes the cords used to enclose a boxing ring (5)
- 19 What is a rung of a ladder or chair, etc (5)
- 20 Which term suggests that one displays religious fervour (5)

MINI WORD FIND

013



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

- Are
- Belts
- Bus
- But
- Does
- Fry
- Gym
- Marble
- Omit
- Plants
- Rub
- Rug
- Sir
- Web
- Yes

CURIO

013

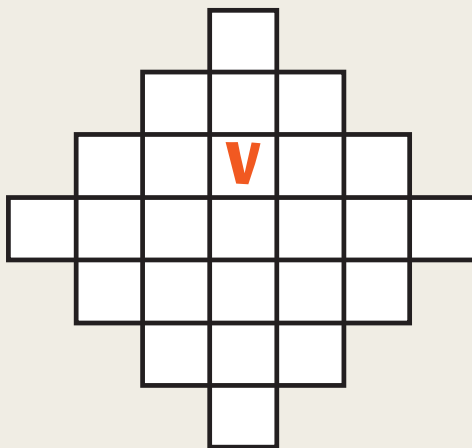
The amazing little gecko lizard has footpads that interact with surfaces on a molecular level, meaning they can stick to any known surface, except Teflon. This grip is so strong that a single adult gecko could theoretically hold aloft your 3-seater sofa (130kg!).

E-EQUATIONS

023

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	U÷O	
L	S×M	18
M	U-L	
O	U÷B	5
S	L÷M	9
T	U-O	
U	T+O	



BIYWORD

013

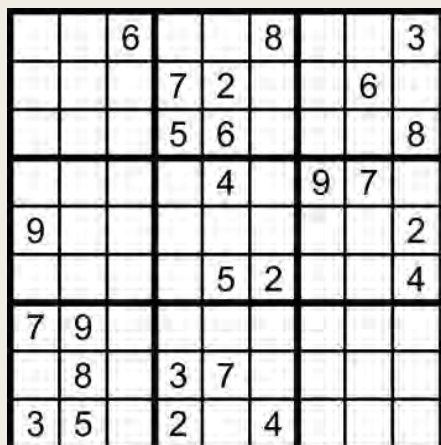
Build it yourself using the clues and each of the twenty-four letters once only to form ten words: five across and five down. A key word (bold clue) builds on the letter set in the grid.

- CLUES:**
- Alkaline solution (3)
 - Come again (7)
 - Delivered (abb) (3)
 - Follow (5)
 - Fool's gold: iron ... (7)
 - Rare earth elements (3)
 - Relief (3,2)
 - Repairs socks (5)
 - Take small swallows (3)
 - Tennis great: Rod ... (5)

A	E	P	S
D	I	P	S
E	I	R	T
E	L	R	T
E	L	R	U
E	N	S	Y

SUDOKU

013

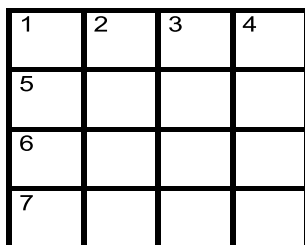


QUICK THINK

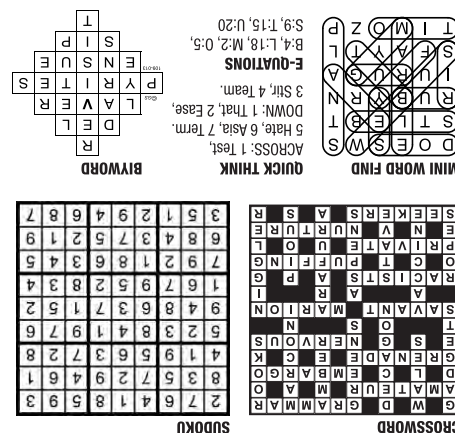
013

Solve the crossword. Each answer has four letters.

- ACROSS**
- 1 Dry run
 - 5 Despise
 - 6 Where Bhutan is
 - 7 Course
- DOWN**
- 1 "... does it!"
 - 2 Comfort
 - 3 Arouse
 - 4 Suns or Titans



SOLUTIONS



It's Not Ageing, It's Living:

Embracing Exercise as We Age



Advertorial Content

Exercise isn't just for the young; it's a lifelong journey that grows more significant with each passing year. And it's never too late to start, and even small steps can yield remarkable benefits as we get older.

Yes, health conditions like diabetes and heart disease might lurk in our family histories, but here's the empowering truth: our health is largely within our control.

Consider cardiovascular disease - one of Australia's leading health concerns, claiming a life every 12 minutes. As we age, our risk increases, contributing to a quarter of the disease burden for those over 65. But here's where exercise shines: it positively influences every risk factor, from blood pressure and cholesterol to stress, and reduces the chance of cognitive decline.

Regular exercise isn't just about staving off illness and old age – it is also about enjoyment and living life to the fullest. It helps maintain muscle mass, crucial for independence and mobility,

while also combating depression and boosting cognitive function. And let's not forget the social aspect - group activities and sports knit us into a supportive community, combating loneliness.

And then there are falls, a common fear as we age. But with the right exercises like daily walks, strength training, Tai Chi – as we age, we build resilience, reducing the risk of falls, fractures and maintaining our freedom and independence. This allows us to live safely and confidently at home for longer.

So, what can you do? Start with small steps – maybe a local Tai Chi or light exercise class at a nearby park or community centre or perhaps a social walking group to blend activity with companionship. And don't hesitate to seek advice. Consult an Exercise Physiologist for personalised guidance and to help you set up a regular exercise routine.

Make it enjoyable! Choose activities that bring you joy and involve others

for added motivation and accountability. Remember, it's not about aging; it's about living vibrantly.

Setting realistic goals and celebrating progress along the way can also boost motivation and make exercise feel more fulfilling. By embracing a diverse range of activities, fostering social connections, and maintaining a positive mindset, exercise can remain an enjoyable and integral part of life as we age.

And if you're considering a Home Care Package to remain independent at home and help with some of these costs and activities, aged care provider Your Side is here to support you. **Reach out at 1300 134 332 or hcpreferrals@yourside.org.au.**

Embrace the journey of aging one step at a time. After all, with exercise, every step is a celebration of life.

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"All Things Considered": A Glimpse Into Social Housing

By Photographer Chris Ireland

By Claudia Butjerevic

To mark the Greenway Housing Estate in Kirribilli and its 70-year anniversary, an exhibition launched at the end of March to challenge perceptions of social housing.

"All Things Considered" was an exhibition that captured the humanity of one of New South Wales' largest public housing estates. Christopher Ireland, renowned Sydney photographer and Asquith local, curated an exhibition that glimpses into the lives of 30 Greenway residents.

'Initially, my aim was to shed

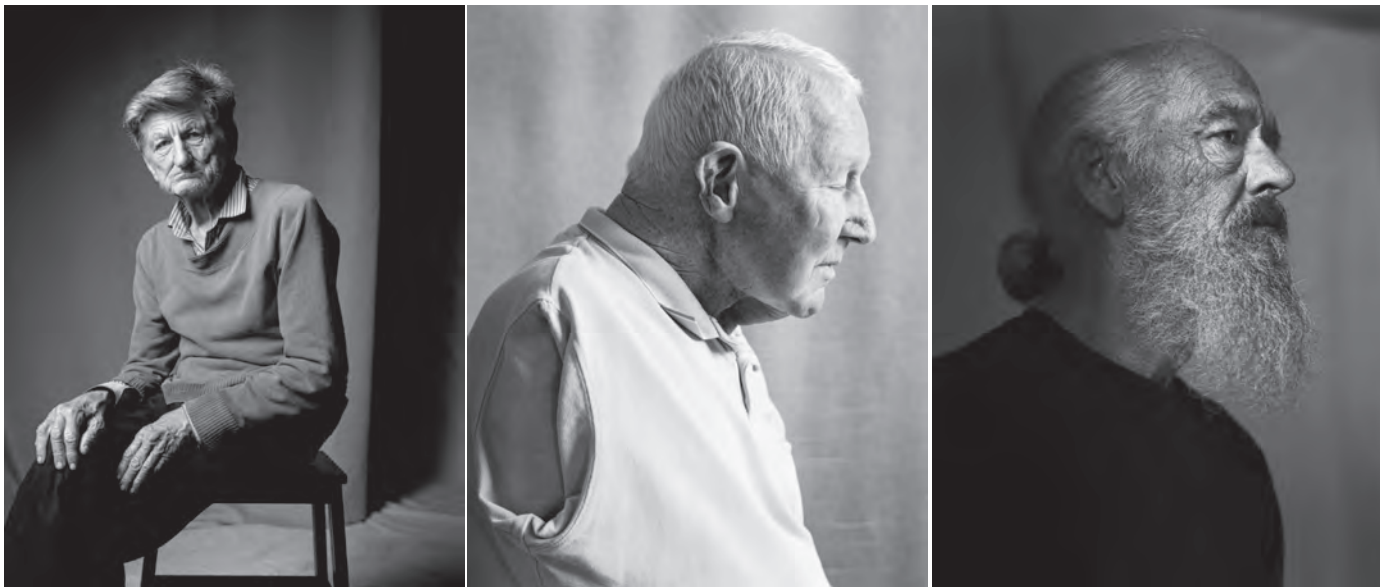
light on the significance of social housing in NSW,' says Christopher Ireland. 'However, after a decade of immersion, I've gained profound admiration for a community bound by a special connection, brimming with remarkable individuals.'

On display at The Kirribilli Neighbourhood Centre, and in collaboration with North Sydney Council, "All Things Considered" showed the realities of social housing through 30 candid and documentarian images, nine written stories, and eight podcasts. Crowdfunded, "All Things Considered" represents a ten-year passion project by Ireland.

One of the resident-subjects was Jonno, whose image was captured alongside his testimony, "I've got a lot to live for, but I just don't really like to live. I never stop thinking about him, my son. He died in a car accident... I still keep expecting him to come knocking on me door. It's one type of pain I wouldn't wish on anybody.'

Visitors were invited to help sponsor the passion project, and help the exhibition travel around NSW and wider Australia.

'Looking upon this work, I no longer see separate faces,' says Christopher Ireland. 'I see a beautiful and diverse tapestry of interconnected threads.'



Images above are selected formal portraits from 2021.

Christopher Ireland raised \$10,000 through members of the local community to print, frame and exhibit the work to celebrate Greenway's 70th anniversary. This made All Things Considered a crowd-funded show. He partnered with North Sydney Council and Kirribilli Neighbourhood Centre along with the Greenway Tenants Group to present All Things Considered on March 27th this year.

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